

The Centre Courses & Activities (Sept–Dec'22)

The Centre: Connecting Community in North & West Melbourne hosts programs and activities for local residents. Book online at www.centre.org.au, by phone on 9328 1126 or in person at The Centre, 58 Errol Street, North Melbourne. Our programs are responsive to the community: if you have an idea for a course or activity or if you have some skills that you would like to share with others, please contact us.

Health & Wellbeing

Pilates

Pilates aims to improve your awareness of how to use your body correctly and strengthen your postural muscles to allow you to support your spine. Pilates classes are graded so it is possible to find the level that suits your ability, experience or limitations. Exercises can be adjusted to suit all ages. Graded classes are taught by Brazilian-trained physiotherapist Fernanda Cury and local physiotherapist Alice Wilcox. Classes are relaxed and a great way to meet up with other locals. Online options also available.

General/Intro to Pilates

A class that caters for all levels of experience.

Wednesdays 9.15 am–10.15 am
Legion Hall, George Johnson Lane (behind North Melbourne Library)

Beginners

The basics are still covered but some knowledge is assumed. Over the term the exercises will progress to more challenging options as you build strength and flexibility.

Thursdays 5.30 pm–6.30 pm
Meat Market, 5 Blackwood St, North Melbourne

Intermediate

This class provides the next step up with more challenging exercises. Strengthen your postural muscles and exercise in a manner that is safe for all your joints.

Tuesdays 5.30 pm–6.30 pm
West Melbourne Baptist Community Centre, 4 Miller St, West Melbourne
Thursdays 8 pm–9 pm
Meat Market, 5 Blackwood St, North Melbourne
Extra holiday classes 20 and 27 September at Meat Market

Intermediate Plus

Our hardest class is suitable for people with a good level of body awareness and strength. Designed to improve your trunk strength and provide a really stable base for your other sports or daily activities.

Thursdays 6.45 pm–7.45 pm
Extra holiday classes 22 and 29 September
Meat Market, 5 Blackwood St, North Melbourne

Timetable: Pilates classes operate according to the school term timetable. Term 3 concludes in week commencing 12 September. Term 4 starts in week commencing 3 October for 10 weeks. Extra school holiday classes where marked.
Costs: \$19.70 (\$14.40 concession) when booking for remainder of term. Casual enrolments (\$25 per class) accepted on-line if available.

Docklands Yoga and Pilates

Classes designed to help you feel great, by Premium Fitness.

Pilates: Wednesday 6 pm
Yoga: Sundays 8.30 am
Melbourne City Marina, 120/439 Docklands Dr, Docklands
Also see 'For Kids' Rainbow Stretch Forever

We don't want cost to be a barrier to participation. Those with the means are encouraged to pay a bit more so that others can also participate. If you would like to take advantage our flexible pricing policy, contact The Centre.

For Seniors

Older Adults Exercise

A general strengthening class for those 60+. Includes low impact aerobics, balance and strengthening exercises, using exercise band resistance for all parts of the body. Suitable for people of all abilities.

Wednesdays 10.30 am–11.30 am starting 5 October for 10 weeks
Legion Hall, George Johnson Lane (behind North Melbourne Library)
NEW CLASS: Tuesdays 4.15pm–5.15pm starting 4 October for 10 weeks
West Melbourne Baptist Community Centre, 4 Miller St, West Melbourne
Cost: \$19.70 (\$14.40) per class when booking for the term.

Centre Adventures

Visit historical, cultural or horticultural places of interest and significance. Normally a full-day bus trip, Centre Adventures are a great way to get out beyond the everyday. \$55 (\$44 Concession).

Fourth Tuesday each month 9.30 am – 5 pm
Departing from The Centre, 58 Errol St, North Melbourne

Creative Pursuits

Sing NoW Community Choir

Join music director Susie Kelly in this inclusive community choir for adults of all ages. The choir sings music from across the world and spanning many decades. No previous experience required.

Thursdays 7pm–8.30 pm (except 22 and 29 September)
Sokol Melbourne, 497 Queensberry St, North Melbourne
Cost: \$17.50 (\$11 Concession) per session when booking for the term.
Casual enrolment \$22 per class if available

Music Club

Bring your current favourite music track. Share what you love about it and expand your musical knowledge by listening to others. Every genre is welcome. BYO dinner and drinks if you want. **FREE**

Monthly on last Wednesday of the month 7 pm–8.30 pm
The Centre, 58 Errol St, North Melbourne

North Melbourne Toastmasters

Gain confidence and experience in public speaking. Club members build the skills to become better communicators and leaders.

More information, email: Nthmelb.toastmasters@gmail.com
Thursdays (fortnightly) 7 pm – 9 pm
Kensington Neighbourhood House, 89 McCracken St, Kensington

Life Writing

Designed for women from non-English speaking backgrounds, participants will have the opportunity to write about a memorable event, place or person in their life. The subject can be happy, sad, easy, hard and include people, places and events. Participants will increase their confidence in both writing and speaking English. Facilitated by Jennifer Leslie, a qualified and experienced ESL instructor, writer and editor.

Fridays 1pm–3pm (starting 7 October for 10 weeks)
The Centre, 58 Errol St, North Melbourne
Cost: \$25 (\$10 Concession)

The Centre: Connecting Community in North & West Melbourne Inc
58 Errol Street, North Melbourne, Vic 3051
Tel: (03) 9328 1126 Email: admin@centre.org.au
Office hours: Monday 10am to 6pm Tuesday to Friday 10am to 3pm



Community Gatherings

Seniors Morning Tea

Join this group of multicultural seniors for an informal chat over morning tea – a place where friendships can flourish. Sometimes with a guest speaker. \$5 per session.

First Tuesday each month 10 am – 11.30 am (ongoing)

No session on Cup Day 1 November
The Centre, 58 Errol St, North Melbourne

North Melbourne Men's Afternoon Tea

A casual get-together for some food and a chat with other men from the neighbourhood. New people encouraged. **FREE**

Thursdays (fortnightly), 3.30pm-5pm
The Centre, 58 Errol St, North Melbourne

Bicycle Users Group

A group for cycling enthusiasts who live and work in North Melbourne and West Melbourne. A new group, we are getting established to provide a friendly network of locals who love to ride. **FREE**

Second Tuesday of the month, 6pm-7.30pm
The Centre, 58 Errol St, North Melbourne

Community Walks

Each month join a special guest with in-depth knowledge about a particular area or aspect of North & West Melbourne. Visit those pockets not on your radar or learn about the hidden history of those places you walk past every day. **FREE**

Last Saturday of the month 10 am-11 am. Bookings essential
Leaving from The Centre, 58 Errol St, North Melbourne

For Kids

Home Away From Homework Club

Friendly and inclusive, students come to complete their homework (or our extra material) with the assistance of tutors. There are also games, and a nutritious snack and drink provided. For children in Grades 5 to Year 9. **FREE**

Wednesdays 3.30 pm-5 pm (during school term)

– **West Melbourne Baptist Community Centre, 4 Miller St, West Melbourne**

Wednesdays 4.00 pm-5.30 pm (during school term)

– **North Melbourne Language & Learning, 33 Alfred St, North Melbourne**

Rainbow Art Class

Experienced art teacher Shyamasree Bose will guide children in a colourful exploration of drawing and painting, using watercolour, acrylic, oil pastels, paper collage and pencils. Suitable for creative kids aged 4 to 12.

\$100 (\$12 casual if available)

Tuesdays 4:30pm-6pm

(starting 4 October for 10 weeks)

The Centre, 58 Errol St, North Melbourne

Rainbow Art Holiday Special

Tuesdays 20 & 27 September,
10:30am-12:30pm

Make special decorations for
Queensberry Cup

\$10 each (book for one or both)



Rainbows Stretch Forever: Yoga, Breath & Meditation for Kids

Children will practise yoga poses and learn breathing and meditation techniques. Classes will also include literacy, music, singing, games, teamwork building activities, mindfulness craft and loads of fun!

\$154 (\$16.50 casual online if available)

Saturdays 11am-12 noon (starting 8 October for 10 weeks)

The venue for Rainbows Stretch Forever (holiday and otherwise)

has changed to The Centre, 58 Errol St, North Melbourne

Rainbows Stretch Forever Holiday Special

Wednesday 21 September, 8:30am-9:30am

\$10

Computers, Tech & Digital

Computers: Digital Essentials

Make your computer work for you. COVID showed how important it is to engage in the digital world. Lou will guide you to maximise your productivity and minimise frustration.

Wednesdays 10am-12:30pm

(starting 12 October for 10 weeks)

The Centre, 58 Errol St, North Melbourne

Cost: \$60 (\$45 Concession)



iGadgets

Develop the skills and knowledge in using your mobile device to its fullest potential. Calendar, email, accessing files, social media and online accounts. Cost: \$30 (\$20 Concession)

Wednesdays, 1pm-3pm

(starting 9 November for six weeks)

The Centre, 58 Errol St, North Melbourne

New Vocational Courses

The Centre is offering three brand new courses starting in September.

Financial Literacy

Learn the key principles for organising your personal and/or family finances, including setting up & using a home budget, tax & superannuation, managing credit & debt and planning for the future.

Mondays 6pm-8pm (starting 19 September for 6 weeks)

The Centre, 58 Errol St, North Melbourne

\$45 (\$25 concession)

Introduction to Community and Social Media

In this course you will learn how to harness digital and internet technologies to share your ideas and stories. The course will cover podcasting & video production for beginners; social networking & content curation; and researching & preparing copy for written media

Thursdays 6pm-8:30pm (starting 22 September for 8 weeks)

The Centre, 58 Errol St, North Melbourne

\$60 (\$45 concession)

Event Management

Learn the essential theoretical and practical skills you need to manage events. Explore event design, community development approaches, project management and marketing. Participants will get hands-on experience in organising the Queensberry Cup (October 22) in North Melbourne and/or Diwali (October 29) in Docklands.

Dates and times to be confirmed

The Centre, 58 Errol St, North Melbourne

\$60 (\$45 concession)

Billycart Design and Construction

To help you get your vehicle ready for Queensberry Cup (see page 22), The Centre, Melbourne North Service Centre and Peter Mac Men's Shed are offering free workshops and maker sessions.

THEORETICAL DESIGN SESSION:

Covering steering, braking, wheels, seats and safety.

Saturday 17 September, 11am-1pm

North Melbourne Library, 66 Errol St, North Melbourne

MAKER SESSIONS:

Tools, materials and expert guidance available to help you work on your project.

Every Tuesday and Thursday, 10am-3pm and Saturdays 8 and 15 October, 10am-3pm

At Peter Mac Men's Shed, 3 Bedford Place, North Melbourne

Sundays 18 September, 2 and 16 October, 10am-4pm

At Melbourne North Service Centre, 175 Arden St, North Melbourne

The Men's Shed welcomes all genders. Under 18s must be accompanied by parent or guardian. At Melbourne North Service Centre, under 12s must be under adult supervision.