

How to Enrol

ENROLMENT ENQUIRIES

If you have an enquiry about a course please phone us on 9850 3687.

- Enrolments are taken on a "first come, first served" basis until the class is full.
- Course fees must be paid in full at the time of enrolment. Places will not be held without payment. A copy of our Fees & Charges policy is available on request.
- Payment can be made in person or by phone. We accept cash, cheques, eftpos or credit card (except American Express and Diners).
- Concessions are available for Senior Card holders, Health Care Card holders and Pensioners. Arrangements can be made for you to pay in instalments if necessary. Please speak to the centre coordinator.

REFUNDS

Please check all times, dates and course information carefully before you enrol. Once you have enrolled for a course, refunds will only be given on receipt of an appropriate medical certificate. Courses will be cancelled if there are insufficient enrolments. If BATCH cancels a course, fees will be refunded in full.

PRIVACY

Personal information obtained by BATCH when you enrol in a course or program is protected by privacy policy. A copy of our Privacy Policy is available on request.

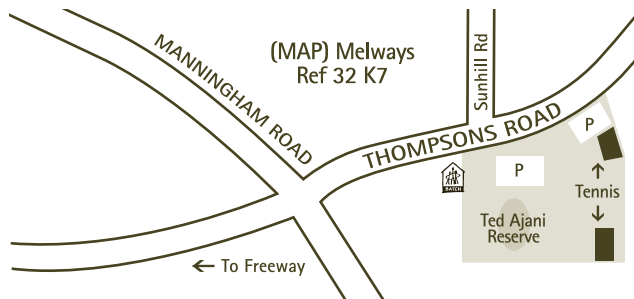
ROOM HIRE

BATCH facilities are available for community groups to hire. Please speak to the centre coordinator on 9850 3687 or email office@batch.org.au.

This brochure is printed on recycled paper.

Enrolments – anytime until classes are full
WHEELCHAIR ACCESS

Location



COMPUTER & INTERNET ACCESS

Need to do some research on the internet, create a flyer for your community group or update your resume? BATCH has computers for you to use with internet access and the latest software for just \$2 per hour. Printing /photocopying at 50c per page.

NEW COURSE IDEAS

This is **your** neighbourhood house. Is there an activity you would like to do, a skill you would like to learn or even a skill you would like to share with others? Please drop in and speak to us, or give us a call on 9850 3687

MAILING LIST

If you would like to be put on our mailing list to ensure you get a copy of our brochure, please call us on 9850 3687, or email your postal or electronic address to office@batch.org.au. You can also download our brochures from our website at www.batch.org.au.

Bulleen & Templestowe Community House is grateful for the support and funding from: Manningham City Council (MCC), Department of Planning and Community Development (DPCD) and Department of Health (DoH).



PLEASE NOTE: This program was correct at the time of publication however classes or tutors are subject to change. BATCH reserves the right to change classes, replace tutors or amend class fees if necessary.



BULLEEN AND TEMPLESTOWE COMMUNITY HOUSE

(Inside Ted Ajani Reserve)
284 Thompsons Road
Lower Templestowe 3107
A00 230 13G ABN: 58 759 536 503

Courses & Activities TERM 4 - 2010

OCTOBER - NOVEMBER - DECEMBER

Enrolments taken from Monday 6th September

*Term 4 begins Monday 4th October
and ends Friday 10th December*

Closed for all School Holidays

Phone: 9850 3687

Fax: 9850 3030

Email – office@batch.org.au

Web – www.batch.org.au

Office Hours:

Monday - Thursday 9.30am - 4.00pm





GENERAL INTEREST

Painting & Drawing

with Kim Tarpey

Kim will introduce you to drawing and painting techniques. You will have the opportunity to explore graphite, charcoal, watercolour, pastel or oil painting. This is a great opportunity to find your creative self. A materials list is issued on enrolment.

Monday 11th October 10.00am-12.00pm (8 weeks)

No class on Monday 4th October or Monday 1st November Melbourne Cup Weekend

Fee: \$110.00 Concession: \$100.00

NEW

Hand Reflexology Using Essential Oils

with Maggie Flanagan

Combine essential oils with simple techniques of hand pressure points to reduce stress, build immunity and work on specific health issues. All materials are provided.

Saturday 6th November 1.00pm – 5.00pm (1 week)

Fee: \$51.00 Concession: \$47.00

NEW

Transparent Mosaic Workshop

with Deborah Slinger

Make your own transparent mosaic mobile in this six hour workshop. Create an amazing piece of art using stunning opaque and clear glass pieces. Learn how to use simple tools and techniques to create these artworks that you can hang inside or outside. All materials are included in the cost and supplied during this session and everyone will leave with a finished mosaic piece. The tutor has a great supply of books available for ideas and can answer any questions. No previous mosaic experience is required and the course is suitable for people of all ages.

Tuesday 19th October 9.30am – 3.30pm

Fee: \$109.00 Concession: \$104.00

NEW

Punch Art Cards

with Jo Hope-Daniels

During this Christmas themed punch art class you will learn how to make a variety of characters using paper and punches. These handmade cards will impress your family and friends and require no previous experience. The cards we will be working on are displayed in the BATCH office. All card material is included in the cost. All you need to bring along is adhesive (either double sided tape or liquid glue) and a pair of scissors.

Monday 4th October 10.00am – 1.00pm

Fee: \$32.00 Concession: \$30.00

NEW

Aromatherapy Essential Oil Workshops

with Georgia Kardaras

Learn about aromatic oils and their benefits through massage, vaporisation and blending in this series of workshops.

Workshop 1 – An Introduction to Aromatherapy

- How does aromatherapy work?
- What is an essential oil?
- Purchasing therapeutic quality essential oils
- Top, Middle and Base Notes
- Essential Oils Kit – getting started on your personal collection

Workshop 2 – How to use essential oils

Massage, vaporisation, bathing, footbath, compress, inhalation spritzer, blending guide and daily ritual.

Workshop 3 – Aromatherapy awareness from head to toe – a workshop to indulge and enhance your senses

Self care rituals, truth on beauty, skin and body care and making yourself a priority. Bring along your own essential oils, if you have any, for discussion, comparison and advice. Please also bring a notebook and pen.

Cost covers all take home samples.

Tuesday 16th November 12.30pm – 3.00pm (3 weeks)

Fee: \$78.00 Concession: \$72.00

HEALTH AND WELLBEING

Hatha Yoga

with Jennifer Schrader

Hatha Yoga creates cohesion and harmony through balancing stability with mobility, activity with stillness and enhancing the body-mind relationship. This class is suitable for students at all levels, including beginners.

Monday 4th October 9.15am – 10.15am (9 weeks)

No class on Monday 1st November Melbourne Cup Weekend

Fee: \$90.00 Concession: \$82.00

Yoga & Pilates

with Karyn Montgomery

Enjoy all the benefits of full yoga stretches together with the core-strengthening and postural improvement of Pilates. Learn effective methods to improve strength whilst retaining flexibility, toning muscles and improving bone density. Suitable for students of all levels although beginners will need to be moderately fit. (Not suitable for those with neck injuries or during pregnancy.)

Monday 4th October 11.00am – 12.00pm (9 weeks)

No class on Monday 1st November Melbourne Cup Weekend

Fee: \$90.00 Concession: \$82.00

Yoga, Pilates and Relaxation

with Maggie Flanagan

Beginners and ongoing

This class will increase your flexibility and body strength using a combination of relaxing Yoga and Pilates exercises.

Tuesday 5th October 6.15pm – 7.15pm (9 weeks)

No class on Tuesday 2nd November Melbourne Cup Weekend

Fee: \$90.00 Concession: \$82.00

Yoga, Pilates & Stretch

with Maggie Flanagan

Beginners and Ongoing

This class is a balance of Hatha and Iyengar yoga and Resistance work combined with back and tummy strengthening Pilates. Learn how to create a stronger more stress-proof physique.

Tuesday 5th October 7.20pm – 8.20pm (9 weeks)

No class on Tuesday 2nd November Melbourne Cup Weekend

Fee: \$90.00 Concession: \$82.00

Yoga, Pilates & Stretch

with Maggie Flanagan

Intermediate

This class is a balance of Hatha and Iyengar yoga and Resistance work combined with back and tummy strengthening Pilates. Learn how to create a stronger more stress-proof physique.

Tuesday 5th October 8.25pm – 9.25pm (9 weeks)

No class on Tuesday 2nd November Melbourne Cup Weekend

Fee: \$90.00 Concession: \$82.00

Yoga in Chairs

with Jennifer Schrader

A therapeutic Yoga class done mainly in chairs with the option of standing and/or floor work. Group work focuses on learning and applying principles of movement to make all movement easier, while individual work helps address your personal needs. Breathing and relaxation are also incorporated into each class. Classes are run by a registered Yoga Therapist.

Thursday 7th October 1.30pm – 2.30pm (10 weeks)

Fee: \$100.00 Concession: \$91.00

Hatha Yoga

with Jennifer Schrader

Intermediate

Hatha Yoga creates cohesion and harmony through balancing stability with mobility, activity with stillness and enhancing the body-mind relationship.

Thursday 7th October 7.00pm – 8.00pm (10 weeks)

Fee: \$100.00 Concession: \$91.00

Iyengar Yoga

with Georgia Kardaras

This class uses Iyengar yoga with some relaxation. You will work through all the muscles in your body and learn a variety of poses that you can use every day. This will include challenging yourself through poses, technique, practice, partner yoga and learning how to relax efficiently. It will be good fun and make everyone feel energised and a little bit taller!

Thursday 7th October 8.15pm – 9.15pm (10 weeks)

Fee: \$100.00 Concession: \$91.00

Walking for Pleasure

with Agnes Zordan

Do you enjoy walking in natural surroundings and meeting people? Come and explore different walks with our walking group. This group is open to men and woman of all ages. We meet at BATCH at 9.15 am and leave at 9.30 am for the walk. Don't forget to wear comfortable clothing, a sun hat and walking shoes. Bring water!

Tuesday 5th October 9.30am – 11.30am (ongoing)

No walk on Tuesday 2nd November Melbourne Cup Weekend

Fee: \$2.50 per walk

Ongoing Strong People Stay Young (SPSY)

This Exercise Group is for people who have participated in the Introduction to SPSY program and wish to continue to practice and improve or maintain their strength and bone density with a facilitator.

Daytime:

Tuesday 5th October 8.45am – 10.00am

Thursday 7th October 8.45am – 10.00am (19 sessions)

Evening:

Monday 4th October 6.45pm – 8.00pm

Wednesday 6th October 6.45pm – 8.00pm (19 sessions)

No class on Monday or Tuesday 1st and 2nd November Melbourne Cup Weekend

Fee: \$70.00 (no concessions)

Gentle Exercise for over 50's

with Gilda Canil

Taught by an experienced Italian/English speaking instructor this is a safe and easy exercise program. No jumping or jogging, only stretching and gentle movement.

Wednesday 6th October 8.45am – 9.45am (10 weeks)

Fee: \$43.00 (no concessions)

Belly Dancing

with Georgia

Learn the sensual movements of this ancient art form. Starting with basic techniques and correct posture, all moves are explained step by step leading to simple combinations. Belly dancing tones the upper body, arms, hips, legs and abdominal muscles and is a great way to get fit. Includes a lesson on using a veil and other belly dancing props. This class is suitable for all ages.

Daytime:

Wednesday 6th October 12.30pm-1.30pm (10 weeks)

Fee: \$75.00 Concession: \$68.00

Evening:

Wednesday 6th October 8.00pm – 9.00pm (10 weeks)

Fee: \$75.00 Concession: \$68.00 (Held in Community Hall)

Bollywood Dancing

with Uma from Natya Bollywood

Bollywood dance is about storytelling. The music is from the movies and tells of celebrations, love, seduction and sadness. It is all about fantasy and glamour. The dancing is a fusion of many dance forms and is a fantastic workout. Upbeat and energetic, this is definitely a fun way to get fit! Suitable for all ages.

Wednesday 6th October 7.00pm-8.00pm (10 weeks)

Fee: \$83.00 Concession: \$76.00 (Held in Community Hall)

Nia

with Angela Paladin

Nia is an exhilarating movement and lifestyle practice. It's a cardio workout combining dance, martial arts and healing arts. NIA offers a fun, creative pathway to health and wellbeing and is suitable for all bodies, ages and fitness levels. NIA increases energy, strength, flexibility, mobility, develops muscle tone and supports weight loss and stress reduction.

Friday 7th October 9.30am – 10.30am (10 weeks)

Fee: \$100.00 Concession: \$91.00

NEW

Fitsoma

with Vlad Solowiej

Learn how to achieve 'useful' posture to help prevent or to rehabilitate injuries, particularly to the back and neck. Good posture is not about stretching and strengthening muscles but about increased awareness of how your body works. Most sessions will involve lying down on the floor, sitting in chairs and standing. Fitsoma is suitable for people of all ages and levels of fitness and is taught by a qualified Feldenkrais Practitioner.

Monday 18th October 12.30pm – 1.30pm (6 weeks)

No class on Monday 1st November Melbourne Cup Weekend

Fee: \$56.00 Concession: \$51.00

COMMUNITY EDUCATION

Writing Your Life

with Dr. Lyn Hatherly

Learn to improve your life writing and consolidate your existing skills. Discover strategies, publication opportunities and research skills that will make that life shine for your readers. This class encourages you to write out of your individual inspiration and enjoy it. The group is currently working on a new joint publication and we will be adding and editing stories this term. Suitable for writers of all levels.

Tuesday 12th October 1.00pm – 3.00pm (8 weeks)

No class on Tuesday 2nd November Melbourne Cup Weekend

Fee: \$120.00 Concession: \$109.00

PARENTS AND CHILDREN

Playgroups

Our well-equipped, sunny playgroup room is available for new mums groups and playgroups to meet on a weekly basis. Facilities include toys, paints, craft equipment, play doh, dress ups, as well as tea/coffee making facilities for the parents. This is a great, hassle free way to get together with other parents while your children play. Please call to enquire about availability.

Sessions begin Monday 4th October

No class on Monday or Tuesday 1st and 2nd November Melbourne Cup Weekend

Fee: \$38.00 per term per family

COMMUNITY PROGRAMS

International Women's Group

The International Women's Group meets weekly on a Thursday morning to develop friendships, chat and provide mutual support. This dynamic group of women get involved in a variety of activities including outings, invited speakers and interesting workshops. Come and join us!

Commences: Thursday 7th October 10.15am – 12.15pm

Phone BATCH on 9850-3687 for further details.

Eastern Community Legal Centre

Eastern Community Legal Centre offers free legal advice and assistance. The service at BATCH will allow local residents to access legal advice on important issues including family law, crime and traffic matters, neighbourhood disputes and intervention orders. A lawyer will be available at BATCH on the 4th Tuesday of each month. Call 9285 4822 to make an appointment.

Tax Help

Tax Help is a free service funded by the Australian Tax Office and is available for students, seniors, low income earners and people with disabilities who need help preparing their annual tax return. Tax Help finishes at BATCH on Tuesday 5th October. Please phone 9850-3687 to book an appointment with a Tax Help volunteer.



COURSES AND ACTIVITIES



COMPUTERS

Get individual attention with only 5 people per class!

Introduction to Computers *NEW evening class*

Introduction to Computers is an excellent beginner level course which will teach you basic computer skills and give you the confidence to start getting the most out of your computer.

Daytime:

Wednesday 13th October 9.30am-12.00pm (8 weeks)
with Liz Bower

Evening:

Wednesday 13th October 7.00pm – 9.30pm (8 weeks)
with Glenys Bowler

Fee: \$190.00 **Concession:** \$174.00 (Includes manual)

eBay – Learn how to Sell *NEW evening class*

Learn how to sell on eBay and turn your unwanted goods from home into cash.

Week 1

This is an overview of the course and you will register for eBay and Pay Pal. You must have a working email account that is accessible from the community house (e.g. Gmail account or webmail).

Week 2

Bring a photo of an item to the program that you wish to sell either on your digital camera or as a jpeg file on a memory stick. Bring details of a bank account or credit card (with a low credit limit) to use that will be dedicated to buying online.

Week 3

We check the progress of the item and go over what we have learnt.

Some basic knowledge of using a computer is required for this course

Daytime:

Monday 4th October 12.30pm-3.00pm (3 weeks) or
Wednesday 17th November 12.30pm-3.00pm (3 weeks)
with Joy Bell

Evening:

Tuesday 12th October 7.00pm – 9.30pm (3 weeks)
with Glenys Bowler

Fee: \$78.00 **Concession:** \$71.00

Camera to Computer

with Joy Bell

This course will take you through the steps of creating a filing system on your computer for photos, transferring from camera to computer, resizing large image files to a suitable size for emailing and ordering prints online. Some basic knowledge of using a computer is required for this course. Please bring along a blank CD to copy your photos to.

Wednesday 13th October 12.30pm-3.00pm (5 weeks)

Fee: \$123.00 **Concession:** \$112.00 (Includes manual)

Introduction to Word

with Liz Bower

Have you done an introductory computer course and want more? This course is the next step. Learn the basics of Microsoft Word 2007 in a fun, relaxed setting. Create exciting looking letters and documents with a professional finishing touch, which includes inserting pictures using clipart and word art.

Tuesday 19th October 10.00am – 12.30pm (6 weeks)

No class on Tuesday 2nd November Melbourne Cup Weekend or 23rd November

Fee: \$145.00 **Concession:** \$136.00

Introduction to Skype

with Liz Bower

Have you ever wanted to know how to use Skype?

Skype is a computer program that enables you to make free calls to other Skype users using your internet connection.

This short workshop will show you how to download and install the free Skype software on to your computer and will answer some frequently asked questions.

Calling other people on Skype is free where ever they are in the world so you can talk whenever you want to – not just on special occasions. Some basic computer skills required.

Thursday 21st October 9.30am – 12.00pm (1 week) or

Thursday 18th November 9.30am – 12.00 (1 week)

Fee: \$13.00 **Concession:** \$12.00

YOUNG PEOPLE WITH A DISABILITY

Afternoon Social Program

Participate in social and recreational activities at Bulleen Heights School in a friendly atmosphere with high support attention. Contact BATCH for further information on 9850 3687. This program is funded by the Department of Human Services.

Please note the change in starting and finishing times for the ASP

Mondays, Tuesdays, Wednesdays and Thursdays 3.10pm – 6.10pm

Sessions begin the week of Monday 4th October.

Fees: \$20.00 (per term for 1 session per week). Payment of term fees can be negotiated at the time of enrolment as consideration is given for people in financial hardship.

SPECIAL EVENTS

Bus Trip to the Tesselaar Tulip Festival in Silvan Thursday 7th October

Delight in the magic of spring at the Tesselaar Tulip Festival with a magnificent display of beautiful flowers nestled in the picturesque Dandenong Ranges. Enjoy the sculptures, pat the alpacas or indulge in traditional Dutch foods and other treats. After lunch we continue on to the Blue Hills Berry Farm where fresh berries are for sale from the farm shop and the group will enjoy a home cooked Devonshire afternoon tea before returning to the community house car park at approximately 4.15pm. Lunch will be BYO picnic or Dutch poffertjes (pancakes), sandwiches, pies, tea, coffee or soft drinks can be bought from the café. Meet in the car park at 9.00am sharp

Cost: \$30.00 per person includes bus fare, entrance to the Tulip Festival and Devonshire Tea. Bookings required by Monday 4th October.

Annual General Meeting Thursday 21st October 10.30am – 11.30am

Join us as we reflect on the past year and celebrate BATCH achievements. We will be electing members for the Committee of Management for 2010. If you are interested in becoming a member of the Committee, please contact BATCH for nomination forms and further details.

Morning tea will be supplied. RSVP required. Phone 9850 3687