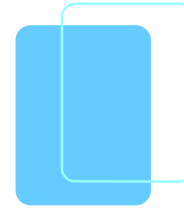
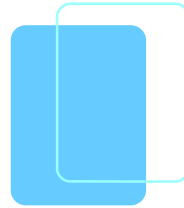
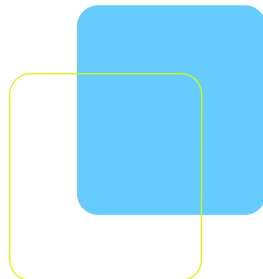




SOUTH KINGSVILLE COMMUNITY CENTRE



SKCC Programs and Activities Guide Terms 1 And 2 2011



Enquires:

South Kingsville Community Centre
43 Paxton St
South Kingsville VIC 3015
Phone: 9399 3000
Fax: 9399 2282
Email: admin@southkingsvillecc.com.au
Web: www.southkingsvillecc.com.au

Monday to Fridays
9.00 am - 5.00 pm
Closed Public holidays

Funding bodies



Department of
Human Services



Department of Planning
and Community Development

How to Enrol

Step 1

Collect and enrolment form from reception or request one through email: admin@southkingsvilleecc.com.au

Step 2

Complete an enrolment form and return with \$10 Deposit. Course fees are variable depending on the type of activity as well as duration. Concession rates apply to participants with an eligible concession card. Payments can be made by phone, EFTPOS, cash, cheques or money order and include GST

Step 3

Receipt is issued as proof of payment and refunds are provided in accordance with South Kingsville Community Centre policy.

Important Dates

16/2/11 Physical Exercise and Movements – Benefits of gentle movements for children and adults with disabilities
(6.00pm-8.00pm light evening snack)

23/03/11 Children's Nutrition – Understanding children's nutrition, understanding nutrition for children with disabilities
(6.00pm-8.00pm light evening snack)

12/04/11 Diabetes Information Session – Current information for people living with diabetes and caring for someone
(9.30am-11.00am light morning tea)

4/06/11 Free Knitting Books – Come to the centre for an open day and have a coffee with the current volunteers, also receive a free knitting book supplied by the Guardian Chemist.
(9.30am-11.00am light morning tea)

12/07/11 Heart Information Session – Information on risk factors, signs of heart attacks and blood pressure.
(9.30am-11.00am light morning tea)

25/08/11 Allergies/Asthma – Information on triggers during springtime and what to do
(9.30am-11.00am light morning tea)

22/9/11 Adult Nutrition – Sensible eating and types of diet
(9.30am-11.00am light morning tea)

19/10/11 Children's Hygiene - Importance of cleanliness in maintaining health for children (6.00pm-8.00pm light snack)

24/11/11 Depression Talk – What are the triggers, signs and medication? (9.30am-11.00am light morning tea)

Venue Hire

Are you looking for a venue for a social group, sporting presentation, training session or meeting? Look no further than South Kingsville Community Centre. We have a number of rooms available for hire with reasonable rates and flexible availability. If you are interested in hiring space for a few hours or on a regular basis, please contact our office

Community users numbers

Ballroom Dancing Bill & Sandra 9382 0037

Christian City Church (Pastor John) 0405 636 439

Weight Watchers 131 997

Maternal Health Nurse 9932 2020

Aikido Yuishinkai (Gess) 0404 028 205

Art Gallery - CAGE

CAGE is our Community Art Gallery and events space. CAGE is a vibrant art space available to the community to exhibit their artworks and hold associated events. The focus is to support emerging artists and community groups who wish to display their artwork, contribute to local cultural environment, and raise their profile. If you are interested in displaying work, please contact South Kingsville Community Centre.

SENIOR'S PROGRAMS

Knit and Chat For Seniors:

Get together with others to chat while learning to knit.

Cost: \$90 Per Term

When: Tuesdays 1/2 to 5/4 Term 1 or
3/5 to 23/6 Term 2

Time: 10.30am-12.00pm

Senior Citizens Group:

All year except public holidays all participants receive a free fruit and vegetable hamper every week.

Cost: \$1.50 per game and bring in a \$2 gift.

Time: Tuesdays 11.00am-3.00pm

Disability - Courses

Vocational Studies for Women with Disabilities (known as: Beautiful Babes)

A 17-week program designed for women with disabilities promoting self-esteem, confidence employability and life skills through fun activities. Themes may need to change depending on circumstances.

Cost: \$155 for Two Terms including materials

Time: 10.30am to 12.00pm

Flag Making 31/1	Valentines Day Cards 7/2	Framing Flowers 14/2	Taste of Malaysia 21/2	Taste of Europe 28/2	Lavender bags with a difference 7/3
Snow Glass Balls 21/3	Friendship Easter Cards 28/3	Easter Egg Mobiles 4/4	African Necklaces 2/5	Care safety with Animals 9/5	Colorful mosaic 16/5
Love Plaques 23/5	Taste of Australia 30/5	Family Picture Framing 6/6	Fruit Day & Hand Theory 20/6	Friendship Tree & Certificate 27/6	

Vocational Studies for People with Disabilities (Known as: Woodcraft)

Using a variety of tools and equipment, participants with a disability make every day items whilst developing skills including independence and cooperation. Themes may need to change depending on circumstances.

Cost: \$155 for Two Terms including materials

Time: 1.30pm to 3.30pm

Flags on Plywood 31/1	Flags on Plywood 7/2	Wooden Note Pad 14/2	Wooden Note Pad 21/2	Wooden Animals 28/2	Wooden Animals 7/3
Wooden Easter Plaque 21/3	Wooden Easter Plaque 28/3	Finish off products 4/4	Finish off products 21/5	Celebrating Eater 9/5	Wooden Door Stoppers 16/5
Wooden Door Stoppers 23/5	Football Team Plaque 30/5	Football Team Plaque 6/6	Finish off products 20/6	End of year Celebration & Certificate Awarded 27/6	

Cooking For All Abilities:

Learn the basics of cooking. You will gain the skills and practices in food handling, presentation and healthy cooking. Separate pamphlet available for more detail (8 Sessions)

Cost: \$88.00 Per Term (Food included in cost)

When: 10.30am to 2.30pm

Time: Thursday: 10/02/11 to 31/3/11 (Term 1) or 5/05/11 to 23/06/11 (Term 2)

Disability –Children’s

A disability respite program for children with disabilities. Class is designed to encourage therapy through art, craft, play and exercise activities. Subject to change. Ring office for dates and enrolments

Time: Saturday 11.00am -3.00pm **Cost: \$5.00**

Play and Learn - 5-12 Year Olds:

<u>Things we love</u> 5/2	<u>Music Movements</u> 26/2	<u>Easter Activities</u> 26/3	<u>Craft & Games</u> 14/5	<u>Winter Wonderland – Cooking</u> 4/6	<u>Lots of indoor games</u> 25/6
Autumn Exploring 6/8	Spring Is in The Air 3/9	Craft moulds and painting 24/9	Halloween Activities 22/10	Enjoy our local area 19/11	Christmas Activities 3/12

Skill Building - 12-18 year olds:

<u>Enjoy our local area</u> 12/2	<u>Autumn Exploring</u> 5/3	<u>Easter Activities</u> 2/4	<u>Mothers day Activities</u> 7/5	<u>Movie day</u> 21/5	<u>Winter Wonderland</u> 18/6
<u>Christmas in July</u> 23/7	<u>Spring Is in The Air</u> 27/8	<u>Spring cooking</u> 17/9	<u>Halloween Activities</u> 29/10	<u>Multicultural Celebrations</u> 26/11	<u>Christmas Activities</u> 17/12

Great Breaks

A program for children with a disability, aged 6-12. Ring the disability coordinator on Tuesday and Wednesdays for more information on 9399 300 (Press option 3) or **Email:** disability@southkingsvillecc.com.au **Location Cost: \$7.00 per session**

5-9 year old Centre Based Additional Costs \$5.00 <u>Sing and Dance</u> 18/1	9-12 year old Drop off & pick up at Altona Meadows <u>Library Fun</u> 19/1	5-9 year old Centre Based Additional Costs \$5.00 <u>Farm Visit</u> 20/1	9-12 year old Centre Based Additional Costs \$5.00 <u>Multiculturalism</u> 24/1	5-9 year old Drop & pick up at SKCC Additional Costs \$15 <u>IMAX & MUSEUM</u> 25/1	9-12 year old centre based Additional Costs cost:\$5.00 <u>DRAMA</u> 27/1
5-9 year old Centre Based <u>Great Breaks Idol</u> 13/4	9-12 year old Centre Based Additions Cost:\$5.00 <u>Science Day</u> 14/4	5-9 year old Centre Based Additions Cost:\$5.00 <u>Drama</u> 15/4	9-12 year old Centre Based Additions Cost:\$5.00 <u>Zumba & Movie</u> 18/4	5-9 year old Centre Based Additional Costs:\$5.00 <u>Circus, Movie, Face Painting, Juggling Balls</u> 19/4	9-12 year old Drop off & pick up at Altona Meadows <u>Library Fun</u> 20/4
9-12 year old Centre Based <u>Lets make a movie</u> 4/7	5-9 year old Centre Based <u>Them day favorite character</u> 5/7	9-12 year old Drop off & pick up at Altona Meadows <u>Library Fun</u> 6/7	9-12 year old Drop & pick up at SKCC Additions Cost:\$5.00 <u>Science works</u> 13/7	5-9 year old Centre Based <u>Magical Day</u> 14/7	5-9 year old Drop & pick up at SKCC Additions Cost:\$5.00 <u>Children’s museum</u> 15/7

EXERCISE

Zumba Saturday

A Latin-inspired dance fitness workout. It integrates some of the basic principles of aerobic, interval, and resistance training to maximise caloric output, cardiovascular benefits, and total body toning. (10 Sessions)

Cost: \$120.00 Per Term or Casual \$13.00

When: Saturdays 5/2 to 9/4 or 30/4 to 2/7

Time: 9.30 am - 10.15am

Yoga

Stretch, strengthen and revitalise your body. Excellent for flexibility, relaxation and peace of mind. (10 Sessions)

Cost: \$120.00 Per Term

When: Wednesday 2/2 to 6/4 or 27/4 to 29/6

Time: 6.30pm or 7.30pm

Tai Chi Together:

An exercise program for adults with a disability that encourages gentle movement as well as relaxation.

Cost: \$100 Per Term **When:** 7/2 to 4/4 or 2/5 to 27/6 **Time:** Monday 1.00pm-2.00pm

CHILDRENS PROGRAMS

Tenny Weeny Tennis

A fun program for 3-5 year olds using modified indoor playing conditions for children to develop basic ball skills and confidence.

Cost: \$55.00 Per Term

When: Monday 7/2 to 4/4 Term 1 or 2/5 to 27/6 Term 2

Time: 12.00pm to 12.30pm or 12.30pm to 1.00pm

Pipsqueaks Playgroup (During School Terms)

A great opportunity for parents and children to socialise and have fun.

Cost: Gold Coin Donation

Time: Friday 10.00am-12.30pm

CHILDCARE

We offer sessional childcare to the local community. All sessions are fun and enjoyable with qualified staff and volunteers. Please call our office for more information.

Cost: \$23 or \$18 concession per session **When:** Monday – Friday **Times:** 9.00am-12.00pm or 1.00pm - 4.00pm

9.00am	MORNING SESSION - CHILDREN ARRIVE Indoor Play
10-11am*	Indoor/Outdoor Program
11.00am	Children return indoors to prepare for Morning Tea
11.15am	Morning Tea – children are invited to join the group for a relaxing and unhurried morning snack.
11.45am	Group Time - Children are invited to participate in Group Time activities such as singing, dancing, musical instruments, puppetry or storytelling.
12pm	SESSION FINISHES
1.00pm	AFTERNOON SESSION - CHILDREN ARRIVE Indoor Play
2-3pm*	Indoor/Outdoor Program
3.00pm	Children return indoors to prepare Afternoon Tea
3.15pm	Afternoon Tea – children are invited to join the group for a relaxing and unhurried afternoon snack.
3.45pm	Group Time - Children are invited to participate in Group Time activities such as singing, dancing, musical instruments, puppetry or storytelling.
4pm	SESSIONS FINISHES

General Course and Interests

Introduction to Computers: Web Design:

Join this exciting workshop where you learn the basics of creating a web page. Learn how to add and modify text, paragraphs and page properties. Also add images and hyperlinks to your website.

Cost: \$70 full fee or \$60 concession

When: Saturday 16/4 or 18/6

Time: 10am - 2.00pm

Introduction to Children Services:

Like working with children, want to know the skills needed? Try this course with guaranteed work experience of 60 hours for the first five people to enrol.

Cost: \$180.00 full fee or \$160 concession

When: Thursday 3/2 to 7/4 (Term 1) or 5/5 to 30/6 (Term 2)

Time: 1.00pm – 3.00pm

Basic Computers:

Gain hands on experience and confidence in a small class. Topics include operating and navigating the computer, MS Office Suite including Word and Excel and the internet.(8 Sessions)

Cost: \$95 full fee or \$88.00 Concession

When: Thursday 3/2 to 20/3 Term 1 or 5/5 to 30/6 Term 2

Time: 10.00am-12.00pm

Picture Framing:

Learn how to create your own frame for that special photo or piece of artwork in a friendly atmosphere. Beginners welcome! Starter Kit \$35 if required (8 Weeks)

Cost: \$120 or \$105 concession

When: Tuesday 1/2 to 22/3 Term 1 or 3/5 to 21/6 Term 2

Time: 6.00pm-8.30pm

Introduction to Volunteering for people with disabilities:

Always wanted to work or volunteer in the disability area or you are a career needing guidance. Guaranteed placement for the first 2 people who pay in full.

Cost: \$95.00

When: Tuesday 8/2 to 7/4 Term 1 or 5/5 to 30/6 Term 2

Time: 10am – 12.00pm

Upholstery:

Have you a dining chair that needs updating? Learn the basics of upholstery. Please contact the centre for course detail and information. Additional cost for materials and tools.

Cost: \$132.00

When: Monday 7/2 to 4/4 Term 1 or 2/5 to 27/6 Term 2

Time: 6.30pm-8.30pm

Learning and Living Craft Group:

Make your own projects while and meeting new people.

Cost: \$20

When: Thursday 3/2 to 5/4 Term 1 or 3/5 - 28/6 Term 2

Time: 9.30am-12.00pm

Craft Fund Raising Group

All year except public holidays

When: Wednesdays

Time: 10.00am-3.30 pm

Resume Writing/Job Application

Learn to write effectively applications are tailored resumes. For examples: how and where do I apply, how to make my résumé stand out and increase.

Cost: \$85

When: Monday 14/2 to 7/3 Term 1 or 16/5 to 6/6 Term 2

Time: 9.30am-12.00pm

Learn to Cook for one

Learn the basics of cooking for one. You will gain the skills and practices in food handling, presentation and healthy cooking.

Cost: \$88 including food

When: Thursday 10/2 to 31/3 Term 1 or 12/5 to 30/6 Term 2

Time: 6.00pm to 8.00pm

What would you like to see at SKCC

We would like to hear from anyone who has any ideas regarding to what they would like to see at our Centre. Whether it is information sessions, workshops, courses or other activities, please contact us with your ideas. We keep records of what our community want to see at the Centre and once there is an interest we include these in our activities.

We would be happy to hear from you. Call us on 9399 3000, write to us at the address above, or send us an email

To: admin@southkingsvillecc.com.au

Computer Usage:

Computers are available to be used between 9 and 5 weekdays if no classes or meetings are being at no charge.

PROGRAM ENROLMENT FORM

For general programs please complete this page form and return to the office.
For educational Programs please fill out the following page as well.

PROGRAM INFORMATION

PROGRAM TITLE: _____

COMMENCING: _____

PARTICIPANT DETAILS

NAME: _____

ADDRESS: _____

SUBURB: _____ POSTCODE: _____

DATE OF BIRTH: _____ GENDER: MALE/FEMALE
(PLEASE CIRCLE)

TELEPHONE: (H) _____ (W) _____

(MOBILE) _____

EMAIL: _____

EMERGENCY CONTACT INFORMATION

NAME: _____

RELATIONSHIP: _____

TELEPHONE: (H) _____ (W) _____

(MOBILE) _____

PARTICIPANT INFORMATION

COUNTRY OF BIRTH? _____

IF YES PLEASE SPECIFY: _____

HOW WELL DO YOU SPEAK ENGLISH? (PLEASE CIRCLE)

VERY WELL

WELL

NOT WELL

NOT AT ALL

ARE YOU OF ABORIGINAL OR TORRES STRAIT ISLANDER ORIGIN?

No/Yes

IF YES PLEASE CIRCLE:

ABORIGINAL

TORRES STRAIT ISLANDER

DO YOU CONSIDER YOURSELF TO HAVE A DISABILITY, IMPAIRMENT OR LONG-TERM CONDITION?

No/Yes

IF YES, PLEASE SPECIFY:

MENTAL ILLNESS

NOT SPECIFIED

VISION

LEARNING

ACQUIRED BRAIN INJURY

OTHER:

MEDICAL CONDITION

PHYSICAL

SHOULD CONCESSION APPLY, PLEASE SUPPLY YOUR CONCESSION TYPE?

PREVIOUS EDUCATION/EMPLOYMENT

ARE YOU STILL ATTENDING SCHOOL?

Yes/No

WHAT IS YOUR HIGHEST COMPLETED SECONDARY SCHOOL LEVEL? _____

YEAR? _____

HAVE YOU SUCCESSFULLY COMPLETED ANY OF THE FOLLOWING QUALIFICATIONS? (PLEASE TICK ALL APPLICABLE)

CERTIFICATE IV (OR ADVANCED CERTIFICATE/TECHNICIAN)

BACHELOR DEGREE OF HIGHER

CERTIFICATE III (OR TRADE CERTIFICATE)

ADVANCED DIPLOMA (OR ASSOCIATE DEGREE)

CERTIFICATE II

DIPLOMA

CERTIFICATE I

NO FURTHER QUALIFICATIONS

OTHER:

OF THE FOLLOWING CATEGORIES, WHICH BEST DESCRIBES YOUR CURRENT EMPLOYMENT STATUS?

FULL-TIME EMPLOYEE

PART-TIME EMPLOYEE

NOT STATED

SELF EMPLOYED

EMPLOYED – UNPAID FAMILY WORKER

UNEMPLOYED – SEEKING PART-TIME WORK

UNEMPLOYED – SEEKING PART TIME WORK

EMPLOYER

WHICH BEST DESCRIBES YOUR MAIN REASON FOR PARTICIPATING IN THIS COURSE? (PLEASE TICK ONE ONLY)

TO GET A JOB

TO TRY FOR A DIFFERENT CAREER

TO DEVELOP MY EXISTING BUSINESS

TO START MY OWN BUSINESS

TO GET A BETTER JOB OR PROMOTION

TO GET INVOLVED WITH THE COMMUNITY

TO GET INTO ANOTHER COURSE

OTHER REASONS:

HOW DID YOU FIND OUT ABOUT THE SOUTH KINGSVILLE COMMUNITY CENTRE? (PLEASE TICK ONE)

A FRIEND

NEWSPAPER

BROCHURE

OTHER:

WOULD YOU LIKE TO BE ON OUR MAILING LIST?

Yes/No