



Health & Wellbeing

Yoga

This class will be excellent for those new to Yoga as well as being beneficial to those with some experience.

This is a partnership with Inner Journeys School of Yoga and forms part of Satyananda tradition of yoga. Wear comfortable clothing. Newcomers most welcome.

Mondays 5pm– 6pm

\$108 for 9 weeks or \$81 concession

Family Yoga

Share time together learning to relax, breathe, balance and stretch. Take away easy and fun exercises to practise at home!

Fortnightly on Saturdays 10.30 am - 11.30 am, 29 April, 13, 27 May, 10, 24 June

Sessions take place in upper room of Churchill Community Hall

\$15 one adult/one child per session.

Extra child \$5 Concession \$10/\$2

Tai Chi

Slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness.

Tuesdays 9am - 10am and 6pm - 7pm

Contact 5122 2588 for all enquiries.

Country Kitchen Cooking

Learn basic principles of cooking country style using fresh produce. For beginners and the more advanced cooks. Contact us for weekly menus.

Tuesdays 10am-12pm

\$135 for 10 weeks or \$108 concession Casual \$15 or \$12 concession

Food Cents

Learn how to save \$2000 a year on your grocery shop over 3 sessions:

1. Healthy Eating & Nutrition Session
2. Budgeting & Label Reading Session
3. Cooking Session

Please register your interest with us

\$5 for all sessions

Let's Connect

Community Café

All community members are welcome to come along, share a meal and meet new people.

Mondays 12:30pm Gold coin donation

Stay on for a coffee and a chat, do a puzzle, or read a book!

Churchill Community Garden

Join other local gardeners to share and learn ideas, skills and interests.

Mondays 10am - 12pm

Churchill Men's Shed

The Churchill Men's Shed is a place for all men to spend time working on their own, or on community projects, in woodworking, furniture restoration, metalworking or anything else. It is a great chance to meet others and form new friendships.

Mondays 9.30am - 2.30pm

\$5 per session

Volunteering

There are many ways you can volunteer your time at the Churchill Neighbourhood Centre:

- Help in the office and reception
- Join the Churchill Community Gardeners
- Help with events & the Churchill Community Festival
- Help prepare and serve food in the Community Café
- Help with fundraising
- Become a volunteer tutor
- Join the Board of Governance
- Deliver brochures. Contact us to find out more.

For more information visit:

www.churchill.org.au

Or find us on Facebook:

www.facebook.com/

ChurchillNeighbourhoodCentre

Computer Courses

Intel® Easy Steps Basic Computer Skills



If you've never used a computer, or are unsure about the online world, the idea can be daunting. But it doesn't have to be. Intel® Learn Easy Steps is designed to give you the help you need.

Tuesdays 9.30am - 12.30pm

\$90 for 10 weeks \$72 concession

Casual \$10 or \$8 concession

Photo Editing & Digital Scrapbooking

Using ACDSee photo editor learn how to edit and enhance photos. Create calendars, photo books, greeting cards, and photo DVDs.

Mondays 9.30am - 12.30pm

\$80 for 9 weeks \$64 concession

Casual \$10 or \$8 concession

Materials extra

Intermediate Computers & Computers for Employment



Learn to use Microsoft Office 2010 programs: Word, Excel, Publisher, Access, Power Point, Outlook, Windows 10 and QuickBooks. Internet, email, iPads & tablets can also be covered. For students with basic computer skills.

Tuesdays 1pm - 3pm, Wednesdays 6:30pm—8:30pm, Thursdays and Fridays 10am - 12pm

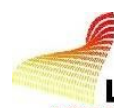
\$80 for 11 weeks \$70 concession

\$72 for 10 weeks \$63 concession on

Tuesdays (*due to public holiday*)

Casual \$8 or \$7 concession

Churchill Neighbourhood Centre acknowledges the support of the Victorian Government and Latrobe City Council.



Latrobe City

a new energy



Office hours: Monday - Friday 9.30am - 4pm

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Reg. No A0005555T ABN 47 864 870 641



Neighbourhood Houses
The heart of our community



New !

Wallaby Walkers (starting soon)

....you'll walla by joining us.

Bonnets on and stride out with that stroller!

This is an activity for parents/carers to build fitness (and friends) but kids can come along for the ride... in a stroller...there is something for them later!

Wednesdays 9.30am. Meet at Churchill Hub entrance. Only rain will stop us: register your details with the office and the walk leader will contact you.

Come back to the Hub for a nutritious morning tea (\$1) and then at 10:30 listen to...

Story Time at the Library!

Community Singing Churchill

We welcome the Community Singing Group to the Churchill Neighbourhood Centre.

You don't need to be able to read music. Just come along and sing fantastic songs from all over the world for the sheer pleasure of singing - for fun!

If you haven't experienced it; try it! Meet tremendous people and make wonderful sounds together! Go home feeling energised - on top of the world!

Contact Yvonne via our office for details

**Starting Saturday 29th April
3pm—5pm**

Art, Craft & Creativity

Patchwork

Learn patchwork, material choice, techniques and design. Learn new skills as well as share tips and tricks.

Wednesdays 6.30pm - 9pm

Thursdays 10am - 12pm or 1pm - 3pm

\$120 for 11 weeks or \$100 concession
Casual \$12 or \$10 concession

Quilting Lessons

Long arm quilting machine lessons.

1st Monday of the month 10am - 12pm or 1pm - 3pm

\$15 per 2 hour lesson

Saturday Stitchers

Come and join a friendly group of people with varying skills and abilities. We range from beginners to experienced patchworkers, sewers and crafters who get together to enjoy each other's company and share knowledge and ideas on an informal basis.

**The third Saturday of the month
10am - 2.30pm**

\$5 per session

Knitting & Crochet Group

Learn & share skills, swap ideas, bring UFOs, share stories, get inspiration and help. Work on your own projects or knit for a cause. We have a library of patterns to share.

Wednesdays 10am - 12.30pm

\$6 per session

Discussion

English for Parents

Practise pronunciation, improve comprehension, understand Australian slang, bring your children! Improve your English in a child friendly environment. Any level of English welcome.

Wednesdays 12.30pm - 2.30pm

\$80 for 11 weeks or \$70 concession
Casual \$8 or \$7 concession

Social Discussion Group

A social group discussing current affairs, environmental issues and any other topics brought to the table in a friendly atmosphere. (This group doesn't meet on the last Friday of the month.)

Fridays 10am - 12pm \$6 per session

Churchill Bookworms

Join the Churchill Bookworms, read and discuss a book a month! Contact us for the booklist.

Last Friday of the month 10am - 12pm
gold coin donation

Workshops

Photography Workshop A

Learn to take better photos, framing & composition and how to use light as well as how to use all those buttons on your camera. Suitable for digital SLR & point & shoot cameras as well as smart phones.

Saturday 29th April 9.30 - 12.30

\$30 or \$25 concession

Photography Workshop B

Learn about shutter priority, aperture priority, manual exposures, depth of field. Following on from photography workshop A this covers the more technical side of photography.

Saturday 13th May 9.30 - 12.30

\$30 or \$25 concession

Groups

Gumleaf Quilters & Gatherers

A group of volunteers who organise events and fundraising at the Churchill Neighbourhood Centre.

**First Wednesday of every month
3pm**

Pistons Car Club

All makes and models chrome bumper club. New members welcome.

**First Wednesday of every month
7.30pm**

Contact Catherine: 0402 320 153