

# Activities Program

*Term 2*  
*Version 1*



*The Langwarrin Community Centre MISSION is:*

- *To provide a SAFE, RESPECTFUL, WELCOMING and INCLUSIVE space FOR ALL THE COMMUNITY.*
- *To be proactive in identifying and supporting the needs of people experiencing isolation, disadvantage and vulnerability.*
- *To engage with and support our community to be the best that it can be.*

*The VISION is: To be always here for our community and to support it in being strong, positive and connected.*



## **Are you a Community Group or are finances a barrier for you?**

Please contact Jo to discuss options to ensure your participation in Centre activities, we want everyone in the Community to have the same opportunity to be involved - discussions are in full confidence.

### **Terms and Conditions of Enrolment**

Book Now

Full payment must accompany a completed enrolment form to confirm placement. Early enrolment is essential. Enrolments close when classes are filled. Classes will commence on the date shown unless otherwise notified.

### **Cancellations/Refund Policy**

Refunds will be considered if seven days notice is given prior to the commencement date. We regret that courses/programs with low enrolments may be cancelled or deferred. If a course/program/service is cancelled by the Centre, we will notify you and a full refund will be given.

### **Privacy**

Your privacy is important to us. Any personal information, collected from you is kept secure and confidential. You may access your personal records at any time, upon written request.

### **Concessions**

Our concession rates apply to indigenous people, holders of; Healthcare Card, Pensioner Concession Card & Veterans - Gold Card. We do not want people to feel excluded because of financial difficulties, so please, do talk to our Manager (in complete confidence) if costs are a problem.

### **Access, Correction and Complaints**

You have the right to seek access to or correction of your own personal information. You may also complain if you believe your privacy has been breached. For further information, please contact Langwarrin Community Centre Inc., in the first instance by phone (03) 9789 7653 or email [manager@langwarrinccorg.au](mailto:manager@langwarrinccorg.au)

### **Annual Administration Fee**

It is a Committee of Management policy that participants of the Centre pay a non-refundable annual administration fee of \$25.00 (including GST).

# Further Education

## COMPUTERS FOR THE HOME AND WORKPLACE

(ACFE Funded)

Let us shine some light on the world of computers with our 8 week computer course for beginners.

Topics include learning basic computer skills, using MS Windows and MS Office (Word, Excel and Powerpoint), connecting to WIFI and the Cloud, the importance of anti-virus software, safe internet browsing and shopping online, using email and social media to stay connected, managing your family photo albums and much more.

**Thursday 9.30 am - 12.00 pm**  
**Weekly (no classes on Public Holidays)**  
**8 sessions, starts 2nd May 2024**

**Contact 9789 7653**

**Cost: \$80.00 Concession \$70.00**

**Administration Fee: \$10.00**



## COMPUTERS

This course is for people with an intellectual disability to assist them with computer techniques.

**Friday 9.30 am - 1.00 pm**  
**Weekly (no classes on Public Holidays)**

**Contact WorkForce Plus to enrol on**  
**1800 118 244 or email**  
**info@workforceplus.com.au**



# Further Education

## INTRO TO CREATIVE WRITING

(ACFE Funded)

If you've always wanted to write but have no idea where to start, this 8 week course will explain the process for you. Learning the ways of taking an idea and building the story, creating conflict and suspense, how and when to use dialogue or description, and ways to keep the reader focused on the theme are all things that you will learn.

These skills can also lead you into other opportunities - script writing, speech writing, marketing and editing - just to name a few!

So take this exciting journey with local published author Rod Grigson on our 8 week course.

**Thursday 12.30 pm - 3.00 pm**  
**Weekly (no classes on Public Holidays)**  
**8 sessions, starts 2nd May 2024**



**Contact 9789 7653**

**Cost: \$80.00 Concession \$70.00**

**Administration Fee: \$10.00**



## ESSENTIAL LEADERSHIP SKILLS

This one-day-a-week program empowers all individuals with disabilities to build their confidence and grow as a leader, to make a real impact in their communities and their lives..

**Friday 9.30 am - 2.30 pm**  
**Weekly (no classes on Public Holidays)**



**Contact WorkForce Plus to enrol on**  
**1800 118 244 or email**  
**info@workforceplus.com.au**



# Further Education

## GROWING ABUNDANT VEGETABLES

(ACFE Funded)

A series of 6 workshops to give you the skills required to design, manage and grow your own permaculture vegetable garden. These can be done individually or together as a course.

Week 1 - Types of Garden Beds/ Building Wicking Boxes

Week 2 - Understanding Soils

Week 3 - Introduction to Permaculture

Week 4 - Garden Planning and Design

Week 5 - Seeds and Raising Seedlings

Week 6 - Composting & Vermiculture

**Tuesday 6.30 pm - 9.30 pm**

**Weekly (no classes on Public Holidays)**

**6 sessions, starts 30th April 2024**

**Contact 9789 7653**

**Cost: \$80 Concession: \$70.00 or  
\$20 for individual sessions**

**Administration Fee: \$10.00**



## READING AND WRITING

This course is for people with an intellectual disability to assist them with reading and writing techniques.

**Monday 11.30 am - 2.30 pm**

**Weekly (no classes on Public Holidays)**

**Contact WorkForce Plus to enrol on**

**1800 118 244 or email**

**info@workforceplus.com.au**



# Further Education

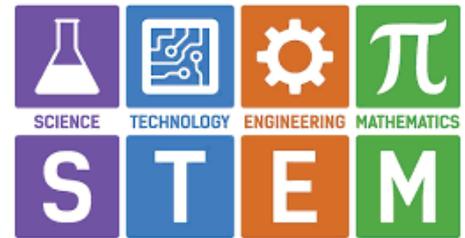
## S.T.E.M

STEM is an approach to learning and development that integrates the areas of science, technology, engineering and mathematics.

Please note: Participants require NDIS group funding or Fee for Service charge applies.

**Monday 1.00 pm - 4.00 pm**  
**Weekly (no classes on Public Holidays)**

**Contact WorkForce Plus to enrol on**  
**1800 118 244 or email**  
**info@workforceplus.com.au**



## BRAIN BENDERS

This is an NDIS group activity where you can make new friends, and experience many positive effects and benefits that will help you in your everyday life, work and study.

**Monday 9.30 am - 12.30 pm**  
**Weekly (no classes on Public Holidays)**

**Contact WorkForce Plus to enrol on**  
**1800 118 244 or email**  
**info@workforceplus.com.au**



# Exercise, Health & Wellbeing

## AGE STRONG

Strength and balance program using resistance and weights, designed for older people. In partnership with Peninsula Health. An assessment is required. *"Strength is for Life"*. Attend one or two sessions per week. *(Booking is essential)*.

**Who will benefit?** Older people who do not exercise due to low confidence, fear of falls or chronic health conditions.

Langwarrin Community Centre is part of the **Agestrong Network:** a group of local health professionals and leaders working together to increase safe and suitable strength and balance programs for older people in the Frankston and Mornington Peninsula region.

**Tuesday 9.30 am - 10.30 am or  
Tuesday 10.45 am - 11.45 am or  
Thursday 9.30 am - 10.30 am or  
Thursday 10.45 am - 11.45 am  
Weekly (no classes on Public Holidays)**



**Contact 9789 7653 for eligibility details**

**Cost: \$7.00 per session**

## STARTING OUT - GENTLE EXERCISE FOR ALL AGES

New to exercise and wanting somewhere comfortable to start out, with a qualified and experienced trainer?

Need to improve your core strength and balance?

Looking to get back into shape after limited activity or having a bub?

**Tuesday 12.00 pm - 12.45 pm  
Weekly (no classes on Public Holidays)**



**Contact 9789 7653 for bookings**

**Cost: \$9.50 per session or**

**\$45.00 for 6 sessions**

# Exercise, Health & Wellbeing

## KID'S KUNG FU AND ADULT KICKBOXING

An interesting mixture of boxing, grappling, kickboxing, Wing Chun and self defence. An exciting activity which provides an opportunity to develop and improve strength, co-ordination, balance, self discipline and self esteem. Classes for adults, adolescents and children.

**Monday and Thursday (school term)**  
**6.00 pm - 7.30 pm**  
**(no classes on Public or School Holidays)**

**Contact Cameron on 0419 119 613**



## WEIGHT WATCHERS

"Join our WW Workshops and start your transformation today with the support of WW Coaches. Our program experts are equipped to guide you on your weight-loss journey, in a safe and compassionate environment. You'll also be surrounded by a supportive community of members who'll help keep you motivated and inspired along the way."

**Friday 9.30 am - 10.30 am**  
**Saturday 8.00 am - 9.00 am**  
**Weekly**

**Contact 13 19 97 for further details**



## REIKI HEALING

Feeling stressed or anxious - maybe reiki can help?  
A hands-on healing to help you heal yourself. Get on with your life feeling stronger and able to cope. Friendly and relaxed, newcomers always welcome. Stay for a shared lunch (optional).

**Saturday 10.30 am - 2.30 pm**  
**Weekly**

**Contact Valerie on 0409 048 839**  
**Cost: \$7.00 entry to cover room hire**



# Exercise, Health & Wellbeing

## MOMENTS OF STILLNESS

A time to gather for reflection, stillness, sharing, respect and care!

Regular meetings offer an opportunity to explore, deepen and grow your sense of connection to life's deeper meaning, purpose or spirituality ( in the broadest sense of the word). The group does not promote any specific spiritual or faith perspectives. The invitation is to co-create a safe space where participants can look within, honor and share their own and each other's inner wisdom through quiet contemplation and reflection.

Group size will be limited to 15 and the intention is to develop a regular group.

**Saturday 10.30 am - 12.30 pm (first of each month)**

**Optional: come at 10.00 am for a cuppa and chat beforehand and stay after 12.30 pm for a shared lunch**

**Contact Fran on 0418 932 218 or**

**email: [franprem777@gmail.com](mailto:franprem777@gmail.com)**

**Cost: \$10.00 plus optional BYO shared lunch**

Coffee, tea and herbal tea provided



# Craft, Hobby & Fun

## CLOSE KNIT COMMUNITY - KNITTING/NEEDLECRAFT

Do you enjoy knitting, crocheting, tapestry, embroidery?

Would you like to:

- Make new friends and have a cuppa
- Do your own needlecraft in company
- Create for charity
- Help others with their chosen craft
- Share patterns
- All ideas are all welcome

If that's a yes, please call us to register.

**Wednesday 10.30 am - 2.30 pm**

**Contact: 9789 7653**

**Cost: Wed \$5 per session**



## GUIDED ART CLASSES - 'Paint & Chat'

Come and create your own masterpiece with Rachel Baker. Wonderful things to paint, draw and find your inner Picasso.

Most art materials provided.

**Friday 1.00 pm - 3.00 pm**

**Contact: 9789 7653 to register**

**Cost: \$25 per session or \$132 for 6 sessions**



# Craft, Hobby & Fun

## BOAT LICENCE

Boat and PWC Testing, Victorian Marine Regulations, collision avoidance rules, safety equipment regulations, buoyage system, reading the weather.

Half day, evening or private courses available.

**Every second Sunday 8.30 am - 12.30 pm**

**Need more information?  
Contact Rod 0407 755 537**



## MORNINGTON PENINSULA ORCHID SOCIETY

New members are always welcome.

**Every third Friday (except December)  
7.00 pm - 10.00 pm**

**Need more information?  
Contact Craig Watson 0410 568 114**



## UKULELE FOR ADULT BEGINNERS

BYO Ukulele and join our happy group. Weekly sessions led by an experienced teacher.

**Thursday 4.45 pm - 5.45 pm**

**Contact: 9789 7653  
Cost \$5.00 per session**



# Craft, Hobby & Fun

## SCRABBLE

Are you keen on playing Scrabble? If so, then come along and join this group. All welcome! First session FREE.

**Every Tuesday**  
**(excluding school holidays)**  
**1.00 pm - 4.00 pm**

**Contact: 9789 7653**



## PATCHWORK "Patch'n'Chat"

Come along and bring your own patchwork project. Meet new people in a relaxed and friendly group.

**Tuesday 10.00 am - 2.00 pm**  
**Cost \$5.00 per session**

**Contact: 9789 7653**



# Community Activities

## LANGWARRIN LETS COOK TOGETHER (LLCT)

LLCT "Hands On" Cooking Groups meet on Mondays where everyone of all levels are welcome to participate in a social environment having some gastronomical fun cooking, sharing tips and ideas and then enjoying a 2 course meal of their making.

- Red Group - meets on the 1st Monday of the month (no food restrictions)
- Green Group - meets on the 2nd Monday of the month (gluten free group that also tries to accommodate those with other possible special dietary requirements)
- Blue Group - meets on the 3rd Monday of each month (no food restrictions)

If you think you might know someone whom would be interested please ring and have a chat with one of the lovely receptionists.

**Monday**

**12.00 pm - 2.30 pm**

**Cost \$10 per person (except if the menu requires BYO ingredients)**

**Contact 9789 7653 for more information and bookings**



# Community Activities

## PROBUS LADIES CLUB

Ladies are you an active retiree, looking for new friendships and a variety of activities? Come along and join us!

**Thursdays (first of every month)**  
**9.00 am - 12.00 md**

**Contact: Janet 9789 3880**



## COMMUNITY SUPPORT - FOOD BANK DONATIONS

Please help us give to those in need of extra assistance and doing it tough with the cost of living pressures. We accept donations of food (canned, dried, long life items etc and personal care items here at the Community Centre). Just ask at Reception. Your support and generosity is much appreciated! Thank you.



**D O N A T E**

# Childcare & Children's Activities

## COMMUNITY CHILD CARE

This approved program provides opportunities for children to interact with other children while enjoying a play based learning environment in the care of qualified educators for eligible families.

You can book for single or multiple days per week (50 weeks of the year!)

We are a Victorian Regulated Service with qualified educators

Possum Group - ages 6 weeks to 4 years old  
Koala Group - 3+ age group

6 Hour Sessions - Enquire now

**Monday to Friday (ongoing booking)**

**9.00 am - 3.00 pm**

**Booking is essential.**

**Please call 9789 7653**

**Cost: \$66 full fee**

**Reduced cost per session with CCS applied**

**Annual administration fee \$25.00**



# Childcare & Children's Activities

## LANGWARRIN OUTSIDE OF SCHOOL HOURS CARE PROGRAM

FULLY ACCREDITED BY THE AUSTRALIAN CHILDREN'S EDUCATION AND CARE QUALITY AUTHORITY (ACECQA). PHONE 1300 422 327

All enrolments and permanent bookings are made online via Owna. Use the Owna casual booking calendar online using your computer or via the Owna app on your mobile phone or device.

We accept Before and After School Care enrolments for children who attend St. Judes Parish Primary School.

### **BEFORE SCHOOL CARE**

**6.45 am - 9.00 am**

### **Administration Hours**

**8.30 am - 4.30 pm**

**Booking is essential.**

**Please call 9789 7653**

### **AFTER SCHOOL CARE**

**3.00 pm - 6.30 pm**



# Childcare & Children's Activities

## LANGWARRIN HANGOUT

Langwarrin Hangout is a free youth centre run by Frankston City Council Youth Service. Langwarrin Hangout offers activities, and youth information and support. Young people aged 12 - 17 years old can access.

At the Hangout you can:

- Play games and activities
- Catch up with friends or make new ones
- Get some homework help
- Chat to a youth worker about what's going on
- Grab a snack and chill

The Hangout hours may be subject to change or closure at short notice, check Frankston Youth Service Instagram and Facebook pages for most up to date information.

**Friday (School Term) 3.00 pm - 4.45 pm**  
**(no sessions during school holidays)**

**Cost: FREE**

**Contact Youth Central Office 9768 1366**

**Scotty 0488 590 917**

**email: [scott.prior@frankston.vic.gov.au](mailto:scott.prior@frankston.vic.gov.au)**



# Childcare & Children's Activities

## MINI MAESTROS

The primary aim of Mini Maestros is to create self-reliant, confident and well-rounded learners. We use music and movement to achieve this objective, starting with children from six months of age. We facilitate nurturing spaces to develop the whole child, celebrating quality lesson content, developed by early childhood music education experts and delivered by a team of thoroughly trained big-hearted professional music teachers. As the longest running and most successful Australian business of its kind, our methods are tried and tested. We are proud to empower generations of confident and engaged learners, who are best placed to succeed in their chosen endeavours.

Contact Kate on 0406 062 254 or email [kate.howard@minimaestros.com.au](mailto:kate.howard@minimaestros.com.au)



## CHILDREN'S DRAMA ACADEMY with HELEN O'GRADY

Ages 5 - 18 years. Speech, movement and creative drama classes. Our aim is to give children ongoing confidence, self-esteem and skill in verbal communication through dynamic, fun-filled classes

**Wednesdays (School Term)**

**5.00 pm - 7.00 pm**

**(no classes on Public Holidays)**

**Contact 0429 567 708**

**email: [mornington@helenogrady.com.au](mailto:mornington@helenogrady.com.au)**



# ROOM HIRE

Rooms available for hire. Permanent and Casual Hirers welcome. Contact Reception for more information.

Main Hall  
Children's playroom - children's parties (max 30)  
Training Room  
Small Meeting Rooms  
*(Conditions Apply)*

-  **(03) 9789 7653**
-  **2 Lang Road  
Langwarrin Vic 3910  
Mel Ref 103 J5**
-  **[www.facebook.com/LangwarrinCommunityCentreInc](http://www.facebook.com/LangwarrinCommunityCentreInc)**
-  **[reception@langwarrincc.org.au](mailto:reception@langwarrincc.org.au)**
-  **[www.langwarrincc.org.au](http://www.langwarrincc.org.au)**

## FEEDBACK AND COMPLAINTS

[https://www.langwarrincc.org.au/images/SHARE\\_DOCUMENTS/FeedbackForm.pdf](https://www.langwarrincc.org.au/images/SHARE_DOCUMENTS/FeedbackForm.pdf)

## OFFICE HOURS:

**Monday to Friday 8.30 am - 4.30 pm**

ABN: 93 342 036 070

Incorporation Registration

A0027420F

***We gratefully acknowledge the  
financial assistance & support from:***

Neighbourhood Houses Victoria  
Department of Education & Training  
Frankston City Council  
Department of Human Services  
Department of Families, Fairness and Housing

