



COURSES

@SpringDale

We are an Autism Friendly Organisation

Improve your skills - Expand your mind
SpringDale is offering a number of new classes
this term. The new classes have **Red Headings**.

More information and bookings can be made via our
website <https://home.springdale.org.au/learning-master-guide/>
or email office@springdale.org.au or phone 5253 1960.

Term 1
Jan-April
2024



All classes held at SpringDale Neighbourhood Centre 17-21 High Street, Drysdale, unless otherwise stated.

Being Creative

Explaining the Show Judging Process

Have you always wanted to put an entry in at the Bellarine Show or another Agricultural Show - then this session maybe for you? Information session about the show judging process and what makes a winning entry.

Instructor: A number of show Stewards & Judges

Dates/times: Saturday 10 Feb 1.30- 3.30pm

Bookings essential Fee: Free

New - Gelli Printing

Learn to make papers for collage, card making and other mixed media art with Gelli Printing.

Instructor: Libby Hildebrandt

Dates/times: Thurs 1 Feb - 21 Mar 10am-12noon

Fee: \$100 or **Conc** \$80 8 weeks

All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 2 Feb - 22 Mar 10am-12noon

8 weeks Bookings essential

Fee: \$260 or **Conc** \$160

Art Fundamentals - Discover the Artist Within The starter or restarter course

An introductory or refresher course using drawing media for adults. This is a great starter course or refresher course for returning artists, but no previous experience is required. The course awakens and sharpens art perceptions, the skills of seeing as an artist "sees" using drawing exercises. It also introduces concepts of colour awareness, surface texture and composition.

Instructor: Annette Playsted

Dates/times: Tues 30 Jan - 19 Mar 1-3pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Art Media Intermediate

Learning all the painting and drawing media

To help you develop further as a potential artist, this course is designed for those who have completed Art Fundamentals. Explore the wide range of Painting and Drawing media, and all the methods of application. Increase your media knowledge in the techniques and processes of each medium. Increase your skills and confidence in various processes of painting and drawing. Improve your media knowledge. Prepare for the next stage of exhibiting or for exhibiting again.

Instructor: Annette Playsted

Dates/times: Mon 29 Jan - 25 Mar 1-3.30pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Advanced Art Workshop - Develop the Artist Within

Preparing to exhibit. Developing an Art based small business. This workshop program is designed to further develop your knowledge and broaden skills and perceptions. It is for hobbyists or art students who have studied the Art Media Course or have a mature knowledge of media applications. Challenges are set to encourage the building of ideas to improve conceptual development and encourage the experimental use of media to broaden and develop unique approaches to artmaking.

Participants will prepare to exhibit artworks and participate in exhibitions.

Instructor: Annette Playsted

Dates/times: Mon 29 Jan - 25 Mar 10am-12.30pm
or Tues 30 Jan - 19 Mar 10am-12.30pm

Fee: \$160 or **Conc** \$85 (8 sessions)

Friday Workshop - Exploring Portraiture and Life Drawing

This will be a tutored experience of working from a live model. The first session will concentrate on the human head. The second session will concentrate on the human figure.

Enjoying the experience and demystifying working from a model will be the intent of both sessions, with participants encouraged to explore possibilities and try new ways, to just have a go.

Instructors: Annette Playsted, Gillian Turner

Dates/times: Fri 1 & 8 Mar 1.30-4pm

Fee: \$60 **Conc** \$50

Saturday Art - Express Yourself through Pocket Size Abstract Acrylic Art

Instructor: Peta Henshelwood

Dates/times: Sat 10 Feb - 2 Mar 10am-12.30pm

Fee: \$160 or **Conc** \$90 materials included

Self-publishing

In this course, you will learn how to self-publish. The focus is on using print-on-demand and eBooks - available technology to make your book available to friends, family or global distribution from the comfort of your own home or office.

Taught by Dr Laurent Boulanger, multi-award winning author, university academic and official Writers Victoria mentor.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 22 Mar 10am-12noon

Fee: \$35 or **Conc** \$30

Edit Your Fiction

Have you finished your novel or short story and wish to make it better, but have no idea how to accomplish this? You will build your confidence with techniques to bring your current draft to a publishable draft, including mastering the five senses, dialogue and specific details.

Taught by Dr Laurent Boulanger, multi-award winning author, university academic and official Writers Victoria mentor.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 1 & 15 Mar 10am-12noon

Fee: \$55 or **Conc** \$45 (2 sessions)

Write, produce & distribute your feature film

In this class, you will learn what it takes to write, produce, direct and distribute your film idea, including how to assemble a team and get the project moving forward on a shoe-string budget. You will learn about film festivals and the steps becoming a filmmaker.

Taught by Dr Laurent Boulanger, qualified academic and multi-award winning scriptwriter, whose independent films have reached over one million viewers globally.

Instructor: Dr Laurent Boulanger

Dates/times: Fri 16 & 23 Feb 10am-12noon

Fee: \$55 or **Conc** \$45 (2 sessions)

Cards with Lizzy

Let's get crafty with cards. Perfect for beginners. Come along and have a go.

Instructor: Lizzy Free

Dates/times: Wed 31 Jan - 27 Mar 1.30-3.30pm

Fee: \$5 per session (9 Weeks)

Textiles

Teenage Sewing Classes

Learn to sew. Learn how to complete small projects with new and different techniques in each class. Learn to make your own personalised gift. Short projects you can take home on the same day. Utilise sewing machines, accessories, and haberdashery. Sewing machine provided or if you prefer, to bring along your own.

Instructor: Denise Kent

Dates/times: Sat 10 Feb, 24 Feb, 23 Mar 10am-12noon

Fee: \$20 per session

Things I wish my Grandmother taught me

Draping my hankies and tea towels over the lavender bushes to dry in the sun, having Distilled lavender water in the steam iron. Sewing buttons on-with a thread 'shank' when needed, darning a hole, rather than tossing it out - All these and many more hints and tricks to discuss and make life easier and better.

Instructor: Denise Kent

Dates/times: Thurs 8 Feb 10am-11.30am

Fee: \$20 or **Conc** \$10 Booking essential

The Language of Sewing Patterns

Learn to enjoy it. All brands of sewing patterns include a great deal of useful, mostly vital, info. Plan ahead of actually cutting/sewing - sit with a cuppa and read the inclusions, as if it were a book or magazine. Let's have a look at this together.

Instructor: Denise Kent

Dates/times: Thurs 22 Feb 10-11.30am

Fee: \$10 - Bookings essential

Sustainable Wardrobe Workshop

Learn how to update or upcycle a garment. Update something you found at a recycle shop or blend with something from your wardrobe. Upcycle or re-purpose items you already possess. You will learn how to replace a button, to mend a 'worn spot', to repair fallen hems, shorten (or lengthen) a garment or even a sleeve, to enjoy more wear from a favourite garment.

Instructor: Denise Kent

Dates/times: Thurs 21 Mar 10am-12noon

Fee: \$20 or **Conc** \$10 Booking essential

Stitch, don't ditch

Use slow stitching and visible mending to bring damaged and worn clothes back to life, rather than throwing them away and buying new. Apply a sustainability lens to your wardrobe. Repair that jumper with a few stitches on the elbow, or those jeans using a patch, or those socks be worn again if only for the hole in the toe. Visible mending lets your turn a tragic tear or worn patch into a decorative feature to keep well-loved clothes in good condition for a bit longer. In the first session you will learn basic hand sewing techniques - how to repair a garment. In the second session you will learn darning and visible mending techniques. Fix one special garment and the course has paid for itself.

Instructor: Claire Duffy

Dates/times: to be advised

Fee: \$60 or **Conc** \$30

Music

NEW - Beginners Harmonica

Would you like to learn how to play that harmonica in your drawer? This course maybe for you.

Instructor: Jack Meredith

Dates/times: Thurs 1 Feb - 21 Mar 10am-11am

Fee: \$90 or **Conc** \$80

Beginners Ukulele

Come and start your ukulele journey with us. Learn a few chords and strumming techniques and get started making music.

Instructor: Jan Paradise

Dates/times: Tues 6 Feb - 26 Mar 1-2pm

Fee: \$90 or **Conc** \$80

Beginners Guitar Playing

For players with no guitar knowledge at all. It's not suitable for those who know basic chords and other techniques. You will learn open chords, strumming, reading chords and song sheets. You must bring your own guitar to class. Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda and Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 1 Feb - 21 Mar 1pm - 2pm

Fee: \$110 or **Conc** \$100

Intermediate Guitar Playing

For players who have a knowledge of basic open chords and strumming and want to expand their playing throughout the whole neck of the guitar in every key. It will include some basic scale work and improvisation skills. You must bring your own guitar to class. Taught by Dr Laurent Boulanger, Diploma of Music Theory, former musician-in-residence in St Kilda & Barwon Heads, qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 1 Feb - 21 Mar 2pm - 3pm

Fee: \$110 or **Conc** \$100

Electric Guitar Playing

Electric Guitar players in this course, learn how electric guitar playing differs from acoustic guitar playing. Learn hacks to use the whole guitar neck.

Instructor: Dr Laurent Boulanger

Dates/times: Thur 1 Feb - 21 Mar 3pm - 4pm

Fee: \$110 or **Conc** \$100

Five-String Banjo - Level 1

Complete beginners. You'll learn the three-finger picking style - the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Friendly, supportive small class tuition. Max. 5 students. BYO banjo! (No banjo yet? Contact Steve to discuss.)

Instructor: Steve Williams

Dates/times: Tues 6 Feb - 26 Mar 9.45-10.45am

Fee: \$200 or **Conc** \$150 (8 weeks)

Five-String Banjo - Level 2

Post-beginners. You can already play a forward roll and G, C and D7 chords. Boost your skill in the three-finger picking style - the basis of bluegrass banjo and also suitable for other genres e.g. country, folk, blues and pop. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 6 Feb - 26 Mar 10.45-11.45am

Fee: \$200 or **Conc** \$150 (8 weeks)

Five-String Banjo - Level 3

Novice. You've been picking three-finger banjo for a few months and can play simple tunes in the key of G, using the forward roll and maybe the forward-reverse roll. Learn new techniques, keys, chords and tunes and the use of a capo. Max. 5 students.

Instructor: Steve Williams

Dates/times: Tues 6 Feb - 26 Mar 11.45am-12.45pm

Fee: \$200 or **Conc** \$150 (8 weeks)

Acoustic Jam Session

3rd Wednesday each month 7.30pm at SpringDale Hall. Cost \$5 & feel free to bring your own refreshments. Facilitated by Steve Williams and Susan Norris.

Languages

Introduction to French Level 1

This course is designed exclusively for individuals devoid of any prior knowledge in French.

The curriculum incorporates the instruction of elementary verbs, greetings, numbers and pre-selected vocabulary, with a predominant emphasis on developing speaking and listening skills. Please note that this course may not be appropriate for students who have acquired some basic French understanding, even at the high school level.

The course instructor is Dr. Laurent Boulanger, a native French speaker, bearing a Level III French language certification from Monash University and a qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 6 Feb - 26 Mar 9.15-10.15am

Fee: \$90 or **Conc** \$80

Introduction to French Level II

This course caters to students who possess a rudimentary understanding of the French language. The curriculum is designed to enhance speaking and listening skills, supplemented by an extended range of vocabulary, which includes the study of adjectives and adverbs. Please note that enrolment in this course requires the successful completion of Introduction to French Level I.

The course is facilitated by Dr. Laurent Boulanger, a native French speaker, bearing a Level III French language certification from Monash University and a qualified tertiary educator.

Instructor: Dr Laurent Boulanger

Dates/times: Tues 6 Feb - 26 Mar 10.15-11.15am

Fee: \$90 or **Conc** \$80

French With Serge

Designed for enthusiasts of the French language. The course focuses on vocabulary, comprehension, pronunciation and some grammar. This course is designed for those with an intermediate level of knowledge of the French language. Join a friendly and supportive group with ongoing lessons.

Instructor: Serge Botans

Dates/times: Tues 30 Jan - 26 Mar 11.30am-12.45pm (9 weeks)

Fee: \$135 or **Conc** \$125

Latin

The language of Catullus and Cicero for the beginner or for someone who has some previous Latin learning. A range of internet resources are used in the course. Enquiries to Neil email: neilbell@ozemail.com.au or phone 0419 037 147

Instructor: Neil Bell

Dates/times: Saturday mornings

Fee: \$70 per semester

Wellbeing

SitFit brain and body exercise class

SitFit is a brain and body exercise program. Sitting in a chair we can challenge our core and all muscle groups, as well as our brains. Exercises are fun and inclusive, set to music you'll know and love. The class is as simple or challenging as you want it to be. Exercises include chair yoga and tai chi, movements for legs, toes, fingers and arms, and balance and flexibility exercises -- all with a healthy dose of imagination! At the end of the 45-minute class, you'll feel you've exercised from top to toe, and your smile muscles will have a good workout too as this class is FUN. Virginia Cooke is a certified Ageless Grace, Callanetics, and yoga instructor (IYTA 2018).

Instructor: Virginia Cooke

Dates/times: Wed 31 Jan - 27 Mar 9.30-10.15am (9weeks)

Fee: \$90 or single \$15

Pole Walking - Getting started

Interested in seeing Pole Walking in action and starting off in the correct way. Come to a practical information session to help you try or get started Pole Walking.

Instructor: Anne Brackley

Dates/times: By appointment **Fee:** Free session

Women Living Well

Continuing to progress discussion on what we can achieve together, how we can help and support each other and what does Living Well mean to you. For more information contact Dianne Bennett diannebennett4@hotmail.com or ph: 0422 146 604

Tai Chi for Health - Beginners

Learn basic Tai Chi principles and exercises. Tai Chi consists of exercises equally balanced between ying and yang, which is why it is so remarkably effective. Suitable for all levels.

Instructor: Emilia Kurek

Dates/times: Tues 30 Jan - 26 Mar 10-11am

Fee: \$3 per session

Tai Chi for Health - continuing

Learn basic Tai Chi principles and exercises. Tai Chi consists of exercises equally balanced between ying and yang, which is why it is so remarkably effective. Suitable for all levels.

Instructor: Emilia Kurek

Dates/times: Tues 30 Jan - 26 Mar 11am-12pm

Fee: \$3 per session

Yoga

Join our group of yogis on a journey to more calm and flexibility. Our 90-minute flow classes incorporate meditation, breath work, stretching and yoga poses. All levels and abilities welcome, bolsters, straps and blocks provided.

Instructor: Marta Cwiek

Materials: Bring your own mat & blanket if required.

Venue: SpringDale

Dates/times: Mon 29 Jan - 25 Mar 9-10.30am 8 weeks **Fee:** \$140 or **Conc** \$130

OR Thurs 1 Feb - 21 Mar 6-7.30pm 8 weeks

Fee: \$140 or **Conc** \$130

\$25 per session if paying for single sessions

Autism Plus

Talking about Autism

A time for sharing helpful and practical information for people interested in the Autism spectrum.

Instructor: Anne Brackley

Dates/times: Fri 16 Feb & 15 Mar 1.30-3pm

Fee: Free Bookings essential

All Abilities Art

A studio based program for people of all abilities to explore their creative self, using a wide variety of art materials. Discover your creative language to express yourself in a safe, supported and relaxed environment.

Instructor: Celia Adams

Dates/times: Fri 2 Feb - 22 Mar 10am-12noon

8 weeks Bookings essential

Fee: \$260 or **Conc** \$160

Digital Technology

Introduction to Computers

You will learn how to use your laptop or desktop computer system more effectively.

In this supportive environment created by our instructor, you will be exposed to how to use the mouse, how to set up folders and files, use email, and be exposed to a whole range of things that can be done with your computer.

Instructor: Brenda Richardson

Skill Level: Beginner

Dates/times: Tues 6 Feb - 26 Mar 2-4pm 8 weeks

Fee: \$165 or **Conc** \$85

Computers - Beyond the Basics

This is a continuance course from the introduction to Computers. This course is designed for those who have used a computer before and now want to move to more advanced learning such as how to search the internet for information, create more than just a basic document, as well as set up a computer to your preferences and likes.

Skill Level: Intermediate

Dates/times: By appointment

Fee: \$165 or **Conc** \$85

Smart phones, iPhones, tablets, iPads

This introductory course is designed to assist you to understand and use your iPhone or iPad confidently. Conducted in a friendly relaxed environment you will learn step by step how to set and use your device. We will cover issues such as security, keeping in touch with friends and family. Researching the correct apps available for your needs.

Instructor: Brenda Richardson, Iteracy

Skill Level: Beginner

Dates/times: Thur 1 Feb - 22 Mar 2-4pm (8 weeks)

Fee: \$165 or **Conc** \$85

Buying and Selling on eBay

This course will navigate you through the process of getting started buying and selling your goods and services on eBay. The first session focuses on buying and the second one focuses on selling.

NOTE: Bring along your email address and password as well as your banking details so you can get up and running while attending the course.

Instructor: Ken Brackley.

Dates/times: Tues 19 & 26 Mar 4.15-6.15pm

Fee: \$55 or **Conc** \$25

Digital Photography - Sculpting with Light

How to get great results from a qualified teacher and professional photographer. You will learn and understand composition, using colour, posing, lighting techniques using shutter speeds, aperture ISO, Different file formats, downloading images from camera, phone or tablet.

Instructor: George Stawicki

Dates/times: Tues 6 - 27 Feb 7-9pm

Fee: \$115 or **Conc** \$105

Manipulate images using PhotoShop Elements™

PhotoShop Elements™ is a simpler version of PhotoShop™, and you can use it to manipulate your images and wow your friends and family. Turn your photos into just about anything - calendars, greeting cards, pictures on mugs and T-shirts, photo books, and collages. You'll get started straight away, and learn valuable short cuts. George Stawicki is a professional photographer.

Instructor: George Stawicki

Dates/times: Tues 5 - 26 Mar 7-9pm

Fee: \$115 or **Conc** \$105

Hospitality

Korean Cookery - Kimchi

Come along and help make Kimchi which is a traditional side dish of salted and fermented vegetables. There is growing evidence that fermented foods such as kimchi may improve intestinal health and as a result support the immune system and anti-inflammatory responses. Kimchi can also improve levels of good bacteria in the gut, and may support skin, brain and eye functions. Lunch included.

Instructor: Jasmine Hong

Dates/times: Sat 17 Feb 10am-1pm

Fee: \$60 or **Conc** \$30

Korean Cookery - Kimchi Pancake, Japchae

With Kimchi, you can make a few other dishes with it. One of the favourites is Kimchi pancake (Kimchi Jeon or Kimchi Buchimgae) and is primarily made with sliced fermented Kimchi, flour batter and sometimes other vegetables, seafood or nowadays even cheese.

Japchae is a savoury and slightly sweet dish of stir-fried sweet-potato noodles (Dangmyeon) and vegetables that is popular in Korean cuisine.

Once a royal dish, Japchae is now one of the most popular traditional celebration dishes, often served on special occasions, such as weddings, birthdays and national holidays, or as a side dish (banchan). You will enjoy the many flavours of the semi-transparent Japchae noodle dish.

Instructor: Jasmine Hong

Dates/times: Sat 16 Mar 10am-1pm

Fee: \$60 or **Conc** \$30

Confidence Through Cookery

Sri Lankan and other dishes. Taste the dishes and take some home for dinner.

Instructor: Marie McLeod

Dates/times: Tues 6 Feb - 5 Mar 10am-1pm

Fee: \$120 or **Conc** \$60 5 weeks

Espresso Coffee Making

How to make your coffee taste like a café using your home or work machine. You will also learn how to get the most out of your coffee machine.

Instructor: Sam Chait

Dates/times: Thur 8 Feb or 4 Apr 2-4pm

Fee: \$20 or **Conc** \$10

Grain Free Cookery - Chicken Mango Salad, Vanilla Panna Cotta

Taste the dishes and take some home for dinner.

Instructor: Christine Ciano

Dates/times: Mon 19 Feb 10am - 1pm

Fee: \$60 or **Conc** \$30 for each session

Grain Free Cookery - Summer Beef Salad & Blueberry Slice

Taste the dishes and take some home for dinner.

Instructor: Christine Ciano

Dates/times: Mon 18 Mar 10am - 1pm

Fee: \$60 or **Conc** \$30 for each session

Gaining Skills

Change your life through education

A transformative session designed to empower individuals with knowledge, inspiration, and tools to harness the power of education for personal growth and positive change. This workshop aims to equip individuals with the confidence and motivation to embrace education as a catalyst for transforming lives.

Instructor: Dr Laurent Boulanger

Dates/times: Mon 12 Feb 9.30am-12.30pm

Fee: \$30 or **Conc** \$5

Making my Home more Sustainable

If you are enjoying reading Rob's articles in the Messenger, perhaps you'd like to join in a conversation & try some of the ideas on your home.

Instructor: Robin Gardner

Dates/times: to be arranged - please register your interest **Fee:** free

Setting up a Bokashi bucket & garden bed

Many people have purchased or are thinking about purchasing a Bokashi Bucket - but - When do I empty the bucket? How should I dilute the Bokashi bucket juice? What do I do with the fermented food once the bucket is full?

Instructor: Anne Brackley

Dates/times: Fri 9 Feb 10am-12noon

Fee: \$5 or Free for SpringDale Members

Create an Action Plan for your Life

Are you feeling stuck, frustrated or roadblocked in areas of your life that are important to you?

Take control of your future and join us for a transformative experience where you'll learn how to design a purpose-driven life that will bring satisfaction and fulfillment.

Instructor: Meredith Telfer

Dates/times: Sat 17 Feb or 16 Mar

Fee: \$40 or **Conc** \$20

New - Finding your Ikigai

Ikigai is the Japanese wisdom of living a joyful, meaningful life. This introductory workshop looks at the meaning of Ikigai, why you may want it and where to find it.

Instructor: Kathy Henschke

Dates/times: Mon 19 or 26 Feb 10am-12.30pm

Fee: \$25 or **Conc** \$5

Focusing on the Future

This course is designed to give you a sample of a number of classes running at SpringDale to help you decide on your future direction. Come along and share your ideas, experience and dreams. Then we will select a range of classes to suit your skills, ambitions & desires.

Instructor: Anne Brackley

Dates/times: Wed 7 Feb 2-3pm plus 7 other sessions

Fee: \$50 or **Conc** Free

Joy of Volunteering

The joys of volunteering include giving back to the community, using your unique skill set. Many organisations and clubs rely on volunteers to survive. This course looks into all aspects of volunteering.

Instructor: Anne Brackley

Dates/times: Wed 14 Feb 2pm - 4pm

Fee: Free

Introduction to Event Management

This course will expose you to all facets of planning and running an event. Areas covered include, where to start, what roles need to be fulfilled, budget required, people needed. Also covering debriefing and follow up.

Instructor: Anne Brackley

Dates/times: Wed 21 Feb 2-4pm

Fee: \$20 or Free for SpringDale Members

Returning to Learning

If it has been a while since you did any studying, this course is designed to assist you. The course will help with issues like you feel as though you have been left behind or feeling that you may not be able to keep up. You will also develop a career portfolio.

Instructor: Anne Brackley

Dates/times: Mon 29, Tues 30, Wed 31 Jan

10am-12noon

Fee: \$25 or **Conc** Free

Returning to Earning

Been out of the workforce for a while and you may not know how to take the first step - then this is the course for you. We will map your skills and help you realise that your life skills are incredibly valuable. Everything that you have been doing has been preparing you for the next steps in your journey.

Instructor: Anne Brackley

Dates/times: Wed 28 Feb 2pm-3.30pm

Fee: \$40 or **Conc** Free

Help SpringDale help yourself

Helping people find jobs for many years and we'd love to help you. Perhaps you would like to know what we do at a Neighbourhood House? Perhaps you would like to help and build your confidence? We'd like to help.

Instructor: Anne Brackley

Dates/times: By arrangement **Fee:** Free

Ken & the Art of Bicycle Maintenance

Not just a conversation about bicycles and their care but a workshop where you will learn how to replace a tube and more.

Instructor: Ken Brackley

Dates/times: Sat 17 Feb 9.30-11am **Fee:** \$10

Getting Started Cycling Again

After feedback from Ken's Bicycle Maintenance course, Ken decided to design a course to help people get back onto their bikes. Getting on and off your bike, taking the first push, getting the most through understanding the mechanics of the body,

working with your bicycle, using your gears & more.

Instructor: Ken Brackley

Dates/times: Sat 16 Mar 9.30-11am **Fee:** \$10

New - Travel Training

Instructor: Dylan Lloyd, PTV

Dates/times: Thur 21 Mar 11-12.30pm

Fee: Free

Accredited Courses

Provide CPR Code: HLTAID009

Pre-course work is required and you will be contacted before the course with the details.

Instructor: Stayin' Alive First Aid

Dates/times: Fri 12 Jan or Sat 24 Feb

Fee: \$65

Provide First Aid HLTAID011 (Includes CPR)

Pre-course work is required and you will be contacted before the course with the details.

Instructor: Stayin' Alive First Aid

Dates/times: Fri 12 Jan or Sat 24 Feb

Fee: \$130

Provide an emergency first aid response in an education and care setting Code HLTAID012

Pre-course work is required and you will be contacted before the course with the details.

The unit of competency applies to educators and support staff working within an education and care setting and will contribute towards approved first aid, asthma and anaphylaxis training under the Education and Care Services National Law, and the Education and Care Services National Regulation (2011).

Instructor: Stayin' Alive First Aid

Dates/times: Fri 12 Jan or Sat 24 Feb

Fee: \$160

Raelene Newton - Stayin' Alive First Aid

stayinalivefirstaid@gmail.com 0413513046

(Stayin' Alive First Aid delivers nationally recognised training in partnership with, and under the auspices of, Allens Training Pty Ltd RTO 90909)

SpringDale Groups

To attend SpringDale Groups you must be a member of SpringDale - Annual Membership \$12 - each group charges a small fee ranging from \$2 to \$12 per session.

Bellarine Big Band

Looking for interested people who might be interested in forming a band.

Bellarine Community Singers

We are a friendly group who meet each Thursday throughout the school terms from 1.30-3.30 at the SpringDale Neighbourhood Centre. We sing a variety of popular songs, show songs and golden oldies. Some of our current members play guitar, harmonica and ukulele and we often combine them in our performances. We always welcome new members, please contact David Smith 0411 444 048

Bellarine Family History Group

Our Group meets at SpringDale every Monday between 12-3pm and will assist you in getting started on and building your family tree, or provide guidance with general family history research. Cost: \$3 per session

Bellarine Wanderers

Thursday mornings 9.30am register your interest **Group Leader:** Rob Gardner on 0413 458 562

Business on Bellarine

Business network group meets 2nd Tuesday in month at 7.45-8.45am

Card Games

Enjoy playing cards? Come and play Canasta & Bolivia. Monday afternoons 12.30-3pm.

Country Dancing

Come to Scottish country dancing, Friday 11am-12noon. New and experienced dancers welcome.

Cryptic Crosswords Group

This group meets 10am Fridays and solves crosswords from the Guardian. This group is for seasoned cryptic crossword solvers. We may provide workshops for beginners if there is a need.

Dining Club

Monthly dinner for new residents and people interested in meeting new people and trying local dining experiences. Dates and venues are

published monthly in the SpringDale Messenger. Register your interest by emailing office@springdale.org.au or phoning 5253 1960

Felt & Textile Artists

1st and 3rd Saturday each month 10am - 3pm at SpringDale. If you'd like to come along & see what our members do, you'll be most welcome. For further information you can contact Julie 0409 368 290 or Jill 0435 499 820.

Date/time: 1st Saturday each month. 10am-3pm

Footpath Advocacy Group

Footpaths are so important to enable people to increase walking for health and connections to activities, shopping and for pleasure. Footpaths on the Bellarine have been an issue for more than 30 years. Please contact SpringDale if you are interested in helping.

Friendly Cuppa and Chat Group

Call in for a cup of coffee and a chat on the first Thursday of the month between 10.30-11.30am.

Fun Volleyball

We play with a soft beach ball, and the aim is exercise. Other session times possible, register your interest. Mondays from 10-11am

Venue: Drysdale Scout Hall

Genealogy

People interested in researching family history come together weekly and share tips and tricks. Thursdays 9am-12 noon

German Speaking Group

New leader needed - A number of people have shown interest in speaking German together on Thursdays 3-4pm please register your interest in joining this group.

Girls' Shed / Craft Group

A great activity for all year. Keep your hands busy and be creative. Bring your UFOs (Un Finished Objects) Tuesday weekly from 1-3pm.

Harmony Group

Building a better world we meet as needed to bring an annual Harmony Day together - please let us know how you would like to help.

Harvest Basket Produce Swap & Edible Gardening Group

Meets 1st Saturday of every month in the SpringDale Hall. You do not need to have anything to swap to come along and forge friendships and share veggie gardening skills. 9-10.30am

Jigsaw Club

Borrow a jigsaw from a big library, 40c each. The first Thursday of the month from 10am-12noon.

Kinship Carers

Meets on the first Monday of each month 10-1pm at SpringDale (no meetings in school holidays)

Line Dancing

Join our group. Every Wednesday 10am-12noon.

Lunch Bunch

We meet on 3rd Wednesday each month to enjoy lunch together at a local café.

Mahjong Club

This group meets Wednesday from 9am-12noon.

Men's Kitchen - Tuesday Mornings

Tuesday morning 10am-1pm

Location: St Leonards Recreation Reserve

Fee: Price depends on menu

Men's Kitchen - Wed & Fri Morning

Wed/Fri 10am-2pm **Fee:** Price depends on menu.

Fri morning kitchen - wait list applies

Numbers Group

Having fun with numbers.

Meets 4th Wednesday each month 1-2pm. For people who enjoy numbers - I know there are a few of us out there.

Pole Walking Group

Enhanced walking where the arms are used to push. The movements of your arms, feet, pelvic area and the entire body are similar to those employed during a vigorous walk. Weekly Mondays 8.50-10am (Contact SpringDale for meeting points)

Sci Fi Group

A group to focus on bringing Science and Science Fiction to life. This group started with a single person, John Reid who has been a Lost in Space fan for years. Its through his dedication that a group has been formed. Ring SpringDale to register your interest.

Scrabble Club

Held on Tuesday afternoon, 1-3pm and caters for players of all abilities and new players welcome.

Scrapbooking & Card Making Group

Organise your precious memories by scrapbooking your photos or cardmaking for all occasions. Scrapbooking solutions, products & use of tools.

Date/time: 2nd Thurs each month, 1-4pm

Instructor: Lyn Clough

Fee: \$10 per session Ph 5251 3008

SpringDale Artists

The SpringDale Artists meet each Wednesday. Activities include working sessions, discussions, demonstrations and gallery visits. Wed 9am-12noon or Wed 1-4pm.

SpringDale Reads

Our book group meets first Thursday each month 7.30-9pm

SpringDale Writers

Each month, the group members are given a sentence to write a short story or poem around, using their own creative magic. New members always welcome, all ages, all genders, no judgement, and no experience necessary. First Friday of the month 9.30-11am. Come along and join the fun- \$2 per attendance and you do need to be a member of SpringDale.

Sprukers - SpringDale Ukulele Playing Group

You have been playing ukulele for a while and want to enjoy playing with others, this might be for you. We meet on Tuesdays 2.30-4pm..

Talking about Autism

Meets to talk about Autism strategies. Group Leader Anne Brackley. 16 Feb & 15 Mar 1.30-3pm. Bookings essential.

Toy Library - Drysdale

Our toy library is featured on our website for you to be able to select toys toys.springdale.org.au and then pick them up at a convenient time. Membership of the toy library is \$35 a year. Click & Collect. Log onto - toys.springdale.org.au

Toy Library - Portarlington

Our toy library is featured on our website for you to be able to select toys ptl.springdale.org.au and then pick them up when the toy library is open on Tues and Thurs 9-11am. Membership of the toy library is \$35 a year. Click & Collect. Log onto - ptl.springdale.org.au

New Group - Walks for Carers

1st & 3rd Wednesdays each month. Starting Wed 7 Feb meet at SpringDale ready to walk by 10.30am and back to SpringDale for a cuppa and chat. If you are a carer, you might enjoy a gentle walk with other carers and a cuppa and a chat that follows. Register your interest with SpringDale. 5253 1960

Wheelie Riders

SpringDale membership is all you require. Would you like to get involved in cycling again? Rides vary in difficulty and start from SpringDale at 8am. New riders welcomed and shorter rides are graded to suit individual needs. Rides Mon, Wed, Fri.

Warhammer Group

Warhammer is a tabletop war game in where two or more people battle each other with armies of miniatures on tables with detailed terrain. Looking for people aged 13+ for tabletop war games. Contact Mark on 0425889007 for more details.

Non SpringDale Activities

Bellarine Camera Club

We are a friendly group of amateur photographers, enjoying the challenge of improving our photography by actively taking photos, learning by entering competitions and talking to other members and judges about our photography. We meet at SpringDale, at 7.30pm on the first and third Monday of the month.

For further details call in to a meeting, or go to our website www.bellarinecameraclub.org.au

President: Debbie Hallows ph: 0400 562 571

Drysdale Guides

Enabling girls and young women to grow into confident, self respecting, responsible community members. We meet on Thursday evenings at SpringDale Neighbourhood Centre from 7-8.30pm. Contact Anne Brackley for details 0407 529 205.

Festival of Glass

The Festival of Glass Inc has an all year-round Workshop Programme, including Mosaics and Beadweaving. Check our website for more details on these workshops held at the Drysdale Community Hub, Eversley Street Drysdale. More workshops advertised on our website www.festivalofglass.net.au

Games Nights

Inclusive Games Night for Neurodivergent people, over 18 years, meets monthly 3rd Friday night 5-9pm at SpringDale \$10 BYO food and drinks bookings essential

Life Drawing

The untutored life drawing group meets at St James Hall Drysdale each Monday from 1.15-3.45pm during term time. Cost is \$20 per session and new members are most welcome.

Inquiries to George-Ann - 0438 028 250

Pilates

Open to all ages. Improve your fitness, core strength, posture, flexibility and sense of well being. Classes cater for clients of varying fitness levels, from beginners through to advanced. Small class sizes allow for individualised attention & direction.

Instructor: Monique MacLeod

Phone to book: (03) 5251 2958

Venue: Drysdale Physiotherapy & Sports Injury Clinic, 27-29 High Street, Drysdale

Dates/times - Term 1 will commence: 30 January Ball class starts 8.45am, Beginner floor class starts 10.30am Intermediate floor class starts 11.40am

Fee: \$135 (8 sessions)

Enrolment & Payment Conditions

Scheduled Fees: Courses at nominated rates.

Single Sessions: Incur a \$5 Admin Fee.

ENROLMENT

5 ways to book into a class -

Phone: (03) 5253 1960

Text: 0416 450 534

In person, at SpringDale Neighbourhood Centre, 17-21 High Street, Drysdale

Online: <https://home.springdale.org.au/learning-master-guide/>

Email: office@springdale.org.au

- Your enrolment is confirmed when payment is received.
- Classes must be paid for no later than ONE week prior to the commencement of class. You will not be permitted to participate in classes until full payment is made.

PAYMENT/ REFUNDS

- We accept cash, cheque or credit card. Facilities are available for payment in person or via mail, please see below course booking slip. If there are not enough enrolments to successfully run a course, it will be cancelled.
- If a course is cancelled due to lack of enrolments or other reason, you will be notified, and your fees will be refunded in full.
- Should you wish to withdraw from a course you must do so prior to commencement of the course. Where fees have been paid, in those circumstances they will be refunded to you less an \$8 administrative fee.
- If you withdraw from a course after it has commenced no refund will be issued. An opportunity to transfer to another course may however be available in certain instances.

PRIVACY

The SpringDale Neighbourhood Centre respects your right to information privacy. Information collected and held on participants, is kept in accordance with information privacy laws.

Please sign up for course updates via webmail, texting or a phone call.

SpringDale Neighbourhood Centre Inc. acknowledges the support of:

