



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 2
April-June
2024



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

Being Creative

Gelli Printing

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

Instructor: Libby Hildebrandt

Dates/times: Thurs 2 May - 20 Jun 10am-12noon

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

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 Apr - 18 Jun 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 Apr - 24 Jun 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: Monday or Tuesday 10am-12.30pm

Apr 29 - June 24 or April 30 - June 18

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

Friday Workshop - Adventures with Printmaking

This will be a taster workshop to open the contemporary, non-traditional possibilities of printmaking, introducing different approaches to block printing and the many possibilities of embellishment. We will develop prints with a range of materials and effects.

Exploring the possibilities, discovering new ways and enjoying the experience will be the intent of both sessions, with participants encouraged to experiment.

Instructors: Annette Playsted

Dates/times: Fri May 17 & 24 1.30-4pm

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

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 19 Apr to 28 Jun 10am-12noon

11 weeks Bookings essential

Fee: \$330 or **Conc** \$250

Cards with Lizzy

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

Instructor: Lizzy Free

Dates/times: Wed 1 May - 26 Jun 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 13 Apr, 27 Apr, 11 May, 25 May, 8 Jun, 22 Jun 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 2 May 10-11.30am

Fee: \$10 or **Conc** Free 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 16 May 10-11.30am

Fee: \$10 or **Conc** Free Booking 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 30 May 10am-12noon

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

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 2 May - 20 Jun 10.30-11.30am

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

Have you always wanted to play the harp?

Fun, 6 week Introduction to the Harp program for complete beginners (no prior musical skills required). Harps available for hire at extra cost of \$15 per week.

Instructor: Christine Middleton

Dates/times: Mon 29 April - 20 May 1-2pm 4 weeks

Fee: \$100 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 23 July 1-2pm

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

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 9 Apr - 28 May 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 9 Apr - 28 May 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 9 Apr - 28 May 11.45am-12.45pm

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

Acoustic Jam Session

Instructor: Steve Williams and Susan Norris.

Times: 3rd Wednesday each month 7:30pm at Springdale Hall.

Fee: \$5 Feel free to bring your own refreshments.

Languages

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 23 Apr - 25 Jun 11.30am-12.45pm (10 weeks)

Fee: \$150 or **Conc** \$135

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 by arrangement

Fee: \$35 per term

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: Mon 22 Apr - 24 Jun 11am -11.50am

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: Wed 24 Apr 9-10am

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 23 Apr - 25 Jun 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 23 Apr - 25 Jun 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 **Venue:** SpringDale

Materials: Bring your own mat & blanket if required.

Dates/times: Mon 22 Apr - 24 Jun 9-10.30am Or Thurs 2 May - 27 Jun 6-7.30pm

Fee: \$165 or **Conc** \$150 (9 weeks)

\$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 19 Apr, 10 May & 21 Jun 1:30-3pm **Fee:** Free Bookings essential

Inclusive Games Nights

Fri 19 Apr, 10 May, 21 June 5pm-9pm

Fee: \$10 BYO snacks and drinks

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 19 Apr to 28 Jun 10am-12noon 11 weeks Bookings essential

Fee: \$330 or **Conc** \$250

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: Thur 2 May - 20 Jun 2-4.30pm

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

Computers - Beyond the Basics

This is a continuation 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

Skill Level: Beginner

Dates/times: Tues 7 May - 25 Jun 2-4.30pm

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 4 Jun & 25 Jun 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 7 May - 28 May 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 4 Jun - 25 Jun 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 27 Apr 10am-1pm

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

Korean Cookery - Bibimbap & Tteokbokki

Bibimbap (mixed rice with vegetables)

Bibimbap is a Korean dish that consists of a bowl of rice topped with various ingredients, such as vegetables, meat, egg and gochujang (chili paste) sauce. It is a popular and delicious meal that can be customised to your preference.

Tteokbokki (spicy rice noodles)

Tteokbokki, or spicy stir-fried rice noodles, is a popular Korean food made from tteokbokki-tteok (long thick rice noodles, Korean called rice cake) with vegetables or meat. It can be seasoned with either spicy gochujang (chili paste) or non-spicy ganjang (soy)-based sauce.

Instructor: Jasmine Hong

Dates/times: Sat 15 Jun 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 30 Apr - 28 May 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: Thurs 9 May or 13 Jun 10am-12pm

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 Ciancio

Dates/times: TBA

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 Ciancio

Dates/times: TBA

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

Gaining Skills

New - Introduction to Egyptology

Taking expressions of interest in this subject - details to follow.

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: Monthly TBA

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 3 May 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 18 May or 15 Jun 10-12noon

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

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 29 Apr or Thur 2 May 10am-12.30pm

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

New - Living 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 6 - 27 May or Thur 9 - 30 May 10am-12.30pm

Fee: \$100 or **Conc** \$60

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: Mon 15 Apr 9-10am 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 8 May 2-4pm

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: Tue 30 Apr 10am-12 noon

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 15, Tues 16, Wed 17 April

- Wed 26 Jun 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 12 & 19 Jun 2-4pm

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 27 Apr 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 4 May 9.30-11am

Fee: \$10

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: Sat 25 May 9-10am

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: Sat 25 May 9am-12noon

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: Sat 25 May 10am-12noon

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 Tuesday 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

Inclusive Games Nights

Fri 19 Apr, 10 May, 21 June 5pm-9pm

Fee: \$10 BYO snacks and drinks

Genealogy

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

New - German Speaking Group

German Speaking Group has a new group leader and are looking for the best time to meet - please let us know of your interest phone SpringDale on 5253 1960

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)

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: \$15 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. 19 Apr, 10 May, & 21 Jun 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

Wheellie 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 9am. 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 which 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

Life Drawing

SpringDale Life Drawing Group meets every Monday 1.15-3.45pm. New Members welcome. Contact 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 - Tues 16 Apr - 25 Jun

Ball class starts 8.45am, Beginner floor class starts 10.30am Intermediate floor class starts 11.40am

Fee: \$135 (8 weeks due to a 3 week break)

Expressions of interest

Do you have a special talent that you would like to share and teach to the community?

Do you have a special interest in a course that we don't currently offer?

Are you fluent in another language that you would like to share and teach the community?

What is the latest craft that you would love to learn or teach?

Would you like to get out and meet some like-minded people?

All these ideas are made from other ideas that frequently pop up, or you may have seen the idea in a magazine, heard it from a friend, or seen it on social media. We would love to hear from you and eagerly await your contact.

Call into SpringDale Neighbourhood Centre and have a chat with Anne, phone 5253 1960 or email office@springdale.org.au



SpringDale Membership is \$12 per year or \$100 for whole of life.

Be eligible to be part of and participate fully in our SpringDale Groups.



Subscribe to our webmail and stay up to date with the latest information.

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:

