

Hillside

Neighbourhood House Program | October– December 2019



Community Safety Month

First Aid for Kids

This is an important program where children will learn vital life skills.

Children from 8-12 years will learn the basic resuscitation and first aid skills needed to respond quickly in an emergency situation.

WHEN: Tuesday 15 October

WHERE: 4.30pm-5.30pm

COST: FREE

Bookings

www.meltonlearning.com.au

School Holiday Activity

Dance Grooves

It's time for the kids to get active by learning some funky dance moves.

Join Kayley from Dance Space as she teaches children 8-12 years a dance routine to a modern day song they will know and love.

WHEN: Thursday 3 October

TIME: 3.00pm-4.00pm

COST: FREE

Bookings

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FOR CHILDREN

Art for Kids	Children will experience and develop their skills in a number of different art forms. Bring your own art smock. Ages: 8 -12 years	Wednesdays 9 Oct – 27 Nov 4pm - 5.30pm	\$88 \$80 conc 8 classes
Yoga for Tweenies 8-12 years	This program is facilitated by a Samantha, a school teacher and qualified Yoga teacher who is passionate about children having healthy bodies, minds and happy hearts! The class will incorporate techniques that relax and calm the body. Children can develop skills that enhance their self-esteem, sleep and reduce anxiety as well as strengthen their physical strength and flexibility.	Monday 28 Oct-2 Dec 4.30pm-5.30pm	\$42 6 classes
Health Space for Kids	Our kids today are constantly stimulated by external influences impacting their wellbeing. Facilitated by an experienced Social Worker and Yoga teacher, this fun and interactive program will help your children learn the skills to quieten their busy minds and strategies to deal with stress in a healthy way.	Saturday 19 Oct-30 Nov No class 9 Nov 1.00pm-2.00pm	\$42 6 classes

FOR ADULTS

Calligraphy for Beginners	Learn about this ancient art of Calligraphy with a passionate and talented teacher Beatrice. You will learn to write the entire alphabet in different calligraphy styles.	Friday 11 Oct-29 Nov 2.30pm - 3.30pm	\$25 per term
Knit and Chat Hillside	Our knitting sessions contribute to the Knit for a Cause Initiative 2019, providing winter woollies to those in need. If you have your own project and want to knit in the company of others you are welcome to join us. If you would like to learn to knit you are welcome to join us and learn from others.	Every first and third Wednesday of each month 10.00am – 12pm	FREE BYO Materials
Sing for Fun & Wellness	Singing in groups improves social connection, sense of belonging, physical and emotional stress! Come along to have fun, interact with others and feel good! NO SINGING EXPERIENCE NEEDED!	Tuesday 8 Oct-10 Dec No class 5 Nov 1pm - 2.30pm	\$5 per week 10 classes
Spanish for Beginners	This class is delivered by a native speaking teacher. In this class you will cover all aspects of the language with a focus on practising and speaking	Monday 7 Oct-25 Nov 1.50pm - 2.50pm	\$40 per term

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HEALTHY & ACTIVE

Rock n Roll Classes	Join Jon as he teaches you some classic rock n roll moves! This fun and active class is a great way to exercise, make some new local friends and enjoy great old classic tunes. This class is taught in a progressive circle, no dance partner is required.	Wednesdays 1.30pm – 3.15pm	FREE (This is a Funded program)
Yoga for Women	Improve your health and well-being by toning your muscles, increasing suppleness, improving concentration and relieving stress.	Saturday 12 Oct-21 Dec 9.45am - 10.45am or 11am – 12pm	\$100 \$90 conc. 10 classes
Yoga For Men and Women	Improve your health and well-being by toning your muscles, increasing suppleness, improving concentration and relieving stress. Held at Caroline Springs Library	Thursday 10 Oct-19 Dec 6.15pm (General) or 7.30pm (Advanced)	\$100 \$90 conc. 10 classes
Hillside Line Dancers	Social fitness made fun! No partner or experience required. Suitable for all ages and all levels as the first hour of each class is designed for beginners.	Fridays 11 Oct-13 Dec 10am – 1pm	\$7 per class
Zumba Fitness with Elisabet	The Latin inspired, easy to follow, calorie burning, dance fitness class. Contact Elisabet 0410 779 429	Monday 7.30pm	\$6 casual
Dance Space Performing Arts	Tap, Jazz, Ballet, Contemporary and Hip Hop. Contact Kayley 0412 778 174	Thursday evenings	\$120 per term
Indoor Boxing Boot Camp	An explosive new Boxing Boot Camp program designed to increase your fitness, tone your muscles and burn calories fast! Contact Paul 0425 568 830	Tuesday & Thursday evening and Saturday morning.	Contact Paul
Ladies Walking and Morning Tea	A social group for ladies who meet and socialize. For those keen, come at 9.30am for a healthy walk before enjoying a cup of tea or coffee and a friendly chat.	Thursday Walk starts: 9.30am Morning Tea: 10.30am	FREE
Anxiety Support Group	The Anxiety Recovery Centre run a support group that offers information, support and strategies to people affected by anxiety disorders. Facilitators are experienced Social Workers and have completed relevant training to facilitate the group.	Second Tuesday of each month 7.00pm-8.30pm	Gold Coin Donation
Hillside Playgroup	Playgroups are fun for everyone and an opportunity to meet with other families in your local community. Be led and supported by a program facilitator who will provide the guidance for the group to run independently	Thursdays 10.00am-12.00pm Info: 9747 7136	Hillside Community Centre

Hillside Community Centre

Recreation Reserve, Royal Crescent, Hillside
P: 9449 8027

E: hillsidecommunitycentre@melton.vic.gov.au



Melton Learning Festival

The Melton Lifelong Learning Festival is a 10-day celebration of all that is lifelong, life-deep and life-wide learning across the City of Melton. It will be an inclusive community event that provides opportunities for free activities and events that engage participants, across all age groups, abilities and interests.

SafeTALK Training It's time to talk about it!!!!	SafeTALK prepares anyone over the age of 15, regardless of experience or training to recognize warning signs that someone may be thinking about suicide. SafeTALK helps participants identify people who are at risk, confidently ask them about the topic of suicide, and connect them with resources that can help them stay safe. Supported by the North West Primary Health Network	Monday 21 October 10.30am – 2.00pm OR 5.00pm-8.30pm Light Refreshments Provided	FREE Hillside Community Centre
Dads and Daughters Hair Workshop	Join the experienced team from local hair salon SLIKKA in this fun and interactive workshop. Dad's get to spend time with their daughters while learning how to do partings, ponytails, plaits, buns and braids. Dads will also learn about basic hair care and helpful hints for washing and detangling hair. Workshop supplies provided.	Sunday 20 October 11.00am-1.00pm	FREE Hillside Community Centre
Family Yoga	Come along and try the very first Family yoga Workshop with Yoga instructor Sam. Sam has trained in "Rainbow Yoga", one of the world's leading Kids and Family Yoga programs. Sam will guide your family through a workshop where you can spend quality time together having fun doing a healthy activity.	Sunday 20 October 1.30pm-2.30pm	FREE Hillside Community Centre
First Aid for Seniors	In this course you will learn about the signs of heart attack and stroke. You will learn how to manage choking and falls, how to recognise and treat a fracture. Basic resuscitation will also be covered.	Tuesday 22 October 10.30am-12.30pm	FREE Hillside Community Centre