

Stevenson House Newsletter

October - December 2019



Term 4 Programs in Your Neighbourhood

Kids & Youth Activities

School Holiday Activity Magic Show and Balloon Twisting Workshop	Come and join us as memories are created all in the name of magical entertainment. Children will watch in amazement as Steve the Magician engages them in a magic show followed by a balloon twisting workshop. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Thurs 26 Oct Time: 10.30am -12.00pm Price: \$8.00
Art 4 Krafty Kids (5 – 7 year olds)	If you have a child that enjoys all things arty then this is the perfect class to let their creativity flow. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Thurs 17 Oct to 5 Dec (8 classes) Time: 4pm – 5.30pm Price: \$88/\$80 concession
Art 4 Kids (8 -12 year olds)	Art for Kids provides the opportunity for kids to learn new techniques and use a variety of materials to create their own masterpiece. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Mon 14 Oct to 9 Dec excluding 4 Nov (8 classes) Time: 4pm – 5.30pm Price: \$88/\$80 concession
Creative Craft 4 Kids (7 – 13 year olds)	In this fun and interactive class, children will learn a range of new and old age crafting techniques to stimulate their creative minds. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Tues 15 Oct to 10 Dec excluding 5 Nov (8 classes) Time: 4pm -5.30pm Price: \$88/\$80 concession
Cooking 4 Kids (8 – 12 year olds)	Our friendly cooking teacher will teach children how to cook simple recipes using fresh ingredients in a fun environment that they can replicate at home. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Wed 13 Oct to 11 Dec (5 classes) Time: 4pm - 6pm Price: \$85
Sewing 4 Teens (12 – 15 year olds)	Learn basic sewing techniques and develop your dressmaking abilities. Teens will be guided through a range of projects relevant to their skill level. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Fri 18 Oct to 13 Dec (9 classes) Time: 4pm - 6pm Price: \$108



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Health and Wellbeing

Yoga for Women	Improve your health and well-being by toning your muscles, increasing suppleness, improving concentration and relieving stress. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Mon 7 Oct to 9 Dec Time: 11.45am – 12.45pm Price: \$100/\$90 concession
Meditation	Meditation is a fantastic way to sooth the mind, body and spirit. This spiritual practice promotes mental, physical and emotional balance. Location: Caroline Springs Library - 193-201 Caroline Springs Blvd Caroline Springs	Date: Mon 7 Oct to 16 Dec (11 sessions) Time: 10am – 11am Price: FREE
Energy Healing	Pranic healing is a non-touch energy healing system that can help to alleviate physical and emotional ailments. This ancient art of healing uses Prana or life energy to heal the whole physical body to decrease stress. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Mondays: 30 Sept to 9 Dec Time: 7pm to 9pm (fortnightly) Thursdays: 3 Oct – 12 Dec Time: 10.30am – 12.30pm (fortnightly) Price: FREE
Stevenson Walkers	Walking is a great way to improve your physical and mental wellbeing. It can help to reduce stress and increase mental alertness. Put your runners on and join us for a walk and a chat. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Tues 8 Oct to 17 Dec (11 sessions) Time: 9am - 10am Price: FREE
Gardening Group	Our community garden is a place where people can work together to grow fresh produce and maintain the gardens surrounding the Neighbourhood house. Gardeners of all skill levels are welcome. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Date: Wed 9 Oct to 18 Dec (11 sessions) Time: 10am -12pm Price: FREE
Tai Chi	This ancient Chinese practice is a great way to relax your mind and body through gentle exercise and meditation. You will be guided through some simple movements to assist with better balance, posture and overall wellness. Location: Brookside Children's and Community Centre – 17 Federation Way, Caroline Springs	Date: Tues 15 Oct to 10 Dec Time: 1pm- 2pm Cost: \$40 Date: Wed 16 Oct to 11 Dec Time: 9.30am – 10.30am Cost: \$45

Cooking Workshops

Thai Cooking Dumpling Workshops	Master how to make delicious, mouth-watering, authentic Thai dumplings. Once you have learned these simple recipes, you are sure to have a signature dish to impress your friends and family. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Evening class: Tues 15 Oct Time: 6.30pm to 9pm Daytime class: Fri 18 Oct Time: 10am – 12.30pm Price: \$20
Thai Cooking Pad Thai Workshops	Get your tastebuds ready, because you are about to experience the true authentic flavours of Thailand. Learn the fundamentals of Thai ingredients and flavours required to make a truly memorable dish. Location: Stevenson House - 10 Stevenson Crescent, Caroline Springs	Evening class: Tues 19 Nov Time: 6.30pm to 9pm Daytime class: Fri 22 Nov Time: 10am – 12.30pm Price: \$20

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English Classes

English classes	This class provides people with English as an additional language with the opportunity to apply the English language more confidently. Location: Caroline Springs Library 193-201 Caroline Springs Blvd Caroline Springs Enquiries: Duke St Community House – 9311 9973	Date: Tues 8 Oct to 10 Dec Excludes 4 Nov (9 sessions) Time: 11.15am to 3pm Price: FREE (Healthcare card and Medicare card required)
Learn English and Craft	This class provides people with English as an Additional Language with the opportunity to increase your English skills through making a craft item each week. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Duke St Community House – 9311 9973	Date: Wed 9 Oct to 11 Dec (10 classes) Time: 9am -12pm Price: FREE (Healthcare card and Medicare card required)
Resume Writing	Come and learn how to write a resume that will assist you in seeking employment or a volunteering position. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Duke St Community House – 9311 9973	Date: Wed 9 Oct to 11 Dec (10 classes) Time: 12.30m -2.30pm Price: FREE (Healthcare card and Medicare card required)

Art and Craft Programs

Crafting for Everyone	Come and join this relaxed group of like-minded people to develop your crafting talents. Suitable for beginners. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs	Date: Thurs 10 Oct to 12 Dec (10 sessions) Time: 10am to 11am Price: \$50
Sewing for Everyone	Learn how to read patterns, sew zips, button holes, hem items and gain confidence in other sewing techniques. Work on different projects tailored to your own skill level in a fun and friendly environment. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs	Mondays: 14 Oct to 9 Dec Time: 7pm – 9pm Wednesdays: 16 Oct to 11 Dec Time: 7pm – 9pm Fridays: 18 Oct to 13 Dec Time: 10am – 12pm Price: \$108 (9 classes)
Social Sewing Group	Do you want some company whilst you sew? Join this group of like-minded people to socialise while working on your own projects. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs	Date: Tues 8 Oct to 17 Dec (11 sessions) Time: 10am to 1pm Price: FREE
More time for Stitching	Bring along your own project and stitch in the company of others. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Brenda - Springs Stitchers - stitchersgroup@gmail.com	Date: Sat 23 Nov Time: 12pm to 4pm Price: \$5 per session
More time for Card Making	Bring your project and make cards in the company of others. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Jacqueline 0401 666 672	Date: 4 Oct, 8 Nov, 6 Dec Time: 9am to 3pm Price: \$5 per session
More time for Scrapbooking	Bring your own project and scrap book in the company of others. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Tracey - 0414 736 298	Date: 5 Oct, 16 Nov, 21 Dec Time: 9am to 3pm Price: \$5 per session

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Senior's Programs

Yoga for Seniors	Improve your health and well-being by toning your muscles, increasing suppleness, improving concentration and relieving stress Location: Stevenson House- 10 Stevenson Crescent Caroline Springs Location: Caroline Springs Library - 193-201 Caroline Springs Blvd, Caroline Springs	Stevenson House Mon 7 Oct to 9 Dec Time: 10.30am – 11.30am Caroline Springs Library Thurs 10 Oct to 12 Dec Time: 5pm – 6pm Price: \$50 paid to the teacher at the start of the term
Senior's Activity Group	Come and join us for some company and activities to improve your physical, mental and emotional wellbeing. Our friendly facilitator will provide engaging social and recreational experiences. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs	Date: Thurs 10 Oct to 18 Dec Fortnightly (6 sessions) Time: 10am -12pm Price: \$5 per session paid to the teacher at the start of each session
Syriac Senior Parents Group	Take some time out for you and join this positive and friendly Syriac senior parent's community group. Participants will be guided through a range of social, educational and recreational activities. Location: Stevenson House - 10 Stevenson Crescent Caroline Springs Enquiries: Foundation House- 9389 8835	Date: Fri 4 Oct to 13 Dec Fortnightly (6 sessions) Time: 12pm- 3pm Price: FREE

2019 Lifelong Learning Festival

Cheese Making Workshop

Learn how to create three versatile chesses by hand including haloumi, mozzarella and ricotta.

Saturday 19 October – 10.30am – 12.30pm

Cost: FREE

Location: Stevenson House - 10 Stevenson Crescent Caroline Springs

BOOKINGS ESSENTIAL

Robotics Workshop

Kids aged 5-12 years are invited to come and learn scratch based coding with our Mbots!

Wednesday 23 October – 4.00pm – 5.30pm

Cost: FREE

Location: Brookside Children's and Community Centre – 17 Federation Way, Caroline Springs

BOOKINGS ESSENTIAL

ENROLLING IN A PROGRAM

BOOK ONLINE
MORE INFORMATION

meltonlearning.com.au
9747 7272 or email stevensonhouse@melton.vic.gov.au