

TERM 2 2023 PROGRAMS AND EVENTS

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

46 CITY VISTA COURT, FRASER RISE, 3336



BOOK NOW

meltonlearning.com.au



TERM 2 2023

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

WEDNESDAYS

26 APR - 21 JUNE

9 Sessions

OR

THURSDAYS

27 APR - 22 JUNE

9 Sessions

THURSDAYS

27 APR - 8 JUNE

7 sessions

TUESDAYS

2 MAY - 20 June

8 Session

ONLINE YOGA

TIME: 7pm - 8pm Wednesdays

10am - 11am Thursdays

COST: \$63

Delivered by our experienced and passionate yoga instructor Alicia, this class has been especially designed to extend, stretch, unwind, and release tension while strengthening and promoting flexibility in the body. You will need access to a device, (compatible with Zoom), and internet to attend the online class. A Zoom meeting link will be provided for the duration of the term prior to the start of the program.

YOGA FOR SENIORS

TIME: 5.15pm - 6.15pm

COST: \$5 (Paid to the tutor each class)

Be guided by an experienced and passionate yoga instructor through a series of poses, postures and breathing practices that will release tension while strengthening and promoting flexibility in your body Suitable for seniors of all fitness levels. Bring along your yoga mat, two Yoga blocks, a strap, towel and water bottle.

ZUMBA GOLD

TIME: 9.30am - 10.30am

COST: \$5 on arrival per session

Zumba Gold is a modified Zumba class for active older adults that recreates lower impact original Zumba moves you love to the sound of fabulous Latin music.

TERM 2 2023
FRASER RISE CHILDREN'S & COMMUNITY CENTRE

TUESDAYS
2 MAY - 20 JUNE
8 sessions

ZUMBA KIDS
TIME: 4pm - 4.45pm
COST: \$80

Featuring dance and hip-hop music, Latin rhythms and modern beats, Zumba Kids combines child friendly routines, Our Zumba Kids classes are delivered by Niki, an experienced and qualified Zumba Kids instructor.
Suitable for children aged 6 -12 years.

TUESDAYS
2 May - 20 June
8 sessions

5 MINUTES TO MUSIC: GUITAR FOR BEGINNERS
TIME: 7pm - 8pm
COST: \$10

Learn how to play beginner guitar in just 10-weeks guided by a local resident Alan! In a group setting and building on previous weeks structured lessons you will learn practice drills, basic guitar chords and scales to a point where you can play a range of simple songs. Suitable for ages 12 through to adult. BYO guitar, guitar pick and tuner.

THURSDAY
11 May

Accredited CPR & First Aid HLTAID011
TIME: 9:30am - 3:30pm
COST: \$20

This one day comprehensive first aid training and CPR course is facilitated by accredited trainers from Results First Aid Training. During the 6 hours you will learn CPR and a range of first aid skills and receive an accredited certificate which is valid for 3 years from completion.

CELEBRATING NEIGHBOURHOOD HOUSE WEEK
ASIAN COOKING WITH CARMEN

MONDAY 8 MAY
TIME: 10.30am - 12.30pm | COST: FREE

Our amazing chef, Carmen, will guide you to create a flavoursome stir-fried chicken with seasonal green and oyster sauce served with steamed rice, sure to become favourites at dinner time at your place.

All ingredients and equipment supplied.



FEATURE EVENT

MAKE YOUR OWN GRAZING PLATTER

SATURDAY 3 JUNE

TIME: 2.30pm - 4.30pm | COST: \$55

Impress your friends and family at your next get together with a grazing platter that looks as though it was made by a professional!

Join Michelle, local businesswoman and founder of Graze with Michelle, as she shares her top tips for choosing quality produce and crafting the perfect platter layout.

This fun workshop will have you designing and enjoying your very own platter inclusive of a delicious selection of cheeses, meats, dips, olives, dried fruits, nuts and more.

All ingredients will be supplied and at the end of the workshop you can package up your platter in a take home grazing box to enjoy.



TERM 2 2023

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

HOSPITALITY PATHWAYS PROGRAM

Providing FREE accredited and non-accredited courses to support employment in the hospitality industry

Boost your employability in the hospitality industry by participating in our Hospitality Pathways Program.

With three courses on offer this program aims to support you secure a job in a booming industry. FREE courses on offer include:

- SITHFAB021 Provide Responsible Service of Alcohol (accredited)
- SITXFSA004 Use Hygienic Practices for Food Safety (accredited)
- Barista Masterclass (non-accredited)

You can enrol in just one of the courses or register your interest for all of them! Bookings are essential as spaces are limited. For full details and to reserve a spot visit our website www.meltonlearning.com.au



46 City Vista Court, Fraser Rise, 3336
meltonlearning.com.au



TERM 2 2023

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

SUPPORTED PLAYGROUPS

To find out about locations and to register contact the playgroups team:
9747 7136 | playgroups@melton.vic.gov.au

3 & 4 YEAR OLD KINDERGARTEN

3 & 4 year old Kindergarten: please contact BPA Children's Services on 8348 2998.

General Kindergarten enquiries: please contact Melton City Council on 9747 7284.

MATERNAL & CHILD HEALTH

Melton City Council provides a free health service for all families with young children. To book an appointment please contact 9747 7287.

IMMUNISATIONS

Melton City Council provides a range of free immunisation services for infants, children and secondary students as well as any catch up vaccines for eligible individuals. Booking is essential, check out Melton City Council website to book your appointment. Fraser Rise sessions:

Fourth Thursday of the month 10am - 12pm OR

First Tuesday of month 5:30pm - 7:30pm

LIBRARY LOUNGE

Our library access points are located in the lounge space at Fraser Rise Children's & Community Centre and features a shelf with smart technology which houses a range of adult and children's items including books, DVD's and magazines to browse. A self-checkout station is available to borrow and a library locker to collect library reservations.

Library assistance available on site every Monday 2:00pm to 3:00pm during school terms.



ENROLMENTS

Enrolments for all programs are now online at our website (unless specified).

REFUNDS

Please refer to the refund policy on our website.

ROOM HIRE

For information on available rooms to hire at this centre, visit the 'Locations' page on our website.

CONTACT US

For more information about this centre or any of the programs on offer, contact us via phone or email or visit us during business hours.

PHONE

9747 5738

EMAIL

fraserrisecc@melton.vic.gov.au

ADDRESS

46 City Vista Court, Fraser Rise, 3336

WEBSITE

meltonlearning.com.au

FACEBOOK

facebook.com/meltonlearning

YOUTUBE

bit.ly/MLDYouTube

