

LIVE AND LEARN



2012 Courses and Classes in Port Phillip

Connecting and Strengthening Communities Through Inclusion and Partnership

Mary Kehoe Community Centre

224 Danks Street, Albert Park 3206
Phone 9209 6349

U3A Port Phillip

More than 30 daytime courses. No hassles, no assessments. Stimulating learning in a friendly community atmosphere during school terms. Languages, current affairs, music, drama, art and history programs continue. New offerings include Ayurveda, a group hearing about and discussing the Northern Territory from pre-white settlement to the 1967 referendum, a diabetes and cardiovascular disease prevention program, and a history of modern China class. New members always welcome in the choir; no audition required, no need to be able to read music. Monthly Saturday seminars open to the public and are free of charge.

Day/Time Monday-Friday (check the website for specific course times)
Office hours 10.00 am-1.00 pm

Contact 9696 3495 between 10.00 am and 3.00 pm or at www.u3app.org.au

Cost Annual membership is \$40; no extra cost for classes, which you may attend as many of as you wish.

Studio Italiano

From beginners to advanced classes. The conversational language courses are ideal for people who want to travel to Italy, or for anyone with a passion for the Italian language.

Day/Time Tuesdays, Wednesdays and Thursdays, 6.30-9.00 pm

Contact Franca, on 9699 7487 or visit www.studioitaliano.com.au

Learn For Yourself

Take an affordable high-quality class in technology, art or music with this Learn Local provider, who offers a happy and welcoming learning environment, particularly to people whose opportunities may have been limited by factors such as mental health, disability, age or social disadvantage.

Computers for Beginners

Learn how to use a computer and get what you want from technology in positive, friendly and supportive classes.

Day/Time Tuesdays, 11.00 am-1.00 pm

Digital Storytelling

Become part of the worldwide digital storytelling movement and capture a life story to share and inspire. A digital story is a two minute sequence of still images (think slide show) overlaid with a self-narrated memoir or anecdote and music.

Day/Time Tuesdays, 1.00-3.00 pm
Contact For all classes, 9682 5390, learn4yourself@optusnet.com.au or visit www.lfy.org.au

Mary Kehoe Seniors Club

Social Bingo

Day/Time Thursdays, 1.00-3.30 pm

Indoor Bowls

Day/Time Wednesdays, 1.30-3.30 pm

Cost Free (no need to book, just show up)

Cards

Day/Time Mondays, Wednesdays, Saturdays, 1.00-4.00 pm

Film afternoon

Day/Time 1st Wed of the month, 1.00-4.00 pm

Contact 9699 4904

South Melbourne Gardening Club

Day/Time 3rd Wed of every month 7 pm

Contact Pat on 9690 3692

Middle Park Community Centre

Cnr Nimmo and Richardson Sts,
Middle Park 3206
Phone 9209 6349

Rhythm Factory

Energetic teachers share their love of music and movement with boys and girls from 15 months to 6 years of age. Maximum 12 children per class in a 10 week term. Children develop skills such as coordination, balance, creativity, imagination, language and listening, rhythm, self-esteem and body awareness.

Day/Time Monday 9.15am-12.00pm

Contact Nicky Breuninger, on 0408 667 058 or nicky@rhythmfactory.com.au

Taoist T'ai Chi

Emphasis is on health improvement. Turning and stretching work to release tension, restore proper breathing, increase balance and flexibility, and improve circulation and energy. Suitable for all ages.

Day/Time Beginners: Fridays, 9.30-11.00 am
Wednesdays, 6.30-8.00 pm

Continuing: Mondays, 6.30-8.30 pm
Fridays, 11.00 am-12.30 pm

Contact Taoist T'ai Chi on 0432 765 458 or melbourne@taoist.org.au

Cost Per mth: adults \$45, seniors \$40, concession \$30

Sunrise Yoga

Day/Time Saturday from 7.30-10.00 am

Cost Casual rate \$18.00 for 1.5 hours;
\$16.00 for 1 hour

Contact Elaine on 9534 3552

Feldenkrais for Seniors

Linking Neighbours

Day/Time Thursdays, 3.30pm-4.30pm

Contact Karen Watson 9209 6384 or kwatson@portphillip.vic.gov.au

Middle Park Toy Library

Day/Time Tuesdays and Sundays,
9.00 am-12.00 noon

Broadband for Seniors

Free introductory lessons in using email and the internet for over 50s. One-on-one tuition at the Middle Park Community Centre. Absolutely no prior knowledge required. Call to put your name on the very short waiting list.

Contact U3A Port Phillip, on 9696 3495

South Melbourne Town Hall Community Hub

Re-opened after renovation in July 2009, the redevelopment of the South Melbourne Community Hub is a key implementation strategy from the Community Hubs policy. Six community organisations operate from the Hub.

Friends of the ABC

Contact 9682 0073 fabcvic@vicnet.net.au or visit www.fabc.org.au/

Save Albert Park

Contact 9690 3855 or savap@vicnet.net.au

Port Phillip Citizens for Reconciliation

Contact 9507 5567 or rule@comcen.com.au

Boon Wurrung Foundation

Contact 9008 5607 info@boonwurrung.org.au or visit www.boonwurrung.org.au/

Port Phillip Life Activities Club

Contact newsletter@pplac.org.au

Sputnik Russian Cultural and Television Association

Contact sputnikrctva@hotmail.com

South Melbourne Toastmasters

A theatre and two meeting rooms are available for hire.

Day/Time 2nd and 4th Tuesdays of the month

Contact 9525 5973, 0411 126 508 or kirsty.macculloch@gmail.com or Community Facilities on 9209 6349 or comfacil@portphillip.vic.gov.au

ALBERT PARK/MIDDLE PARK/WEST ST KILDA NEIGHBOURHOOD

Liardet Community Centre

Cnr Liardet and Nott Sts,
Port Melbourne 3207
Phone 9209 6351

Argentine Tango

Experience the vibrant movement and expression of salsa and tango. No partner required.

Day/Time Thursdays, 7.30-8.30 pm
Salsa and tango social event, last Saturday of every month, 7.00-9.30 pm

Contact Natalia and Alberto on 9687 3295 or albertocortez@optusnet.com.au

Boot Scooting

Day/Time Fridays 7.30-9.30 pm
Cost \$6 per session (tea/coffee provided)
Contact Margaret on 9699 7774

Gentle Exercise to Music

Day/Time Fridays, 9:15-10:15 am
Cost \$5 per class
Contact Port Melbourne Neighbourhood House on 9645 1476

Computer Classes for Beginners to Advanced

Contact Port Melbourne Neighbourhood House on 9645 1476

Hare Krishna Food for Life

Free vegetarian meals.
Day/Time Wednesdays 6.00-7.00 pm
Contact Temple on 9699 5122

ZUMBA

Zumba fuses Latin rhythms and tantalising moves to create a dynamic workout system that is fun and easy to do. Zumba is also a great way to lose weight.

Day/Time Mondays, 7.00-8.00 pm
Cost \$15 casual; \$12 concession
Contact Renata 0413 063 593, renata@dancein2shape.com.au or visit www.dancein2shape.com.au

Port Melbourne Community Room

Upstairs 147 Liardet St,
Port Melbourne 3207
Phone 9209 6351

Body Flow Yoga

Complete yoga program to improve posture and body tone, core strength and energy, peaceful bliss and calm. Beginners and experienced students welcome.

Day/Time Daily Saturday-Thursday (visit website for class details)
Cost Monthly membership, \$88 (\$20 per week); casual classes \$25 (\$23 concession)
Contact 9015 7869 or 0411 724 234, learn@bodyflowyoga.com or visit www.bodyflowyoga.com

Fishermans Bend Community Centre

Cnr Dunstan Pde and Centre Ave,
Garden City 3207
Phone 9209 6351

Bippity Boppity Dance

A fun, creative and imaginative dance program for preschool-aged children. Class sizes are limited so book early. First class is a free trial.

Day/Time Mums and tots class, Thursdays, 10-10.30 am
3-5 year old class, 10.30-11.15 am
Contact 0418 564 276, info@bippityboppitydance.com.au or visit www.bippityboppitydance.com.au

Ready Steady Go

Physio-designed fun, sports and exercise for 2½ to 6 year olds to learn the fundamentals skills of soccer, tennis, cricket, tee-ball, rugby, AFL, golf, athletics, basketball and hockey.

Day/Time Saturdays (see website for times for appropriate age groups)
Cost \$175 for a 10 week term
Contact 1300 766 892, info@readysteadygo.net.au or visit www.readysteadygo.net.au



Fishermans Bend Gymnastic Club

Ideal for local school-age children (beginners to level 5). Gymnasts attend for 1 to 3 hours, according to gymnastic level. Classes are conducted during school terms. FBGC is associated with Gymnastics Victoria.

Day/Time Mondays, Tuesdays, Thursdays, 4.00-7.00 pm
Fun Gym: girls, Mondays and Tuesdays, 4.00-5.00 pm; boys, Thursdays
Gymnastics Level Program: girls, 5.00-7.00 pm, Mondays, Tuesdays, Thursdays; boys, Thursdays, 4.00-5.00 pm
Cost \$80 for annual registration and insurance to Gymnastic Victoria (compulsory) \$95-\$135 per term, depending on hours per week
Contact 9646 1897, just drop in, or write to PO Box 438, Port Melbourne 3207

Badminton

Day/Time Thursdays, 7.30-9.30 pm
Contact Diane on 9699 7837
Cost \$2 per session

50s and Over Social Group

Day/Time Thursdays, 1.00-3.00 pm
Contact Phyllis, on 9646 1773

Tap Dancing Classes

Day/Time Wednesdays, 1.00-3.00 pm
Cost \$5 per class
Contact Helen, on 9699 3400

Vouvaris International Taekwondo

Highly experienced ITF Taekwondo Masters instruct students to respect one another, be disciplined and to physically and mentally train their bodies. Classes suitable from age 8 years +.
Day/Time Wednesdays, 7.00 pm, Saturdays, 1.00 pm
Contact Alex on 0402 354 959



Sandridge Community Centre and Trugo Club

1 Tucker Ave, Garden City 3207
Phone 9209 6351

Cadence Choir

An a cappella singing group based in Port Melbourne that sings world music, jazz, folk, gospel and popular music. All parts needed, especially low voices. Must have some experience and be committed to attend weekly rehearsals. Reading music not necessary if you learn quickly by ear.

Day/Time Saturdays, 10.00 am-12.00 noon
Contact mail@stephpayne.com.au or visit www.cadencechoir.com.au

Trugo

Experienced trugo players teach you how to play this unique Australian game. Suitable for all ages and fitness levels. All equipment is provided.

Contact Veree on 9646 4292

Bridge Club

Day/Time Tuesdays, 7.30-10.00 pm
Contact Eddie on 9645 2427

Port Melbourne Centre and Trugo Club

219 Esplanade East, Port Melbourne 3207
Phone 9209 6351

A Floral Experience

Fun-filled floral workshops where you learn to create your very own beautiful floral pieces.

Day/Time Saturdays, 10.00 am-12.00 noon
Contact Tammy Davies, on 9029 8502 or 0435 591 132, info@aflorealexperience.com.au or visit www.aflorealexperience.com.au

Trugo

Experienced trugo players teach you how to play this unique Australian game. Suitable for all ages and fitness levels. Equipment provided.

Contact Michael, on 0408 390 220



ELWOOD/RIPPONLEA NEIGHBOURHOOD

Elwood-St Kilda Neighbourhood Learning Centre

87 Tennyson St, Elwood
Elwood-St Kilda Neighbourhood Learning Centre Inc. (ESNLC) caters to the needs of those most disadvantaged in the community to empower them to overcome educational gaps and social isolation. Low cost places available in pre-accredited, accredited and general courses that focus on English as a second language, literacy, art and computer skills. Occasional childcare available. Rooms for other for adults' and children's classes, and community activities and clubs also available.

Contact 9531 1954, esnlc@esnlc.com.au or visit www.esnlc.com.au

Other Classes in the Elwood and Ripponlea Neighbourhoods

Computer Classes for Beginners to Advanced

Contact St Kilda-Elwood Neighbourhood Learning Centre, on 9531 1954
Port Phillip Community Group 9534 0777



South Melbourne Community Centre

Cnr Park St and Ferrars Place,
South Melbourne 3205
Phone 9209 6349

Italian Language and Cultural Classes

Classes for primary and secondary school students.

Day/Time Saturdays 9.00-11.30 am
Contact Janetta Ziino, on 0400 033 000 or janettaz@optusnet.com.au
Cost \$120 per annum

South Melbourne Dance Centre

Classical Ballet ISTD (London) for dancers aged 4½ to 18 years

Day/Time Tuesdays 4.00 pm-7.15 pm
Jazz Dance ISTD (London) for dancers aged 5 to 18 years

Day/Time Thursdays, 5.00-7.30 pm
Contact 9521 2367 or 0406 488 845

Fit2 Box Fitness Classes

Fit2Box classes, designed to get you super fit, combine the techniques of boxing with cardio to give you maximum results.

Day/Time Tuesday, 7.30-8.45 pm
Contact Roger Grant, on 0433 115 312 or roger@fit2box.com.au
Gary Murphy, on 0414 620 060 or via Facebook at Fit2box
Cost \$15 per person per class; 10 per cent of all fees donated to charity

PROGRAMS AND ACTIVITIES

Trugo

Experienced trugo players teach you how to play this unique Australian game. Suitable for all ages and fitness levels. All equipment is provided.

Day/Time Tuesdays, 1.00-3.00 pm
Contact Harold Grimwood, on 9646 4847

Slimmers' Group

Day/Time Mondays 5.00-7.00 pm
Contact Nola, on 9690 5828

T'ai Chi for Seniors

Day/Time Tuesdays 9.00-11.00 am
Contact Port Melbourne Neighbourhood House on 9645 1476

Ballroom Dancing (Old Time, New Vogue)

Day/Time Thursdays 1.00-4.00pm (alternate Thursdays)
Contact Pat O'Sullivan, on 9645 1460
Cost \$4

City of Voices Community Theatre

A non-discriminatory, creative environment for people interested in the performing arts to develop their creative potential. Open to all ages and cultures.

Day/Time Wednesdays 5.00-7.30 pm
Contact Port Melbourne Neighbourhood House on 9645 1476



Asbestos Diseases Society of Victoria

Asbestos diseases support group.

Day/Time 3rd Wednesday of the month, 10.00 am-3.00 pm
Contact Shirley Bare on 0412 537 819

Sol Green Community Centre

Cnr Montague and Coventry Streets,
South Melbourne 3205
Phone 9209 6349

Friday Leisurely Arts Group (FLAG)

Day/Time Fridays 1.30-3.30 pm
Contact Social Support, on 9209 6738
Cost Free (afternoon tea and transport provided)

BBQ at the Green

Day/Time Fridays 1.00-3.00 pm
Contact Social Support on 9209 6738
Cost Free (lunch included and transport provided)

Kosciuszko Polish Language School

Classes for students from Prep to Year 9 cater for students born overseas as well as those born in Australia.

Day/Time Saturdays, 10.30 am-12.00 noon, Polish language for adults
12.30-3.30 pm, children's classes
Contact Zbigniew Borzdynki on 9438 3539
0406 386 633

Polish Scouting - ZHP

Day/Time Saturdays, 3.30-4.30 pm
Contact Krystyna Paszkiewicz 0418 539 392 or visit www.pccv.org.au/schools/

Emerald Hill Art Group

Day/Time Wednesdays, 9.30 am-12.30 pm
Contact Jo Monie, on 9682 0089
Cost \$120 per 10 week term

Kombiz Youth Network

Programs young people living in the City of Port Phillip area.

- GIRLZONE aims to inspire, motivate and empower girls in Years 5 and 6 by engaging them in safe, fun and affordable recreation activities and providing positive role models, support and life skills.
- IMPACT offers a safe space for boys and girls in Years 5 and 6 to engage in recreational activities that increase their self-esteem, participation in and belonging to the community.

Day/Time Tuesdays, 4.00-5.30 pm

Day/Time Wednesdays, 4.00-5.30 pm

- OURSPACE, a space for high school students to do their own tutoring, make their own music, make friends and receive support.

Day/Time Thursdays, 4.00-6.00 pm

- FRIDAY NIGHT LOUNGE, a program where high school students can relax with friends and participate in fun activities such as Xbox, PS2, table tennis and pool.

Day/Time Fridays, 6.00-8.30 pm

Contact Alice Gainger on 9645 7587, office@kombiz.org.au or visit the website at www.kombiz.org.au

Mental Health Music Network (MHMN) - School of Rock

Meet others working with music and people living with mental illness or disadvantage. Learn from the MHMN leaders who are themselves musicians living with mental illness. Join a workshop series where you will write a fabulous rock song, and then learn to play it.

Day/Time Wednesdays 1.00-4.00 pm

Video + Sound recording + Production

Day/Time Mondays 12.00 noon-3.00 pm

Contact Cathy Horsley on 9209 6530 or chorsley@portphillip.vic.gov.au, or Learn For Yourself, on 9682 5390 or learn4youeslf@optusnet.com.au

Fit to Deliver - Pilates Classes

Traditional Pilates exercises adapted to create a safe, effective exercise system for during and after pregnancy.

Day/Time Wednesdays 6.30-7.30 pm,
Saturdays 9.00-10.00 am

Contact Chloe Lorback on 9596 7400 or 0409 868 413, chloe@fittodeliver.com.au or visit www.fittodeliver.com.au



Alma Road Community House

200 Alma Road, East St Kilda
Phone 9525 8746

Revival Centres International

Looking for peace? Healing? Answers? Hear what the Bible has to say.

Date 2nd Wednesday of the month, evenings at 7.30 pm

Contact Michael La Greca on 9563 1508

Programs for Older People

50s Plus Activities Group

Rummy Tiles is back in full swing.

Day/Time Every second Sunday 1.30-5.00 pm

Contact Anita on 9808 0005
Anthea on 9525 8746 or fax 9525 8746

Cost \$3.50 donation (refreshments are served)

Free Activities

Friendly Walking Group

Day/Time Friday mornings; meet at the Community House at 10 am sharp

Drop-in art class

Day/Time 3.00-4.30 pm, Tuesdays during school terms

Contact Anthea on 9525 8746

Computer Classes

Beginners, intermediate, internet

Contact Anthea on 9525 8746

Dads in Distress

A peer support and referral network for men going through the trauma of family breakdown and separation from their children.

Date Mondays, from 7.30 pm

Contact 1300 853 437 or
www.dadsindistress.asn.au

Cost Gold coin donation

Cora Graves Community Centre

38 Blessington Street, St Kilda 3182
Phone 9209 6738

Social Support Groups

Recreational activities for older residents (65+), those living in supported residential services or experiencing mental health issues, and carers' support groups and activities. A small contribution applies. Make referrals to the Community Access Team Leader or Senior Community Access Officer.

Contact Community Access Service on 9209 6738

Betty Day Centre

67 Argyle St, St Kilda 3182
Phone 9209 6371

Yoga with Chris

Experienced shiatsu and reflexology practitioner. Practitioners at all levels and ages welcome to Hatha yoga classes. Incorporates a unique Eastern approach through the integration of Indian yogic physiology and traditional Chinese medicine.

Day/Time Tuesdays, 6.30-8.00 pm, Thursdays, 6.30-7.30 am for a 9 week term

Contact Chris, on 0424 278 342, chris@samyoga.com or visit www.samyoga.com

Cost \$330 for 2 weeks; \$180 (evening), \$160 (morning) for 1 week; concession for casual classes - \$25 (evening), \$20 (morning or evening), \$18 (morning); 1st class is free.

ArtConsultStudio

Photography for all ages in English, German, Russian. Learn about photography, video, and ways to share your photos and videos on the internet. Participants must provide their own camera - compact, SLR or even your phone- and media.

Day/Time Schedule established on the basis of your requests and will be presented before the start of our work.

Contact Boris on 0425 651 106 or acs-2011@gmx.com

Cost \$10 (conc \$7) per lesson/workshop

Gymnastics, Yoga, Pilates

Russian-speaking dance-aerobics group led by a professional instructor.

Day/Time Thursdays at 4.00 pm, Saturdays from 9.30 am

Contact Larisa on 9527 9246

Social Support Groups

Recreational activities for older residents (65+), those living in supported residential services or experiencing mental health issues, younger people with disabilities, and carers' support groups and activities. A small contribution applies. Make referrals to the Community Access Team Leader or Senior Community Access Officer.

Contact Community Access Service on 9209 6738

Community Meals

A three-course meal of soup, main course and dessert. Booking necessary.

Day/Time Monday-Friday, 12 noon-1pm

Contact 9209 6441

Cost \$7.50

ZUMBA® Fitness with Australia's Biggest and Best ZUMBA® School

Zumba fuses Latin rhythms and tantalising moves to create a dynamic workout system that is fun and easy to do. Zumba is also a great way to lose weight.

Day/Time Wednesday and Thursday evenings (check website for more information)

Dress Comfortable gymwear and supportive sneakers

Contact admin@zumbaunited.com.au, or at www.zumbaunited.com.au

Cost \$12 for 50 minutes (10 packs available for \$99)

AA, Beginners' Big Book Meeting

If drinking is costing you more than money, Alcoholics Anonymous may be able to help.

Day/Time Thursdays, 7.00 pm (multipurpose room)

Contact 1300 222 222 or visit the website at www.aatimes.org.au

Nia Fusionique Fusion Fitness and Dance

East meets West. Barefoot dance to uplifting music blends movements from yoga, dance and t'ai chi for fitness, weight management and relaxation. Adaptable to most abilities. Bring a bottle of water, wear cool comfortable clothing.

Day/Time Wednesdays, 7.00-8.00 pm (multipurpose room)

Contact 0423 955 958, info@niafusionique.com.au or www.niafusionique.com.au

Miracle Christian Center, St Kilda

Where miracles are a reality and Jesus is Lord.

Day/Time Sundays, 10.00 am, Church Service; Wednesdays, 7.30 pm, Bible studies; Saturdays, 10.30 am, prayer and evangelism

Contact Brad and Fiona Judd 0411 211 529, stkilda@mcc777australia.org or at www.mccstkilda.com.au

Rhythm Factory

Energetic teachers share their love of music and movement with boys and girls from 15 months to 6 years of age. Maximum 12 children per class in a 10 week term. Children develop skills such as coordination, balance, creativity, imagination, language and listening, rhythm, self-esteem and body awareness.

Cost \$20 for casual attendance (subject to availability)

\$130 for the term (30 min classes)

\$150 for the term (40 min classes)

Pay for the whole term upfront and save up to \$50.

Contact 1300 468 858 or info@rhythmfactory.com.au

St Kilda Library Community Room

150 Carlisle Street, St Kilda 3182
Phone 9209 6351

Balaclava Toastmasters

Help improve your public speaking skills.

Day/Time 2nd and 4th Tuesdays of the month, 6.30-8.30 pm

Contact 0417 161 866 or Christopher@morseairsystems.com.au

Roomers Magazine

Weekly writing workshops for residents of supported housing and rooming houses in the City of Port Phillip.

Day/Time Tuesdays, 1.30-3.30 pm

Contact Philippa on 9531 1954

The Hungarian Language School

Interested in learning Hungarian? This course includes two 16 week programs.

Day/Time Thursdays, 7.30-8.45 pm

Contact Tibor on 0448 105 659

Healthy Tourism, Russian Senior Citizens Club Vigor

Meetings, lectures and gentle exercise classes for local Russians.

Day/Time Mondays, 4.00-6.00 pm

Contact Berta on 9827 2303

PORT PHILLIP COMMUNITY ORGANISATION AND GROUPS CLASSES AND SERVICES AT COMMUNITY FACILITIES

The Social Support

Provides a range of social and recreational activities at Cora Graves Community Centre to Port Phillip residents who are frail aged, socially isolated, older people with memory loss and younger people with disabilities.

Contact 9209 6738, 9209 6716 or 0411 100 287

University of the Third Age (U3A) Port Phillip

Mary Kehoe Centre, 224 Danks St, Middle Park

No academic entry requirements, assessments or examinations. Broad range of classes offered.

Occasional excursions. Monthly Saturday afternoon seminars included in your membership and are open to the general public.

Day/Time Mondays-Fridays during school terms (check website for subject details)

Contact 9696 3495 (9 am-5 pm) or visit www.u3app.org.au

Cost \$40.00 annual membership for as many classes as you want to attend

Learn For Yourself

LFY provides positive and affordable learning opportunities for people who want supportive classes to help take their next step in study, work or community participation.

Kickstart ART

Work in different art media at Gasworks Art Studio, Port Melbourne, to extend your art style and practice.

Mental Health Music Network

Learn song writing, band playing or music video production at the Sol Green Community Centre, South Melbourne.

Digital Storytelling

Capture one of your life stories through words, images and music at the Mary Kehoe Community Centre, Albert Park.

Computing for Beginners and Beyond

Supportive computing learning for beginners to advanced. Classes held at Mary Kehoe Community Centre, Albert Park, Sacred Heart, Grey St, St Kilda, Sacred Heart, Queens Rd, St Kilda, Access Inc., Glen Eira and Hanover House, Windsor.

Contact Gillian Morrison, on 9682 5390, learn4yourself@optusnet.com.au or visit www.lfy.org.au

Port Phillip Life Activities Club

No age limit. Stay active through many different activities, most of them without cost.

Contact 9570 2512, Secretary, Port Phillip Activities Club



PLAYGROUPS IN PORT PHILLIP

Many playgroups operate in the community facilities. Register your group, obtain information or support.

Contact Wendy Veber, on 9209 6340 or comfacil@portphillip.vic.gov.au 9209 6371, for St Kilda Library Community Room and The Betty Day Centre 9209 6349, for Middle Park, Mary Kehoe, South Melbourne and Sol Green Community Centres 9209 6351, for Port Melbourne and Sandridge Community and Trugo Centres

PORT MELBOURNE NEIGHBOURHOOD HOUSE

Become a volunteer or a member. Use your skills to help the community and receive a \$5 discount off your next course. Programs for 2012 include the following.

Education for life

English as a second language, literacy and numeracy, creative writing, kitchen skills, reception/administration training.

Computer courses

Introduction to computers, web design, digital photography, ESL job seeking, ESL computer skills.

Health and creativity

T'ai chi, gentle exercise, yoga, art, drama, performing programs, Scrabble, knitting group, duplicate bridge, bridge for beginners.

Playgroups, Get Out of Town (school holiday program), travellers' show and tell, dig in community garden, senior citizens' group, volunteer training and more.



Room and Computer Lab Hire

We have newly renovated community spaces that cater for small groups to large workshops.

Computer room with 10 PCs, networked and connected to the internet (ADSL), data projector and printing facilities.

Meeting room suitable for meetings, groups, classes up to 30 people. Includes tables, chairs, whiteboards and audiovisual equipment.

For more information, bookings and enquiries contact the Port Melbourne Neighbourhood House.

Contact 9645 1476 or admin@pmnh.org.au

Information included in this publication is accurate at the time of publishing but can be subject to change.

Photos supplied by groups.