



*We have a new name!*



# Vermont South Neighbourhood House

## Term 4 2022

### Program Guide

## October, November, December



03 9803 2335  
[info@vsnh.org.au](mailto:info@vsnh.org.au)

[www.vsnh.org.au](http://www.vsnh.org.au)  
1 Karobran Drive  
Vermont South VIC 3133

## Staying safe and healthy

Vermont South Neighbourhood House will continue to encourage safe health practices and ask that visitors do not attend the centre when they are unwell.

Handwashing & sanitising resources remain available for your use when you are onsite.



Vermont South Neighbourhood House respectfully acknowledges the Aboriginal people as the traditional custodians of the land that we live, work and play on. We pay our respects to them and their cultures and to the Elders past, present and emerging.

We gratefully acknowledge the support of the following funding bodies:



## *Membership*

Membership of VSNH entitles you to:

- Attend General Meetings, including the AGM
- Apply to become a Board member
- Voting rights at the AGM
- Opportunities for your voice to be heard in the local community

Please visit our website [www.vsnh.org.au](http://www.vsnh.org.au) to find out more

# Program Guide

*October, November, December*

If you are one of our current community members or haven't met us before, we invite you to get involved in your community, learn a new skill or begin a new journey of discovery. We have something to suit everyone.

As always, should you have any questions about our courses, room hire, membership, café, or just want to have a chat, please feel free to contact us via email, phone or in person.

**There is never a better time to get started than now!**



*1 Karobran Drive  
Vermont South, VIC 3133*



*(03) 9803 2335*



*info@vsnh.org.au*



*www.vsnh.org.au*



*Mon-Thur: 9am-4pm  
Fri: 9am-3pm*

## *Enrolments*

Enrolments are confirmed by payment of course fees via EFTPOS, credit card, cheque, cash, or direct debit.

- Fees are to be **paid in full** prior to commencement of the course
- If a course is cancelled by the centre a full refund will be provided
- Refunds will not be provided **once your place has been confirmed** and the course is confirmed to commence by the centre.

**We are now able to take online bookings! Please visit our website—[www.vsnh.org.au](http://www.vsnh.org.au) or simply call us on 9803 2335.**

# Learn Local Funded Courses

Learn Local courses are educational courses for adult learners seeking to build current skills for work or further study. These courses are funded by The Adult Community & Further Education (ACFE) Board to make this type of learning more affordable for all.

Discover more at <https://learnlocal.org.au>



## Eligibility criteria

Applies to all people who enrol in these funded courses, and applicants must be Australian residents seeking training.

Ineligible applicants who wish to study ACFE Courses will be charged as full fee prices - manuals & materials extra.

## Technology

### Discovering Computers - Level 1

22DLE1245014

Start your journey of discovering what computers can do for you with our trainer, Karen. Small steps, we promise

*Monday -10 Oct-28 Nov (8 weeks)  
9:30am-12:30pm \$60*

### Excel—Intermediate—22DSE0245019

Build on basic knowledge by learning about pivot tables, convert text to columns, functions, filtering, macros & more.

*Wednesday—12 Oct-30 Nov (8 weeks)  
2:00pm-5:00pm—\$60*

### Microsoft Office Suite—22DSE0245018

This is your opportunity to learn more about Word/PowerPoint/Publisher/Excel. Get started or build on existing skills for work or study

*Wednesday—12 Oct-30 Nov (8 weeks)  
9:30am-1:30pm—\$60*

# Technology



## **WordPress for beginners –ONLINE ONLY** 22VOC245005

This is an entry level course for those wanting to develop their own website for business, club or personal use.

*Wednesday—12 Oct– 30 Nov (8 weeks)  
6:00-9:00pm - \$50*

## **Creating digital media with Canva—** 22DSE0245017

Join this course to find out how to create unique digital media using Canva.

*Tuesdays—11 Oct—6 Dec (8 weeks)  
9:30am-12:30pm—\$60 (no class 1 Nov)*

## **Introduction to Teaching Adults in a Digital Age—**22ACL245023

Got a skill you want to share? Learn how to teach adults & use appropriate technology to connect with our learners

*Monday—21 & 28 Nov (2 days)  
1:00pm-4:30pm—\$20*

## **Cloud Based Programs for the workplace—**22DSE0245016

This course will help you build skills to utilise cloud based platforms such as Google Suite & Microsoft 365.

*Tuesday—11 Oct—6 Dec (8 weeks)  
1:00pm-4:00pm—\$60 (no class 1 Nov)*

## **Smart Phone Photography Skills for the workplace—**22ACL245026

Quickly get up to speed on how best to use your smart phone to take amazing photos and video!

*Thursday—24 Nov & 1 Dec (2 days)  
9:30am-1:30pm \$20*

## **Beginners—Introduction to CAD—** **Computer Aided Design**

This course will introduce you to the basics of 2D & 3D design of buildings, extensions, renovations and more.

*Thursday—13 & 20 Oct (2 days)  
9:30am-12:00pm—\$85  
(this is not a Learn Local funded course)*

## **Intermediate/Advanced—Learning more about CAD—Computer Aided Design**

This course will look at advanced interior design, colors & textures, importing 3D models, exporting to other programs and more.

*Thursday—27 Oct & 3 Nov (2 days)  
9:30am-12:00pm—\$85  
(this is not a Learn Local funded course)*

**Occasionally , course start dates and times are subject to change.  
Please call us to enquire if you are still able to join the class.**

# Vocational



## **Introduction to Barista & Coffee Making**

22ACL245025

A short, focussed course with practical, hands on learning. Have fun making, and sampling, delicious coffee

*Wed & Thu—23 & 24 Nov (2 days)*

*4:00pm-7:00pm—\$30*

## **Introduction to Community Services—**

22VOC245013

This course will introduce you to the possibilities for future employment or volunteering opportunities in community work. The course will give you a basic understanding of the sector and future opportunities for work or study at your local TAFE

*Wednesday—12 Oct—1 Dec (9 weeks)*

*1:00pm-4:00pm \$60*

## **Project management for Events—**

22VOC245021

This course is designed to provide an insight for those considering a new career in Event Management. This course will have hands on opportunity to and upcoming event at VSNH.

*Thursday—13 Oct- 17 Nov (5 weeks)*

*9:30am-12:00pm \$60*

## **Preparation for Online Learning—**

22VOC245020

Are you considering study to develop your skills? Most institutions use online learning and this course will prepare you for your studies. Don't let technology get in the way

of your learning.

*Thursday—13 Oct-17 Nov (5 weeks)*

*9:30am-1:30pm—\$50 (no class 20 Oct)*

## **Get back into it—Employability Skills –**

22EMP245028

This course focuses on anyone returning to the workforce or study after a break and is based on an understanding of the barriers that can prevent a successful return to work or study. This course offers guidance and skills sessions to help people succeed in getting back to work or study.

*Thursday—13 Oct—17 Nov (6 weeks)*

*9:30am-1:30pm—\$60*

## **Hospitality—Basic Work Skills—22VOC245001**

Learners will gain skills and knowledge in food preparation and cooking methods, planning menus and budgeting, and working safely in the kitchen among many other things!

*Thursday—20 Oct—24 Nov (6 weeks)*

*12:00pm-4:00pm—\$60*

## **Creative Connections—22EMP24009**

Whether it be for a new job, a career change, further study or simply volunteering, using the therapeutic and fun process of creating art, this course can assist you to increase your confidence and reveal your, yet to be discovered, abilities.

*Tuesday—11 Oct-22 Nov (6 weeks)*

*10:00am-2:00pm—\$60 (no class 1 Nov)*

# Vocational

## Try a Trade

Developed in partnership with Swinburne this course will provide you with the opportunity to undertake trade tasters in six different industry areas. Choose one, two or many! Learn about the career prospects for each trade, the entry and training requirements, the industry demand, wages and conditions. Have a hands-on go at the following; bricklaying, carpentry/building, electrical, horticulture, plumbing and engineering (3D design and printing, CAD and casting). Access individual career planning services, introductions to employers waiting to accept apprentices in each industry or follow-up training to prepare for entry.

*Students currently enrolled in the school system are not eligible for this course.*

**Session 1 at Vermont South Neighbourhood House | Tuesday—Oct 11<sup>th</sup> - 7:00pm - 9:00pm**

Your chosen sessions will be held over 7 weeks at Swinburne Croydon Campus (Horticulture at Wantirna) - Specific dates will be provided to you on your selection/s.

**Saturday—22 Oct -3 Dec  
9:00am-4:00pm (no class Cup Weekend)**

Follow up employment and training sessions booked individually.

**FREE to eligible learners.**

## Adult Literacy & Numeracy



### English Language Classes for beginners

Learn the basics of reading, writing & speaking English in this supportive environment. This class is suitable for those who are just beginning to learn English. This will help you with some basics so you can communicate in everyday life such as going shopping, going to the doctor or speaking with new friends.

*Tuesday 4 Oct—6 Dec (9weeks)  
9:30am-1:00pm- \$60.00 (no class 1 Nov)*

### English Language Conversation Class

This course is to build on listening and speaking skills in English through class discussions. Discussions include, current events, Australian culture and learner lead topics. There may also be opportunity to practice your skills in real life situations.

*Monday—3 Oct—5 Dec (10 weeks)  
9:30AM-12:30PM—\$60*

**Occasionally , course start dates and times are subject to change.  
Please call us to enquire if you are still able to join the class.**



# Children's Activities



## Community Playgroup (ages 2-5)

Come along to this fun activity based playgroup is for pre-schoolers (2-5 years) and their carers (parents, grandparents, aunts, uncles, nannies etc), and is great for social connections, early literacy, developing fine motor skills and most of all having fun together. Activities such as art, craft & story time are all part of the fun

*Thursday—6 Oct—8 Dec (10 Weeks)  
1:30pm-3:00pm—\$100*

## Creative Kids—Having FUN with ART! (ages 7+)

Come and let your imagination go wild through the magic of art. Learn about colours, painting, pastels and other fun art materials while making a colourful creative art book to keep and share with family and friends.

*Tuesday—4 Oct—6 Dec (9 weeks)  
4:30pm-5:30pm—\$162 (no class 1 Nov)*

## Sketching for Children (ages 8+)

Children will learn to sketch in 3D and improve their technique in lead pencil. Ideal for beginners or those who wish to develop their sketching skills.

*Thursday—6 Oct-8 Dec (10 Weeks)  
4:00pm-5:30pm—\$180*

## Yoga for Pre-schoolers (ages 3-5)

A fun 30 min yoga and mindfulness session for your little ones whilst still learning literacy and numeracy.

*Monday 17 Oct-5 Dec (8 weeks)  
9:30am-10:00am—\$120*

## Yoga for Children (ages 5-12)

A fun session to help your child with confidence, emotional regulation and focus in a fun way using yoga & mindfulness.

*Friday—14 Oct-9 Dec (9 weeks)  
3:45pm-4:30pm—\$135*

**St Andrews Greek Playgroup**—Helen -0412 958 300—[helenlambris@gmail.com](mailto:helenlambris@gmail.com)

**Chinese Playgroup**—Jody—0416 166 646—[jody.yuan@gmail.com](mailto:jody.yuan@gmail.com)

**Victorian Aboriginal Child Care Agency (VACCA) Eastern Koorie Kids Playgroup**

Madeline—0475 504 676—[earlyhelp@vacca.org](mailto:earlyhelp@vacca.org)

Classes welcome new participants during the term,  
where maximum numbers have not been reached.

Call us on 9803 2335 to discuss inclusion in our current activities



# Art & Craft



## Art Classes

Our experienced tutor teaches a variety of art mediums: drawing skills, oil painting, water colour painting, portrait painting, pen and ink work and soft pastels. Suitable for all levels and abilities.

*Thursday—6 Oct-8 Dec (9weeks)*

*No class 13 October*

*11:00am-1:00pm—\$162*

## MOSAICS—Self Directed Group (no tutor)

In this group participants bring their own project and tools, and to work on them in a supportive environment where sharing of ideas and methods can flow freely.

*Friday—7 Oct-9 Dec (10 weeks)*

*9:00am-2:00pm—\$70*

## Drawing & Painting

Beginners & intermediate class using water colour, oils, acrylics, and drawing. Includes a walk through of colour theory, colour mixing, hints to improve landscapes; structural aspects such as proportion, perspective; and 3D through shading technique & exploration of other media. Small group with individual help.

*Thursday—6 Oct-8 Dec (10 weeks)*

*7:30pm-9:30pm—\$180*

## Patchwork & Applique

If you love sewing, by hand or machine, and have a passion for beautiful patchwork fabric, why not join us to create something you are proud of. Some sewing experience is required to join this Course.

*Wednesday—5 Oct-7 Dec (10 Weeks)*

*9:30am-12:00pm—\$200.00*

## Expressive Open Art Studio

Come along and explore the use of different mediums such as acrylic & watercolour paint, oil & soft pastels, even collage... create works of art, either realistic or abstract, that express how you are in the moment. Through creativity, you can calm the mind and sooth the emotions, while having fun exploring life at the same time. Suitable for all ability levels for ages 16+

*Wednesday—5 Oct-7 Dec (10 Weeks)*

*6:30pm-8:30pm—\$180*

*Call us for details of any requirements for these courses*



# General Interest

## Claudia's Christmas Ideas—Cooking Demonstrations

In the lead up to Christmas, our Chef -

Cláudia Marçal will be leading a series of 3 workshops providing you with great, simple delicious culinary ideas to incorporate into your entertainment planning. Your family and friends will thank you!

*Thursday—3, 10 & 24 Nov—(3 sessions)  
1:30pm-3:30pm—\$20 per session*

## Financial wellness

What do you want out of life? How can we plan for our future? This course will inspire you to shift your mindset about your money using the theory "Small things can make a big change". Become more money conscious to improve financial outcomes and, ultimately, your future.

*Tuesday—11 Oct-29 Nov (7 weeks)  
6:00pm-8:00pm—\$50 (no class 1 Nov)*

## French Conversation Classes

Consolidate your speaking skills in a relaxed atmosphere with an experienced native speaker. For students that can already express themselves on a variety of topics who want to enrich their vocabulary and use more complex tenses and sentence structures.

*Class conducted mainly in French.*

*Friday—7 Oct-2Dec (9 weeks)  
10:00am-12:00pm—\$180*

## Jewellery Making—Inspired by Christmas...

Roseli, our trainer has been an avid crafter for over 10 years.

This short course will introduce you to techniques and tools to create a unique piece of your own. Each week will build on skills to develop your own unique style. Instructions provided in hard copy or online. No responsibility is taken for addiction to *this popular craft!*

*Tuesday—8 Nov—29 Nov (4 weeks)  
10:30am-1:00pm \$90*

*Participants to purchase kit from tutor \$10-\$15 each session*

**Classes welcome new participants during the term,  
where maximum numbers have not been reached.**

**Call us on 9803 2335 to discuss inclusion in our current activities**

# Social Activities



## Knitting Group

A friendly knitting and handcraft group meets socially on Monday afternoons (weekly). Many of our items are donated to the charity KOGO - knit one, give one.

*Monday—3 Oct-5 Dec (10 Weeks)  
1:00pm-3:00pm—\$2 per week*

## Simply Social

Join with others to connect and chat while indulging in activities such as mindful colouring, games or bring your own unfinished craft.

Free Coffee/Tea & biscuits

*Wednesday—5 Oct-7 Dec (10 Weeks)  
1:00pm-3:00pm—\$2 per week*

## Walking Group

We're carving up the streets and need your help! Join us for a fun, fit, and friendly time!

*Thursdays—6 Oct—8 Dec (10 weeks)  
9:15am—10:00am—Free*

## Community Lunches

Vermont South Neighbourhood House offers an affordable, and delicious, two course community lunch on the last Monday of the month. Meet with friends & make some new ones!

Bookings are essential by calling 9803 2335. Pay on arrival.

*Last Monday of the month—\$5.00 per person*

## Talking Café

Relax with a cuppa and chat to other seniors in your community. Find out what's happening, where to meet other people....all in your neighbourhood.

We can even connect you to your own volunteer community connector to help you find other activities to join.

*Tuesdays—Every 2nd & 4th Tuesday of the month—2:00pm-3:00pm—Free*

Our groups welcome new participants any time,  
Call us on 9803 2335 to discuss inclusion in our current activities

# Health, Fitness & Wellbeing



## Strength Training

Training consisting of weight bearing and minor cardio exercises, warm up and cool down stretching. Independent and team orientated.

A great way to increase strength, balance, stability and flexibility. Suitable for most ages / abilities.

*Mondays—10 Oct—12 Dec (10 Weeks)*  
*1:00pm-2:00pm*  
*OR 2:00pm-3:00pm—\$130*

*Wednesday—12 Oct—14 Dec (10 Weeks)*  
*12:00pm-1:00pm*  
*OR 1:00pm-2:00pm—\$130*

## Yoga & Relaxation

With Karyn (Mon)/Cheryl (Wed)

Gentle stretching and breathing exercise to help improve posture, strength and flexibility, and designed to protect the body and mind against stress, and help lower blood pressure. Suitable for all ages and abilities.  
*Bring along a yoga mat and blanket for*

*the relaxation/meditation segment.*

*Mondays—3 Oct—5 Dec (10 Weeks)*  
*8:00pm-9:15pm—\$150*

*Wednesday—5 Oct—7 Dec (10 Weeks)*  
*5:30pm-6:45pm*  
*OR 8:00pm-9:15pm—\$150*

## Practical Meditation

There are a great number of positive outcomes to be gained from the simple act of calming the busy mind. Start now by clearing the path for a better quality of life for yourself and, by extension, for those around you.

*Wednesday—5 Oct—7 Dec (10 weeks)*  
*5pm-5:45pm—\$100*

*Saturday—8 Oct—10 Dec (10 weeks)*  
*9am—9:45—\$100*

## Other Classes

### Pilates

For further information please contact:

Jenny—0410 404 419  
jennymargeridis9@gmail.com

Classes welcome new participants during the term,  
where maximum numbers have not been reached.

Call us on 9803 2335 to discuss inclusion in our current activities



# Room Hire

**Does your community  
or support group need  
somewhere to meet?**

---

Ask us about hiring our  
affordable and well equipped  
rooms, which are suitable for  
use for a wide range of  
programs and services.

info@vsnh.org.au  
03 9803 2335

www.vsnh.org.au  
1 Karobran Drive  
Vermont South, VIC 3133



# Community Activities

## You can't scam me!

As part of Get Online Week, we are presenting a workshop about online safety to discuss how you can protect yourself from some of the awful scams out there. We will also provide an opportunity for you to get some Tech Help.

Bring your own device (Phone, Tablet or Laptop) to ask questions about your particular needs. If you don't have one to bring, we can supply you with one of ours.

Did we mention we will also be providing morning tea?

*Thursday 20 October  
10am-11:30am—FREE*

## Carer Friendly Place

Vermont South Neighbourhood House has undertaken training to become a "Carer Friendly Place" through Carers Victoria.

We have been carer friendly for a long time but this training has allowed us to understand how to do things better.

## Open Day , Art Show & Twilight Market

Vermont South Neighbourhood House will be holding it's first community event.

Activities begin at 11am and conclude at 9pm. These include an Art Show, displays, children's activities, stalls and of course, there will be food!

It will be a great opportunity to meet with others from the neighbourhood and discuss with us, other things you might like for us to offer at the centre.

Learners from our Project Management course will be assisting us to prepare for this event.

Stall holders are welcome to apply for inclusion in our market.—fees apply

*Friday—November 18—11am-9pm*





## Volunteers needed!

We need your help with:

- Community events
- Computers & IT
- General Administration
- Community Gardening

Call us at 03 9803 2335 or send us an email at [info@vsnh.org.au](mailto:info@vsnh.org.au)

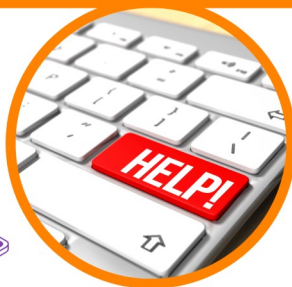
[WWW.VSNH.ORG.AU](http://WWW.VSNH.ORG.AU)

WE ARE SEEKING ENTHUSIASTIC COMMUNITY MEMBERS WHO CAN ASSIST WITH OUR NEW COMMUNITY GARDEN.

WE PLAN TO REVITALISE OUR CURRENT GARDEN BEDS AND ESTABLISH NEW ONES.

THE PRODUCE MAY BE USED BY OUR CAFE OR SHARED WITH THE COMMUNITY.

FREE Tech help  
available  
No need to book!!



Get **free help** with computers, phones, or tablets every **Thursday from 10am-11am**.

[info@vsnh.org.au](mailto:info@vsnh.org.au) 03 9803 2335



Vermont South  
Neighbourhood House



Australian Government

**Be Connected**

Every Australian online.



# Community Lunch

Why not join us  
on the last Monday of the month - 12:30pm

Book your place by calling 9803 2335 - \$5.00pp

Monday 26th September

Monday 31st October

Monday 28th November



**Vermont South**  
Neighbourhood House



**Vermont South**  
Neighbourhood House

in association with.....

**snap fitness** 24/7

## Stretch & Flex

*Increase your flexibility & strength in these free  
classes facilitated by experienced **Master**  
**Trainer Thomas Rudge***

**Tuesdays**

**10:00am - 10:45am**

**4 Oct - 13 Dec**

Suitable for beginners to intermediate  
Bring your own mat, drink bottle, & the  
enthusiasm will be provided

**Book your place via our website or  
call 9803 2335**



ADVERTISEMENT



# Neil **ANGUS** MP

**STATE MEMBER FOR FOREST HILL**



**Phone:** 9955 2501

📍 2 Brentford Square, Forest Hill 3131

✉ [neil.angus@parliament.vic.gov.au](mailto:neil.angus@parliament.vic.gov.au)

🌐 [www.NeilAngus.com.au](http://www.NeilAngus.com.au)

f /NeilAngusMLA

Authorised by Neil Angus MP, 2 Brentford Square, Forest Hill 3131.



OsteoCare

*optimising  
health*



1C Hanover Rd Vermont South 3133

## Welcome to OsteoCare

**- hands on health care for the whole family**

At OsteoCare, Vermont South you will receive caring and competent Osteopathic healthcare assessment, treatment and advice to best optimise your bodies function and your health whilst reducing pain and discomfort.

OsteoCare provides treatment for the whole family—a newborn through to the elderly. Osteopathy may help with a wide variety of conditions such as back pain, headache and migraines, pregnancy related musculo-skeletal conditions, sports injuries, childhood and teen musculo-skeletal issues and many more...



**Ph: 9803 7005**

Dr Brooke Franklin (Osteopath) and Associate  
Osteopaths Melissa, Belinda, & Hayley



**Vermont South**  
**PODIATRY**



### **Sore feet?**

Call podiatrists Joanne, Angela and Susan for an appointment (Mon—Sat) to help you with:

**General foot care**  
**Diabetes**

**Ingrown toenails**  
**Orthotics**

**ORTHAHEEL FOOTWEAR NOW AVAILABLE**

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Vermont South 3133

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**TOP QUALITY PAINT & SERVICE**



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**ph: (03) 9887 7136**

**fax: (03) 9887 7136**

**[decor8ingmp@hotmail.com](mailto:decor8ingmp@hotmail.com)**

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## Cr Raylene Carr

*Councillor for Terrara Ward*

P.O. Box 6060

Vermont South 3133

[raylene.carr@whitehorse.vic.gov.au](mailto:raylene.carr@whitehorse.vic.gov.au)

[www.facebook.com/councillorraylenecarr](https://www.facebook.com/councillorraylenecarr)

*Only a phone call away*

**0400 886 889**

Authorised by Raylene Carr

P.O. Box 6060 Vermont South 3133



**EXPERIENCE & SHARE THE JOY OF MUSIC. SING YOUR HEART OUT & FEEL GOOD!  
LEARN TO PLAY THE UKULELE!**

**\*Ukulele Groups at local Community Houses (during School Term)**

**1. Surrey Hills Neighborhood Centre Ph 9890 2467**

- **Tuesday Evening:** A) 6.00 – 7.00 Beginners *AKA "I've got a Ukulele, what do I do now?"* B) 7.15 – 8.15 Advanced *AKA "I'm looking for a challenge."*
- **Wednesdays:** A) 11.45 – 12.45 Fast-trackers *AKA "I am confident with the 3 chords, what can I do next?"* B) 1.30 - 2.30 Intermediate *AKA "It's time to consolidate my skills."*

**2. Avenue Neighborhood House (Blackburn South Eley Park) Ph 9808 2000**

- **Thursdays:** A) 1.30 - 2.30 Advanced B) 2.45- 3.45 Beginners C) 4.00 – 5.00 Intermediate

**3. \* New proposed classes for A) Tuesday a.m./early pm, B) Wednesday early – mid am: expressions of interest being taken. \*Contact Des now!**

**4. Private tuition in Guitar & Ukulele also available: Ph. Des 0412 914423, check out our new website! <http://www.guitarstart.com.au/>**

Not on Social Media?  
Here's a little of what we posted

## Our Knitting Group



Made by our  
Knit & Chat Group  
Mondays 1pm-3pm



Vermont South  
Neighbourhood House

## Our Art Group



Vermont South  
Neighbourhood House

## Our cooking class



Vermont South  
Neighbourhood House

## Our New Name!



**Vermont South**  
Neighbourhood House

# Term 4 Program 2022

	Morning	Afternoon	Evening
<b>Monday</b>	<ul style="list-style-type: none"> <li>• Discovering Computers</li> <li>• EAL Conversation</li> <li>• Yoga for Pre-Schoolers (3-5)</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Knitting Group</li> <li>• Community Lunch (last Monday of the month)</li> <li>• Introduction to teaching Adults in a digital age</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga &amp; Relaxation</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Creative Connections</li> <li>• EAL Beginners</li> <li>• Jewellery Making</li> <li>• Creating Digital Media with Canva</li> <li>• Stretch &amp; Flex</li> </ul>	<ul style="list-style-type: none"> <li>• Talking Café (2nd &amp; 4th of the month)</li> <li>• Creative Kids (7 yrs)</li> <li>• Cloud Based Programs for the workplace</li> </ul>	<ul style="list-style-type: none"> <li>• Financial Wellness</li> <li>• Try a Trade</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Patchwork &amp; Applique</li> <li>• Microsoft Office Suite</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Training</li> <li>• Simply Social</li> <li>• Excel—Intermediate</li> <li>• Introduction to Community Services</li> </ul>	<ul style="list-style-type: none"> <li>• WordPress for Beginners</li> <li>• Introduction to Barista</li> <li>• Expressive Open Art Studio</li> <li>• Yoga &amp; Relaxation</li> <li>• Practical Meditation</li> </ul>

## Public Holidays

22 September—National Day of Mourning—HRH Queen Elizabeth II

23 September—Friday before AFL Grand Final

1 November—Melbourne Cup Day

25 December – Christmas Day

26 December—Boxing Day

27 December—Christmas Day Holiday

For further information please give us a call or visit our website!

[www.vsnh.org.au](http://www.vsnh.org.au)





	Morning	Afternoon	Evening
Thursday	<ul style="list-style-type: none"> <li>• Art Classes</li> <li>• Walking Group</li> <li>• Smart Phone Photography Skills</li> <li>• Introduction to CAD</li> <li>• Preparation for Online Learning</li> <li>• Get Back Into it—Employability Skills</li> <li>• You can't scam me!</li> </ul>	<ul style="list-style-type: none"> <li>• Hospitality—Basic work Skills</li> <li>• Claudia's Christmas Cooking</li> <li>• Sketching for children (8yrs +)</li> <li>• Community Playgroup</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to Barista</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• French Conversation</li> <li>• Mosaics—Self Directed Group</li> <li>• Yoga for Children (5-12)</li> </ul>	<ul style="list-style-type: none"> <li>• Nov 18 — Open Day, Art Show &amp; Twilight Market</li> </ul>	<ul style="list-style-type: none"> <li>• Nov 18—Open Day, Art Show &amp; Twilight Market</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• Practical Meditation</li> </ul>		





# Vermont South Neighbourhood House

**We are thrilled to announce that we have  
A NEW NAME (trading) & A NEW LOGO**

We believe this rebrand process is a significant & important step for us at this point in time and provides us with a stronger depiction of who we represent, and how we see ourselves as an organisation and community, as well as strong alignment to the broader neighbourhood house sector.

The rationale for the design of our fabulous fresh look is:

*"This logo is based on the vision: A community where all people belong and thrive. The geometric shapes in this logo represent your community – people of all ages, genders, backgrounds... These shapes fit together to build the Vermont South Neighbourhood House logo in the same way that the community comes together to learn, grow and discover at Vermont South Neighbourhood House".*