

UPDATE

OCTOBER—DECEMBER
INTAKE!



Vermont South
Neighbourhood House

Semester 2 2023

Program Guide



03 9803 2335

info@vsnh.org.au

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 House 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:



Public Holidays—the House will be closed on:

29 September Friday before the AFL Grand Final

7 November Melbourne Cup Day

**NEW
INDUSTRIES
ADDED!**

**Sick & carer's pay
for casual and
contract workers.**

**Don't wait until
you're sick.
We can help you
sign up today!**

Victorian Sick Pay Guarantee

Sick and carer's pay for casual and contract workers

REGISTER NOW!



Neighbourhood
Houses Victoria



Program Guide

Semester 2 ~ 2023

Welcome to our new Semester 2 Program Guide covering 2 school terms. We hope it will allow you to plan ahead and come along to join us at one or more of our activities.

As always, we welcome our current community members but love it when we meet those new to the area or new to our House.

We have many things available for you to participate in such as social activities, learning a new skill or beginning 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 start something new.

Come and say hello!



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 house, 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 House.

We are now able to take online bookings! Please visit our website—www.vsnh.org.au or simply call us on 9803 2335.

Get involved at VSNH

Vision, Mission & Values

VISION - A community where all people belong and thrive

MISSION - Vermont South Neighbourhood House is an inclusive hub that engages the community in social and learning opportunities that enhance wellbeing

VALUES - Collaboration, Inclusive, Equity, Life-long Learning, Optimism

Membership

Help us to fulfil our Vision and Mission by becoming a valued member of VSNH. 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



Volunteering

We are currently seeking enthusiastic volunteers. Volunteering is a great opportunity to brush up on skills in readiness for the workforce or to simply be with others in your community. No matter the reason, we would welcome you to become one of our volunteers.

Volunteer Roles include:

- Assistance with Community Events
- Computers & IT
- General Administration
- Community Gardening

Call us on 9803 2335 or send us an email to info@vsnh.org.au

VSNH NEWS—EVENTS

Celebrate Seniors Month!

Come and join us for Afternoon Tea
at the Talking Cafe
on Tuesday 10 Oct - 2pm to 3:30pm
for some delicious offerings.
Only \$5 per person!



**OCT
10!**



VSNH is a Voting Centre!

You can support us by coming
to cast your VOTE HERE on
OCTOBER 14 and enjoy the
Sausage Sizzle, Cake/Toy Stalls, & Café!
Open from 8am onwards...

**OCT
14!**



Vermont South Neighbourhood House



Garage Sale Trail Market

Saturday 18th November
9am—3pm

**NOV
18!**

SAUSAGE SIZZLE!!

VSNH @ VERMONT SOUTH BUNNINGS

Come along and support this
big fundraising event and
enjoy a sausage or two whilst
browsing around Bunnings!!

**DEC
9!**



Learn Local - Funded Courses

Learn Local courses are educational courses for adult learners seeking to build current skills for work, volunteering, 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.

Many of these courses offer a Pathway to free TAFE courses.



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.

Please note:

Minimum student numbers are required for all Funded Courses to proceed.

Occasionally, Course start dates and times are subject to change. We notify you at the first possible opportunity of any changes made.

Where Courses are advertised without a start date, we ask for people to register an expression of interest on our website—www.vsnh.org.au and we will contact you.

Adult Literacy & Numeracy



English for Everyday Living 23LANEFEL

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 an opportunity to practice your skills in real life situations.

Mondays	10 Jul— 28 Aug (8 wks)	9:30am—12:30pm	\$60
	9 Oct—27 Nov (8 wks)	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.

Cloud Based Programs for the Workplace 23DSECBPW

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

Thursdays	Please register your interest at www.vsnh.org.au	6 wks—Daytime	\$60
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Using Technology to Record your Special Moments 23DSECSDM

Imagine having your photos, voice & videos in one spot! We can show you how..

Thursdays	20 Jul—7 Sep OR 12 Oct—30 Nov (8 wks)	9:30am—12pm	\$60
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Discovering Computers 23DLE2

Get started with computers or devices in this supportive class. Small steps, we promise!

Fridays	Please register your interest at www.vsnh.org.au	9 wks—Daytime	\$60
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Exploring Accounting Apps & Software 23DSMEAAS

Trying to make sense of accounting software? Let us help you in this informative short course.

Thursdays	13 Jul—20 Jul OR 5 Oct—12 Oct (2 wks)	6pm—9:30pm	\$25
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Exploring Excel 23DSEEME

If you have the basics, this course will help you explore other functionality available to you.

Fridays	Please register your interest at www.vsnh.org.au	4 wks—Daytime	\$60
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Introduction to Trello for Event Management 23DSMITEPM

Learn Trello, a collaborative tool for event and projects so you don't do it all yourself!

Thursdays	13 Jul—20 Jul OR 5 Oct—12 Oct (2 wks)	9:30am—12:30pm	\$25
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Introduction to XERO 23DSEIAS

New to using XERO? This course will help you explore the basics to get you started.

Thursdays	Please register your interest at www.vsnh.org.au	8 wks—Evening	\$60
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Microsoft Office Suite 23DSEIMOS

This is your opportunity to learn more about Word/PowerPoint/Publisher/Excel.

Mondays	9 Oct—13 Nov (6 wks)	9:30am—1:30pm	\$60
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Microsoft Outlook & Email 23DSMIMOE

Need help setting up an email account using Outlook? Look no further—we can help you here!

Tuesdays	Please register your interest at www.vsnh.org.au	6 wks—Daytime	\$60
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Point of Sale for Retail & Hospitality 23DSWPOSRH

Working in these industries also means managing money. Learn the basics of POS.

Mondays	14 Aug—28 Aug OR 13 Nov—27 Nov (3wks)	9:30am—1pm	\$30
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Smart Phone Photography Skills for the Workplace 23DSMSPPW

Short course on how to best use your smart phone to take great photos & video!

Thursdays	13 Jul—20 Jul OR 5 Oct—12 Oct (2 wks)	9:30am—1pm	\$25
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Occasionally, course start dates and times are subject to change.
Minimum student numbers are required for all Funded Courses to proceed.

Community Teaching with Adults ^{23SHMCTA}

Interested in community teaching? Get to know the basics of adult learning.

Mondays	7 Aug—11 Sep OR 9 Oct—13 Nov (6 wks)	9:30am—12pm	\$40
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Creative Community Connections—Art as Therapy ^{23EMPDESTA}

This confidence building course will use art to explore your future direction.

Tuesdays	18 Jul—5 Sep OR *10 Oct—5 Dec (8 wks)	10am—12:30pm *no class 7 Nov	\$60
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Everyday Literacy & Numeracy with Cooking ^{23SHMELNWC}

Cooking is fun and appetizing and will help you develop new skills as you go..

Mondays	20 Nov—27 Nov (2 wks)	4pm—6:30pm	\$35
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Get Back Into It (Employment Skills) ^{23EMPGBII}

Returning to work after a break? This course will certainly get you started.

Mondays	Please register your interest at www.vsnh.org.au	8 wks—Daytime	\$60
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Introduction to Barista & Coffee Making ^{23SHMIBCM}

This popular short course will have you making and sampling delicious café style coffee.

Weds & Thurs	9 & 10 Aug or 22 & 23 Nov (2 days)	4pm—7pm	\$35
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Introduction to Barista Presentation Skills ^{23SHMIBCM}

Learn basic Latte Art. Pre-requisite: Introduction to Barista & Coffee Making short course.

Weds & Thurs	16 & 17 Aug or 29 & 30 Nov (2 days)	4pm—7pm	\$35
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Introduction to Community Services ^{23P2TCOMM}

Want to work or volunteer in the community sector? This course will get you started.

Wednesdays	19 Jul—13 Sep or 11 Oct—6 Dec (9 wks)	9:30am—12:30pm	\$70
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Introduction to Customer Service ^{23SHMICS}

Customer Service is important for all businesses. Let's show you how to do it well.

Mondays	17 Jul—7 Aug OR 9 Oct—30 Oct (4 wks)	6:30pm—9:30pm	\$25
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Introduction to Hospitality ^{23VOCITH}

Learn the basics of working in a hospitality environment including basic Barista

Mondays	17 Jul—21 Aug or 9 Oct—13 Nov (6 wks)	4pm—7:30pm	\$60
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Occasionally , course start dates and times are subject to change.
Please call us to enquire if you are still able to join the class.

Pathways to Work in the Aged Care Sector 23VOCPWACS

Find out more about this sector, its requirements and employment opportunities.

Tuesdays	Please register your interest at www.vsnh.org.au	8 wks—Evening	\$60
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Practical Training in Reception and Administration 23EMPPTRA

Learn important skills to be first point of contact for your future employer.

Fridays	Please register your interest at www.vsnh.org.au	5 wks—Daytime	\$60
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Project Management for Events 23VOCPMFE

This course will give an insight into working in Event Management.

Thursdays	20 Jul—24 Aug or 12 Oct—16 Nov (6 wks)	9:30am—2:30pm	\$60
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Start Your Own Business 23VOCPSYOB

This course will help you to understand what is involved in starting & managing a micro-business.

Wednesdays	Please register your interest at www.vsnh.org.au	8 wks—Evening	\$60
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Touch Typing 101 23SHMTT101

Typing, keyboarding, whatever you call it, get better at it to get things done faster!

Fridays	18 Aug—8 Sep OR 10 Nov—1 Dec (4wks)	9:30am—12pm	\$25
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Pathways to Community Services—Early Childhood Education & Care 23VOCPCECEC

Pathways to Health Services Work 23VOCPHSW

Please visit our website www.vsnh.org.au to register your interest in these courses.

Date and time to be advised. These courses will cost \$60 each.

Try a Trade (In partnership with Swinburne TAFE) 23VOCTAT

An opportunity to try out a number of different trades.

Date and time to be advised.

General Interest

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

CAD —An Introduction to Computer Aided Design

Learn the basics of 2D & 3D design of buildings, extensions, renovations & more using CAD.

Fri 14 Jul (1 day)	9:30am—3pm (lunch 12-12:30pm)	\$90
Fri 20 Oct (1 day)	9:30am—3pm (lunch 12-12:30pm)	\$90

Claudia's Cooking Demonstrations

Our Chef, Claudia Marcal will present workshops creating delicious & affordable meals.

Check our website www.vsnh.org.au for further information on session content.

Saturday 22 July	10am—12pm	\$40
Saturday 12 August	10am—12pm	\$40
Saturday 2 September	10am—12pm	\$40
Saturday 11 November	10am—12pm	\$40
Saturday 2 December	10am—12pm	\$40

Creative Writing Classes

Have a story to tell? Not sure where to start? This guided course is highly recommended.

Thu 13 Jul—14 Sep (10 wks)	5:30pm—7:30pm	\$190
Thu 5 Oct—7 Dec (10 wks)	5:30pm—7:30pm	\$190

French Conversation Classes

This class is mainly in French, practicing your French in this friendly environment.

Fri 14 Jul—1 Sep (8 wks)	10am—12pm	\$168
Fri 13 Oct—8 Dec (9 wks)	10am—12pm	\$189

Give yourself a FINANCIAL FACELIFT!

Manage your money with easy to apply tips for better financial security. Never a better time!

Tue 1 Aug—12 Sep (7 wks)	6pm—8pm	\$60
*Tue 17 Oct—5 Dec (7 wks)	6pm—8pm	\$60 *No class 7 Nov

Gourmet Gifts Made Easy!

Raspberry Jam, Chocolate Fruit Truffles, Parmesan Biscuits, & Marinated Feta & Olives—sound good? Make these delicious treats to gift to the special people in your life. All materials included.

Saturday 19 August (1 session)	9:30am—1pm	\$80
Saturday 18 November (1 session)	9:30am—1pm	\$80



Hump Day Paella Cooking Workshop

Perfect mid-week cooking inspiration right here! A quick, delicious Paella—a hump day special!

Wed 30 Aug (1 session)	5:30pm—7:30pm	\$40
Wed 6 Dec (1 session)	5:30pm—7:30pm	\$40

General Interest

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

Introduction to Classical Music

From film soundtracks to classical masterpieces, this course will introduce you to the wonderful world of classical music.

Fri 4 Aug (1 day)	9:30am—3pm (lunch 12-12:30pm)	\$80
Fri 24 Nov (1 day)	9:30am—3pm (lunch 12-12:30pm)	\$80

Sourdough Breadmaking Workshop

Sourdough making is very popular. Learn how to get started with a starter and more.

Wed 30 Aug (1 session)	4pm—6:30pm	\$70
Wed 15 Nov (1 session)	4pm—6:30pm	\$70

Ukulele Classes for Beginners

A ukulele is a great introduction to playing & enjoying music. Go on, you know you want to.

Tue 11 Jul—22 Aug (7 wks)	4pm—5pm	\$112
*Tue 3 Oct—5 Dec (9 wks)	4pm—5pm	\$144 *No class 7 Nov
Wed 12 Jul—23 Aug (7 wks)	9:45am—10:45am	\$112
Wed 4 Oct—6 Dec (10 wks)	9:45am—10:45am	\$160



Vermont South Neighbourhood House

Community Café

Whitehorse Business Group— Excellence in Business Award
FINALIST 2023

Come along & enjoy the delicious homemade food
& beverages on offer!

Open: Monday to Friday—9am to 3pm

Art & Craft

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

An Introduction to Manga Drawing with Sanj & Luka

Ideal short course for teens or the young at heart to learn how to create your own Manga Art.

Mon 7 & 21 Aug (2 sessions)	5pm—7pm	\$50	(+ materials)
Mon 13 & 27 Nov (2 sessions)	5pm—7pm	\$50	(+ materials)

Art Classes

Explore the world of art with our experienced tutor. Suitable for all levels & abilities.

Thu 13 Jul—14 Sep (10 wks)	10:30am– 12:30pm	\$190	(BYO materials)
Thu 5 Oct—7 Dec (10 wks)	10:30am– 12:30pm	\$190	(BYO materials)

Art & Craft

Beading Workshop

Ever wanted to create a unique piece of jewellery? Learn techniques & skills to get started.

Tue 18 Jul—8 Aug (4 wks)	10:30am—1pm	\$90	(+ materials)
Tue 10 Oct—31 Oct (4 wks)	10:30am—1pm	\$90	(+ materials)

Card Making with Sanj

Your perfect opportunity to create a unique card for someone special for any occasion.

Tue 18 Jul—8 Aug (4 wks)	12pm—2pm	\$100	(+ materials)
Tue 10 Oct—31 Oct (4 wks)	12pm—2pm	\$100	(+ materials)

Drawing & Painting

Beginners & intermediate—Exploring a variety of mediums. Small group with individual help.

Thu 13 Jul—14 Sep (10 wks)	7:30pm—9:30pm	\$190	(BYO materials)
Thu 5 Oct—7 Dec (10 wks)	7:30pm—9:30pm	\$190	(BYO materials)

Expressive Open Art Studio

Creativity can calm the mind. Enjoy some 'you' time. Suitable for all ability levels for ages 16+

Wed 12 Jul—13 Sep (10 wks)	6:30pm—8:30pm	\$190	(BYO materials)
Wed 4 Oct—6 Dec (10 wks)	6:30pm—8:30pm	\$190	(BYO materials)

Introduction to Portrait Drawing with Sanj

Learn how to create portraits in a variety of ways including realistic, cartoon, & whimsical style.

Tue 15 Aug—5 Sep (4 wks)	12pm—2pm	\$100	(+ materials)
Tue 14 Nov—5 Dec (4 wks)	12pm—2pm	\$100	(+ materials)

Jewellery Making Workshop

Ever wanted to create a unique piece of jewellery? Learn techniques & skills to get started.

Tue 15 Aug—5 Sep (4 wks)	10:30am—1pm	\$90	(+ materials)
Tue 14 Nov—5 Dec (4 wks)	10:30am—1pm	\$90	(+ materials)

Mosaics—Self Directed Group—(No tutor)

Bring your own project and tools, and work with others in this supportive environment.

Fri 14 Jul—15 Sep (10 wks)	9am—2pm	\$80	(BYO materials)
Fri 6 Oct—8 Dec (10 wks)	9am—2pm	\$80	(BYO materials)

Patchwork & Applique

If you have some sewing experience and have a desire to start patchwork, this is for you.

Wed 12 Jul—13 Sep (10 wks)	9:30am—12pm	\$210	(BYO materials)
Wed 4 Oct—6 Dec (10 wks)	9:30am—12pm	\$210	(BYO materials)


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

Health, Fitness & Wellbeing

Hatha Yoga with Sweta

Hatha Yoga techniques, breathing techniques & postures for all ages & abilities. BYO Yoga mat.

Tue 11 Jul—12 Sep (10 wks)	10:30am—11:30am		\$135
*Tue 3 Oct—28 Nov (8 wks)	10:30am—11.30am		\$108 *No class 7 Nov

Practical Meditation

Positive outcomes can be gained from the simple act of calming the busy mind through Meditation

Wed 12 Jul—13 Sep (10 wks)	5:00pm—5:45pm	\$120
Wed 4 Oct—6 Dec (10 wks)	5:00pm—5:45pm	\$120

Strength Training

Circuit training. A great way to increase strength, balance, stability & flexibility.

Mon 10 Jul—11 Sep (10 wks)	1pm—2pm OR 2pm—3pm	\$140
*Mon 2 Oct—11 Dec (9 wks)	1pm—2pm OR 2pm—3pm	\$126
Wed 12 Jul—13 Sep (10 wks)	12pm—1pm OR 1pm—2pm	\$140
*Wed 4 Oct—13 Dec (9 wks)	12pm—1pm OR 1pm—2pm	\$126

* No classes Mon Nov 20 & 27 and Wed Nov 22 & 29

Yoga & Relaxation With Karyn (Mon)/Cheryl (Wed)

Gentle stretching and breathing exercise to help improve posture, strength & flexibility. Suitable for all ages & abilities. BYO yoga mat & blanket for relaxation segment.

Mon 10 Jul—11 Sep (10 wks)	8pm—9:15pm	\$160
Mon 2 Oct—4 Dec (10 wks)	8pm—9:15pm	\$160
Wed 12 Jul—13 Sep (10 wks)	5:30pm—6:45pm OR 8pm—9:15pm	\$160
Wed 4 Oct—6 Dec (10 wks)	5:30pm—6:45pm OR 8pm—9:15pm	\$160

Other Classes

FREE!!

Stretch & Flex sessions with Thomas
Mondays 10am—10:30am Oct—Dec

These sessions are in association with Snap Fitness & aim to increase your flexibility.

👉 Book your place by calling 9803 2335!

Pilates

For further information please contact
Jenny—0410 404 419
jennymargeridis9@gmail.com

FREE!!

Meditation sessions with Rhys & Thomas
Thursdays 7:15pm—7:45pm Oct—Dec

These sessions are in association with Snap Fitness & aim to introduce you to the benefits of meditation & mindfulness.

👉 Book your place by calling 9803 2335!

Tatkaar Kathak Institute—Indian Dancing

For further information please contact
Shikha—0450 228 954
schhangani.sc@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

Social & Community Activities

Knitting Group

Our friendly knitting and handcraft group meets socially on Monday afternoons .

Mon 10 Jul—11 Sep (10 wks)	1pm—3pm	\$2 per week
Mon 2 Oct—4 Dec (10 wks)	1pm—3pm	\$2 per week

Tablemates!

Have fun as you join with others to connect, create, chat, share, and have a cuppa & bickie.

Thu 13 Jul—14 Sep (10 wks)	10am—11:30am	\$2 per week
Thu 5 Oct—7 Dec (10 wks)	10am—11:30am	\$2 per week

Walking Group

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

Thu 13 Jul—14 Sep (10 wks)	9:15am—10am	FREE
Thu 5 Oct—7 Dec (10 wks)	9:15am—10am	FREE

Community Lunches—BOOKINGS ESSENTIAL!

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—\$5 per person.

Pay on arrival.

Lunch is served at 12:30pm

31 July | 28 August | 25 September | 30 October | 27 November

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—2:00pm—3:00pm— FREE (no Talking Café 7th November)

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

Children's Activities

Arty Tales for Pre-schoolers—(2-5 Yrs)

Come along to this fun activity based playgroup for pre-schoolers (2-5 years) and their carers (parents, grandparents, aunts, uncles, nannies etc), Art, craft & story time are all part of the fun

Thu 13 Jul—14 Sep (10 wks)	1:30pm—3pm	\$100
Thu 5 Oct—7 Dec (10 wks)	1:30pm—3pm	\$100

Bumpy Day 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.

Wed 12 Jul—13 Sep (10 wks)	3:45pm—4:30pm	\$150
Wed 4 Oct—6 Dec (10 wks)	3:45pm—4:30pm	\$150

Painting Fun! (Ages 7+)

Let your imagination go wild through the magic of art. Learn about colours, painting, pastels and more.

Tue 11 Jul—12 Sep (10 wks)	4pm—5:30pm	\$190
*Tue 3 Oct—5 Dec (9 wks)	4pm—5:30pm	\$171 *No class 7 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.

Thu 13 Jul—14 Sep (10 wks)	4pm—5:30pm	\$190
Thu 5 Oct—7 Dec (10 wks)	4pm—5:30pm	\$190

Yoga for Pre-Schoolers (Ages 3-5)

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

Wed 12 Jul—13 Sep (10 wks)	9:30am—10am	\$130
Wed 4 Oct—6 Dec (10 wks)	9:30am—10am	\$130

Other Activities

St Andrews Greek Playgroup—Helen—0412 958 300—helenlambris@gmail.com

Chinese Playgroup—Jody—0416 166 646—jody.yuan@gmail.com

Christie—0422 299 588—dolphinlemon2004@yahoo.com.au

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



FUNCTION ROOM



FOR YOUR NEXT FUNCTION

The Function Room is available to hire for meetings, family gatherings, parties, educational programs, conferences, and most types of events (with the exception of teenage and 21st parties).

Vermont South Neighbourhood House
1 Karobran Drive, Vermont South
9803 2335 – info@vsnh.org.au



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

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Cr Raylene Carr

Councillor for Terrara Ward

P.O. Box 6060
Vermont South 3133

raylene.carr@whitehorse.vic.gov.au
www.facebook.com/councillorraylenecarr

Only a phone call away

0400 886 889

Authorised by Raylene Carr
P.O. Box 6060 Vermont South 3133



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learn, enjoy, & play Music.*

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As featured in "Feel Good Stories" [#WhitehorseTogether](#) Award
Whitehorse Business Group

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& learning levels

Member of Whitehorse Business Group &
Australian Ukulele Teachers & Leaders Association

Call Des on 0412 914 423
Email: guitarstart.au@gmail.com



Vermont South
Neighbourhood House

ACTIVITIES AT A GLANCE

MONDAY

Morning

Stretch & Flex
Microsoft Office Suite
English for Every Day
Community Teaching
Get Back into It!
Intro to Customer Service
Intro to Hospitality
Point of Sale Training

Afternoon

Strength Training
Knitting Group
Community Lunch
Everyday Cooking

Evening

Intro to Manga Drawing
Yoga & Relaxation

TUESDAY

Morning

Hatha Yoga
Microsoft Outlook &
Email
Art as Therapy
Jewellery Making
Beaded Workshops

Afternoon

Talking Cafe
Card Making Classes
Intro to Portrait Drawing
Painting Fun for Kids!
Ukulele - Beginners

Evening

Give yourself a
FINANCIAL FACELIFT!
Pathways to Work in the
Aged Care Sector

WEDNESDAY

Morning

Yoga for Pre-Schoolers
Patchwork & Applique
Ukulele for Beginners
Creating with CANVA
Intro Community Services

Afternoon

Strength Training
Bumpy Day Yoga for
Children
Barista Training (& Thurs)
Sourdough Breadmaking
Hump Day Cooking

Evening

Expressive Art Studio
Start your own Business
Yoga & Relaxation
Practical Meditation

THURSDAY

Morning

Explore Accounting Apps
Smart Phone Photography
Event Management
Cloud Based Programs
Intro to Trello
Art Classes
Walking Group
Tech Help
Tablemtes!

Afternoon

Community Playgroup
Sketching for Children

Evening

Intro to XERO
Drawing & Painting
Creative Writing

FRIDAY

Morning

Reception & Admin
Touch Typing 101
Exploring Excel
Mosaics - Self Directed
French Conversation
Intro to CAD (Computer
Aided Design
Intro to Classical Music

SATURDAY

Morning

Claudia's Cooking
Demos

Evening

Gourmet Gifts
Made Easy!