



# Vermont South Neighbourhood House

*What's on!*

# Semester 1 2025

## Program Guide



03 9803 2335  
info@vsnh.org.au  
www.vsnh.org.au  
1 Karobran Drive  
Vermont South VIC 3133

## 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
- Member discounts when participating in some VSNH Events

## 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
- Café
- Community Gardening
- Computers & IT
- General Administration

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

We gratefully acknowledge the support of the following funding bodies:



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 and present.



# Semester 1 2025

Welcome to our program overview covering February to July 2025. 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 begin a new journey of discovery. You can become involved as a volunteer, exchange books in our Street Library, join in on community projects and events— we have something to suit everyone.

Please visit our website [www.vsnh.org.au](http://www.vsnh.org.au) for information about all of our courses and activities.

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.

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.

## 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 Learn Local courses will be charged full fee prices - manuals & materials extra.

### English for Everyday Living 25SBDLAN002

**Monday** 10 Feb—31 Mar 9:30am—1pm (7 weeks) **\$70**

No class 10 Mar Last class finishes 12:30pm

**Monday** 28 Apr—23 Jun 9:30—12:30pm (8 weeks) **\$70**

No class 9 Jun

### Creating Digital Media using CANVA 25EDCSCDM

**Wednesday** 12 Feb—12 Mar 9:30am—1:30pm (5 weeks) **\$65**

**Wednesday** 7 May—4 Jun 9:30am—1:30pm (5 weeks) **\$65**

### Microsoft Word & Excel—The Basics 25SBDEDC009

**Wednesday** 12 Feb—2 Apr 6pm—8:30pm (8 weeks) **\$65**

**Wednesday** 30 Apr—18 Jun 6pm—8:30pm (8 weeks) **\$65**

### Point of Sale for Retail & Hospitality 25SBDEDC012

**Wednesday** 19 Mar—26 Mar 9:30am—2:30pm (2 weeks) **\$40**

**Wednesday** 11 Jun—18 Jun 9:30am—2:30pm (2 weeks) **\$40**

### Art as Therapy—Creative Community Connections 25EMPDESTA

**Tuesday** 4 Feb—25 Mar 10am—12:30pm (8 weeks) **\$65**

**Tuesday** 29 Apr—1 Jul 10am—12pm (10 weeks) **\$65**

### Micro Business for Makers 25SBDLIT024

**Tuesday** 29 Apr—1 Jul 1pm—4pm (10 weeks) **\$75**

### Introduction to Barista & Coffee Making 25ENGIBCM

**Wednesday** 26 March (1 day) 9:30am—3:30pm **\$45**

**Wed / Thu** 11 & 12 June (2 days) 4pm—7pm **\$45**

### Intro to Hospitality 25SBDLIT027

**Wednesdays** **Week 1:** Wed 18 Jun & Thu 19 Jun 10am—3pm **\$90**

**&** **Week 2:** Wed 25 Jun & Thu 26 Jun 10am—3pm

**Thursdays** **Week 3:** Wed 2 Jul 10am—3pm &  
Thu 3 Jul 9:30am—3:30pm

## General Interest

### Advance Care Planning (ACP)—1 Day Workshop

Wednesday 12 March 10am—4pm

\$75

Thursday 22 May 10am—4pm

\$75

### Ayurveda in Daily Life—Presented by Dr Kusum Lata

Wednesday 12 March 10am—12pm

\$15

Wednesday 11 June 10am—12pm

\$15

### French Conversation Classes—Intermediate Level \* No class 25 Apr

Friday 7 Feb – 4 Apr 10am—12pm (9 weeks)

\$207

Friday \*2 May – 4 Jul 10am—12pm (10 weeks)

\$230

### Get your Groove on with Guitar

Tuesday 4 Feb—1 Apr 1:30pm—2:30pm (9 weeks)

\$180

Tuesday 22 Apr—1 Jul 1:30pm—2:30pm (11 weeks)

\$220

### Healthy Eating Habits & Wellbeing—Presented by Dr Mitra Zarati

Friday 14 Mar 4pm—6pm—Health Eating for Busy Lives

\$15

Friday 21 Mar 4pm—6pm—Boost Your Brain with Nutrition

\$15

Friday 13 Jun 4pm—6pm—Nutrition and Immune Health

\$15

Friday 20 Jun 4pm—6pm—Nutrition for Stress & Mental Well-being

\$15



*We Want to Hear From You!*

*Have a brilliant idea for a new activity?*

*A fun event that could bring our community together? We're inviting YOU to step forward and share your creativity with us!*

*Call us on 9803 2335 or email [info@vsnh.org.au](mailto:info@vsnh.org.au)*

*We're eager to hear from everyone –  
all ideas are welcome!*

## Art & Craft

### Drawing & Painting

<b>Thursday</b> 6 Feb – 3 Apr 7:30pm—9:30pm (9 weeks) (BYO materials)	<b>\$189</b>
<b>Thursday</b> 24 Apr – 3 Jul 7:30pm—9:30pm (11 weeks) (BYO materials)	<b>\$231</b>

### Mosaics—Self Directed Group—No Tutor \*No class 25 Apr

<b>Friday</b> 7 Feb – 4 Apr 9am—2pm (9 weeks) (BYO materials)	<b>\$90</b>
<b>Friday</b> *2 May – 4 Jul 9am—2pm (10 weeks) (BYO materials)	<b>\$100</b>

### Patchwork & Applique

<b>Wednesday</b> 5 Feb – 2 Apr 9:30am—12pm (9 weeks) (BYO materials)	<b>\$207</b>
<b>Wednesday</b> 23 Apr – 2 Jul 9:30am—12pm (11 weeks) (BYO materials)	<b>\$253</b>

## Health, Fitness & Wellbeing \*No classes on 10 Mar / 21 Apr / 9 Jun

### Meditation

<b>Wednesday</b> 5 Feb – 2 Apr 7:30pm—8pm (9 weeks)	<b>\$90</b>
<b>Wednesday</b> 23 Apr – 2 Jul 7:30pm—8pm (11 weeks)	<b>\$110</b>

### Strength Training

<b>Monday</b> *3 Feb – 31 Mar 1pm—2pm (8 weeks)	<b>\$128</b>
<b>Monday</b> *28 Apr – 30 Jun 1pm—2pm (9 weeks)	<b>\$144</b>
<b>Wednesday</b> 5 Feb – 2 Apr 12pm—1pm / 1pm—2pm (9 weeks)	<b>\$144</b>
<b>Wednesday</b> 23 Apr – 2 Jul 12pm—1pm / 1pm—2pm (11 weeks)	<b>\$176</b>

### Tai Chi

<b>Monday</b> *17 Feb – 31 Mar 9:30am—10:30am (6 weeks)	<b>\$96</b>
<b>Monday</b> *28 Apr – 30 Jun 9:30am—10:30am (9 weeks)	<b>\$144</b>

## 陈氏太极拳18精要 18 Essentials of Chen Style Tai Chi

<b>週三 Wednesday</b> 5 Feb – 9 Apr 7:30pm—9:30pm (10 weeks)	<b>每学期 20 美元 /</b>
<b>週三 Wednesday</b> 23 Apr – 25 Jun 7:30pm—9:30pm (10 weeks)	<b>\$20 per term</b>

### Yoga & Relaxation

<b>Monday</b> *3 Feb – 31 Mar 8pm—9:15pm (8 weeks) (BYO yoga mat)	<b>\$144</b>
<b>Monday</b> *28 Apr – 30 Jun 8pm—9:15pm (9 weeks) (BYO yoga mat)	<b>\$162</b>

### Yoga & Relaxation

<b>Wednesday</b> 5 Feb – 2 Apr 5:30pm—6:45pm (9 weeks) (BYO yoga mat)	<b>\$162</b>
<b>Wednesday</b> 23 Apr – 2 Jul 5:30pm—6:45pm (11 weeks) (BYO yoga mat)	<b>\$198</b>

## Children & Tweens

### Painting for Children/Tweens (Ages 8+)

<b>Tuesday</b> 4 Feb – 1 Apr 4pm—5:30pm (9 weeks) (BYO materials)	<b>\$189</b>
<b>Tuesday</b> 22 Apr – 1 Jul 4pm—5:30pm (11 weeks) (BYO materials)	<b>\$231</b>

### Sketching for Children/Tweens (Ages 8+)

<b>Thursday</b> 6 Feb – 3 Apr 4pm—5:30pm (9 weeks) (Materials included)	<b>\$189</b>
<b>Thursday</b> 24 Apr – 3 Jul 4pm—5:30pm (11 weeks) (Materials included)	<b>\$231</b>

## Social & Community Activities

### Community Lunches

We offer an affordable and delicious lunch on the last Tuesday of the month. Meet with friends & make some new ones!

Our next lunch is on **February 25 @ 12:30pm** (future dates to be advised)

**Bookings are essential—please call 9803 2335. \$10 per person—pay on arrival.**

**Knitting Group** \*No group on 10 Mar / 21 Apr / 9 Jun

Monday \*3 Feb—31 Mar 1pm—3pm (8 weeks) **\$2 per week**

Monday \*28 Apr—30 Jun 1pm—3pm (9 weeks) **\$2 per week**

### Paper Crafting Social Circle

Tuesday 4 Feb—1 Apr 2pm—3pm (9 weeks) **\$2 per week**

Tuesday 29 Apr—1 Jul 2pm—3pm (10 weeks) **\$2 per week**

### Walking Group

Thursday 6 Feb—3 Apr 9:30am—10:15am (9 weeks) **FREE**

Thursday 24 Apr—3 Jul 9:30am—10:15am (11 weeks) **FREE**

### FREE TECH HELP!

Get **FREE HELP** with computers, phones, or tablets

Each **Monday from 10am—11am** Just call us on **9803 2335** to book in!

### Other Services:

#### Hamro Nepali Pathshala (HNP)

(Nepalese Community School of Language, Heritage and Culture)

For further information please contact: Sharmila — 0450 434 083

[nepali.pathshala100@gmail.com](mailto:nepali.pathshala100@gmail.com)

#### Pilates

For further information please contact Jenny—0410 404 419

[jennymargeridis9@gmail.com](mailto:jennymargeridis9@gmail.com)

#### Quantum Socials—Facilitated social interaction for NDIS participants

For further information please contact Fizah—0490 904 008

[info@quantumsocials.com.au](mailto:info@quantumsocials.com.au) [www.quantumsocials.com.au](http://www.quantumsocials.com.au)

#### Shekinah Church Melbourne-Indonesian Church

For further information please contact Dave-0430 507 119

[admin@shekinahmelbourne.com](mailto:admin@shekinahmelbourne.com) [www.shekinahmelbourne.org](http://www.shekinahmelbourne.org)

#### St Andrews Greek Playgroup

For further information please contact: Helen—0412 958 300

[helenlambris@gmail.com](mailto:helenlambris@gmail.com)

#### Tatkaar Kathak Institute—Indian Dancing

For further information please contact Shikha—0450 228 954

[schhangani.sc@gmail.com](mailto:schhangani.sc@gmail.com)

#### The Math Prospector—Tutoring

For further information please contact Shubham—0477 557 656

[math.prospector@gmail.com](mailto:math.prospector@gmail.com)



## OUR SPACES



# VENUE HIRE

*We have a variety of rooms available to hire for meetings, family gatherings, parties, educational programs, conferences, and most types of events (with the exception of teenage and 21st parties). For all enquiries, please contact us on 9803 2335 or email [info@vsnh.org.au](mailto:info@vsnh.org.au)*



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