



Vermont South Neighbourhood House

What's on!

Semester 2 2025

Program Guide

Term 3 & Term 4



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

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
- Community Gardening/Maintenance
- Computers & IT (Website and Social Media)

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

We gratefully acknowledge the support of the following



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 2 2025

Welcome to our Program Guide for Semester 2 (July to December 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** for information about all of our courses and activities.

As always, should you have any questions about our courses, venue hire, membership 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 - Funded Courses

Learn Local are not for profit community organisations registered and funded by the Adult Community and Further Education Board (ACFE) on behalf of the Victorian Government. Learn Local organisations provide educational courses for adult learners seeking to build current skills for work, volunteering, or further study.

Learn Local courses enable you to develop your skills in a wide range of areas, opening up employment and further education possibilities such as TAFE (or university) qualification and helping you better connect with your community

Eligibility criteria

Learn Local courses are available to a broad range of Victorians who are above compulsory school age and who are seeking to gain the educational capacity and core skills they need for study, work and life.

To be eligible to enrol in pre-accredited training participants must meet the following conditions:

- 17 and over and not enrolled at school or under 17 and not enrolled at school with exemption.
- Either an Australian citizen, a holder of an Australian Permanent Visa, a New Zealand citizen, or an Asylum Seeker holding a valid Visa that confers eligibility for Skills First Training under the the [Asylum Seeker VET program](#)

Ineligible applicants who wish to study Learn Local courses will be charged as full fee prices (including manuals & materials)

English for Everyday Living 25SBDLAN002

Term 4 Monday 13 Oct—1 Dec 10.00am—1.00pm (8 weeks) **\$70**

Microsoft Word & Excel—The Basics 25SBDEDC009

Term 4 Wednesday 15 Oct—3 Dec 6pm—8:30pm (8 weeks) **\$65**

Art as Therapy—Creative Community Connections 25EMPDESTA

Term 3 Tuesday 29 Jul—16 Sep 10am—12:30pm (8 weeks) **\$65**

Term 4 Tuesday *14 Oct—9 Dec 10am—12.30pm (8 weeks) *No class 4 Nov **\$65**

Introduction to Barista & Coffee Making 25ENGIBCM

Term 4 Wednesday 12 Nov 9:30am—3:30pm (1 day) **\$45**



Expression of Interest

Get your Groove on with Guitar, please call 9803 2335 to register your interest for 2026

General Interest

Cheesemaking—1 Day Workshop

Term 4 Thursday 20 Nov 1pm—2.30pm **\$50**

French Conversation Classes—Intermediate Level

Term 3 *Friday 25 Jul—12 Sep 10am—12pm (8 weeks) *No class 19 Sep **\$184**

Term 4 *Friday 17 Oct—12 Dec 10am—12pm (9 weeks) *No class 10 Oct **\$207**

Planning Ahead—A gentle Introduction to End of Life Documentation 1 Day Workshop

Term 3 Thursday 28 Aug 10am—1pm **\$50**

Term 4 Wednesday 12 Nov 10am—1pm **\$50**

Something New for 2025

Chair Yoga 2025

Term 3 Thursday 24 Jul—11 Sep 1.30pm—2.30pm (8 weeks) **\$144**

Term 4 Thursday 9 Oct—11 Dec 1.30pm—2.30pm (10 weeks) **\$180**

Yoga /Pilates Combo Come and try session with Karyn M

Term 3 Wednesday 23rd July 9.15am—10.15am (bring a yoga mat) **FREE**

Justice of the Peace Document Signing Service 2025 *No session 4 Nov

Term 3 Tuesday 22 Jul — 16 Sep 1.30pm—3.30pm (9 weeks) **FREE**

Term 4 Tuesday *7 Oct — 9 Dec 1.30pm—3.30pm (9 weeks) **FREE**



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

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

Art & Craft

Drawing & Painting (BYO Materials)

Term 3 Thursday 24 Jul–18 Sep 7:30pm—9:30pm (9 weeks)	\$189
Term 4 Thursday 9 Oct-11 Dec 7:30pm—9:30pm (10 weeks)	\$210

Mosaics—Self Directed Group—No Tutor (BYO Materials)

Term 3 Friday 25 Jul-19 Sep 9am—2pm (9 weeks)	\$90
Term 4 Friday 10 Oct-12 Dec 9am—2pm (10 weeks)	\$100

Patchwork & Applique (BYO Materials)

Term 3 Wednesday 23 Jul-17 Sep 9:30am—12pm (9 weeks)	\$207
Term 4 Wednesday 8 Oct-10 Dec 9:30am—12pm (10 weeks)	\$230

Health, Fitness & Wellbeing

Meditation *No class 19 Nov

Term 3 Wednesday 23 Jul – 17 Sep 7:00pm—8pm (9 weeks)	\$90
Term 4 Wednesday *8 Oct – 10 Dec 7:00pm—8pm (10 weeks)	\$100

Strength Training MONDAY *No classes 3 & 10 Nov

Term 3 Monday 21 Jul – 15 Sep 1pm—2pm (9 weeks)	\$144
Term 4 Monday *6 Oct – 15 Dec 1pm—2pm (9 weeks)	\$144

Strength Training WEDNESDAY *No classes 5 & 12 Nov

Term 3 Wednesday 23 Jul – 17 Sep 12pm—1pm or 1pm—2pm (9 weeks)	\$144
Term 4 Wednesday *8 Oct – 17 Dec 12pm—1pm or 1pm—2pm (9 weeks)	\$144

Tai Chi *No class 18 Aug

Term 3 Monday *21 Jul – 15 Sep 9:30am—10:30am (8 weeks)	\$128
Term 4 Monday 6 Oct – 8 Dec 9:30am—10:30am (10 weeks)	\$160

Yoga & Relaxation MONDAY (BYO Yoga Mat)

Term 3 Monday 21 Jul – 15 Sep 8pm—9:15pm (9 weeks)	\$162
Term 4 Monday 6 Oct – 8 Dec 8pm—9:15pm (10 weeks)	\$180

Yoga & Relaxation WEDNESDAY (BYO Yoga Mat)

Term 3 Wednesday 23 Jul – 17 Sep 5:30pm—6:45pm (9 weeks)	\$162
Term 4 Wednesday 8 Oct – 10 Dec 5:30pm—6:45pm (10 weeks)	\$180

Children & Tweens

Painting for Children/Tweens (Ages 8+) (BYO Materials) *No class 4 Nov

Term 3 Tuesday 22 Jul – 16 Sep 4pm—5:30pm (9 weeks)	\$189
Term 4 Tuesday *7 Oct – 9 Dec 4pm—5:30pm (9 weeks)	\$189

Sketching for Children/Tweens (Ages 8+) (Materials Included)

Term 3 Thursday 24 Jul – 18 Sep 4pm—5:30pm (9 weeks)	\$189
Term 4 Thursday 9 Oct – 11 Dec 4pm—5:30pm (10 weeks)	\$210

Social & Community Activities

Knit and Chat

Term 3 Monday 21 Jul-15 Sep 1pm—3pm (9 weeks) **\$20**

Term 4 Monday 6 Oct-8 Dec 1pm—3pm (10 weeks) **\$20**

Origami Techniques *No class 4 Nov

Term 3 Tuesday 22 Jul - 16 Sep 1pm—2pm (9 weeks) **\$20**

Term 4 Tuesday *7 Oct - 9 Dec 1pm—2pm (9 weeks) **\$20**

Walking Group TUESDAY *No walk 4 Nov

Term 3 Tuesday 22 Jul—16 Sep 9.30am—10.15am (9 weeks) **FREE**

Term 4 Tuesday *7 Oct—9 Dec 9.30am—10.15am (9 weeks) **FREE**

Walking Group THURSDAY

Term 3 Thursday 24 Jul - 18 Sep 9:30am—10:15am (9 weeks) **FREE**

Term 4 Thursday 9 Oct - 11 Dec 9:30am—10:15am (10 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

Nepalese Association of Victoria (NAV) Hamro Nepali Pathshala (HNP)

(Nepalese Community School of Language, Heritage and Culture)

For further information please contact: Ram — 0420 353 007

nepali.pathshala100@gmail.com

Pilates

For further information please contact Jenny—0410 404 419

jennymargeridis9@gmail.com

Shekinah Church Melbourne-Indonesian Church

For further information please contact Dave-0430 507 119

admin@shekinahmelbourne.com www.shekinahmelbourne.org

St Andrews Greek Playgroup

For further information please contact: Helen—0412 958 300

helenlambris@gmail.com

Tatkaar Kathak Institute—Indian Dancing

For further information please contact Shikha—0450 228 954

schhangani.sc@gmail.com

The Math Prospector—Tutoring

For further information please contact Shubham—0477 557 656

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



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