



Sandybeach Centre

PROGRAM AND EVENT GUIDE
JULY - DECEMBER 2019

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OUR MISSION

Sandybeach Centre - a place where all may participate in learning opportunities, cultural activities and support services to enhance their quality of life.

WELCOME

Welcome to Sandybeach Centre and our Semester 2, 2019 program.

Sandybeach Centre has a focus on providing members of the community with services, programs and social opportunities they may not be able to get elsewhere. We have a strong emphasis on individual achievements, particularly where they contribute to an individual's quality of life and community growth.

We present this guide offering a range of programs and activities for people to choose from. This guide does not include everything we do as programs are developed in an ongoing manner in response to community need. We run programs on and off site, offer a book exchange, have a free Wi-Fi computer for the community to use, help people find services and resources and provide social and information sessions throughout the year. We also have an extensive volunteer program with many diverse opportunities for those who wish to grow their community.

Welcome to Sandybeach Centre - a place where we believe that *everyone deserves to feel fabulous and express themselves.*

Sue Hart
CEO

COMMUNITY CONSULTATION

Sandybeach is interested in what you have to say and would like to see on offer from your community centre. To this end we have recently undertaken an extensive community consultation process. As a result we will be piloting some new programs and ways of doing things from July onwards. These new programs and changes will be outlined in our new e-newsletter and on the Bayside Hub shortly.

If you would like to sign up for the e-newsletter so you don't miss out on our exciting developments please email admin@sandybeach.org.au and we can add you to the list.

VOLUNTEERING

Volunteering provides you with opportunities to learn new skills, springboard to new jobs, participate in your community and work for a worthwhile and meaningful outcome.

There are a range of roles for volunteers at Sandybeach Centre - administration, adult education, Childcare and Early Learning Centre, social support programs, food preparation, transport for seniors, education for adults with intellectual disabilities and at a governance level as a member of our Board of Directors.

If you are interested in becoming a Sandybeach Centre Volunteer, please call the Volunteers' Co-ordinator on **9598 2155** or email volunteers@sandybeach.org.au

KEY

REACH

REACH

Activities and support for active seniors (60+) and people with age related conditions. REACH programs are open to all and there are a range of subsidy options for people over 65 years and living in their own home. Transport may be available.

Sandybeach Centre's REACH Programs are delivered with a three tiered pricing model. This enables you to choose to be in the REACH programs regardless of your eligibility for funding.

1. Government Subsidised for participants referred via the My Aged Care system
2. Self Funded / Non My Aged Care recipients
3. Aged Care Facility Residents

STEP

STEP

Sandybeach Training Education Pathways. Programs designed for people with an intellectual disability or an acquired brain injury. STEP Programs are not held during school holidays or on public holidays.

**LEARN LOCAL**

Learn Local courses and programs are subsidised by State Government Victoria.

JOB SKILLS

CATERING AND EVENTS

Work alongside enthusiastic and like-minded foodies who want to provide professional catering.

- Appropriate for experienced participants (completed the Basic Cooking class or the equivalent)
- Learn and develop cooking skills and techniques through providing internal and external catering
- Plan, organise and facilitate events
- Team work and resilience skills
- Pathway to volunteering positions and future employment
- Experience garden to plate entertaining and events
- Opportunities to build confidence and independence.

Mon 15 July-16 Dec

11.30am-3.30pm 21 wks

\$320 Aust. Citizen/Perm.Res.

STEP

**COMMUNITY ACCESS AND VOLUNTEERING**

The Community Access and Volunteering program is designed to provide class participants experience in opportunities within the local community.

These include maintaining a community garden, interacting with participants at other services and work experience in a retail role at Vision Australia. The program is designed around student engagement and keeping interest levels high, relevant activities and group participation meaningful.

- Develop skills in planning, goal setting, workplace occupational health and safety (OHS) and working in small teams
- Learn about and experience community-based volunteering
- Learn and practise skills required to successfully undertake a volunteering role.

Thurs 18 July-12 Dec

9.30am-12.30pm 20 wks

\$270 Aust. Citizen/Perm.Res.

STEP



JOB SKILLS

COMPUTERS AND iPADS

This course will help you to develop basic skills in using a computer and iPad, including use of Microsoft Word, PowerPoint, internet and email. The course is designed to build confidence in those new to technology, build on existing skills and provide pathways to further learning.

Tues 16 July-17 Dec
9.30am-12.30pm 20 wks
\$250 Aust. Citizen/Perm.Res.



GET READY FOR WORK - COMPUTERS LEVEL 1

Fast track your employment opportunities as you develop computer skills in Word, Excel and PowerPoint.

- Improve your confidence in formatting text, paragraphs, creating tables and editing documents in Word
- Learn the basics of Excel with formulas, graphs and entering data
- Create presentations in PowerPoint, add text, pictures, graphs, animations and transitions.

Wed 7 Aug-Thurs 22 Aug
9.15am-2.15pm 2 days per week for 3 wks
\$159 Aust. Citizen/Perm.Res.



Wed 16 Oct-Thurs 31 Oct
9.15am-2.15pm 2 days per week for 3 wks
\$159 Aust. Citizen/Perm.Res.

GET READY FOR WORK - COMPUTERS LEVEL 2

Be ready for employment and become more comfortable with your work tools. Learn to move between Word, Excel and PowerPoint while doing work projects. For those who have completed Part 1 or for anyone who has basic skills and would like to move to the next level.

Wed 17 July-Thurs 1 Aug
9.15am-2.15pm 2 days per week for 3 wks
\$159 Aust. Citizen/Perm.Res.



JOB SKILLS

MENTORING - A STEP TOWARD MAINSTREAM VOLUNTEERING OR WORK EXPERIENCE

Each person works with a mentor to undertake volunteering or work placement that is linked to their interests, skill level and the type of tasks to be completed. The co-ordinator will work with individuals to clarify the type of placement they are interested in and establish connections with mainstream businesses. A plan is developed with the co-ordinator, individual and mentor to place the participant in a volunteer role and mentor growth and skill development. Involvement of the mentor would gradually decrease as the participant becomes more comfortable and accepted in the role. The benefits of the program include:

- Placement in a mainstream workplace as a volunteer
 - Skill and knowledge development that may lead to a paid role
 - Opportunities to gain new friends
 - Meaningful, ongoing engagement in the community
- The program will also contribute to increased community understanding and acceptance of disability and community diversity.

Thurs 18 July-12 Dec
1.15-4.15pm 20 wks
\$115 Aust. Citizen/Perm.Res.



MEDICAL RECEPTION

Learn about becoming a Medical Receptionist.

- Know how to use PracSoft Medical billing system
- Learn the terminology
- Meet like-minded people
- Gain the confidence, knowledge and skills to become a medical receptionist.

Wed 28 Aug-Thurs 12 Sept
9.15am-2.15pm 2 days per week for 3 wks
\$159 Aust. Citizen/Perm.Res.

Wed 13 Nov-Thurs 28 Nov
9.15am-2.15pm 2 days per week for 3 wks
\$159 Aust. Citizen/Perm.Res.



PERSON-CENTRED CARE – AGED CARE STAFF TRAINING

Throughout the year we will be offering a range of training programs for people working in the Aged Care and Community Services sector. The programs will be linked to Accreditation Standards, be practical, hands on and facilitated by an industry expert.

To enquire, please call or email our Reception team on **9598 2155** or visit www.sandybeach.org.au/events

LIFESTYLE & LANGUAGE SKILLS

ARMCHAIR TRAVEL

Let Armchair Travel take you to faraway places and explore topics of special interest without leaving Sandybeach Centre. Through a vibrant and engaging program of guest presenters, participants will have the opportunity to learn about different countries and cultures, reminisce about past travel experiences and share stories over afternoon tea in a relaxed, supportive and friendly environment. Transport available.

Fri 12 July-20 Sept

1.30-3pm 11 wks

\$152 (C\$86)

Fri 4 Oct-20 Dec

1.30-3pm 12 wks

\$152 (C\$86)

Classes are not held on public holidays.

REACH

BRIDGE, CARDS - SUPERVISED DUPLICATE

Join our bridge group and enjoy the game in a friendly and supportive environment. Our Duplicate is fully supervised and questions may be asked throughout play. We cater for individuals and a partner can be provided. Fine-tune your bridge while helping to build important skills and confidence in your game.

Thurs 11 July-19 Dec

12-3pm

\$30 Half Yearly membership inc.GST

Plus \$12 per week inc. GST

Classes are not held on public holidays.

ESL INTERMEDIATE CONVERSATION

Improve your English conversation skills in a friendly and supportive environment.

- Skill development in vocabulary, pronunciation and confidence through sharing of life experiences
- Reading and speaking about current issues, events and the Australian culture
- Suitable for intermediate to advanced students.

Mon 15 July-16 Dec

9.30am-12.30pm 21 wks

\$190 Aust. Citizen/Perm.Res

Classes are not held during public or school holidays.



GARDENING

This course is for those who love gardening and wish to develop their practical skills and knowledge while benefiting from the many aspects of well-being that gardening promotes. Some of the activities include; planting, weeding, watering, harvesting and sampling garden produce. You will enjoy gardening in our renovated accessible garden area and experience visits to other gardens in the community.

Mon 15 July-16 Dec

1.15-4.15pm 21 wks

\$280 Aust. Citizen/Perm.Res.

STEP



KITCHEN CLUB

Learn about safety in the kitchen; reading recipes, understanding and following recipes, preparation techniques, cooking skills and techniques and eating healthily.

- Experience eating and cooking from garden to plate
- Socialise and sharing meals
- Shop in supermarkets and other food outlets
- Enjoy fully interactive cooking sessions.

Tues 16 July-17 Dec

9.30am-12.30pm 20 wks

\$320 Aust. Citizen/Perm.Res.

Wed 17 July-18 Dec

9.30am-12.30pm 21 wks

\$320 Aust. Citizen/Perm.Res.



INTRODUCTION TO MAHJONG

Mahjong is a game that involves a degree of chance combined with skill, strategy and calculation. An experienced Mahjong trainer will teach you the fundamentals of the game, with some history and an overview of different styles.

Wed 7 Aug-28 Aug

1.30-3.30pm 4 wks

\$50 inc. GST

Wed 23 Oct-13 Nov

1.30-3.30pm 4 wks

\$50 inc. GST

DISCUSSION GROUP

Join John Thistleton, accomplished editor and reporter, on a journey of current affairs and topical issues. This new 5-week program is a wonderful opportunity to discuss and debate important issues, meet with others in your local community and keep the grey matter moving. It will be a good-natured and respectful small group environment where all participants can share their views as well as contribute ideas for topic discussions.

Mon 15 Jul - 12 August.

2pm - 3.30pm - 5 weeks

\$5.00 pay as you go. Tea and coffee provided.

CHIBALL®

Enjoy some time out with this mind and body exercise class designed to promote good health and well-being. Our Master Trainer, Rebecca Quin, will take you on a journey of mindful movement which results in a return to harmony and balance. ChiBall® has its foundation in Traditional Chinese Medicine. You'll enjoy improved co-ordination, balance, muscle tone, energy, relaxation and stress reduction. An overall 'feel good fix'.

Mon 15 July-16 Sept

9.15-10.15am 10 wks

\$160 inc. GST

Mon 7 Oct-16 Dec

9.15-10.15am 11 wks

\$176 inc. GST

Classes are not held during school holidays or on public holidays.

EXERCISE WITH HANDWEIGHTS

This is a great exercise class to strengthen and tone. There are dozens of exercises you can do to build strength without having to set foot in a gym or use complicated machines. This class helps establish an exercise program that works for you. For older adults, the best exercise improves strength, cardiovascular health, balance and mobility. Work to your own pace and ability. Enjoy being part of a group that loves to exercise.

Tues 9 July-17 Sept

9.15-10.15am 11 wks

\$152 (C\$97)

Tues 1 Oct-17 Dec

9.15-10.15am 11 wks

\$152 (C\$97)



HEALTHY BODY & MIND

MIND, HEALTH AND CONNECT

This program provides an energetic and holistic approach to wellness. Learn new skills and activities to sustain a balanced and healthy lifestyle. Participants engage in reflective practice to enhance personal development and mental health, relaxation and wellbeing. A comfortable and welcoming environment which includes activities such as aerobics, health walking, Tai Chi and dance based exercise. Beginners welcome.

Fri 19 July-13 Dec

9.30am-12.30pm 20 wks

\$350

STEP

PILATES

Learn how to lengthen and align your spine and improve your overall strength and balance. Pilates improves your core strength, flexibility and body awareness. This class will leave you feeling energised and refreshed with your mind and body in balance.

Wed 17 July-18 Sept

9.15-10.15am 10 wks

\$153 inc. GST

Wed 9 Oct-18 Dec

9.15-10.15am 11 wks

\$168 inc. GST

Classes are not held during school holidays or on public holidays.

HEALTHY BODY & MIND

CORE PILATES

This class aims to improve your muscle tone and postural alignment. Core Pilates movements can transform the way your body feels and moves, to make you more resistant to injury and enhance core strength. Other exercise principles are also integrated into the class such as; Tai Chi, Qi Gong, gentle dance, Yoga and Feldenkrais. Suitable for all levels.

Note: A prerequisite is that participants must be able to get up and down from the mat without assistance.

Fri 19 July-20 Sept

9.15-10.15am 10 wks

\$153 inc. GST

Fri 11 Oct-20 Dec

9.15-10.15am 11 wks

\$168 inc. GST

Classes are not held during school holidays or on public holidays.

STRENGTH TRAINING

Do you want to keep fit, improve wellbeing and build social connections? Then strength training is for you! These classes are great for strengthening, balance, falls prevention, core strength, general health and wellbeing. Fee includes light refreshments and transport may be available.

GROUP 1

Mon 8 July-16 Sept

12-1pm 11 wks

\$142 (C\$87)

Mon 30 Sept-16 Dec

12-1pm 12 wks

\$142 (C\$87)

GROUP 2

Thurs 11 July-19 Sept

10-11am 11 wks

\$152 (C\$97)

Thurs 3 Oct-19 Dec

10-11am 12 wks

\$152 (C\$97)

Classes are not held on public holidays.

REACH

HEALTHY BODY & MIND

WALKING FOR FITNESS

Come and enjoy an invigorating walk along the lovely coastal tracks. You will enjoy getting out in the fresh air and this will benefit both your physical and mental health. This is a great social activity followed by a half hour light exercise and stretch indoors. Wear walking shoes and comfortable clothing. BYO water bottle.

Mon 15 July-16 Sept

10-11.30am 10 wks

\$135 inc. GST

Mon 7 Oct-16 Dec

10-11.30am 11 wks

\$148 inc. GST

Classes are not held during school holidays or on public holidays.

YOGA

Enjoy a relaxing class in a friendly environment. Be guided through a range of gentle non-stress postures, stretches, breathing and meditative practices. Suitable for beginner and intermediate levels. BYO mat and blanket.

Note: Classes are held offsite at the Sandringham Uniting Church Memorial Hall.

Tues 16 July-17 Sept

11am-12pm 10 wks

\$145 inc. GST

Tues 8 Oct-17 Dec

11am-12pm 10 wks

\$145 inc. GST

Classes are not held during school holidays or on public holidays.

HEALTHY BODY & MIND

MOVE A LITTLE - BASIC EXERCISE

Want to move a little more than you do now? Join us for a gentle exercise class to improve your mobility, strength and balance and decrease your risk of falls, injury and muscle loss.

Great for people with limited physical capacity and chronic health conditions and suitable for individuals using mobility aids as all activities can be modified for seated participants.

Classes will cater for individual needs, however may include activities such as stretching, balance, hand weights and breathing/relaxation techniques.

You will be supported by a qualified instructor who will share beneficial exercises that you can continue to do at home to improve your overall health.

Wed 17 Jul-18 Sept

10.30 am - 11.30am 10 weeks

\$150 inc GST

MEDITATION AND MINDFULNESS

Join Avril Burbridge, an internationally trained Meditation and Yoga teacher will guide you through this 6-week program.

You will discover a variety of meditation techniques, mindfulness exercises and breathing practices that you can utilise to establish a regular routine within your own life. Find the peace that you crave in a blissful hour-long class where you can focus on YOU, calm your mind and get back to your centre.

A friendly and supportive environment - we will be keeping things simple and easy to understand, finding techniques that suit you and are accessible.

Wed 24 Jul - 28 Aug 10am - 11 am

6 weeks \$90 inc GST

Held at Sandringham Uniting Church, Memorial Hall, 21 Trentham Street, Sandringham

Please bring your own mat.

Call us to join waitlist for evening class.

BAYSIDE SEIDO KARATE

Traditional Japanese Karate - all ages and beginners welcome!

First class is FREE! Book Now - call 9587 9391

We are family friendly. Karate has many benefits and it is a great way to increase confidence, focus, co-ordination, discipline, flexibility and learn effective self defence in a safe environment.

Learn from a 5th Degree Black Belt (Kyoshi Darek Lebek) with over 30 years experience.

For more information
visit: www.seidobayside.com.au
or email: info@seidobayside.com.au

SELF DEVELOPMENT

COMPUTER BASICS

Are you new to computers? Join this friendly and relaxed course that covers an introduction to computers using Windows 10, internet skills using Microsoft Edge and email skills.

Fri 23 Aug-1 Nov

10.30am-12.30pm 10 wks

\$159 Aust. Citizen/Perm.Res.

(No class Fri 27 Sept - public holiday)



SELF DEVELOPMENT

INDIVIDUAL IT TUTORING

A private tutoring session on your computer or device. Ask questions and have your problems solved or learn how to use a specific app. We also offer 1:1 sessions to assist with using your computer for resume writing. Bookings by appointment on **9598 2155** to make a time that suits you.

Prices starting from \$50 inc. GST p/hour p/person.

NUMERACY AND LITERACY SKILLS

Develop practical numeracy and literacy skills that are needed in everyday life. Learn basic maths skills in arithmetic, measurement, time and money. Improve literacy skills including reading, writing, speaking and listening. Make sense of literacy in the world around us in signs, information, entertainment, public transport and legal and personal documents. This course is suitable for beginners and provides opportunities for further learning.

Mon 15 July-16 Dec

9.30am-12.30pm 21 wks

\$250 Aust. Citizen/Perm.Res.



MULTIMEDIA SKILLS

Learn about a variety of media forms and how to use them. Take digital photos, create audio and video presentations, access social media and YouTube, explore interests and search for information. This course is suitable for beginners and those who wish to extend their IT skills.

Tues 16 July-17 Dec

1.15-3.45pm 20 wks

\$250 Aust. Citizen/Perm.Res.



ARTS, MUSIC & WRITING

ART ACTION

Explore, discover and create a range of art pieces using a number of materials and methods in a safe, fun and social environment. There is an emphasis on individual expression together with some group projects.

- Explore techniques and art mediums
- Experience the work of artists.

Tues 16 July-17 Dec
1.15-3.45pm 20 wks
\$350

STEP

BOOK CLUB

Enjoy reading, sharing and discussing a range of interesting books. This is a great social activity and offers the opportunity to meet new friends. First book *The Lost Man* by Jane Harper.

Tues 6 Aug, 3 Sept, 1 Oct, 12 Nov and 3 Dec
10-11.30am 5 sessions
\$95 per semester inc. GST

ARTBEAT

Get creative, express yourself and expand your mind! Be guided by a professional artist to develop your art skills while working at your own pace. Visual arts practice can lead to increases in social engagement, psychological health and self-esteem and fostering a stronger sense of identity. Afternoon tea provided and transport may be available.

Group 1

Mon 8 July-16 Sept
1-4pm 11 wks
\$142 (C\$105)

Mon 30 Sept-16 Dec
1-4pm 12 wks
\$142 (C\$105)

Classes are not held on public holidays.

Group 2

Thurs 11 July-19 Sept
1-4pm 11 wks
\$152 (C\$113)

Thurs 3 Oct-19 Dec
1-4pm 12 wks
\$152 (C\$113)

REACH

ARTS, MUSIC & WRITING

CREATIVE ARTS

Have fun and express yourself creatively through a wide range of creative, theatre/movie based activities. Explore drama exercises, dance, poetry, making music and art and craft. Make new friends and enjoy socialising on outings to the theatre and movies.

Fri 19 July-13 Dec
1-3.30pm 20 wks
\$290

STEP

MUSIC ALIVE

Tap your toes and sing along with visiting entertainers who will lead us in a trip down memory lane by singing all your old favourite songs. Music Alive is interactive and covers a wide range of music genres for older adults. Afternoon tea provided and transport maybe available.

Tues 9 July-17 Sept
2-4pm 11 wks
\$152 (C\$90)

Tues 1 Oct-17 Dec
2-4pm 11 wks
\$152 (C\$90)

REACH

MUSIC RESPITE FOR CARERS

Caring for a loved one can be challenging. Music Respite enables carers to have time to themselves, while supporting the person being cared for in a stimulating and caring setting. Each week you will enjoy interactive music programs with a nostalgic trip down memory lane while allowing carers a short break. Includes a light refreshment and transport may be available.

Mentone

Wed 10 July-18 Sept
1.30-3.30pm 11 wks
\$156 (\$82)

Wed 2 Oct-18 Dec
1.30-3.30pm 12 wks
\$156 (\$82)

Carnegie

Fri 12 July-20 Sept
10am-12pm 11 wks
\$152 (\$86)

Fri 4 Oct-20 Dec
10am-12pm 12 wks
\$152 (\$86)

REACH

ARTS, MUSIC & WRITING

WRITING PROFICIENCY

In this class you will be encouraged to develop and sustain an effective writing practice. You will hear and read the writing of your peers and be instructed on how to give constructive feedback as a peer editor. You will witness how the process of writing and rewriting results in masterful work. You will be encouraged to be enthused by the uniqueness of individual styles and voices. Be prepared to be enriched by a variety of readings and writing techniques. Bring pen and paper and any of your own writing you would like suggestions for improvement on.

Fri 19 July-20 Dec

12-5pm 21 wks

\$220 Aust. Citizen/Perm.Res.

Classes are not held during school holidays.



WRITING SKILLS

If you have always wanted to write this is the class for you. If you have a novel in a drawer or write poems on your phone or you are interested in writing a memoir, come along and get ideas on how to bring your writing out into the light of day. You will be in a friendly and supportive group of peers who will inspire and motivate you to keep a creative life alive. Your tutor will bring in examples of contemporary and classic writing to discuss and learn about different ways to engage your audience. You will be taught writing techniques and given writing prompts to get you going. Bring pen and paper and an open mind and be prepared to be challenged and extended. You can share your work to get constructive feedback on how to develop it, if and when you are ready.

Thurs 18 July-19 Dec

9.15am-2.15pm 21 wks

\$220 Aust. Citizen/Perm.Res.

Classes are not held during public or school holidays.



ARTS, MUSIC & WRITING

LEARN WRITING SKILLS

Have you always wanted to write and be published but wonder if your writing is good enough? Do you want to learn new skills and meet like-minded people? Do you want to study at your own pace and at a time that suits you?

With our face-to-face sessions and online workshopping Learn Writing Skills will provide you with a supportive and creative environment in which to experiment and test your writing with an 'audience' of your contemporaries. Whether you want to write fiction, non-fiction or poetry, this course will help you to:

- unlock your writing potential
- discover your own unique style and voice
- craft your work for publication
- build your confidence as a writer
- know your intended audience
- build a network of like-minded writers
- showcase your work
- submit your work for publication.

Setting your writing goals and researching current trends, you will work towards submitting your work to writing competitions.

Tues 16 Jul – 20 Aug.

1.00pm – 5 pm 6 weeks

\$130 Aust Citizen/Perm Res

WRITING SKILLS INTENSIVE WORKSHOP

This workshop is for writers who have an established and ongoing writing practice and for writers who want to reinvigorate their writing practice and work towards publication. Bring what you are currently working on and get instruction from your peers and tutor. Your tutor has 30 years experience in facilitating writing skills workshops and seeing people through to publication.

Your tutor will bring in readings and writing prompts to keep you motivated. You will be encouraged to think critically, analytically and communicate thoughtfully. If you have ever been told you over analysis, are too intense or think too much then you are a writer, an intellectual, these classes are for you.

Sat 27 July, 10 Aug, 24 Aug & 7 Sept

10am-3pm 4 sessions

\$139 Aust. Citizen/Perm.Res.

Sat 12 Oct, 26 Oct, 9 Nov & 23 Nov

10am-3pm 4 sessions

\$139 Aust. Citizen/Perm.Res.

**ART FOR ALL**

Explore your creative side with a professional artist in a safe and private studio space. Engaging weekly sessions with social discussion and a variety of art mediums to evoke memories and build your sense of identity. A small supported group setting suitable for those with a learning disability or age related cognitive condition. All art materials provided.

Wed 17 Jul – 18 Sep.

9.30 -11.45am 10 weeks

\$240 inc GST

Wed 9 Oct – 11 Dec.

9.30 -11.45am 10 weeks

\$240 inc GST

DARE TO BE FABULOUS - FASHION SHOW FUNDRAISER

Join us for this wonderful celebration of diversity and fashion. Save the date!

Fri 23 Aug

12.30pm-4pm

\$15 includes show and afternoon tea.

Contact us on **9598 2155** for more information and book through www.sandybeach.org.au/events

MEMORY WORKSHOP

We will be running a memory workshop to coincide with Dementia Awareness Month in September. This relaxed social interactive workshop for older adults and their carers will encourage the sharing of stories and present a range of different approaches for living with memory loss.

Wed 4 Sept

1.30-3pm

\$15

Carers can attend for FREE. Bus transport may be available. Contact us on **9598 2155** for more information and bookings.

REACH

SHERLOCK HOLMES AND A WOMAN'S WIT - KINGSTON ARTS CENTRE

This very popular series of radio plays, harks back to the pre-digital era of yesteryear. Their new show features the much loved Conan-Doyle creation Sherlock Holmes in two stories. The afternoon's entertainment will commence with a virtuoso performance on the Wurlitzer theatre organ by organist Scott Harrison.

Fri 4 Oct

12-3.30pm

\$30

Contact us on **9598 2155** for more information and bookings.

REACH

READINGS BY SANDYBEACH WRITERS

You are invited to an inspiring evening of readings by Sandybeach Writers. You will hear short stories, poetry, memoirs and more by writers who have participated in creative writing classes at Sandybeach throughout the year. The evening will be presented by tutor and poet Claire Gaskin. Join us to listen to the readings and afterwards enjoy a chat with the authors.

Wed 20 Nov

7-9pm

\$5 includes a light refreshment.



Contact us on **9598 2155** for more information and bookings.

CHILDCARE AND EARLY LEARNING CENTRE

Sandybeach Childcare and Early Learning Centre is a small, friendly occasional care centre for children 0-5 years. Our excellent adult to child ratio, low centre numbers (max 21) and qualified staff, enable all children including those with learning challenges or development delay, to feel that they belong and are part of the community. Our aim is to provide children with enjoyable, safe and stimulating education and care.

You do not have to be attending Sandybeach classes to use the service. Our Centre is open to all parents and carers.

SESSION TIMES AND DATES:

Monday, Tuesday and Thursday

8.30am-12.30pm

\$47 per session

Wednesday and Friday

8.30am-1.30pm

\$53 per session

Term 3: Mon 15 July-Fri 20 Sept

Term 4: Mon 7 Oct-Wed 18 Dec

School Holiday Service - subject to demand. Preference is given to children attending the Centre during school terms. Our Centre does not operate on public holidays.

Orientation to the Childcare and Early Learning Centre

You are welcome to make an appointment to spend time in the ELC with your child before you make the decision to enrol. Once enrolled, you are invited to stay for as long as it takes you and your child to feel relaxed and confident about separating.

Call the ELC Co-ordinator on 9598 2155 for bookings and appointment times.

GENERAL INFORMATION & ENROLMENT

HOW TO ENROL

Enrolment can be completed by phone, mail or in person. Payment in advance is required at the time of enrolment for all programs/services to secure your place. Some programs require a pre enrolment interview – please contact our Reception on **9598 2155** or email **admin@sandybeach.org.au** for further details.

OFFICE HOURS

Monday to Friday 9am-5pm

Some extended hours may apply. Contact us for information on extended hours.

SANDYBEACH CENTRE WILL BE CLOSED

Fri 27 Sept – AFL Grand Final holiday

Tues 5 Nov – Melbourne Cup Day

The Program and Event Guide is provided for prescheduled courses. Throughout the year Sandybeach Centre provides a number of programs that have not been included in this booklet. For new programs please go to our website or Facebook page.

www.sandybeach.org.au

www.facebook.com/sandybeach.org.au

Sandybeach Centre is a registered Learn Local Organisation and Disability and Aged Care Service Provider.

GST - Prices include GST where applicable.

CANCELLATION AND REFUNDS GENERAL INFORMATION

A full refund is made if a course or program is cancelled by Sandybeach Centre. Refunds will be issued in the same format as the payment was made eg. cheque, EFT or credit reimbursement. We are unable to provide cash refunds.

CHILDCARE AND EARLY LEARNING CENTRE

For term bookings refunds are made on the receipt of written notice, submitted 3 weeks in advance of final date. An administration fee of \$40 applies.

COURSE, PROGRAMS AND ACTIVITIES

Refunds must be requested a minimum of 5 business days prior to commencement of a course/program for a refund. Please note where materials have been purchased based on your enrolment, this component of the fee will not be refunded. An administration fee of \$40 applies to all cancellations. Once the course/program has commenced the fees may not be refundable.

ROOMS FOR RENT AND FACILITIES FOR HIRE

Sandybeach Centre offers a wide range of facilities to meet your needs. There are rooms, services, equipment and resources available to the community, including a commercial/registered kitchen. With a great community atmosphere, our facilities may be just what you are looking for!

Contact the Facilities Co-ordinator on **9598 2155** or email **progco@sandybeach.org.au**

Note: The Centre is an alcohol-free venue.

Disclaimer - Sandybeach Centre makes every effort to ensure that the information in this guide is correct at the time of publication. We reserve the right to cancel or change course days, times, locations, fees and tutors when necessary.

For further information about our policies and procedures visit **www.sandybeach.org.au**



Sandybeach Centre

Sandybeach Centre

2 Sims Street

Sandringham 3191

phone: 9598 2155

email: admin@sandybeach.org.au

website: www.sandybeach.org.au

ABN 39 853 867 516

Follow us on Facebook and Instagram

Our sponsors include:



Sandringham Community Bank

Sandybeach Centre is a community organisation and receives funding from the Victorian and Commonwealth Governments.

Donations to the Building Fund and Scholarship Fund are tax deductible.



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