

PROGRAM INDEX

Education	4	Recreation Activities	7
◆ First Aid CPR Update & Anaphylaxis		◆ Line Dancing	
◆ Food Handling		◆ How to Use a Mobile Phone for Seniors	
◆ Language & Literacy		◆ Meditation	
Children's Activities 0 - 5 years	5	Additional Services	8
◆ Open House Playgroup		◆ Beulah Community Church	
◆ 3 Year Old Playtime		◆ Clubhouse	
◆ Occasional Child Care		◆ EDC - Elana's Dance Centre	
◆ Immunisation		◆ Girl Guides	
◆ Carrum Downs Toy Library		◆ Holistic Guidance	
Children's Activities 6 - 12 years	6	◆ Julia's Essential Yoga & Yogalates	
◆ Painting for Kids		◆ Kumon	
◆ Cooking for Kids		◆ Rhythm Factory	
Computers	7	◆ Shuto Kan Ryu Karate	
◆ Introduction to Computers		◆ Strength Training Class	
◆ Introduction to Internet & Email		◆ Zumba Fitness	
◆ Introduction to Microsoft Office 2007		◆ Carrum Downs Community Group	
		◆ Professional Counselling	

Cup Cake Madness

Simple and fun cupcake ideas using traditional and funky techniques. Great for all occasions. Learn skills in icing and piping, as well as a range of different decorations, including creating flowers and bows. Please bring a container and apron to first class.

When: Thursday 29th July for 3 weeks

Time: 12.30 pm - 2.30 pm

Cost: \$40 + \$15 materials fee payable to tutor

Tutor: Helen Tzourtzouklis



Casual Walking Group

Go for a leisurely walk with other friendly people in the community. An enjoyable and safe way to exercise. Don't forget to wear comfortable shoes!

When: Each Wednesday during term starting 14th July

Time: 9.30 am - 11.00 am

Cost: \$1 per week



EDUCATION

Apply First Aid & optional First Aid Management of Anaphylaxis

Apply First Aid is a refresher course that keeps a Level 2 certificate current for a further 12 months. First Aid Management of Anaphylaxis is a half hour course where participants will be shown how to administer an epipen and will do hands on practice.

When: Wednesday 4th August for one night

Time: 6.30 pm - 9.00 pm or 6.30 pm - 9.30 pm with Anaphylaxis training

Cost: \$55 or \$65 including Anaphylaxis training

Tutor: Healthguard

Course offered in partnership with Healthguard. Provider no. 21156.

Certificates issued by Healthguard.

Apply First Aid HLTFA301B. First Aid Management of Anaphylaxis 21659VIC.



Food Handling - Apply Retail Food Safety Practices SIRRFSA001A

This unit describes the performance outcomes, skills and knowledge required to implement safe food storage handling processes in a retail food environment according to a food safety program. The course applies to frontline service personnel involved in preparing, displaying and selling retail food.

When: Wednesday 18th August for 2 weeks

Time: 6.30 pm - 9.30 pm

Cost: \$90 (includes manual)

Tutor: Tony Collins

This unit is from the Retail Training Package SIR07.



Language and Literacy

Improve and develop communication and language skills, for everyday life or the workplace, with lessons in reading, writing, speaking and listening.

Our classes cater to the individual needs of people from English and Non-English speaking backgrounds.

When: Tuesdays and Wednesdays during the term

Time: Tuesday 9.30 am - 3.00 pm

Wednesday 9.30 am - 12.00 noon OR 12.30 pm - 3.00 pm



Funded by ACFE. Partial Certificates and Courses in General Education for Adults.

21770 VIC, 21771 VIC, 21772 VIC, 21773 VIC, 21774 VIC



CHILDREN'S ACTIVITIES 0 - 5 YEARS

Open House Playgroup

A place where parents and children can come together to have fun, enjoying playgroup activities including imaginative play, craft and painting.

When: Monday, Tuesday or Wednesday during term starting 12th July

Time: 9.30 am - 12.30 pm (staying for 1 1/2 hours)

Cost: \$4 per session payable by term for one child

\$6 per session payable by term for families (2 or more children)

\$5 per session per child as a casual

3 Year Old Playtime

A semi-structured program providing inside and outside activities for 3 year olds while promoting independent growth. Your child will learn about separating from you for short periods, routines and socialising with children of the same age.

When: Monday PM 12.45 pm - 3.00 pm

Tuesday AM 9.15 am - 11.30 am

Tuesday PM 12.30 pm - 2.45 pm

Cost: \$13.00 per session payable by term

Occasional Child Care

Children are able to interact with other children in activities including painting, dress ups, jigsaw puzzles, outside play and more, giving parents an opportunity to attend activities like appointments, study or shopping.

When: **Morning Sessions:** Monday, Wednesday, Thursday & Friday

Afternoon Session: Thursday

Time: **Morning Sessions:** 9.00 am - 12.00 noon

Afternoon Session: 1.00 pm - 4.00 pm

Cost: \$14.50 per session or concession \$13.50 per session

Immunisations

When: First and third Wednesday of each month

Time: 9.30 am - 11.30 am



CHILDREN'S ACTIVITIES 0 - 5 YEARS



@ Lyrebird Community Centre inc.

Opening Hours: Mondays 10.30 am - 12.30 pm, Wednesdays 9.00 am - 10.30 am,
Saturdays 10.30 am - 12.00 noon

Carrum Downs Toy Library is a great alternative to buying expensive toys and can assist in developing your child's education. The extensive range of toys include outdoor play, role play, puzzles, games, musical instruments and construction toys.



CHILDREN'S ACTIVITIES 6 - 12 YEARS

Painting for Kids

A fun and affordable class for primary school children (aged 8 years and above) where students will be encouraged to create their own works of art, from pencil sketching to painting with acrylic on canvas.

When: 1st class: Tuesday 20th July for 4 weeks

2nd class: Tuesday 24th August for 4 weeks

Time: 4.00 pm - 5.30 pm

Cost: \$45 + additional cost for materials

Tutor: Linda D'Sylva

Cooking for Kids

Help primary school children learn about food and healthy eating by inviting them into the kitchen. This is a program designed to teach simple nutrition concepts through a variety of cooking and tasting experiences. Please bring along an apron, tea towel, scrapbook or display folder and a plastic airtight container each week.

When: Tuesday 1st class: 20th July for 4 weeks

2nd class: 24th August for 4 weeks OR

Thursday **1st class:** 22nd July for 4 weeks

2nd class: 26th August for 4 weeks

Time: 4.00 pm - 5.30 pm

Cost: \$45

Tutor: Simone Collister





COMPUTERS

Introduction to Computers

Designed for those seeking a basic understanding of computers, you will gain knowledge on creating files, saving files, changing fonts, copying and pasting text.

When: Thursday 15th July for 10 weeks

Time: 10.00 am - 12.00 noon

Cost: \$90 + optional \$10 for manual (ACFE Price)
\$135 + optional \$10 for manual (Third Party Payment)

Tutor: Kerrin Hill

Introduction to Internet & Email

Learn to navigate your way around the Internet and refine your research skills, as well as set up, send, store and delete messages and create an address book.

When: Saturday 7th August for 3 weeks

Time: 10.00 am - 12.00 noon

Cost: \$60 + optional \$7.50 for manual
NO CHARGE for those aged 60 years and over as they are eligible for

Tutor: Louise Welbourn

Telstra Connected Seniors[®]

Introduction to Microsoft Office 2007

This course will cover Microsoft Word, Excel, Powerpoint and Publisher at a beginners level. Students must have fundamental skills in computing, including Windows and file management. We are currently taking expressions of interest for those interested in undertaking this course.



RECREATION ACTIVITIES

Line Dancing

A popular and inexpensive recreational activity, line dancing is a great way to keep fit and meet new friends. No partner required.

When: Each Thursday during term starting 15th July

Time: 10.15 am - 11.45 am

Cost: \$6 per week

Tutor: June Shuttleworth



RECREATION ACTIVITIES

How to Use a Mobile Phone for Seniors

Mobile phones make it easy to stay in touch with your loved ones and mastering the basics is easier than you think. In this course you will learn to add contacts to your phone, change the volume and learn how to send and retrieve messages.

When: Thursday 5th August for 6 weeks

Time: 10.00 am - 12.00 noon

Cost: Free

Tutor: Tony Collins

Telstra Connected Seniors[®]

Meditation

Meditation can help to create a more harmonious and peaceful life through relaxation, visualisation and sacred sounds. Spiritual discussion. Non denominational.

We are currently taking expressions of interest for those interested in undertaking this course. Please contact us on 9782 0133 or send us an email: admin@lyrebird.org.au



ADDITIONAL SERVICES

Beulah Community Church

Meets every Sunday night from 6.00 pm - 10.00 pm. We are a Community based church with a vision for helping people and have seen many miracles already in transformed lives. Contact **Ps. Josephine Hollway** on **0400 079 036**.

Clubhouse

Develop your child's self esteem as they build new skills and make new friends. Held on Monday mornings (preschoolers) Wednesday & Thursday afternoon & evening. For more information please call **Brightstars** on **1300 558 590**.

EDC - Elana's Dance Centre

Ballet, Jazz, Tap, HipHop & Dance Fit classes. No Uniform! No Exams! No Competitions! Improve posture, musical rhythm & develop/correct dance technique. Thurs, Fri & Sat. Contact **Miss Elana** on **0408 586 453** or elanasdancecentre@yahoo.com.au
Visit the website: www.elanasdancecentre.webs.com



ADDITIONAL SERVICES

Girl Guides

Provides girls (5 - 18 years) with fantastic opportunities to meet personal challenges, learn team building and leadership skills and make new friends. Meet weekly on Tuesday afternoons. Contact **Pam** on **9787 3143** or email guidesmp@bigpond.net.au

Holistic Guidance

You have the power to change your life in a positive way. Be guided to balance, joy and peace. Anxieties, worries, indecision just fade away. Contact **Linda** on **0410 566 232**.

Julia's Essential Yoga & Yogalates - Stretch - Tone - Relax

Yoga helps to get fit, tone the body, reduce stress and anxiety, increase flexibility, relax and improve concentration. Wednesday 7.00 pm - 8.00 pm.
To register contact **Julia** on **0418 176 484**.

Kumon

Maths and English tuition. Help your child achieve and succeed at school.
For more information contact **Cynthia** on **9789 2278**.

Rhythm Factory

Dance, music and movement in a warm, caring environment. For boys and girls aged 15 months - 8 yrs. Phone **Nicky** on **0408 667 058** or visit www.rhythmfactory.com.au

Shuto Kan Ryu Karate

Every Tuesday from 6.30 pm - 7.30 pm except school and public holidays.
All welcome. For more information contact **Shuto Kan Ryu Karate** on **0402 081 674**.

Strength Training Class

This fun class runs every Thursday from 9.00 am - 10.00 am except school holidays.
All ages welcome. For more information phone **Kerry** on **0414 482 431**.

Zumba Fitness

Fun dance party workout for all ages and fitness levels. Join us Mondays 7pm.
Instructor Deb Hall is energetic & creates FUN classes! Check all locations through www.redheadsdance.com.au or ring **5981 1415**. \$15 casual or 10 sessions for \$120.



ADDITIONAL SERVICES

Carrum Downs Community Group



The CDCG meet on the last Tuesday of the month to identify and discuss the needs of our community. We meet to facilitate the building of a better community through the development of relationships, social infrastructure and services that are reflective of local people's needs.

If you have ideas to share about our community, we welcome you to come along to a meeting. For further information please contact Lyrebird Community Centre on 9782 0133 during business hours.

Professional Counselling

Professional Counselling by Michael Woolsey. Suitable for all ages.

B. Social Welfare, Dip. Prof. Couns, Dip. Welfare, CMACA, MAIPC, MFVC

- ◆ Stress Management
- ◆ Self Esteem
- ◆ Personal Issues
- ◆ Anxiety
- ◆ Relationships
- ◆ Conflict Resolution

When: All day Mondays and Friday afternoons, by appointment only.

To make an appointment contact Lyrebird Community Centre office staff during business hours on 9782 0133.

Tutors Needed!

Do you have skills or abilities in a particular field and would like to share it with others? Do you have time available during the week? If you have answered yes, you may be interested in becoming a tutor at Lyrebird. Send us your resume and your lesson plan to admin@lyrebird.org.au or by mail to 203 Lyrebird Drive, Carrum Downs.

3 Year Old Playtime - 2011

From July, bookings are being taken for 2011! To confirm your place, pay a \$20 deposit (per session) and pick up an enrolment form at Lyrebird Community Centre.