

TERM 1 COURSES

WELLBEING AND EXERCISE

Healthy Walking and Exercise

Discover "Newport Lakes." Learn about the environment while enjoying sociable walk. (Meet at Newport Lakes car park. Car Park off Leslie St)

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
4 th Feb	24 th Mar	10:15 – 11:15	6	Free

Power Walking

Power walking and power talking around the streets of Hobsons Bay. Great way to socialise while keeping.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
31 st Jan	20 th Mar	9:30 – 10:30	8	\$2 (per session)

Tap Dancing for Adult Beginners

Call Jenny 9397-6566. Great way to socialise. Held at the Newport Hall

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
30 th Jan	19 th Mar	7:30 – 8:30	8	\$7 (per session)

Strong Bones Strong Muscles - Nibbs

Gentle exercise to keep those bones and muscles flexible and active.
For more information phone Gillian on 0409 862 682.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
4 th Feb	17 th Mar	1pm – 2pm	11	\$2 (per session)

YOGA BIRTHNG WORKSHOPS

Call Jodie Gregson for details 9391-5667.

Workshops held on various dates in the evenings and on weekends

AIKIDO YUISHINKAI MARTIAL ARTS

Aikido is a highly refined martial art, developed last century as a means of self defence and spiritual training. The art of Aikido develops of mind and body. Through its philosophy and techniques, Aikido brings us into harmony with our environment, other people and ourselves

For more information, please contact Gesmond Vella on 0404 028 205. Sessions are held every Tuesday and Thursday at the Newport Community Hall between 7-9pm, 5.30-6.30pm Tuesday childrens classes

Adult Education/Accredited Courses

Reading, Writing and Numeracy (also for Cultural and Linguistically Diverse Communities)

Certificate in General Education for Adults – Initial (Beginners)
Includes flexible delivery. (Accredited 21770VIC).
Held each Tuesday and Thursday.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
5 th Feb	20 th Mar	9:30 – 11.45	14	\$55.00 (\$18.00)

Reading, Writing and Numeracy (also for Cultural and Linguistically Diverse Communities)

Certificate I in General Education for Adults – Advanced Beginners
includes flexible delivery. (Accredited 21771VIC).
Held each Tuesday and Thursday.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
9 th Feb	20 th Mar	12.30 – 2.45pm	14	\$55.00 (\$18.00)

Introduction to Computers (Beginners)

Learn an introduction to MS Word, email and internet (computer access outside class hours). **Computer Policy**

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
7 th Feb	20 th Mar	9:30 – 12:00	7	\$129.05 (\$70.05)

Advanced (Beginners) Computers (follow on from intro)

Computer Policy

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
14 th Apr	2 nd June	12.00-2.30	8	\$129.05 (\$70.05)

Good Governance - Strengthening Community Groups (ACE Hub Initiative)

Training for "NEW" or established groups. Revisit or build an Organisational Chart, Roles and responsibilities of the Committee, Strategic Plan, attracting NEW members. Review government requirements and legalities to keep your Association "on track". Understanding Risk Management or create a Plan, understanding conflict. Empowering Volunteer Community Groups with the correct procedures will keep our Groups strong.

For more information please call Outlets on 9391 8504 and speak to Therese

Social and Support Group

Baywest young Parents group

Held every Wednesday at Outlets. Contact Sam 9687 4997 for more information. Heaps of fun and lot's to do.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
Contact Sam		Contact Sam for details		

R.A.M.P

A self advocacy group for people with disabilities. Call Bettina 9391 6484

Hellenic Hobsons Bay Women's Group

Meet Wednesday Mornings at 10.00 am at Newport Hall, 15 Mason St. Enjoy a relaxing and fun morning socialising and with other women from the Greek community. Drop in on Wednesday or call Outlets on 9391 8504.

Hobson Bay Parents of Special needs

Meet at Outlets between 12:30-2:00 on the 1st Friday of each month. Contact Annette for more information 9315 6921

Hey de Ho Dance

Call Tresna 1300 139 631. Held on Monday mornings at Newport Hall.

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
4 th Feb	17 th Mar	9:30 – 10:30	6	Call Tresna for info

You're the voice

Call Tresna 1300 139 631. Expressions of interest are being sought for Monday evening and Saturday morning.

Cool for Kids

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
TBA	TBA	Monday 7-9pm	TBA	Call Tresna for info

Mosaics

Mosaics pavers, wall design, mirrors, table tops the craft is endless. Piece together your creativeness. (Materials Included)..

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
7 th Feb	20 th Mar	12:30 – 2:30	8	\$8.80 \$7.70 con

Sewing and Dress making

Wouldn't it be great to make clothes for yourself and children. You could have the latest fashion at a fraction of the cost.

You could make anything you want, bedding, dress ups and costumes etc

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
7 th Feb	20 th Mar	9:30 – 11:30	8	\$8.80 \$7.700con

Evening Art Class

Busy during the day but would love to participate in this great class. Try your hand at whichever medium takes your fancy.

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
4 th Feb	17 th Mar	7:30 – 9:30	6	\$9.90 per session

Saturday afternoon Life Drawing

Starting in October at Newport Community Hall, Mason St Newport. For more information contact Leonie on 0410 261403 or Leoniekervin@eftel.net.au

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
2 nd Feb	15 th Mar	2pm	7	TBA

Art and China Painting

Come and try all mediums of Art under the excellent tuition of Sue.

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
4 th Feb	17 th Mar	1:00 – 3:00	6	\$8.80 (\$7.70)

Calligraphy

The written letter is something personal. It mirrors the character and personality of the writer.

Start Date	Finish Date	Time	No. of Sessions	Cost (conc.)
7 th Feb	20 th Mar	1:00 – 3:00	8	\$8.80 \$7.70con

Face Painting Workshops

Imagine being the talk of the party or being able to offer your creative art skills to

Kindergartens and schools for their fundraising efforts. Your child will love sharing your abilities with all of their friends at their party and it will save you money too (maybe even make you some).

Call us now to express your interest so as we can get it underway.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
Subject to enrolments		TBA		TBA

MODERN DAY CHINA PAINTING

Modern Day China Painting teaches you the art of sprucing up dull and boring plates, platters, bowls, cups, vases and much more. The final piece will say it all. It truly is amazing what a few brush strokes can do. The great thing is, is that you can produce brilliant results without ever having picked up a paint brush before in your life

Call us now to express your interest so as we can get it underway.

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
13 th Feb	19 th Mar	10:00-12:00	6	\$90 or \$80con (\$15 kit)

Music and Singing

The Newport Bush Orchestra

Unlike a classical orchestra there is no written music, all the tunes are learned by ear, and the great thing is that there is no restriction on the type of instrument played in a bush orchestra. Bush instruments cover all instruments played in the early days of Australia. These include guitar, fiddle, tin whistle, mandolin, bass, washboard, stick and black kettle, accordion, banjo etc. Greg is a professional fiddler and has also worked as a music teacher in Victorian schools. Gregs enthusiasm for music is infectious, this is a great opportunity to learn from him with like minded souls. All ages welcome.

Contact Michael Stewart 9399 4466 for details or to enrol

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
4 th Feb	17 th Mar	7:30-9pm	6	\$100 (\$10per session)

Women and Ukuleles

For beginners and those with experience, "all" ages and abilities welcome. Tutor is Allison Dew a passionate Ukulele player herself.

Contact Outlets 9391 8504 for details or to enrol

Start Date	Finish Date	Time	No. of Sessions	Cost (inc. conc.)
7 th Feb	20 th Mar	12 – 1pm	8	\$110 (\$10 per session)