

***Livingstone Community Centre is a ministry  
of the Ivanhoe Baptist Church.***

***The Centre seeks to strengthen community  
in a safe and positive environment  
and to nurture the social, intellectual, emotional, physical  
and spiritual well-being of all who participate.***



## **Livingstone Community Centre**

A place for friendship, learning and belonging

**1 Livingstone Street, Ivanhoe, 3079 (Melways reference 31:F7)**

**Email: [community@livingstone.org.au](mailto:community@livingstone.org.au)**

**For more information and current special events see: [www.livingstone.org.au](http://www.livingstone.org.au)**

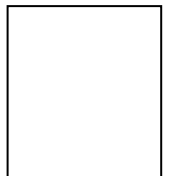
**Phone / Fax: 9497 2014**

### ***Semester 1 Program 2010***

**Term 1: 1 Feb – 26 Mar**

**Term 2: 12 Apr – 25 Jun**

If not delivered within seven days please return to:  
Livingstone Community Centre  
1 Livingstone Street  
Ivanhoe, VIC, 3079



## SOCIAL GROUPS

### COMFORT ZONE

Informal social group for teens with Aspergers aged 12 – 16 yrs to meet & participate in activities together.

Facilitator: Jessica Gill

Date: Term 1: Sat 20 Feb, 6 wks

Term 2: Sat 17 Apr, 11 wks

Time: 3.00 – 5.00 pm

Cost: \$5.00 per session

### CONNECTIONS

Friendly social group. Come along for a cuppa & a chat. Lots of fun, all welcome.

Facilitator: To be confirmed.

Date: 1<sup>st</sup> Monday of every month during school terms

Time: 3.30 – 5.00 pm

Cost: Free

### FRIENDLY CIRCLE

A friendship group for women with a guest speaker at each session.

Facilitator: Pat Hollis

Date: 3<sup>rd</sup> Friday of every month (Excluding Jan & Dec)

Time: 1.30 – 3.00 pm

Cost: Free

### BEYOND SEPARATION

Support & social group for separated people.

Date: 4<sup>th</sup> Thursday of every month (Excluding Jan & Dec)

Time: 7.30 – 9.30 pm

Cost: \$5.00 per session

Contact: Michael: 0419 553 890

or [michael@beyondseparation.com](mailto:michael@beyondseparation.com)

### CHINESE OLDER ADULTS GROUP \*\*

Weekly group with guest speakers & information.

Date: Term 1: Thur 4 Feb, 8 wks

Term 2: Thur 15 Apr, 11 wks

Time: 10.00 am – 12 noon

Contact: Lisa Wu: 9496 0215

## SPECIAL EVENTS

### BUS TRIPS

**Term 1:** Lal Lal Estate, via Ballarat.

Date: Wed 3 March

Time: 9.00 am – 5.00 pm

Cost: \$44.50 per person (all inclusive)

**Term 2:** Tapestry Workshop, South Melb & the Swedish Church in Toorak (venues to be confirmed)

Date: Thurs 17 Jun

Time: 9.00 am – 5.00 pm

Cost: To be announced

## ENROLMENT FORM - LIVINGSTONE COMMUNITY CENTRE

Courses fill quickly. To make sure that you get a place return your enrolment form with your payment as soon as possible. Classes will be filled in the order that payments are received. For courses marked \*\* enrol with the contact person.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone (H): \_\_\_\_\_ (Mob): \_\_\_\_\_ (W): \_\_\_\_\_

Please reserve me a place in the following course(s):

Course Name	Starting Date	Cost
_____	_____	_____
_____	_____	_____

Enclosed cheque or money order payable to Livingstone Community Centre.

Total: \$ \_\_\_\_\_

I have read the privacy statement on this program.

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

### BOOKINGS & ENROLMENTS

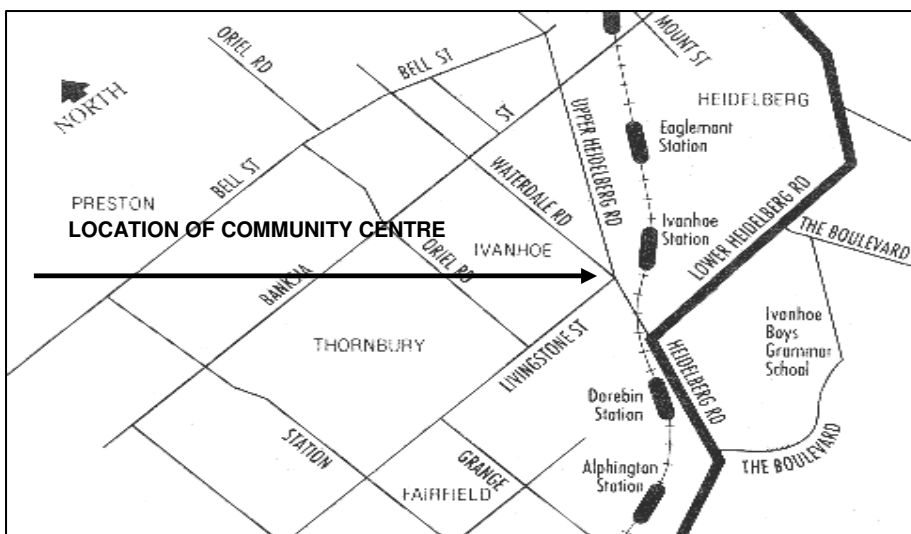
Bookings are essential for all events. Please call at the centre or send a cheque/money order (payable to Livingstone Community Centre) with the enrolment form. All courses are GST inclusive. Classes with insufficient enrolments may be cancelled or postponed. Courses require full payment for the term unless otherwise specified. Concession rates are available for some courses – current Health Care Card or Centrelink Pension Card must be sighted to be eligible.

### REFUNDS

Refunds will be made when a course is cancelled or when a participant withdraws up to a week before the starting date. Refunds will only be made part-way through a term if you experience an unexpected event (eg. illness) and you provide supporting evidence (eg. medical certificate). The cost of any previously attended classes/sessions will be deducted before a refund is made. For refunds \$50 or below, a cancellation fee of \$5 applies. For refunds over \$50, a cancellation fee equal to 10% of the refunded amount will apply.

### PRIVACY STATEMENT

LCC collects personal information, eg. your name, address, contact details, etc) to enable us to complete your enrolment. LCC respects all personal and confidential information given and will take all practical precautions to protect information from unauthorized access, loss or misuse. Relevant information will be forwarded to the tutor of each class. Please notify the office if you do not want your details to be forwarded to the class tutor.



See [www.livingstone.org.au](http://www.livingstone.org.au) for more information & special events.

## HEALTH AND WELL-BEING

### **CHRISTIAN MEDITATION #**

Learn the Art of Christian Meditation & take time to rest your soul.

Facilitator: Chris Turner

Date: Term 1: Tue 2 Feb, 8 wks

Term 2: Tue 13 Apr, 11 wks

Time: 2.00 – 3.00 pm

Cost: \$30 / \$20 per term

### **FELDENKRAIS #**

*Awareness Through Movement classes.*

Discover greater ease, comfort & fluidity in movement. Improve functioning, vitality, breathing, posture & flexibility. Enhance self-image & reduce pain.

Tutor: Julia Broome

Date: Term 1: Wed 3 Feb, 8 wks

Term 2: Wed 21 Apr, 8 wks

Time: 7.00 – 8.00 pm

Cost: \$112 / \$100 per term

### **STAY YOUNG FITNESS**

Low impact, gentle & therapeutic exercise to music. Includes breathing & relaxation techniques. Improves health & flexibility.

Tutor: Luda Cherstnov

Date: Term 1: Thurs 4 Feb, 8 wks

Term 2: Thurs 15 Apr, 11 wks

Time: 1.00 – 2.00 pm

Cost: Term 1: \$40

Term 2: \$55

### **GENTLE EXERCISES**

Movement to music for seniors in a friendly & relaxed environment. Improves overall fitness & wellbeing.

Tutor: Elizabeth Snashall

Date: Term 1: Tue 2 Feb, 8 wks

Term 2: Tue 13 Apr, 11 wks

Time: 11.10 am – 12.10 pm

Cost: Term 1: \$40

Term 2: \$55

### **PILATES \*\***

Strengthening & stretching exercise program. Suitable for men & women of all ages and levels of fitness.

Date: Term 1: Mon 1 Feb, 7 wks

Term 2: Mon 12 Apr, 9 wks

Time: 6.00 – 7.00 pm

Contact: Nora Woollard: 9499 9326

### **MULTICULTURAL FAN DANCE \*\* New**

Gentle dancing & expressive fan movement to music. Fun, easy & enjoyable. Women who've had breast cancer & need to move their upper body for exercise especially welcome. Fans supplied or BYO.

Date: Term 1: Tue 2 Feb, 8 wks

Term 2: Tue 13 Apr, 10 wks

Time: 10.00 – 11.00 am

Cost: Term 1: \$96 / \$80

Term 2: \$120 / \$100

Casual fee: \$15 per class

Contact: Marina Bistrim: 0438 580 889

### **TAI CHI & QI GONG #**

Tai Chi & Qi Gong (Eastern principles). Help balance your inner harmony & feel energized. Calm the mind, build physical strength & increase internal chi. Suitable for all ages.

Tutor: Miriam Rosewarne

Date: Term 1: Wed 3 Feb, 8 wks

Term 2: Wed 21 Apr, 10 wks

Time: 7.15 – 8.15 pm

Cost: Term 1: \$88 / \$80

Term 2: \$110 / \$100

### **YOGA #**

Hatha yoga. Relax, improve strength & flexibility. Bring a rug, cushion & mat to lie on. No experience necessary.

Tutor: Virginia Hunter

Date: Term 1: Wed 3 Feb 8 wks

Fri 5 Feb, 8 wks

Term 2: Wed 14 Apr, 11 wks

Fri 16 Apr, 11 wks

Time: Wed 4.50 – 5.50 pm

Wed 6.00 – 7.00 pm

Fri 8.25 – 9.25 am

Cost: Term 1: Wed & Fri \$88 / \$80

Term 2: Wed & Fri \$121 / \$110

### **SPIRITUAL DIRECTION**

Personal consultation with a Spiritual Director for the purpose of exploring your own spiritual journey & life of prayer. By appointment only.

Contact: Chris Turner: 9499 2479

### **WALKERS AND TALKERS**

Energetic walks around the Banyule area followed by optional tea/coffee.

Facilitator: Margaret Wallace

Date: Term 1: Fri 5 Feb, 8 wks

Term 2: Fri 16 Apr, 10 wks

Time: 9.30 – 11.00 am

Cost: Free

## ACTIVITIES FOR CHILDREN

### **PLAYGROUPS #**

For children aged 0 – 4 years with their parents or carers. Each session has a theme with activities, craft, music, story time & outdoor play.

Held weekly throughout school terms.

Playgroup Co-ordinator: Joy French

Date: Term 1: Mon 1 Feb, 7 wks

Tues 2 Feb, 8 wks

Wed 3 Feb, 8 wks

Thur 4 Feb, 8 wks

Fri 5 Feb, 8 wks

Term 2: Mon 12 Apr, 9 wks

Tues 13 Apr, 11 wks

Wed 14 Apr, 11 wks

Thur 15 Apr, 11 wks

Fri 16 Apr, 11 wks

Times:

Mon: 9.15 – 11.15am &

11.45am – 1.45pm

Tues, Wed & Fri: 9.30 – 11.30am

Thur: 9.30 – 11.30am & 1.30 – 3.30pm

Cost: \$40 / \$30 per family per term

### **CHINESE PLAYGROUP #**

For children aged 0 - 5 years with their families to provide fun & learning as well as social support. Chinese parents & carers who speak Mandarin or Cantonese are also welcome.

Date: Term 1: Wed 3 Feb, 8 wks

Term 2: Wed 14 Apr, 11 wks

Time: 11.45 am – 1.45 pm

Cost: \$40 / \$30 per family per term

Contact: Crystal Huang: 9497 5632

Stephanie So: 9457 7408

### **MULTIPLE SCLEROSIS PLAYGROUP**

Playgroup & peer support for MS sufferers with pre-school children.

Date: Term 1: Tue 2 Feb, 4 wks

Term 2: Tue 13 Apr, 6 wks

Time: 12.00 – 1.30pm, every 2 weeks

Cost: Free

Contact: Gayle Homann: 98452700

### **PARENT'S GROUP #**

Weekly sessions where parents & their babies under 12 months of age can interact and socialise together in a safe, friendly & relaxed atmosphere.

Date: Term 1: Fri 5 Feb, 8 wks

Term 2: Fri 16 Feb, 11 wks

Time: 10.30 am – 12.30 pm

Cost: \$40 / \$30 per family per term

### **KALIMERA KIDS \*\***

Bi-lingual Greek / English playgroup for children aged 6 months to 5 years.

Teaches pre-school Greek in a fun & easy way, develops self-confidence, social skills & independence. Activities include storytelling, art/craft & puppet shows.

Date: Term 1: Wed 3 Feb, 8 wks

Term 2: Wed 14 Apr, 11 wks

Time: 12.00 – 2.00 pm

Contact: Georgia Gilmour 0414 777 600

[www.kalimerakids.com.au](http://www.kalimerakids.com.au)

### **HEY DEE HO MUSIC \*\***

Uses music in a social setting to assist in childhood development & expose children to a broad musical experience. Suitable for babies, toddlers and pre-schoolers with their parents or carers.

Date: Term 1: Tue 2 Feb, 8 wks

Term 2: Tue 13 Apr, 11 wks

Times: 9.30 – 10.15 am

10.15 – 11.00 am

Contact: 1300 139 631 or

[www.heydeehomusic.com.au](http://www.heydeehomusic.com.au)

### **LCF FUN FRENCH FOR LES**

#### **TOUT PETITS \*\***

Fun French Language classes for children aged 2 - 5 yrs. Includes songs, games & craft.

Date: Term 1: Thurs 4 Feb, 8 wks

Term 2: Thurs 15 Apr, 11 wks

Time: 9.30 – 10.30 am

Contact: Katie Mangai: 0410 980 506 or

[katie.mangai@lcfclubs.com.au](mailto:katie.mangai@lcfclubs.com.au)

## **LCF FUN MANDARIN KIDS CLUB**

**\*\* New**

Fun Mandarin Language classes for 2-6 yr olds. Includes songs, games & craft.  
Date: Term 1: Sat 6 Feb, 8 wks  
Term 2: Sat 17 Apr, 11 wks  
Time: 10.00 – 10.45am (2-3 yr olds)  
11.00am – 12.00pm (4-6 yr olds)  
Contact: Katie Mangai: 0410 980 506 or  
katie.mangai@lcfclubs.com.au

## **BRIGHT STARS - ACT OUT LOUD** \*\*

Acting classes for children 7–17 yrs to assist in developing imagination, vocal projection, physical expressiveness & ability to generate emotional conditions.  
Date: Term 1: Fri 5 Feb, 8 wks  
Term 2: Fri 30 Apr, 8 wks  
Time: 1 hr classes between 5.00–8.00pm

## **BRIGHT STARS –DANCING** \*\*

Fun introductory dance program for children 7-17 yrs. Learn the basics of hip hop and the art of physical expression through dance. Helps develop co-ordination and motor skills.  
Date: Term 1: Tue 2 Feb, 8 wks  
Term 2 Tue 27 Apr, 8 wks  
Time: 1 hr classes between 4.00–8.00pm

## **BRIGHT STARS - ROCK ON** \*\*

Singing classes, drills, & strengthening activities for children 7-17 yrs. Helps develop vocal ability so participants can sing solo, in groups, capella & accompanied by musical instruments.  
Date: Term 1: Thur 4 Feb, 8 wks  
Term 2 Thur 29 Apr, 8 wks  
Time: 1 hr classes between 5.00–8.00pm

## **BRIGHT STARS – TWINKLES** \*\* *New*

For 3–4 yr olds. Incorporates simple fun dance routines, vocal activities, improvisation & imagination games.  
Date: Term 1: Wed 3 Feb, 8 wks  
Term 2 Wed 28 Apr, 8 wks  
Time: 10.00am - 12.00pm (2 classes)

### **For all above Bright Stars classes:**

Contact: 9425 0900 or  
www.brightstars.com.au

## **LEARNINGLAND** \*\*

Fun programs for children 3 - 6 yrs. Includes craft activities, writing, play & the Letterland system. Assists literacy development, numeracy & speech skills as well as confidence for school.  
Date: Term 1: Mon 1 Feb, 7 wks  
Term 2: Mon 12 Apr, 9 wks  
Time: Mon 9.30 – 10.30 am (4–6 yr olds)  
Mon 10.45 – 11.45 am (3–4 yr olds)  
Mon 12.30 – 2.30 pm (4–6 yr olds)  
Contact: 1300 139 859 or  
www.learningland.com.au

### **HALL HIRE**

The Centre is available for hire. It is a popular venue for children's birthday parties or other events.  
Phone: 9497 2014

## **SPANISH –ENGLISH SCHOOL**

### **HOLIDAY PROGRAM #**

For children 4-11 yrs (Spanish or non-Spanish background) wanting exposure to a language & culture other than English. Consists of craft, games, music, stories & interactive talks. Enrolment form available on request. Bookings essential.  
Tutor: Joize Moreno  
Term 1: Week 1: Mon 29 Mar - Thur 1 Apr  
Week 2: Tue 6 Apr - Thur 8 Apr  
Term 2: Week 1: Mon 28 Jun - Fri 2 Jul  
Week 2: Mon 5 Jul - Thur 8 Jul  
Time: AM session: 8.30 am – 1.00 pm  
PM session: 1.00 pm – 5.30 pm  
Cost: \$40 per day / \$25 per half day

## **CREATIVE ACTIVITIES**

### **PAINTING #**

Paint landscapes, seascapes & city scenes using oils, acrylics, watercolour & pastels.  
Tutor: Ray Macminn  
Date: Term 1: Tue 2 Feb, 8 wks  
Term 2: Tue 13 Apr, 11 wks  
Time: 1.00 – 3.00 pm  
Cost: Term 1 \$116 / \$100  
Term 2 \$160 / \$138

### **PATCHWORK & APPLIQUE**

Come along to this friendly group & be inspired to create beautiful quilts.  
Tutor: Margaret Wallace  
Date: Term 1: Mon 1 Feb, 7 wks  
Term 2: Mon 12 Apr, 9 wks  
Time: 1.00 – 3.00 pm  
Cost: Term 1: \$35  
Term 2: \$45

## **ACTING, MUSIC & DANCE**

### **ACTING CLASSES #** *New*

Fun, interactive group activities exploring different acting methods such as mime improvisation, script work, theatre sports & voice over work. For teenagers & adults.  
Tutor: Vita Catalano  
Dates Term 1: Mon 8 Feb, 6 wks  
Thur 11 Feb, 6 wks  
Term 2: Mon 12 Apr, 6 wks  
Thurs 15 Apr, 6 wks  
Times: Mon: 7.00 – 9.00pm  
Thurs: 12.30 – 2.30pm  
Cost: Adults: \$120 per term  
Student / Conc: \$110 per term

### **ALL ABILITIES CHOIR** *New*

In partnership with the Ivanhoe Diamond Valley Centre & Whittlesea District ATSS, this social choir is for people of all abilities.  
Date: Term 1: Wed 3 Feb, 8 wks  
Term 2: Wed 14 Apr, 11 wks  
Time: 10.00 – 11.45 am  
Cost: Gold coin donation each session  
Facilitator: Marita Moulin: 0407 036 275

### **FOR ACTIVITIES MARKED:**

\*\* Please contact instructor to enrol  
# Concession available

## **INTRODUCTION TO KEYBOARD**

**# \*\* New**

Enjoyable piano-keyboard lessons to help unlock your hidden talent & discover the pleasure of sharing song.  
All welcome.  
Date: Term 1: Mon 8 Feb, 6 wks  
Term 2: Mon 12 Apr, 8 wks  
Time: 4.30 – 5.15pm  
5.30 – 6.15pm  
Contact: Rachel Williams:  
rachel.w@gmail.com or Aly: 0438 963 548

### **LIVINGSONG #**

Genuine community singing group. It's a capella repertoire includes everything from Irish folk to French choral & African traditional to The Beatles.  
Tutors: Jane Coker & Margaret Crichton  
Date: Term 1: Mon 1 Feb, 7 wks  
Term 2: Mon 12 Apr, 9 wks  
Time: 7.30 – 9.00 pm  
Cost: Term 1: \$84 / \$77  
Term 2: \$108 / \$99

### **PHOENIX SINGERS #**

A cappella singing group that draws its repertoire of songs from singing traditions across the globe. No experience required.  
Tutor: Therese Virtue  
Date: Term 1: Fri 5 Feb, 8 wks  
Term 2: Fri 16 Apr 11 wks  
Time: 10.00 am – 12.00 pm  
Cost: Term 1: \$72 / \$64  
Term 2: \$99 / \$88

## **WEST AFRICAN DRUMMING**

### **PERCUSSION & SONG #** \*\*

Beginners course. Play traditional West African rhythms on the djembe drum accompanied by traditional percussion instruments. All drums & equipment provided. No prior experience required.  
Date: Term 1: Tues 2 Feb, 8 wks  
Term 2: Tues 13 Apr, 8 wks  
Time: 7.00 – 8.00 pm  
Cost: \$120 / \$100 per term  
Casual fee: \$20 per class  
Contact: Simone Lang: 0431 434 538  
or www.drummergirl.com.au

## **YOUTH PROGRAMS**

### **H.I. SKILLZ INC. YOUTH COMMUNITY EDUCATION PROGRAM #**

For 10 -18 yr olds: School Years 5 - 12  
Various activities such as cooking; drama; friendship group; drums; singing; dance; yoga; art; music lessons; pet care; homework & study group; social justice, leadership & more.  
Programs run 4-6 wks during school terms.  
Dates & Times: Term 1: To be confirmed  
Term 2: To be confirmed  
Please call Susan on 9497 2014 for more details and a current program or visit:  
www.livingstone.org.au  
Cost: \$40 / \$30 per term.  
Some free student places available.