

FOOD HAMPERS

As part of our mission & that of the Ivanhoe Baptist Church, we are able to provide monthly food hampers of non-perishable food items to members of the community experiencing financial hardship & / or who possess a valid Centrelink Concession or Pension card.

Supported by Foodbank Victoria
 Dates open: 2nd & 4th Wed of every month during school term.
 Time: 2.00 – 3.00 pm or by appointment.

Contact: Susan McLaughlin:
 9497 2014

MARKET

IVANHOE MAKERS MARKET

Unique handmade quality wares created by hand with some Fair-trade stalls in attendance. Proudly supported and administered by LCC.

Dates: 3rd Sat of every month (excl. Jan)
 New stallholders welcome.

Application on request: 94972014
 Time: 10.00 am – 4.00pm

Venue: Livingstone Community Centre
 1 Livingstone Street,
 Ivanhoe, 3079

ivanhoemakersmarket@gmail.com
qualitymakersmarket.blogspot.com

SPECIAL EVENTS

LCC holds various special events throughout the year such as Fish and Chip Luncheons, Fashion Parades, Bus Trips, Concerts, Community lunches. Please ring for current events or check out our website – address below.

LCC COMMITTEE OF MANAGEMENT

If you are interested in joining our Committee of Management team we would love to hear from you. It's a great opportunity for community involvement and to learn new governance skills whilst making a real difference in the community!!

See www.livingstone.org.au for more information on courses, future bus trips, special events & the Ivanhoe Makers Market.

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: _____

Post Code _____

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

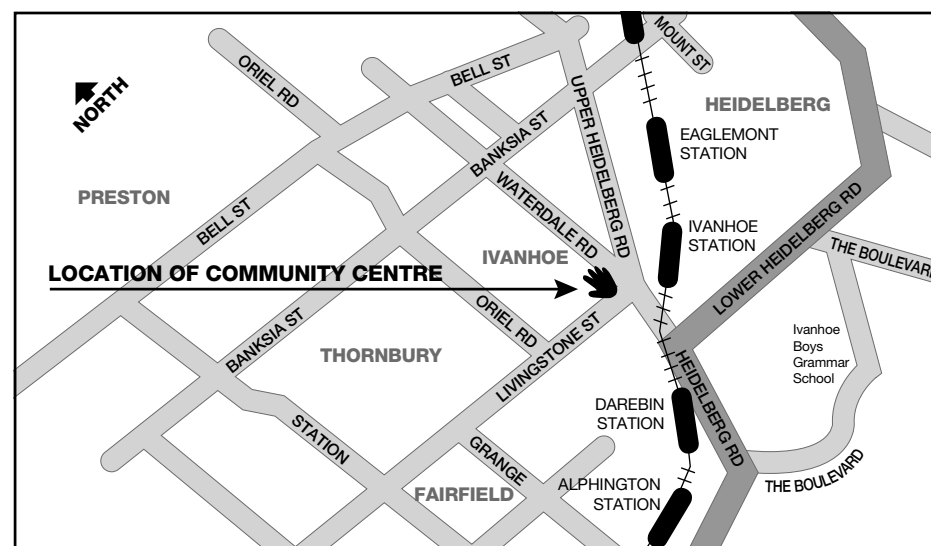
Bookings are essential for all events. Please call at the centre or send a cheque/money order (payable to Livingstone Community Centre) with the enrolment form. All courses are GST inclusive. Classes with insufficient enrolments may be cancelled or postponed. Courses require full payment for the term 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.



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

For more information and current special events see: www.livingstone.org.au

Phone : 9497 2014

Semester 1 Program 2012

Term 1: 01 Feb – 30 March

Term 2: 16 April – 29 June

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



HEALTH AND WELL-BEING

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 8 Feb, 8 wks
Term 2: Wed 18 Apr, 8 wks
Time: 7.00 – 8.00 pm
Cost: \$112 / \$100 per term

GENTLE EXERCISES

Movement to music for seniors in a friendly & relaxed environment. Improves overall fitness & wellbeing.
Tutor: Elizabeth Snashall
Date: Term 1: Tue 7 Feb, 8 wks
Term 2: Tue 17 April, 11 wks
Time: 11.00 am – 12.00 noon
Cost: Term 1: \$40
Term 2: \$55

LIVING CLUTTER FREE WORKSHOPS

Learn and understand what clutter is and why it occurs; steps you can use to de-clutter; identify road blocks and obstacles; do it yourself steps. Manual included and further workshops available.
Date: Wed 29 Feb at 9.30 – 12 noon OR
Date: Tues 6 Mar at 7.00- 9.30 pm
Cost: \$25 per person
Contact: **Angela Lo Valvo: 0407438982**
or alovalvo@optusnet.com.au

PILATES **

Strengthening & stretching exercise program. Suitable for men & women of all ages and levels of fitness.
Date: Term 1: Mon 6 Feb, 7 wks
Term 2: Mon 16 April, 10 wks
Time: 9.30 – 10.30 am &
5.00 – 6.00 pm
Contact: **Nora Woollard: 9499 9326**

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 8 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Time: 7.15 – 8.15 pm
Cost: Term 1: \$112 / \$104
Term 2: \$140 / \$130

FOR ACTIVITIES MARKED:

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

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 8 Feb, 8 wks
Fri 10 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Fri 20 Apr, 11 wks
Time: Wed 6.00 – 7.00 pm
Fri 8.25 – 9.25 am
Cost: Term 1: \$88 / \$80
Term 2: Wed: \$110 / \$100
Fri: \$121 / \$110

MINDFULNESS BASED STRESS

REDUCTION (MBSR) # **
This course develops new ways to respond to life's challenges. Learn simple meditation techniques you can apply in daily life to assist with stress, anxiety, depression & health issues.
Date: Term 1: Thurs 2 Feb, 8 wks
Term 2: Thur, 10 May, 8 wks
Time: 6.30 – 9.00 pm
Contact: **Michelle Morris: 9499 1585**
email: michma@tpg.com.au
www.mindfulnessmeditation.net.au

WALKERS AND TALKERS

Energetic walks around the Banyule area followed by optional tea/coffee.
Facilitator: Margaret Wallace
Date: Term 1: Fri 10 Feb, 8 wks
Term 2: Fri 20 Apr, 11 wks
Time: 9.30 – 11.00 am
Cost: Free

ACTIVITIES FOR CHILDREN & FAMILIES

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.
Playgroup Coordinator: Joy French
Facilitator: Mon & Fri: Liz Shearer
Facilitator: Tue, Wed, Thur: Joy French
Date: Term 1: Mon 6 Feb, 7 wks
Tues 7 Feb, 8 wks
Wed 8 Feb, 8 wks
Thur 9 Feb, 8 wks
Fri 10 Feb, 8 wks
Term 2: Mon 16 Apr, 10 wks
Tues 17 Apr 11 wks
Wed 18 Apr, 10 wks
Thur 19 Apr, 11 wks
Fri 20 Apr, 11 wks
Times: Mon: 9.15 – 11.15 am &
11.45 am – 1.45 pm
Tues, Wed & Fri: 9.30 – 11.30 am
Thur: 9.30 – 11.30 am & 1.30 – 3.30 pm
Cost: \$50 / \$40 per family per term

CHINESE PLAYGROUP

For children aged 0 - 5 years with their families. Provides fun & learning as well as social support. Chinese parents & carers who speak Mandarin or Cantonese are also welcome.
Facilitator: Stephanie So: 9457 7408
Date: Term 1: Wed 8 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Time: 2.00 – 4.30 pm
Cost: \$50 / \$40 per family per term

MULTIPLE SCLEROSIS PLAYGROUP

Playgroup & peer support for MS sufferers with pre-school children.
Date: Term 1: Thurs 9 Feb, 5 sessions
Term 2: Thurs 19 Apr, 6 sessions
Time: 11.45 – 1.15 pm, every 2 weeks
Cost: Free
Contact: **Gayle Homann: 9845 2700**

YOUNG MUMS PLAYGROUP New

For Mums aged 17-27 with their children aged 0 – 5 years.
Facilitator: Joy French
Date: Term 1: Fri 10 Feb, 8 wks
Term 2: Fri 20 Apr, 11 wks
Time: 12.00 – 2.00 pm
Cost: Free

KALIMERA KIDS **

Bi-lingual Greek / English playgroup for children 6 mths - 5 yrs. 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 8 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Time: 11.45 am – 1.45 pm
Contact: **Vicki Tsarouhas: 0414777600**
www.kalimerakids.com.au

PARENT'S GROUP

Weekly sessions where parents & their babies under 12 months of age can interact & socialise together in a safe, friendly & relaxed atmosphere.
Date: Term 1: Fri 10 Feb, 8 wks
Term 2: Fri 20 Apr, 11 wks
Times: Wed: 1.30 – 3.30 pm
Fri: 10.30 am – 12.30 pm
Cost: \$40 / \$30 per family per term

LEARNINGLAND **

Featuring Letterland phonics programs that make learning fun. Assists literacy, numeracy, & speech for preschoolers. Children sing, dance, do craft, write, & play their way to developing excellent literacy skills & confidence for school.
Date: Term 1: Mon 6 Feb, 8 wks
Term 2: Mon 16 Apr, 11 wks
Time: Mon 9.30 – 11.30 am
(Reading Rockets 4–5 yr olds)
Mon 11.45 – 12.45 pm
(Letters & Numbers: 3-4 yr olds)
Contact: **1300 139 859**
www.learningland.com.au

LANGUAGE S - CHILDREN

LCF FUN FRENCH FOR LES

TOUT PETITS **
Fun French Language classes for children 2 - 5 yrs. Includes songs, games & craft.
Date: Term 1: Thur 9 Feb, 8 wks
Term 2: Thur 19 Apr, 11 wks
Time: 9.40 – 10.20 am (2-3 yr olds)
10.30 – 11.20 am (3-5 yr olds)
Contact: **Katie Mangai: 0410980506**
or katie.mangai@lcclubs.com.au

LANGUAGE S - ADULTS

LCF FRENCH FOR ADULTS **

Cover the basics of the French language. Gain confidence in speaking through games, cultural activities and socialising.
Date: Term 1: Tues 7 Feb, 8 wks
Term 2: Tues 17 Apr, 11 wks
Time: 7.45 – 9.00pm
Contact: **Rachel Lee: 0438 350 150**
or rachel.lee@lcclubs.com.au

ITALIAN LANGUAGE CLASSES

Have fun learning & conversing in a relaxed small group. Ideal for those intending to travel or wanting to improve their language skills.
Tutor: Laureen Seyers
Date: Term 1: Mon 13 Feb, 6 wks
Term 2: Mon 23 April, 6 wks
Time: Mon: 7.30 – 9.00pm
Cost: \$96 / \$84

CREATIVE ACTIVITIES

CHARITY SEWING, KNITTING & CRAFT GROUP

Be part of our charity, craft and sewing group to ignite your creativity and to help make a difference in the lives of others through assisting local and overseas charities. Learn new skills from each other and make new friends within your local community.
Tutor: Margi Anthony
Date: Term 1: Tues 14 Feb 4 sessions
Term 2: Tues 17 Apr 6 sessions
Time: 7.00 – 8.30pm every 2 weeks
Cost: Gold coin donation

KNITTING GROUP

Learn to knit, complete your own project or help make a charity blanket.
Tutor: Margaret Wallace
Date: Term 1: Mon 6 Feb, 8 wks
Term 2: Mon 16 Apr, 10 wks
Time: 1.00 – 3.00 pm
Cost: Term 1: \$48
Term 2: \$60

MOSAIC COMMUNITY GROUP

Come work with a talented local artist to help create mosaic artworks to be installed at the Community Centre. No experience necessary, as all aspects of the mosaic process will be taught by the artist.
Tutor: Lauren Hamilton
Date: Term 1: Wed 8 Feb, 8 wks
Term 2: Wed 18 April, 10 wks
Time: 2.00 – 4.00 pm
Cost: Free

PAINTING

Paint landscapes, seascapes & city scenes using oils, acrylics, watercolour & pastels.
Tutor: Gladys Coombs
Date: Term 1: Tue 7 Feb, 8 wks
Term 2: Tue 17 Apr 11 wks
Time: 1.00 – 3.00 pm
Cost: Term 1: \$96 / \$88
Term 2: \$132 / \$121

PATCHWORK & APPLIQUE

Come along to this friendly group & be inspired to create beautiful quilts.
Tutor: Margaret Wallace
Date: Term 1: Mon 6 Feb, 8 wks
Term 2: Mon 16 Apr, 10 wks
Time: 1.00 – 3.00 pm
Cost: Term 1: \$48
Term 2: \$60

MUSIC

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 10 Feb, 8 wks
Term 2: Fri 20 Apr, 11 wks
Time: 10.00 am – 12.00 pm
Cost: Term 1: \$72 / \$64
Term 2: \$99 / \$88

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 6 Feb, 8 wks
Term 2: Mon 16 April, 10 wks
Time: 7.30 – 9.00 pm
Cost: Term 1: \$96 / \$88
Term 2: \$120 / \$110

SPIRITUALITY PROGRAMS

CHRISTIAN SPIRITUALITY CENTRE

A peaceful space for journal writing, quiet reflection & prayer.
Bookings by appointment.

SUPPORT GROUPS

COMFORT ZONE

Informal social group for teens with Aspergers aged 12 – 16 yrs to meet & participate in activities together.
Facilitator: To be advised
Date: Term 1: Sat 12 Feb, 8 wks
Term 2: Sat 30 Apr, 9 wks
Time: 2.30 – 4.30 pm
Cost: \$150 per term

CONNECTIONS

Friendly social group. Come along for a cuppa & a chat. Lots of fun, all welcome.
Facilitator: John Daniels
Date: 1st 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: 3rd Friday of every month (Excluding Jan & Dec)
Time: 1.30 – 3.00 pm
Cost: Free

CHINESE OLDER ADULTS GROUP **

Weekly group with guest speakers & information.
Date: Term 1: Thur 3 Feb, 10 wks
Term 2: Thur 28 Apr, 10 wks
Time: 10.00 am – 12 noon
Contact: Lisa Wu: 9496 0215

FOR ACTIVITIES MARKED:

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

HALL HIRE

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