

FOOD BANK

As part of our mission and that of the Ivanhoe Baptist Church (IBC), we provide monthly food hampers of non-perishable food items, fresh fruit and vegetables to members of the community experiencing financial hardship. Clients should possess a valid Centrelink Concession or Pension card and bring it to their foodbank appointment. Generously supported by LCC, IBC, Foodbank Victoria & Secondbite. Tuesdays 1.30 – 4.00 pm during school terms. By appointment only. Contact: Susan (LCC Centre Coordinator) on 9497 2014.

IVANHOE MAKERS MARKET

Unique, handmade, quality wares created by local artists, plus some Charity and Fair-trade organisations. Proudly supported and administered by LCC. New stallholders welcome. Market Coordinator: Susan McLaughlin: 9497 2014. Dates: 3rd Saturday of the month (Not Jan or Feb) Time: 10.00 am – 3.00pm Venue: Livingstone Community Centre 1 Livingstone Street, Ivanhoe, 3079 ivanhoemakersmarket@gmail.com qualitymakersmarket.blogspot.com

VOLUNTEERING

If you are interested in volunteering in your community we would love to hear from you! We have opportunities available in gardening and maintenance, playgroup, Ivanhoe Makers Market, marketing and promotion, administration and governance.

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

Free trial classes available in many groups. Phone: 9497 2014

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: _____

Address: _____

Post Code _____

Email: _____

Are you happy to receive a monthly e-newsletter? Please circle: Yes No

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

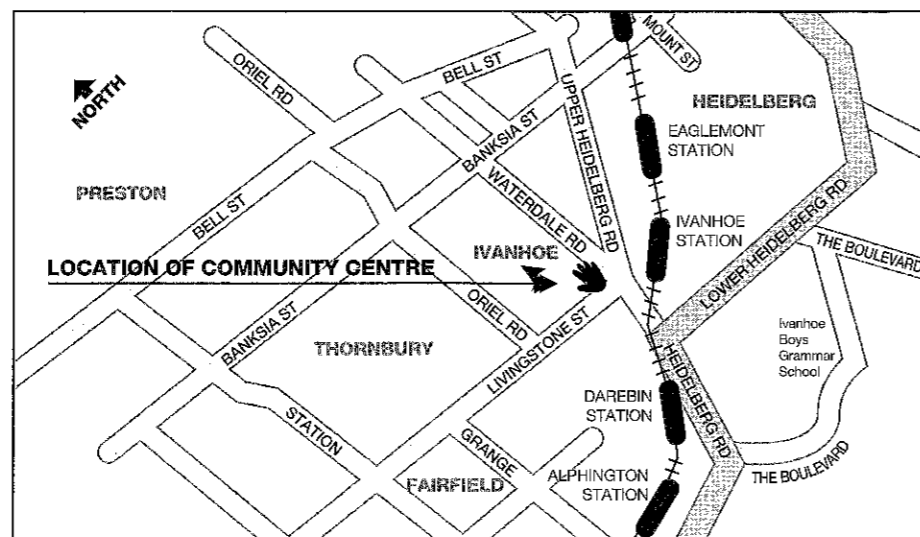
Bookings are essential for all events. Please call at the centre or send a cheque/money order (payable to Livingstone Community Centre) with the enrolment form. Credit card facility available with a \$1 or \$2 surcharge. All courses are GST inclusive. Classes with insufficient enrolments may be cancelled or postponed. Courses require full payment for the term by the first week of class. Payments after this date incur a 10% late fee. 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 2018

Term 1: 30 Jan – 29 March 2018

Term 2: 16 April – 29 June 2018

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



Livingstone Community Centre gratefully acknowledges the support of the Victorian State Government and the Banyule City Council.



HEALTH AND WELL-BEING

BODY BALLET FITNESS #

Enter the magical world of ballet and learn ballet-like graceful movements, basic postures & simple combinations, with Yoga and Pilates elements. Benefits may include sculptured body, flexibility, improved balance, increased energy, elegance and grace. Suitable for all ages and abilities.

Tutor: Luda Chertstov
Date: Term 1: Tues 30 Jan, 9 wks
Term 2: Tues 17 Apr, 11 wks
Time: 9.15 – 10.15 am
Cost: Term 1: \$126 / \$108
Term 2: \$154 / \$132

GENTLE EXERCISES

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

Tutor: Luda Chertstov
Date: Term 1: Tue 30 Jan, 9 wks
Term 2: Tue 17 April, 11 wks
Time: 10.30 – 11.30 am
Cost: Term 1: \$63
Term 2: \$77

HATHA YOGA #

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

Tutor: Virginia Hunter
Date: Term 1: Wed 31 Jan, 9 wks
Fri 02 Feb 8 wks
Term 2: Wed 17 Apr, 10 wks
Fri 20 Apr, 11 wks
Time: Wed: 6.00 – 7.00 pm
Fri: 8.25 – 9.25 am
Cost: Term 1: Wed: \$126 / \$108
Term 1: Fri: \$112 / \$96
Term 2: Wed: \$140 / \$120
Term 2: Fri: \$154 / \$132

PILATES **

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

Date: Term 1: Mon 5 Feb, 7 wks
Term 2: Mon 16 Apr, 10 wks
Time: 9.30 – 10.30 am
5.30 – 6.30 pm
Contact: **Nora Woollard: 9499 9326**

RELAXATION & BREATHING # New

Improve your health and well-being with gentle exercises and guided meditations. Learn how to balance your nervous system and give best support to your heart through breathing.

Tutor: Ite Sonder
Date: Term 1: Mon 5 Feb, 7 wks
Term 2: Mon 16 Apr, 10 wks
Time: 11.00 – 12.00 noon
Cost: Term 1: \$98 / \$70
Term 2: \$140 / \$100

SERIOUSLY WONDERFUL SELF

MASSAGE # New

Come and learn basic self-massage plus some simple moves to revitalise your skin tone & circulation; recharge your body and mind and improve your general well-being.

Tutor: Luda Chertstov
Dates: Wed 7, 14, 21 & 28 Mar
Time: 9.30 – 10.30 am
Cost: \$56 / \$48

SOCIAL LAWN BOWLS

Come along and learn how to play lawn bowls in a relaxed and easy going environment at the Ivanhoe Bowling Club. Facilitator: Colin Higgins

Date: Term 1: Mon Feb 5th, 7 wks
Term 2: Mon Apr 16th, 10 wks
Time: 10.30 – 12 noon
Cost: Free

SOUND BATH MEDITATION **

Experience deep relaxation through the pure sounds of singing bowls, gongs, drums and voice.

Dates: 25 Jan, 16 Feb, 2 Mar, 6 Apr
Time: 7.00 – 8.00 pm
Contact: **Sally Hutchinson:**
0413 043 579 or
info@soundhealingjourneys.com.au

TAI CHI & QI GONG #

Tai Chi & Qi Gong (Eastern principles). Improve posture, core strength, balance and energy. Decrease inflammation, sleep disorders, life management issues. Learn self defence applications. Suitable for all ages.

Tutor: Miriam Rosewarne
Date: Term 1: Wed 7 Feb, 8 wks
Term 2: Wed 2 May, 9 wks
Time: 7.15 – 8.15 pm
Cost: Term 1: \$128 / \$112
Term 2: \$144 / \$126

TAI CHI FOR ALL LEVELS #

Improve health, fitness, strength and balance. Decrease stress, anxiety and joint inflammation.

Suitable for all ages.
Tutor: Miriam Rosewarne
Date: Term 1: Mon 5 Feb, 7 wks
Term 2: Mon 23 Apr, 9 wks
Time: Mon: 11 – 12 noon
Cost: Term 1: \$112 / \$98
Term 2: \$144 / \$126

WALKERS AND TALKERS

Energetic walks around the Ivanhoe area followed by optional tea/coffee. Facilitators: Pamela Beckett and Margaret Wallace

Date: Term 1: Fri 2 Feb, 8 wks
Term 2: Fri 20 Apr, 11 wks
Time: 9.30 – 11.00 am
Cost: Free

ZUMBA # New

Dance-fitness class with a fusion of latin and international rhythms. Lose yourself in the music, have fun and find yourself in shape.

Tutor: Sandra Holmes
Date: Term 1: Sat 10 Feb, 6 wks
Term 2: Sat 21 Apr, 10 wks
Time: 9.00 – 9.45 am
Cost: Term 1: \$72 / \$60
Term 2: \$120 / \$100

ACTIVITIES FOR CHILDREN & FAMILIES

CHINESE PLAYGROUP (0-5yrs) #

Provides fun and learning as well as social support. Carers who speak Mandarin or Cantonese welcome. Facilitator: Stephanie So: 9457 7408
Date: Term 1: Wed 7 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Time: 2.30 – 4.30 pm
Cost: \$80 / \$70 per term plus \$30 for additional child over 6 months. Subsequent children free.

JAPANESE PLAYGROUP #

For children aged 0 – 4 with their parents or carers. Includes Japanese language class and art activities. Facilitator: Kayoko Iijima

Date: Term 1: Wed 7 Feb, 8 wks
Term 2: Wed 18 Apr, 10 wks
Time: 10.00 – 12 noon
Cost: \$80 / \$70 per term plus \$30 for additional child over 6 months. Subsequent children free.

PLAYGROUPS #

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

Playgroup Coordinator & Mon, Tues, Friday facilitator: Liz Shearer
Wed & Thur facilitator: Elizabeth Cramb
Date: Term 1: Mon 5 Feb, 7 wks
Tues 6 Feb, 8 wks
Wed 7 Feb, 8 wks
Thur 8 Feb, 8 wks
Fri 9 Feb, 7 wks
Term 2: Mon 16 April, 10 wks
Tues 17 April, 11 wks
Wed 18 April, 10 wks
Thur 19 April, 11 wks
Fri 20 April - 11 wks

Times: Mon - Fri: 9.30 – 11.30 am
Cost: \$80 / \$70 per term plus \$30 for additional child over 6 months. Subsequent children free

FOR ACTIVITIES MARKED:

**** Please contact the instructor for more information & to enrol.**

Concession discount is available.

LANGUAGES - CHILDREN

LCF FUN FRENCH FOR LES

TOUT PETITS **

Fun French language classes for children 2 - 5 yrs. Includes songs, games & craft.
Date: Term 1: Thurs 15 Feb, 7 wks
Term 2: Thurs 26 Apr, 8 wks
Time: 9.30 – 10.20 am

Contact: **Hamsi Siva: 1300 707 288**
hamsi@lcclubs.com
www.lcclubs.com.au

LITTLE READERS **

A Literacy and Numeracy Program, for 3-5 year olds, based on the National School Curriculum and designed to build confidence and knowledge to assist children successfully transition to school.
Date: Term 1: Fri 2 Feb, 8 wks

Term 2: Fri 20 Apr, 11 wks
Time: 10.30- 11.30 am

Contact: **Amanda Doherty:**
0404453460

www.littlereadersschoolreadiness
program.com.au

LANGUAGES - ADULTS

ENGLISH AS A SECOND LANGUAGE CONVERSATION CLASS

Learn and practise speaking English in a relaxed environment. This class will also assist migrants to understand Australian culture and establish links within the community.

Facilitator: Siew Har Tan
Date: Term 1: Tues 6 Feb, 8 wks
Term 2: Tues 17 Apr, 11 wks
Time: 10.15 am – 12.15 pm
Cost: \$2 donation please

FRENCH FOR ADULTS **

Cover the basics of the French language. Gain confidence in speaking through games, cultural activities and socialising.

Date: Term 1: Tues 6 Feb, 8 wks
Term 2: Tues 17 Apr 11 wks
Time: 7.00 – 8.15 pm (Improvers)
8.15 – 9.30 pm (Beginners)

Contact: **Rachel Lee: 0438 350 150**
rachel.lee.french@gmail.com

SPANISH FOR ADULTS - BEGINNERS # New

Study pronunciation, grammar and vocabulary and develop practical communication skills for speaking and writing in Spanish.

Tutor: To be confirmed
Date: Term 1: Mon 12 Feb, 6 wks
Term 2: Mon 16 Apr, 10 wks
Time: 7.00 – 8.30 pm (Beginners)
Cost: Terms 1 & 2, prices to be advised

CREATIVE ACTIVITIES

ALL ABILITIES COMMUNITY CRAFT PROGRAM

An all-inclusive art/craft program focusing on the making of mosaics but with the opportunity to create craft items such as cards, painted tiles and jewellery plus more. The focus is on using recycled materials. All materials are supplied.

Tutor: Kathy Bottern
Date: Term 1: Wed 7th Feb, 8 wks
Term 2: Wed 18th Apr, 10 wks
Time: All sessions: 12.30 -3.00 pm
Cost: Free (Funded by LCC & Banyule City Council)

DRAWING #

From beginner to advanced. Learn how to draw, focusing on line, shading, composition and perspective.

Tutor: Lisa Nolan
Date: Term 1: Tues 13 Feb, 7 wks
Wed 31 Jan, 9 wks
Term 2: Tues: 17 Apr, 11 wks
Wed 18 Apr, 10 wks

Time: 1.00 – 3.00 pm

Cost: Term 1: Tues: \$105 / \$91
Wed: \$135 / \$117
Term 2: Tues: \$165 / \$143
Wed: \$150 / \$130

PATCHWORK & KNITTING GROUP

Be inspired to create beautiful quilts, cushions or wall hangings. Or get some assistance with your own sewing project. Learn to knit, complete your own project or help make a charity blanket.

Tutor: Margaret Wallace
Date: Term 1: Mon 5 Feb, 7 wks
Term 2: Mon 16 Apr 10 wks
Time: 1.00 – 3.00 pm
Cost: Term 1: \$56
Term 2: \$80

PAINTING #

Learn to paint using oils, gouache (water base paint) or pastels. No experience necessary.

Tutor: Gladys Coombs
Date: Term 1: Tue 30 Jan, 9 wks
Term 2: Tue 17 Apr 11 wks
Time: 1.00 – 3.00 pm
Cost: Term 1: \$126 / \$108
Term 2: \$154 / \$132

LCC HALL HIRE

The Centre is available for hire. It is a popular venue for children's birthday parties, markets, workshops, meetings & other special events.

Phone: 9497 2014

MUSIC

PHOENIX SINGERS #

A cappella singing group that draws its repertoire of songs from singing traditions across the globe. No experience required.

Facilitator: Therese Virtue
Date: Term 1: Fri 9 Feb, 7 wks
Term 2: Fri 20, 11 wks
Time: 10.00 am – 12.00 noon
Cost: Term 1: \$77/ \$70
Term 2: \$121 / \$110

LIVINGSONG #

Genuine community singing group. A cappella repertoire includes everything from Irish Folk to French Choral and African traditional to The Beatles.

Facilitator: Margaret Crichton
Date: Term 1: Mon 5 Feb, 7 wks
Term 2: Mon 9 Apr, 10 wks
Time: 7.30 – 9.00 pm
Cost: Term 1: \$98 / \$84
Term 2: \$140 / \$120

SOCIAL SUPPORT GROUPS

CHINESE SOCIAL SUPPORT

Useful practical everyday English skills, social and cultural interaction. Information regarding local and foreign current affairs.

Date: Term 1: Thur 1 Feb, 9 wks
Term 2: Thur, 19 Apr, 11 wks
Time: 9.00 am – 12 noon
Every week except January and late December.

Contact: **Louise Cicero: 9496 0200**

FRIENDLY CIRCLE

A friendship group including lunch outings, games and special events. Facilitator: Pat Hollis

Date: 3rd Friday of every month (Not Jan & Dec)
Time: 1.30 – 3.00 pm with occasional changes depending on program.
Cost: Free or small charge for special events and lunches.

SPIRITUALITY GROUPS

NOURISH CONTEMPLATIVE CIRCLE

New

Enjoy a supportive space for quietness and reflection. Explore meditation, silence, contemplation, poetry and journaling and how these practices can nurture and nourish your soul.

Facilitator: Jenni Cronshaw (LCC Community Pastor)
Date: 4th Tuesday of every month (not Jan & Dec)
Time: 7 to 9 pm
Cost: Free