

*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

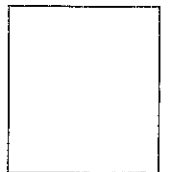
Phone: 9497 2014

Semester 2 Program 2018

Term 3: 16 July - 21 September 2018

Term 4: 8 October - 21 December 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 #

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 Cherstnov

Date: Term 3: Tues 17 July, 10 wks

Term 4: Tues 9 Oct, 10 wks

Time: 9.15 – 10.15 am

Cost: \$140 / \$120 per term

GENTLE EXERCISES

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

Tutor: Luda Chertsnov

Date: Term 3: Tue 17 July, 10 wks

Term 4: Tue 9 Oct, 10 wks

Time: 10.30 – 11.30 am

Cost: \$80 per term

HATHA YOGA #

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

Tutor: Virginia Hunter

Date: Term 3: Wed 18 Jul, 10 wks

Fri 20 Jul, 10 wks

Term 4: Wed 10 Oct, 10 wks

Fri 12 Oct, 10 wks

Time: Wed: 6.00 – 7.00 pm

Fri: 8.25 – 9.25 am

Cost: \$140 / \$120 per term

LESSONS FOR LIFE # New

Creative Thinking & the Power of Your Mind. Learn how to influence & control your mind to overcome obstacles you have.

Tutor: Maya Walker

Date: Term 3: Thurs 16 Aug, 6 wks

Term 4: Dates TBA

Time: 7.00 – 9.00 pm

Cost: \$150 / \$120

PILATES **

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

Date: Term 3: Mon 16 Jul, 10 wks

Term 4: Mon 8 Oct, 7 wks

Time: 9.30 – 10.30 am

5.30 – 6.30 pm

Contact: **Nora Woolford: 9499 9326**

SOCIAL LAWN BOWLS

Learn how to play lawn bowls in a relaxed and easy going environment at the Ivanhoe Bowling Club.

Facilitator: Colin Higgins

Date: Term 3: Mon by appointment only

Term 4: Mon 8 Oct,
(not Oct 29 or Nov 26) 8 wks

Time: 10.30 – 12 noon

Cost: Free

MEDITATION & ESSENTIAL OILS **

Learn how natural essential oils can help you better manage your day-to-day stress, reduce the toxic load in your home, and enhance your health & wellness. Both events include FREE samples, handouts & yummy treats.

Class 1) Introduction to Low-Tox Living:

An Essential Oils Workshop

Class 2) Essential Oils for Emotions + Group Meditation

Dates & Times: Sat 11 Aug; Wed 22 Aug

Other dates TBA

Cost: \$10 - 15 per workshop.

Contact: **Stephanie Beauverd:**

0481 855 051 for times etc.

info@selfsetfreeliving.com

RELAXATION & BREATHING #

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 3: Mon 16 July, 10 wks

Term 4: Mon 8 Oct, 10 wks

Time: 10.30 – 11.30 noon

Cost: \$140 / \$100 per term

SOUND BATH MEDITATION **

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

Dates: Oct 5, 12, 26

Nov 2, 23, 30 Dec 7

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 3: Wed 18 Jul, 10 wks

Term 4: Wed 10 Oct, 10 wks

Time: 7.15 – 8.15 pm

Cost: \$160 / \$140 per term

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 3: Mon 16 Jul, 10 wks

Term 4: Mon 8 Oct, 10 wks

Time: Mon: 11 – 12 noon

Cost: \$160 / \$140 per term

WALKERS AND TALKERS

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

Facilitators: Pamela Beckett and Margaret Wallace

Date: Term 3: Fri 20 July, 10 wks

Term 4: Fri 12 Oct, 10 wks

Time: 9.30 – 11.00 am

Cost: Free

ZUMBA #

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 3: Sat 21 July, 10 wks

Term 4: Sat 13 Oct, 10 wks

Time: 9.00 – 9.45 am

Cost: \$120 / \$100 per term

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 3: Wed 18 July, 10 wks

Term 4: Wed 10 Oct, 10 wks

Time: 3.00 – 5.00 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 3: Wed 18 July, 10 wks

Term 4: Wed 10 Oct, 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 plus Mon & Tues

Facilitator: Liz Shearer

Wed Facilitator: Elizabeth Cramb

Thurs Facilitator: Rachael Duncan

Date: Term 3: Mon 16 July, 10 wks

Tues 17 July, 10 wks

Wed 18 July, 10 wks

Thurs 19 July, 10 wks

Term 4: Mon 8 Oct, 9 wks

Tues 9 Oct, 9 wks

Wed 10 Oct, 10 wks

Thurs 11 Oct, 10 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.

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 3: Fri 20 July, 10 wks

Term 4: Fri 12 Oct, 10 wks

Time: 10.30 - 11.30 am

Contact: **Amanda Doherty:**

0404453460

[www.littlereadersschoolreadiness](http://www.littlereadersschoolreadinessprogram.com.au)

[program.com.au](http://www.littlereadersschoolreadinessprogram.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 3: Tues 17 July, 10 wks

Term 4: Tues 9 Oct, 9 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 3: Tues 31 July, 8 wks

Term 4: Tues 9 Oct, 10 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 - INTERMEDIATE # New

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

Tutor: Andrea Gallo

Date: Term 3: Mon 16 July, 10 wks

Term 4: Mon 8 Oct, 9 wks

Time: 7.00 - 8.30 pm

Cost: Term 3: \$150 / \$130

Term 4: \$135 / \$117

CREATIVE ACTIVITIES

DRAWING

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

Tutor: Lisa Nolan

Date: Term 3: Tues 17 July, 10 wks

Wed 18 July, 10 wks

Term 4: Tues: 9 Oct, 10 wks

Wed 10 Oct, 10 wks

Time: Tues; 3.00 - 5.00 pm

Wed: 1.00 - 3.00pm

Cost: \$150 / \$130 per term

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 3: Mon 16 July, 10 wks

Term 4: Mon 8 Oct 9 wks

Time: 1.00 - 3.00 pm

Cost: Term 3: \$80

Term 4: \$72

PAINTING

Learn to paint using oils, gouache (water base paint) or pastels.

No experience necessary.

Tutor: Lisa Nolan

Date: Term 3: Tue 17 July, 10 wks

Term 4: Tue 9 Oct, 10 wks

Time: 12.45 - 2.45 pm

Cost: \$150 / \$130 per term

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 3: Wed 18 July, 10 wks

Term 4: Wed 10 Oct, 10 wks

Time: 12.30 - 3.00 pm

Cost: Free (Funded by LCC & Banyule City Council)

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 3: Fri 20 July, 10 wks

Term 4: Fri 12 Oct, 10 wks

Time: 10.00 am - 12.00 noon

Cost: \$110 / \$100 per term

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 3: Mon 16 July, 10 wks

Term 4: Mon 8 Oct, 10 wks

Time: 7.30 - 9.00 pm

Cost: \$140 / \$120 per term

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

SOCIAL SUPPORT GROUPS

CHINESE SOCIAL SUPPORT

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

Date: Term 3: Thur 19 July, 12 wks

Term 4: Thur, 11 Oct, 10 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

BOOK & MOVIES WITH HEART New

Heart-warming books and movies linger and inspire. This relaxed and informal book club discusses some of the best book and movie adaptations.

Facilitator: Jenni Cronshaw:

0431 000 240

Date: 2nd Tuesday of the month (not Jan)

Time: 7.00 - 9.00 pm

Cost: \$5.00 per session

CRAFTY AT ♥ New

A friendship and craft group inviting you to reconnect to your crafty ♥. Plenty of space for conversation and sharing of skills. Bring along your craft project or come and learn a new craft.

Facilitator: Jenni Cronshaw:

0431 000 240

Term 3: Thurs 19 July, 10 wks

Term 4: Thurs 11 Oct, 10 wks

Time: 1.00 - 3.00 pm

Cost: Gold coin donation per session

NOURISH CONTEMPLATIVE CIRCLE

Take the time you need to replenish and rest. It is in the quiet when your soul whispers divine wisdom to help you find your way. Enjoy a supportive space for quietness and reflection. Explore meditation, silence, contemplation, art, music, poetry and journaling and how these practices can nurture and nourish your soul.

Facilitator: Jenni Cronshaw:

0431 000 240

Date: 4th Tuesday of every month

(not Jan & Dec)

Time: 7.00 - 9.00 pm

Cost: \$5 per session

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 organizations. 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.

