

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, vegetables and bakery items to members of the community experiencing financial hardship. Clients should possess a valid Centrelink Concession, Disability or Pension card and bring it to their foodbank appointment.

Generously supported by LCC, IBC, Foodbank Victoria, Secondbite, Ivanhoe East Brumby's Bakery.

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 Stafford: 9497 2014

2019 Dates: March 16; May 18; July 20; Sept 21; Oct 19; Nov 16; Dec 14

Time: 10.00 am – 3.00 pm

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

NEW ONLINE ENROLMENT BOOKING SYSTEM

Simply go to our website www.livingstone.org.au and click on "Courses and Programs", then click on the category your group comes under (eg. Health and Well-Being etc.)

Select your desired class / session and then click on the 'Book now' button and follow the prompts.

Complete your enrolment and payment online.

Should you have any questions or experience difficulty with the online enrolment system, please phone or come in and see Susan or Genevieve in the office and we will happily assist you.

Payments: Payment is due at the time of enrolment.

The new online enrolment system also processes payment. Should you have any special arrangements, be experiencing financial hardship or have any issues regarding payment, please call the office to discuss alternative payment options.

Absences: If you are away from your class or session for more than two weeks during term, please ensure you advise your tutor and the office.

If your circumstances change and you will no longer be attending your class, please let us know as soon as possible so it can be filled by the next person on the waiting list.

Refunds: Will not be given for absences, unless for medical reasons and a medical certificate is provided, or by prior arrangement with the office.

BOOKINGS & ENROLMENTS

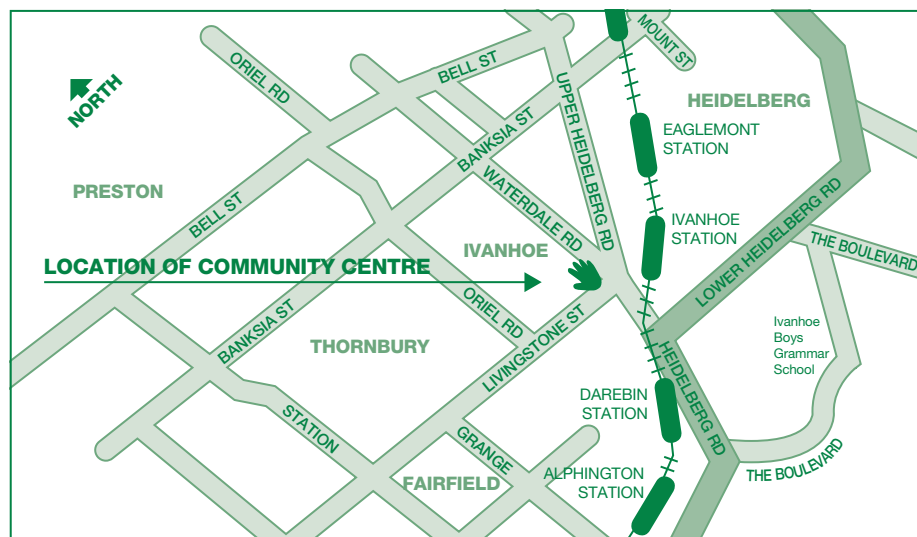
Credit card facility is available with a \$1 or \$2 surcharge. All courses are GST inclusive. Classes with insufficient enrolments may be cancelled or postponed. Courses require full payment for the term by the first week of class. Payments after this date incur a 10% late fee. Concession rates are available 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 unauthorised 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 2019

Term 1: 29 January - 5 April 2019

Term 2: 23 April - 28 June 2019

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 1: Tues 29 Jan, 10 wks
Term 2: Tues 23 Apr, 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 1: Tues 29 Jan, 10 wks
Term 2: Tues 23 Apr, 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 1: Wed 30 Jan, 10 wks
Fri 1 Feb, 10 wks
Term 2: Wed 24 Apr, 10 wks
Fri 26 Apr, 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. Parts 1 & 2 on offer. Tutor: Maya Walker
Date: Term 1: Wed 13 Feb, 6 wks
Term 2: Wed 15 May, 6 wks
Time: 7.15 – 9.15 pm
Cost: \$150 / \$120 per term

PILATES **

Strengthening and stretching exercise program. Suitable for men and women of all ages and levels of fitness. Date: Term 1: Mon 4 Feb, 8 wks
Term 2: Mon 29 Apr, 8 wks
Time: 9.30 – 10.30 am
5.30 – 6.30 pm
Contact: **Nora Woollard: 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 1: Mon 4 Feb, 8 wks
Term 2: Mon 13 May, 6 wks
Time: 10.30 – 12 noon
Cost: Free

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 6 Feb, 9 wks
Term 2: Wed 24 Apr, 10 wks
Time: 7.15 – 8.15 pm
Cost: Term 1: \$144 / \$126
Term 2: \$160 / \$140

WALKERS AND TALKERS

Energetic walks around the Ivanhoe area followed by optional tea/coffee. Facilitators: Pamela Beckett and Margaret Wallace
Date: Term 1: Fri 1 Feb, 10 wks
Term 2: Fri 26 Apr, 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: Yenny Garzon-Rodriguez
Date: Term 1: Sat, 2 Feb, 10 wks
Term 2: Sat, 27 Apr 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 1: Wed 6 Feb, 9 wks
Term 2: Wed 24 Apr, 10 wks
Time: 3.00 – 5.00 pm
Cost: Term 1: \$81 / \$63
Term 2: \$90 / \$70
Plus \$30 / \$25 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: Noriko Marui
Date: Term 1: Wed 6 Feb, 9 wks
Term 2: Wed 24 Apr, 10 wks
Time: 10.00 – 12 noon
Cost: Term 1: \$81 / \$63
Term 2: \$90 / \$70
Plus \$30 / \$25 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.

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 1: Mon 4 Feb, 8 wks
Tues 5 Feb, 9 wks
Wed 6 Feb, 9 wks
Thurs 7 Feb, 9 wks
Term 2: Mon 29 Apr, 8 wks
Tues 23 Apr, 10 wks
Wed 24 Apr, 10 wks
Thurs 2 May, 9 wks
Times: Mon - Thurs: 9.30 – 11.30 am
Cost: Term 1: Mon: \$72 / \$56
Tues – Thurs: \$81 / \$63
Term 2: Mon: \$72 / \$56
Tues & Wed: \$90 / \$70
Thurs: \$81 / \$63
Plus \$30 /25 for additional child over 6 months. Subsequent children free

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: Thurs 31 Jan, 10 wks
Term 2: Thurs 2 May, 9 wks
Time: 10.30 - 11.30 am
Cost: \$280 per term
Contact: **Amanda Doherty: 0404453460**
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 1: Tues 5 Feb, 9 wks
Term 2: Tues 23 April, 10 wks
Time: 10.15 am – 12.15 pm
Cost: \$2 donation appreciated 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 5 Feb, 9 wks
Term 2: Tues 23 Apr, 10 wks
Time: 7.00 – 8.15 pm (Improvers)
8.15 – 9.30 pm (Beginners)
Teacher: Megane Autin
Contact: **Jim Callahan: 0432 719 034**
jim.callahan@lcclubs.com.au

SPANISH FOR ADULTS – BEGINNERS & INTERMEDIATE # New

Study pronunciation, grammar and vocabulary and develop practical communication skills for speaking and writing in Spanish. Tutor: TBA
Date: Term 1: Mon 18 Feb, 5 wks
Term 2: Mon 29 Apr, 8 wks
Time: 7.00 – 8.30 pm
Cost: Term 1: \$75 / \$65
Term 2: \$120 / \$104

CREATIVE ACTIVITIES

CHARITY, CHAT & SEW New

Social sewing group with a purpose. Come along to make environmentally friendly produce bags to raise funds for The Amasiko Partnership which will support a Women's refuge in remote Uganda. Come and share BYO lunch at 12.30 for a 1.00 pm sewing start. No experience necessary, just a willing heart. Date: 2nd and 4th Friday of the month
Time: 12.30 – 3.00 pm
(Taking expressions of interest for a Thurs group 7.00 – 8.30 pm)
Cost: Free
Contact: **Pam: 0407 309 149 or Susan on 9497 2014 or pamwood@bigpond.net.au**

DRAWING #

From beginner to advanced. Learn how to draw, focusing on line, shading, composition and perspective. Tutor: Lisa Nolan
Date: Term 1: Tues 29 Jan, 10 wks
Wed 30 Jan, 10 wks
Term 2: Tues: 23 Apr, 10 wks
Wed 24 Apr, 10 wks
Time: Tues: 3.00 – 5.00 pm
Wed: 1.00 – 3.00 pm
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 1: Mon 4 Feb, 8 wks
Term 2: Mon 29 Apr, 8 wks
Time: 1.00 – 3.00 pm
Cost: \$64 per term

PAINTING #

Learn to paint using oils, gouache (water base paint) or pastels. No experience necessary. Tutor: Lisa Nolan
Date: Term 1: Tue 29 Jan, 10 wks
Term 2: Tue 23 Apr, 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 as much as possible. All materials are supplied. Tutor: Kathy Bottern
Date: Term 1: Wed 30 Jan, 10 wks
Term 2: Wed 24 Apr, 10 wks
Time: 12.30 - 3.00 pm
Cost: Free (Funded by LCC)

OIL / ACRYLIC PAINTING &

MIXED MEDIA ** New

Gain skills & knowledge of various art mediums and methods. Choose your subject to paint and receive individual tuition in a friendly group environment. Date: Term 1: Fri 8 Feb, 9 wks
Term 2: Fri 26 Apr, 9 wks
Time: 12.45 – 2.45 pm
Cost: \$270 per term
Contact: **Christine Georgiou: 0402 260 464 or chrisgeorgiou55@gmail.com**

WATER COLOUR PAINTING ** New

Gain skills and knowledge of various applications of watercolour in both Traditional and Contemporary styles of Art in a relaxed environment. Date: Term 1: Mon 4 Feb, 8 wks
Term 2: Mon 29 Apr, 8 wks
Time: 11.00 am – 1.00 pm
Cost: \$240 per term
Contact: **Christine Georgiou: 0402 260 464 or chrisgeorgiou55@gmail.com**

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 8 Feb, 8 wks
Term 2: Fri 26 Apr, 10 wks
Time: 10.00 am – 12.00 noon
Cost: Term 1: \$88 / \$80
Term 2: \$110 / \$100

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 4 Feb, 8 wks
Term 2: Mon 29 Apr, 8 wks
Time: 7.30 – 9.00 pm
Cost: \$112 / \$96 per term

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 31 Jan, 12 wks
Term 2: Thur 2 May, 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.

MEN'S BREAKFAST GROUP New

Turn up for a friendly, informal breakfast currently held at Soul Bytes: 215 Upper Heidelberg Road, Ivanhoe. Date: 1st Saturday of every month (not January)
Time: 8.30 – 9.30 am
Cost: Your own breakfast
Contact for more information: **Brian Sherry: 9455 2725**

SPIRITUALITY GROUPS

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
Date: 4th Tuesday of every month (not Jan & Dec)
Time: 7.00 – 9.00 pm
Cost: \$5 per session payable on the night

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