

TERM 1, 2018

Maidstone Community Centre Newsletter

Introducing the new Centre Facilitators

Welcome to our first newsletter for 2018! We would like to introduce you to Monique Camilleri and Anna Loughrey, the new enthusiastic centre facilitators who are job sharing the role. Both workers have many years of community development experience and can't wait to meet and connect with people in the local area. Working closely with other staff at the Maidstone Community Centre, they plan to continue to make the Centre a beautiful, thriving cultural space, where people from all backgrounds can come together, connect and explore new interests.

New and exciting programs for 2018

There will be a great mix of interesting old and new programs you might like to try out in 2018. New programs include **Car Maintenance for Women**, **Global Flavours Cooking**, **Edible Oasis Gardening**, and great new **children's classes**. Come in and say hello, tell us what programs you would like to see running and we'll try and make it happen! If you pop by at the beginning of first term you'll be fortunate enough to see Julia Both, the amazing mural artist, adorning the front of our building with one of her awe inspiring creations.



If you've ever wondered how beautiful murals are thought up and brought to life, come and be part of the new **Mural Making Workshops** run by another super talented artist, Justine McAllister! You don't have to have any art making experience to join this inclusive class, just the desire to create, paint and be a part of something special that lives on at the community centre. This is just one of the many new programs on offer.

You may also be interested in joining the hands-on **Car Maintenance for Women** course, run by Monica, our friendly female mechanic. She'll be able to put you at ease and show you how to change tyres, spark plugs, air filters and so much more. This course will give you the confidence and skills to look after your own car and impress your family at the same time!

The **Vegan Workshops and Global Flavours Cooking Classes** are also stand outs for next term. We have managed to entice the lovely local chefs from **Jack B Nimble**, **Particle Cinnamon**, **Eka Wholefoods** and **Tiwari Tea House**, to come and create, delicious, simple, tantalising vegan food, easy for you to recreate and cook at home. Spaces are filling fast so book now if you're interested.

If you love to cook and you love to eat, you **must** come along and create mouth-watering, tantalising dishes from around the world with the fabulous Fofi Christou, in our Global Flavours Cooking classes. Fofi loves to whip up a storm, has some amazing experience in food performance art, and will take you on a magical journey travelling the world through your tastebuds.

Programs + Activities Term 1, 2018

MONDAY

Tai Chi for People of All Abilities

A simple and elegant movement class.

TIME 11.15am – 12.15pm

DATE Ongoing from 15 January

COST FREE

Tai Chi for Health

Explore the 24 steps of Vietnamese Tai Chi using simple, elegant and easy movements.

TIME 1 – 2pm

DATE 29 January – 26 March*

COST \$5 per session

Vegan Classes

Explore the creative delights of vegan cooking in our state-of-the-art kitchen, run by local chefs from Particle Cinnamon, Eka Wholefoods, Tiwari Teahouse and Jack B Nimble! Learn how to combine different flavours and ingredients to create mouth-watering dishes that are fresh and delicious. A series of events not to be missed!

TIME 11am – 12.30pm

DATE 19 February – 19 March*

COST \$40 (full fee) / \$20 (concession)

Beginners Plus Computers

Designed for people who have no knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 9.30am – 12pm

DATE 29 January – 4 June

COST FREE (eligibility criteria applies)

Intermediate Computers

This course expands on our *Beginner Plus* classes. Learn to produce well-designed documents in Excel and Word, how to download and back-up your photos, use a photo editing program, and how to create a slideshow with PowerPoint.

TIMES 1 – 3.30pm

DATE 29 January – 4 June*

COST FREE (eligibility criteria applies)

Women's Only Yoga

This class will help improve your flexibility, muscle tone, and help you unwind and de-stress. Tailored to suit all levels, from beginners to advanced.

TIME 11.30am – 12.45pm

DATE 5 February – 26 March*

COST \$5 per session

English as an Additional Language

Improve everyday English skills through reading, writing, speaking and listening.

TIME 9.30am – 1.30pm

DATE 5 February – 25 June*

COST FREE (eligibility criteria applies)

TUESDAY

Introduction to iPad Training

Improve your knowledge and understanding of using an iPad. This course aims to link people to the community and workforce through new technology and will cover the following topics: advantages and weaknesses of iPad technology, customising your iPad, using email, App Store, YouTube, useful applications such as AS radio, forecast, calendar, clock, voice recorder, reminder, taking pictures, communication techniques, and using web browsers.

TIME 9.30am – 12.30pm

DATE 30 January – 3 April

COST FREE

Lunchtime Mindfulness

A safe space to practice the qualities of gentle listening and self-observation. Participants are taught easy techniques to apply these qualities to the most important relationship in their lives – themselves! Leave each 45-minute session feeling less stressed, and become more peaceful in your day-to-day life.

TIME 12.45 – 1.30pm

DATE 13 February and 13 March

COST FREE



Conversational English

This small class will focus on developing and improving your English speaking, reading and listening skills. Participants will learn basic daily conversational English that will assist in everyday life.

TIME 9.30am – 12.30pm

DATE 30 January – 27 March

COST FREE

School Age Yoga

Your child will learn poses, breathing exercises, play and creative movement that will assist them in their physical and emotional wellbeing. This class will enhance your child's strength, flexibility, coordination, balance and concentration.

TIME 4 – 5pm

DATE 30 January – 27 March

COST \$5 per session

WEDNESDAY

Positive Steps Walking Group

Walking is a great way to boost your strength, fitness and general wellbeing. Join us for a brisk walk around the suburb or a gentle stroll around the park. On your return, enjoy a cuppa and a chat with fellow walkers. All fitness levels welcome!

TIME 10am – 12pm

DATE 31 January – 28 March

COST Gold coin donation

Beginners Plus Computers

Designed for people who have no knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 9.30am – 12pm

DATE 31 January – 6 June*

COST FREE (eligibility criteria applies)

Maidstone Community Playgroup

Connect with other parents while your children are having fun! Run by an experienced facilitator, your children will explore the delights of painting, play dough, dress ups, water play and planting in our gorgeous garden. Mums and dads will also be treated to special pampering sessions, plus guest musicians and artists will enhance the joy for everyone!

TIME 9.30 – 11.30am

DATE 31 January – 28 March

COST Gold coin donation

Ballroom Dancing

We are very excited to trial a new teacher for our regular Wednesday night *Ballroom Dancing* class. Enjoy a social night of fun and exercise while learning basic ballroom dance sequences including: Waltz, Foxtrot, Quickstep, Cha Cha and Rumba. Come on your own or with a partner. Suitable for all dance levels!

TIME 7.30 – 9.00pm

DATE 31 January – 28 March

COST \$5 per session

Intermediate Computers

This course expands on our *Beginner Plus* classes. Learn to produce well-designed documents in Excel and Word, how to download and back-up your photos, use a photo editing program, and how to create a slideshow with PowerPoint.

TIME 1 – 3.30pm

DATE 31 January – 6 June*

COST FREE (eligibility criteria applies)

PLEASE NOTE ASTERISK (*)

Denotes that classes exclude school and public holidays.



Do you have a new idea for a program? We would love to hear from you. Please speak to community centre staff to pass on your suggestions!

THURSDAY

Creative Dance for Kids

Children use their imagination and develop their senses to express how they feel through movement. It's a great way to keep active little people happy and engaged while socialising and exploring with others! Suitable for 3–5 years.

TIME 10 – 10.45am

DATE 1 February – 29 March

COST \$45 per term / \$5 per casual session

Women's Only Yoga

Come and increase your physical health and wellbeing by joining *Women's Only Yoga*. This class will help improve your flexibility, increase muscle tone, and help you unwind and de-stress. Tailored to suit all levels from beginners to advanced.

TIME 10 – 11.15am

DATE 1 February – 29 March*

COST \$5 per session

Intermediate Computers

This course expands on our *Beginner Plus* classes. Learn to produce well-designed documents in Excel and Word, how to download and back-up your photos, use a photo editing program, and how to create a slideshow with PowerPoint.

TIME 1 – 3.30pm

DATE 1 February – 7 June*

COST FREE (eligibility criteria applies)

English as an Additional Language

Improve everyday English skills through reading, writing, speaking and listening.

TIME 9.30am – 1.30pm

DATE 1 February – 28 June

COST FREE (eligibility criteria applies)

Music for Hip Toddlers

Come on a rollicking ride through dance and percussion and ROCK OUT with Razz, the Mighty bUZZniks' front person extraordinaire! These classes will leave you and your mini people feeling exuberant, with songs you don't mind having stuck in your head! Music is a fun way to stay fit and keep active toddlers busy. Suitable for 0 – 4 years.

TIME 9.15am – 10am

DATE 1 February – 29 March

COST \$45 course / \$5 casual session

Latin American Women's Craft Group

This Spanish speaking ladies craft group comes together weekly to enjoy a friendly chat and a cuppa.

TIME 10am – 1pm

DATE 2 February – 23 March

COST FREE

FRIDAY

Nutrition Sessions

Book in for a free 20-minute nutrition consultation to explore your dietary needs for healthy and balanced eating. Run by a qualified naturopath, support your general wellbeing or help prevent certain health conditions such as eczema and diabetes.

TIME Sessions between 11am – 12pm

DATE Ongoing from February 2

COST FREE – bookings essential

Car Maintenance for Women

Ever wondered about the basic mechanics of your car? Come along and learn how to change your tyres, spark plugs and oil filters! Learn all about battery health, engine belts, jump-starting and so much more with our wonderful female mechanic. Everything easily explained and a car available for lots of hands on work.

TIME 10am – 12pm

DATE 2 March – 23 March

COST \$40 (full fee) / \$20 (concession)

Plarn Workshop

These exciting and innovative workshops will focus on recycling and reusing plastic bags to help our environment. Learn how to make plarn (plastic bag yarn) and create a swag mat to donate to the homeless!

TIME 9.30 – 11.30am

DATE 12 January – 23 March

COST FREE (please bring plastic bags)

Global Flavours Cooking Class

Explore tantalising delights from around the world! Create heavenly dishes while soaking up the aromas and atmosphere at our hands-on classes. Share cultural food stories and learn new, authentic recipes. Our lovely tutor has a background in food performance art and community cooking.

TIME 1.30 – 3pm

DATE 2 February – 23 March

COST \$80 (full fee) / \$40 (concession)

Paper Craft Workshop

Paper craft is the art of making paper flowers that can be used to decorate cards, wall hangings and vase arrangements.

TIME 9.30 – 11.30am

DATE 2 February – 30 March

COST \$10 per session (materials supplied)

Beginners Plus Computers

Designed for people who have no knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.

TIME 1 – 3.30pm

DATE 2 February – 8 June*

COST FREE (eligibility criteria applies)

SATURDAY



Mural Making Workshops

Justine McAllister, a super talented award-winning local artist, will work with you to conceptualise, design, and paint a beautiful botanical mural. Learn about the mural process from start to finish, and complete the class having your artwork adorn the Maidstone Community Centre fence. You don't need to be a practicing artist to undertake this course.

TIME 1 – 3pm

DATE 10 February – 10 March

COST \$75 / \$15 per session (full fee)
\$50 / \$10 per session (concession)



GROW YOUR OWN SEASONAL VEGIES!

Community Garden

We have a few FREE garden plots available for those keen to grow their own produce. To get digging, please call 03 9688 0543.

Edible Oasis Gardening Workshop

Learn how to establish and maintain your own edible oasis to create an amazing, lush wonderland. This workshop will focus on organic gardening methods for the urban garden along with great companion planting tips. Don't miss out, limited places!

TIME 11am – 1.30pm

DATE Thursday 15 March

COST \$10

CLASS BOOKINGS

For further information or to book please contact us on 03 9688 0543.

Classes held at Maidstone Community Centre, 21 Yardley St, Maidstone 3012.

New and exciting programs for 2018

We have also created some great new programs for children. Bring your kids along and come on a rollicking ride through dance and percussion and ROCK OUT with Razz the Mighty buZZnik's front person extraordinaire! This **Music for Hip Toddlers** class is a great way to kick off the day and will leave you and your little ones full of energy with funky songs you won't mind having stuck in your head.



We've also timetabled the **Creative Dance for Kids** classes directly after the kids music, so for \$5 each, your child can attend both classes and have a stimulating, fun-filled morning.

The facilitated **Community Playgroup** will also be offering parent pampering sessions and guest artists to entertain the little ones.

So check out our program on the inside, find something you want to do, and give us a call.

Harmony Feast 2018



As part of **Harmony Feast 2018**, to be held on **Sunday 18 March** at Maidstone Community Centre, we are very happy to present the return of **Head On Human Library**. This event ran three years ago at the Harmony Feast and was very popular with people of all ages and cultural backgrounds.

You may be asking what a human library is. Well, as part of a human library, individuals volunteer as human 'books' and participants at the event can 'read' the book – meaning they would have a one-on-one and conversation with the 'living book' about that individual's life experiences (usually about 20 minutes). The aim of the 'Human Library' event is quite similar to the aim of Harmony Feast; it is about creating an understanding between people from diverse backgrounds and giving people the opportunity to connect.

The *Head On Human Library* events focus is to better understand the rich lives of people living in the West who have come to Australia either as a new immigrant or as a refugee.

Many of the communities who contribute to make Harmony Feast such a beautiful expression of sharing and togetherness, have

similarly come to Australia either as new immigrants or as refugees. By having our *Head On Human Library* as part of this year's Harmony Feast we hope to showcase to current and future users that Maidstone Community Centre is a place to form meaningful connections. These connections may last 20 minutes or they may last a lifetime! The length of time is less important than the learning that takes place as a result of the connection.

So come along to the Feast - enjoy the free food and entertainment, the atmosphere and the people.

We look forward to seeing you there!



Dates to put in your diary

Term 1 courses and workshops

Classes start week beginning Monday 29 January (see inside for details)

Harmony Feast
Sunday 18 March