



**KYNETON COMMUNITY  
& LEARNING CENTRE INC**

## Program Guide

### Term One

**29th January—5th April 2019**

*For you, your family and the community*

Welcome to our Term One program guide. We have many new courses and activities scheduled this term.

Have a look online at [www.kynetonclc.org.au](http://www.kynetonclc.org.au), contact us on **5422 3433** or email [admin@kynetonclc.org.au](mailto:admin@kynetonclc.org.au) to enquire and enrol, or drop in and say hello! **ONLINE PAYMENTS AVAILABLE**

We are open Monday—Thursday 9am-3:30pm (closed during school holidays)

#### COMMUNITY INITIATIVES



A tasty and healthy lunch for all of Kyneton Wednesdays during School Terms @ Kyneton Mechanics Institute 12:30 pm

**Cost: \$5.00 incl. Lunch, Dessert, Tea & Coffee (children gold coin donation)**

If you have produce to donate contact: [kynetoncommunitylunch@gmail.com](mailto:kynetoncommunitylunch@gmail.com)

#### Boomerang Bags



Join the fun of making Kyneton plastic bag free!

**Working Bee at KC&LC every Wednesday 10am—12pm**

Follow us on Facebook, drop by the center for details of workshops or pick up a take-home kit.

Facebook: Kyneton Boomerang Bags



#### Parenting Workshops

##### Kids & Worry

Explore the reasons Children worry and ways to support them.

**Tuesday 19th March  
11:45am — 2:30pm**

##### Boys Brains

Gain insight into the the workings of a boy's brain and how their needs differ from girls.

**Tuesday 19th March  
5:45—8:30pm**

#### AFTER SCHOOL

##### Pottery with Andrew

This class offers the basic principles of how to join clay successfully when creating an object. For kids aged 6-12

**Tuesdays 5th Feb—12th Mar, 4-5pm  
Cost: \$130**

##### Lego/Robotics Club

If you love Lego or Robotics then this is the activity for you! Use LEGO to explore the world of robotics. Program creations on computer to do your will!

**Wednesdays 6th Feb—27th Mar 4:30—6pm  
Cost \$180 . Suitable for ages 6-12**

#### GENERAL SERVICES

##### Occasional Child Care

**Come join the fun with our fantastic Educators!**

Places currently available for Tuesday to Friday sessions (9am—2pm)  
**Taking expressions of interest for Monday sessions**  
Contact the centre for further information.

Low cost photocopying, printing & faxing available.

**Room Hire**—7 days a week. Commercial Kitchen, Small & Large Meeting Rooms, Equipment Hire & Wi-Fi can be arranged. Community rate available. **Bookings essential**

**Volunteering** - KC&LC currently has vacancies in

- Kyneton Community Lunch
- Volunteer Intake worker
- Computer /Tablet skills, providing one-to-one assistance
- Web Maintenance
- Or come & provide an activity & share your skills.

#### PATHWAYS COURSES

##### LEAP Back into Work

Are you looking to LEAP back into work? Need a boost of confidence? This 3 week course helps you work on your job seeker and computer skills.

**Mondays 18th, 25th Mar, 1st Apr  
9:30am—2:30pm  
Cost: \$60, Conc.\$50**



##### LEAP into Small Enterprise

Make your small enterprise vision a reality. Put together a basic business plan. Learn how to apply for ABN's and business name. Social Media & Promotion overview.

**Mondays 11th, 18th & 25th Feb  
10:30am—2:30pm  
Cost: \$50, Conc. \$40**

##### Skills For Life—Hospitality or Agriculture

A facilitated program focusing on job skills required to enter the hospitality or agriculture industries. You will cover industry specific training along with First Aid and Literacy/Numeracy training.

**Date: Wednesdays 13th Feb—3rd Apr  
10am—3pm**

Additional work experience days organised with student during course.



##### Words for Wellbeing

This course teaches learners how to master the art of 'shared reading' with members of the community with problematic literacy skills. More info: [www.toturnapage.org.au](http://www.toturnapage.org.au)

**Thursdays 7th, 14th, 21st March  
10:30 am—4:30pm  
Cost: \$70, Conc. \$55**



Instagram: @kynetonclc

## COURSES & WORKSHOPS (MIN NUMBERS REQUIRED)

### Responsible Service of Alcohol (RSA)

It is compulsory to have an RSA certificate if you work in a venue with a general, on-premises, late night or packaged Liquor Licence, such as a bottle shop.

**20th Feb, 20th March 6-10pm**

**Cost \$85**

**Bookings Essential!**

### FIRST AID LEVEL II

Learn basic first aid response for emergency life support until assistance arrives (includes CPR). To enrol : <http://www.its.vic.edu.au/hltaid003-provide-first-aid-courses/>

**Saturday 2nd February**  
**Time 9-4:30, Cost: \$115**

### CPR

Covers the skills and knowledge required for Cardio Pulmonary Resuscitation. To enrol: <http://www.its.vic.edu.au/hltaid001-provide-cadriopulmonary-resuscitation-cpr-refresher/>

**Saturday 2nd February**  
**9am—12:30pm, Cost \$85**

### Educators First Aid

The Australian Children's Education and Care Quality Authority has endorsed this course as satisfying all educator requirements for First Aid and Anaphylaxis.

To enrol: <https://www.its.vic.edu.au/enrolment-form/?eventid=4845>

**Friday 1st March**

**9am—5:30pm, Cost \$175**

### Mindfulness Based Meditation

A 6 week course facilitated by an experienced teacher. A supportive group suitable for new or experienced participants. Contact Voula : 0402 622 554 or [counsellingandmeditation@gmail.com](mailto:counsellingandmeditation@gmail.com)

**Mondays 7:30-8:30pm**  
Contact Voula for dates

### Vinyasa Yoga with Karina Reed

Free flowing Vinyasa sequences focusing on strength & core with plenty of poses to get the heart rate going.

**Mondays from 4th Feb 9:30-10:45 am**  
**(No classes Mon 11th Mar)**  
**Wednesdays from 30th Jan 6:45—8pm**  
**\$15 per class**

Bookings not required—just come along!  
Classes in Portable at rear of centre

### Chair Yoga

Keep doing what you love! By using a chair you can learn to move with confidence & comfort. This Yoga improves your flexibility, builds healthy bones and helps manage pain and stress. **Tuesdays from 11am-12pm (starting 29th Jan)**

**\$75 for 5 classes/\$18 casual**

### Facebook for Business

Want to build and manage your own Facebook Page for your business? Join us for this hands-on workshop. Supported by MRSC

**Saturday 9th Feb 9am-12.30pm**  
**Cost \$20**

### KC Pub Singers

Love singing? Monthly pub singalongs with Polly Christie of Pollyphonics.

\$10 per person, 2 for \$15 if you book online!

Keep an eye on our Facebook for venue & ticketing details each month.

### Beginners Sewing

Do you have a sewing machine gathering dust? Come and learn how to use it! During this course you'll learn the ins and outs of your machines whilst working on a small project under the watchful eye of our Instructors.

**Saturdays 16th & 23rd March**

**1- 4 pm**

**Cost : \$60**

### Meditation Makeover

This course is made up of a range of breath & body work exercises, guided meditations and creative activities to support your mind, body & spirit.

To register, email: [meditationmakeover@gmail.com](mailto:meditationmakeover@gmail.com)  
Or contact Loren on 0498 653 075


**Thursdays 31st Jan—21st Mar**  
**7—9pm**  
**Cost: \$100**

### Instagram for Business

Want to set up an Instagram presence for your business? Join marketing and social media specialist, Zali Garrety from the Online Wordsmith, at this hands-on workshop . Supported by MRSC

**Saturday 23rd Feb 9am-12.30pm**  
**Cost \$20**


### Introduction to Wordpress

 Looking to launch a website but not sure how to go about it? Learn the tricks of the trade and create a professional presence on the web.

**Tuesdays 26th Feb to 26th Mar**  
**7-9pm**

**Cost: \$140, Conc. \$120**

### Re-imagining Spirituality

 These 2 presentations & discussions will consider the status of spirituality today against a background of apparent social decline in Traditional Religion. Light supper provided.

**Thursdays 21st & 28th February**  
**From 7:30pm**

**Cost: \$10, Conc. \$5**

Enquiries & bookings call Martin 5427 0592

### Boat Licence


The summer months are coming! Stay safe on the water.

Also includes Jet Ski endorsement.

**Monday 21st Jan, 25th Feb, 25th Mar**  
**6-10pm**

**Cost: \$130**

### Get to know your Garden

 Learn the basics to help you plan and make your garden ideas a reality. Working with a trained Horticulturalist, you will learn about soils, compost, propagation, garden design & more.

**Thursdays 28th Feb—4th April (6 weeks)**  
**7-8pm**  
**Cost \$150**

**For what's on at other Neighbourhood Houses across the Macedon Ranges visit**

[www.MRNH.org.au](http://www.MRNH.org.au)

### Permaculture

Interested in growing your own vegies and learning the best way to establish your sustainable garden?

**Fridays 15th Feb—29th Mar 10am - 2pm**  
**\$80 per term (\$70 conc) 7 wks**  
Bookings through [www.woodendnh.org.au](http://www.woodendnh.org.au)