

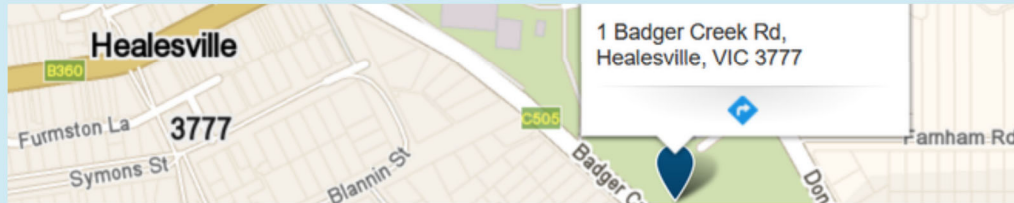
Admin has Moved to:

Administration Office:

Healesville Community Link, 110 River Street, Healesville



Training Rooms: 1 Badger Creek Road, Healesville



Office Hours

Monday - Thursday 9.00am - 4.00pm

Friday - Closed

Contact Us

 (03) 5962 5982

 Admin: Healesville Community Link
110 River St, Healesville 3777

Training Rooms:

1 Badger Creek Road, Healesville 3777

 reception@hllc.org.au

 www.hllc.org.au

 www.facebook.com/HealesvilleLearningCentre



What's happening in Term 3

15th July - 20th September



Families,
Fairness
and Housing

Literacy

Journaling - a tool to improve mental health

Wednesday ---- 10:00am - 12.30pm

Starting: 17th July - 18th September, 10 wks

Fees: \$50 concession card or \$95 per term

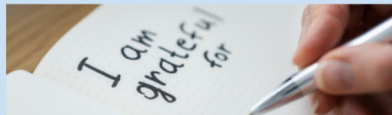


Open to everyone - is simply writing in a journal your thoughts and feelings to try and understand them more clearly. If you struggle with stress, depression or any mental health issues join us. **There is no pressure to share what you have written.**

A daily gratitude is made to show appreciation for the things in our lives that are meaningful or important to us. It can go a long way towards supporting mental health and generating a feeling of positivity.

Benefits of Journaling can include:

- Improves Mental Health
- Allows for Self-Reflection
- Boosts Writing Ability
- Inspires Creativity
- Enhances Memory
- Helps Goal Achievement



Book Chat Club



Monthly ---- 11am - 12pm

Second Monday of each month

Starting: 12th Aug and 9th Sept

Fees: **FREE**



Share your love of reading with others.

This is as much a social group as a reading/chat group. Read a book with other people and share your thoughts from the reading.

Once a month, we gather over tea/coffee and morning tea and discuss an author and their books that we have may have read, together we will decide on the author as a group for the next month's gathering.

New members always welcome.

Nature Journaling Term 4

Fridays --- 10:00am - 11.30am

Starting: 11th Oct - 1st Nov -- 4 wks

Fees: \$50 concession or \$60

Nature journaling is simply the act of keeping a journal that has a strong, but not necessarily exclusive, focus on nature.

A nature journal is a personal expression of your relationship to nature and might take the form of a naturalist's records, a poetry notebook, a written journal, a scrapbook, a photo album, an artist's sketchbook, or something else.



HLLC receives Learn Local funding from the government to offer programs at low or no cost to eligible Victorian adults.



Bookings essential via our website or email reception@hllc.org.au

Write your Story



Thursdays --- 10:00am - 3pm

Starting: 8th Aug - 12th Sept -- 6 wks

Fees: \$50 concession card or \$85

Bring along your own stories or experiences or ideas.

You can write poetry, short stories or your memoirs or your autobiography or that novel you have always wanted to try.

Judy will provide guidance and support with your writing project.



Book Donations

We are looking for and accepting donations of books for all ages to fill our Street Library.

Drop books for all ages to HLLC Admin Officer at 110 River Street Healesville.

Thank you for your support.



About Us

Healesville Living and Learning aims to be a safe place for everyone to come together to feel part of the community, interact, gain confidence and build new skills together.

Bringing people together to connect, learn and contribute to their own local community through social, educational, recreational and support activities.

If there is an activity you would like us to run for you please come and discuss it with us and we can work together to make it happen.

Healesville Living and Learning is:

- a safe and welcoming space for everyone to enjoy
- offering a range of programs including
 - a. adult education/skills development programs,
 - b. hobby & leisure programs,
 - c. mental health activities to improve how you feel
 - d. exercise classes,
 - e. social and self-development groups for people living in our community.

Our programs offer opportunities for everyone to engage, enjoy, learn to develop new interests and skills.

Terms & Conditions

Commencement of Programs

- Commencement of programs is subject to sufficient numbers; minimum and maximum numbers apply to all programs.
- In the event of program cancellation, all fees are refunded in full by bank transfer or to your credit card.

Cancellations

- If a program is cancelled or delayed by Healesville Living and Learning a full refund or credit will be made available.
- A refund will be made available if Healesville Living and Learning is notified in writing within five business days prior to the commencement of the program. A \$15.00 administration fee is applicable for this.
- No refunds are available after a program has started.
- Refunds will be by bank transfer or credited back to your credit card.
- If a trainer is ill then a make up session will be organised with the trainer.
- A refund for learners missing a session will not be issued.

Fees

- Fees need to be paid prior to start of the program to secure your enrolment.
- Program fees can be paid by cash, bank transfer or credit payment over the phone or in person.

Arts n Craft

Art and Minds

Mental Health Peer Support Art Group

When: Every Tuesday
Time: 1:00 pm - 4:00pm
Fees: Gold Coin

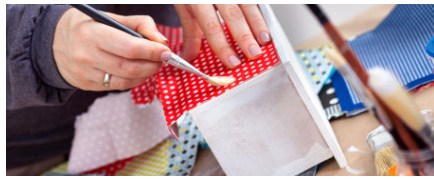
HLLC offers support and structure to assist the group in furthering the development of their skills and capacity. Whatever your preferred medium, share your passion and meet like-minded artists in our creative community space. Bring your current project and share ideas and techniques.
All welcome.

Recycle or renew with Decoupage

When: 22nd July - 10 wks
Time: 10:00am - 12:00pm
Fees: \$55 per term

Fall in love with the art of decoupage!

This simple craft is perfect to create personalised presents, recycle an old box or bottle and much more – for beginners. Gather decoupage ideas and learn simple techniques.



The Craft Space

Enjoy the benefits of our well-equipped craft space. Sewing machines, over lockers and a variety of tools are available for use. Bring along your current project and enjoy a cuppa with this group of like-minded crafters.

Beginners welcome.

When: Every Wednesday
Time: 10:00 am - 12:00pm
Fees: \$55 per term



Acrylic Art Space

Bring your own work and materials to work alongside local artists. You will be able to share your skills and knowledge and learn from others to create your next masterpiece.

When: Every Thursday
Time: 10:00 am - 1:00pm
Fees: \$55 per term

Bookings essential via our website or email reception@hllc.org.au

Digital Technology

Make Short Videos on your Mobile Phone

Wednesdays --- 9:30am - 12.30pm
Starting: 17th Jul - 18th Sept - 10wks
Fees: \$50 concession or \$95

Discover how to tell engaging stories through your videos, use editing apps to enhance your content, and implement various styles and formats.

Whether you're interested in creating:

- TikTok or facebook videos,
- professional LinkedIn content,
- engaging Instagram stories, or
- family special events
- videos to advertise work activities or projects

This program will provide you with the practical skills and creative inspiration needed to create that special project.



People with a Disability

We can run a program for you

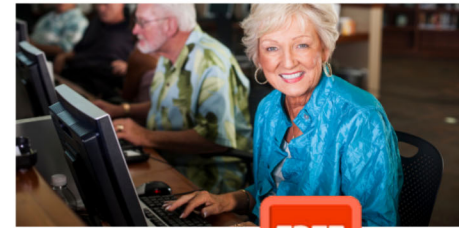
If you have a phone or a tablet/iPad we can run a class for you to learn about your device and how to download apps, play games and anything you want to know. Bring your support worker with you to help you in a special class just for you.

Programs are \$50 for the term and can be claimed on NDIS if your plan has training in it or accessing the community.

Call us to discuss your needs

5962 5982

Bookings essential via our website or email reception@hllc.org.au



Computers for Over 55s

FREE

Learn Local

Fridays --- 9:30am - 12.30pm
Starting: 19th Jul - 12th Sept - 10wks
Fees: FREE

An Over 55s specific seniors only group to learn and gain confidence on your own digital device - mobile phone, laptop or iPad or tablet. Learn at your own pace. Send and receive texts, take photos things you can do everyday. Lots of activities to ensure you can use your digital device to do a range of tasks.

If you need support to use your digital device this is the group for you!

Make birthday, wedding or special occasion party invitations/flyers

Online Program

Tuesday --- 7:00pm - 8.30pm
Starting: 16 Jul - 17th Sept - 10wks
Fees: \$50 concession or \$95

This is a fun program learning to use Canva software.

- create your **free** online account
- create invitations, flyers or brochures.
- beginners will learn how to use the software
- create your own invites/flyers.
- There will be home activities that you will have the week to complete ready for your next session.

Learn Local

Skills Development

Women's Shed

- Wednesday - 9:30am - 12.30pm
- Wednesday - 1:30pm - 4:30pm
- Thursday - 9:30am - 12.30pm
- Saturday - 10:00am - 1:00pm

Starting: Wk beginning 15th July
Fees: \$50 concession or \$110 per term

Women only group working on your own carpentry projects with support from our experienced trainer.

Receive guidance through the design process, selection of materials and use of machinery and tools.



Upcycled Clothing

Start: Friday 9th Aug - 20th Sept
7 weeks
Time: 9.30am - 12.30pm
Cost: \$50 concession or \$100 per term

A fully hands-on program to make and upcycling clothing involves taking old or pre-loved garments and turning them into something new and unique.

Items can be selected from our Op Shop or just bring something from home that you would like to freshen up.

This process can involve cutting and sewing, adding new embellishments, or repurposing the fabric into a new garment.

The result is a one-of-a-kind piece that is both fashionable and sustainable.



At the end of the program show off your work in a Fashion Parade.



Basic Maintenance Skills

Start: Thursday - 18th July 2024 - 10wks
Time: 1.00pm - 5.00pm
Cost: \$50 concession or \$95 per term

In this hands-on program, you will learn about:

- various tools both hand and power tools
- how to use them safely
- basic carpentry
- plastering and repairing holes in walls
- painting
- changing tap washers and
- much more.



This program is designed for those who are new to home maintenance and don't know where to start. You will gain knowledge and the confidence to start to maintain and beautify your home.

Please Note minimum enrolment numbers apply and will vary across all programs and workshops.

The Centre reserves the right to cancel a program or workshop should the minimum enrolment numbers not be met.

If a class or workshop is cancelled, a full refund will be issued.



- Healesville Living and Learning provides programs funded by ACFE (Adult and Community Further Education) through the Department of Jobs, Skills, Industry and Regions.
- These programs are government subsidised and enables us to offer programs at low or no cost to eligible Victorian adults.
- The program concession fees are \$50 for any Centrelink Concession Card holder.

Health & Wellbeing

Yoga AM

Wednesday --- 11:00am - 12:00pm
Starting: 17th July - 18th Sept - 10wks
Fees: \$100 or Casual \$15 per wk

Please bring a water bottle, yoga mat, blankets and cushions or a bolster.

Yoga PM

Monday --- 6:00 - 7:00pm
Starting: 15th July - 16th Sept - 10wks
Fees: \$100 or Casual Fee \$15 per wk

Please bring a water bottle, yoga mat, blankets and cushions or a bolster.



NEW! Guitar Jam Session with Robbie Greig

Monday --- 11:00am - 12:00pm
Starting: 15th July - 16th Sept - 10wks
Fees: \$80 or Casual \$10 per wk

- **Do you have a guitar that you want to play?**
- **Can you play a few chords and/or a few tunes?**
- **Do not like playing alone?**

Bring yourself and your guitar and join our informal group to play music, have fun and have a chat.

A great way to relax, improve your skills, and connect with other musicians.

Robbie Greig, an experienced guitarist and teacher, joins in with you for a fun hour of strumming the guitar.

This is more than a jam session it's for all skill levels a celebration of creativity and connection, give it a go!

Call us and express your interest in joining in by contacting the Centre.

Chair Yoga AM

Tuesday --- 11:00am - 12:00pm
Starting: 30th July - 17th Sept - 8wks
Fees: \$80 or Casual Fee \$15 per wk

Please bring a water bottle, yoga mat, blankets and cushions or a bolster.



Move it or Lose It

Tuesday --- 11:00 - 12:00pm
Starting: 16th July - 17th Sept - 10wks
Fees: FREE

A walking group for people with limited mobility of any age.

Do it at your pace. Chat while you walk!

Walk anywhere between 500m to just over 1km.

Everyone welcome to join in, unaided, or with a walking stick, nordic poles or a just bring a friend or your support worker.

Please bring a water bottle and any walking aids needed.

FREE



NEW!

Bookings essential via our website or email reception@hllc.org.au

Information

When: Every Thursday
Time: 2:00 pm - 3:00pm
Fees: Free

TALKING CAFÉ
 A regular weekly chat session with community connector volunteers for people aged 65+ in the Healesville area

Find out what's happening in Healesville | Meet interesting people from community groups | Share a passion or interest with like-minded people

How does it work?
 Drop in and purchase a cuppa and join our community connector volunteers for a chat. Some weeks we will have guest speakers talking about their community group or organisation.

How do I join in?
 No booking required.
 Thursdays at 2pm - 3pm at Beechworth Bakery

More info | Email srimmer@hllc.org.au or phone 5962 5882

- Copies of our programs can be picked up from:**
- the Centre - both sites
 - Bendigo Bank
 - Coles
 - Library
 - Post Office
 - medical centres
 - local schools
 - early childhood centres
- or online on our web page www.hllc.org.au

Look What's New

Health & Wellbeing

NEW!

Qigong with Jess Hawman

Friday --- 1:00pm - 2:00pm
Starting: 15th July - 16th Sept - 10wks
Fees: \$95 per term or Casual \$15 per wk

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture.

Can assist in a number of different ways:

- reducing pain
- helps older adults to prevent falls
- help with knee osteoarthritis
- dealing with cancer
- mental health

All welcome.

Call us and express your interest in joining in by contacting the Centre.



1/2 Day Workshops

Master your Scone Making

Starting: 14th August
Time: 1:00pm - 4:00pm
Fees: \$70

This is a hands-on class, where you can make light, fluffy scones:

- 2 different types of scone recipes,
- make your own raspberry jam,
- 2 different types of cream (devonshire cream and clotted cream) and
- to end the session lay the table and sit down for a refined afternoon tea and chat about what you have achieved.

Sourdough Basics

Starting: 7th August
Time: 1:00pm - 4:00pm
Fees: \$95

This is a hands-on class, perfect for first time sourdough makers.

- A sourdough culture to keep is provided.
- Maintain it, and use your culture to mix a dough, knead it, shape it and bake sourdough loaves and rolls.
- Printed recipes with tips and hints are also provided.

Bookings essential via our website or email - reception@hllc.org.au.

Soy Wax Candle Making

Saturday: 14th Sept
10:00am - 1:00pm **\$70**

This is a hands-on class, where you can make your candle.

- A kit is provided with all tools and equipment and wax.
- Make your own soy wax candles quickly and easily.
- A how-to, step-by-step guide to homemade candles using pure essential oils and soy wax.



Healesville Women 4 Women invite you to join our committee. You will have the opportunity to meet many great women, develop new skills and have a lot of fun.

Currently we will be holding one event each season, and will be exploring other events and activities as we build the capacity of the committee.

We would like to thank our powerhouse women who have given so much as committee members. We wish those who are moving on well in their travels and pursuits. To those staying on we thank you for guiding the committee in creating a supported and nurturing space for all that we look forward to.

Please Note minimum enrolment numbers apply and will vary across all programs and workshops.

The Centre reserves the right to cancel a program or workshop should the minimum enrolment numbers not be met.

If a class or workshop is cancelled, a full refund will be issued.

For Carers

Healesville Pathway Walk for Carers

FREE

3rd Wednesday of every month,
Starts at 9:45am - 11:30am
17 July ---- 21 August ---- 18 September

Are you a carer of people with a disability, or suffering from mental illness or an elderly parent or family member?

Come and join in with this free walking group, leaving from Beechworth Bakery.

Pathway Walk for Carers offers an opportunity to share walks together, learn about news, services and support available to carers.

Morning tea is supplied and guest speaker after the walk.

Contact srimmer@hllc.org.au for more information.

Pathways for Carers project

YARRA RANGES WALK HEALESVILLE

The Pathways for Carers project offers carers of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and supports available to carers. We will be joined on the walk by representatives from local organisations.

Free coffee and cake after each walk

Bookings essential via our website or email reception@hllc.org.au

Bookings essential via our website or email reception@hllc.org.au

Monday

Arts n Crafts Recycle or Renew with Decoupage

Start: 22 July - 10 wks
Time: 10am - 12pm
Cost: \$55 per term

Wellbeing

Guitar Jam Session

Start: 15 July - 16th Sept
Time: 11am - 12pm
Fees: \$80
\$10 casual week!

Yoga

Start: 15 July - 10wks
Time: 6.00pm - 7.00pm
Cost: \$100
or Casual \$15pw

Are you interested in joining a Chess Group?

Looking for people of all ages to
join a chess group?

Beginners to experienced.

We are taking Expressions of
Interest with suitable days and
times to get this activity started.

Email reception@hllc.org.au with
your name and contact details.



Book Chat Club

Second Monday
of each month
11am - 12pm
Cost: FREE



Arts n Crafts Arts and Minds

Every Tuesday -- 1pm - 4pm
Fees: Gold Coin



Computers

Canva

**Make invites, flyers,
brochures, logos,
letterheads**

Online Program - Evening

Start: 16 July - 10wks
Time: 7:00pm - 8:30pm
Cost: \$50 concession or
\$95 per term

Tuesday

Wellbeing Chair Yoga

Start: 30 July 2024 - 8wks
Time: 10am - 11am
Fees: \$80 per term
or \$15 per week



Move it or Lose it

Start: 16 July - 17th Sept
Time: 11:00am - 12:00pm
Fees: FREE
A gentle walk for everyone on flat
ground for all abilities. Enjoy the
outdoors and make some new friends.



Wednesday

Skills Development



Women's Shed

Start: 17 July - 10wks
Time: 9:30am - 12:30pm
and/or 1:30pm - 4:30pm
Fees: \$50 concession or
\$110 per term

Arts n Crafts The Craft Space

When: Every Wednesday
Time: 10am - 12pm
Fees: \$55 per term

Computers

Make short videos on your Mobile Phone

Start: 17 July - 10wks
Time: 1:00pm - 4:00pm
Fees: \$50 concession or \$95 per term

Workshop

Master Your Scone Making

Start: 14 August
Time: 1pm - 4pm
Fees: \$70



Wellbeing Yoga

Start: 17 July - 10wks
Time: 10am - 11am
Fees: \$100 per term
or \$15 per week

Journaling

a tool to improve Mental Health
Start: 31 July 2024 - 8wks
Time: 10am - 12.30pm
Cost: \$95 per term
or \$50 concession

Pathway Walk for Carers

When: 24 Jul & 28 August
4th Wed of each month
Time: 9.45am - 11.30am
FREE morning tea provided

Workshop

Sourdough Basics

Start: 7 August
Time: 1pm-4pm
Fees: \$95



reception@hllc.org.au

What's On in Term 3

Ph: 5962 5982

Thursday

Arts n Crafts Acrylic Art Space

Start: 18 April 2024
Time: 10:00am - 1:00pm
Fees: \$55 per term

Skills Development

Write Your Story

Start: 18 July - 6wks
Time: 10am - 3pm
Fees: \$50 concession or
\$85 per term

Skills Development Basic Maintenance

Start: 18 July - 10wks
Time: 1.00pm - 5.00pm
Cost: \$95 per term
or \$50 concession

Skills Development

Women's Shed

Start: 18 July - 10wks
Time: 9:30am - 12:30pm
Fees: \$50 concession or
\$110 per term



Wellbeing

Talking Cafe

Start: 18 April
Time: 2:00pm - 3:00pm
Fees: FREE

PRIDE Dinner

Start: 30 August
Time: 6:00pm - 7:30pm
Fees: TBA



Friday

Computers

Computers for Over 55

Start: 19 July - 10wks
Time: 9:30am - 12:30pm
Fees: FREE

Wellbeing QI Gong

Start: Friday - 10 wks
Date to be Advised
Time: 1:00pm - 2:00pm
Fees: \$95 per term



Skills Development

Upcycled Clothing

Start: 9 August - 7 wks
Time: 9:30am - 12:30pm
Fees: \$50 concession or
\$100 per term



Wellbeing Nature Journaling

Start: Friday - 4 wks
11th Oct - 1st Nov
Time: 10:00am - 11:30am
Fees: \$50 concession or \$60



Coming in Term 4

**Bookings essential via our website or
email reception@hllc.org.au**

Saturday

Skills Development

Women's Shed

Start: 20 July - 10wks
Time: 10:00am - 1:00pm
Fees: \$50 concession or
\$110 per term



Services We Offer

We offer low cost:

- photocopying services (A4 & A3) colour & BW
- laminating - A4, A3, business card
- document scanning
- knife sharpening ---- **NEW SERVICE**

Workshops

Soy Wax Candle Making

Start: 14 Sept 2024
Time: 10:00am - 1:00pm
Fees: \$70

