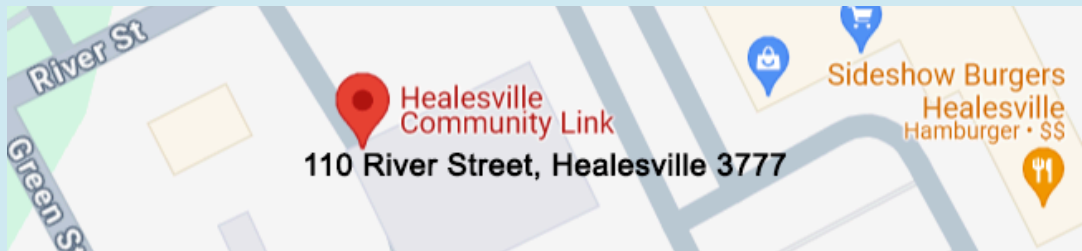


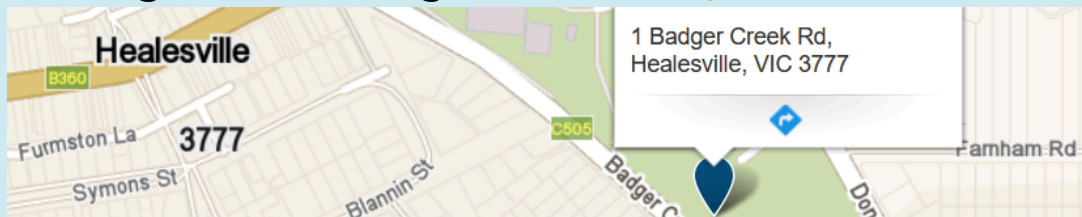
# *Admin has Moved to:*

## 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](mailto:reception@hllc.org.au)

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

 [www.facebook.com/HealesvilleLearningCentre](http://www.facebook.com/HealesvilleLearningCentre)



# Healesville Living & Learning Centre

5962 5982

## What's happening in Term 4

7th October - 13th December 2024



Families,  
Fairness  
and Housing

# Literacy

## Journaling - *a tool to improve mental health*

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

**Starting:** 16th Oct - 11th Dec 2024

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

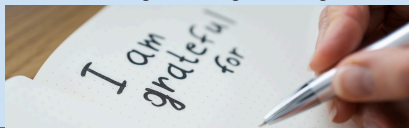


**Open to everyone** - is simply writing in a journal your thoughts and feelings to try and understand them more clearly. If you struggle with stress, depression or any mental health issues join us. **There is no pressure to share what you have written.**

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



## Nature Journaling

**Tuesday** --- 11:00am - 12.30am

**Starting:** 8th Oct - 29th Oct -- 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.



## Write your Story



**Thursdays** --- 10:00am - 3pm

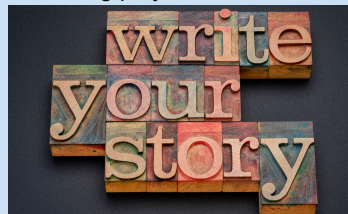
**Starting:** 14th Nov - 19th Dec 2024

**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.**



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

Present your Centrelink Concession Card and pay \$50 for programs.



**Bookings essential via our website or email [reception@hllc.org.au](mailto:reception@hllc.org.au)**



## 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.**



## 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



**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.

## Annual Membership

### Reminder to pay fees

- Our annual membership fee is \$10, Seniors \$8.
- All memberships expire on the 31 December each year.
- You must be a financial member to voting rights at AGM.

**Bookings essential via our website or email [reception@hllc.org.au](mailto:reception@hllc.org.au)**

# Digital Technology

## Digital Filming

**Wednesdays** --- 1:00pm - 4.00pm  
**Starting:** 16th Oct - 11th Dec 2024  
**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**



**Computers for  
Over 55s**

**FREE**



**Fridays** --- 9:30am - 12.30pm  
**Starting:** 18th Oct - 13th Dec 2024  
**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 invitations, flyers, brochures, business cards or newsletters

**Online Program**

**Tuesday** --- 7:00pm - 8.30pm  
**Starting:** 22nd Oct - 10th Dec 2024  
**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.



**Bookings essential via our website or email [reception@hllc.org.au](mailto:reception@hllc.org.au)**

# 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 14th October  
**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 18th Dec - 13th Dec  
**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.



## Women's Shed Home Maintenance Skills

**Start:** Thursday - 17th Oct - 12th Dec 2024  
**Time:** 1.00pm - 4.30pm  
**Cost:** \$50 concession or \$95 per term

Women only group, 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 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.



- 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 --- 10:00am - 11:00am

Starting: 16th Oct - 11th Dec 2024

Fees: \$100 or Casual \$15 per wk

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

## Chair Yoga

AM

Tuesday --- 9:30am - 10:30am

Starting: 15th Oct - 11th Dec 2024

Fees: \$80 or Casual Fee \$15 per wk

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

## Yoga

PM

Monday --- 6:00 - 7:00pm

Starting: 14th Oct - 9th Dec 2024

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: 21st Oct - 9th Dec 2024

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.

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!

## Move it or Lose It

Tuesday --- 11:00 - 12:00pm

Starting: 22nd Oct - 10th Dec 2024

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](mailto:reception@hllc.org.au)**





Welcome to the upside of ageing

LiveUp is a free online healthy ageing guide. It's time to reimagine, reset, and reconnect so you can age your way.

[liveup.org.au](https://liveup.org.au)

Find out more at this free talk

**Date: Tuesday, 29th October, 2024**

**Time: 1.30pm**

**Address: Healesville Senior Citizens Club  
18 Green St, Healesville VIC 3777**

**Contact: Healesville Senior Citizens Club  
03 5962 1550**



 1800 951 971

 [support@liveup.org.au](mailto:support@liveup.org.au)

 LiveUpAus

# Information



LIVING OUR BEST LIFE

Strengthening local communities  
 ONE OF THE MAIN GOALS OF THE HILLIERS PROJECT  
 CHANGING

**Join Our Talking Café**

Come together with other over 60s from your community and enjoy casual conversation and a cup of tea or coffee.

Healesville Living and Learning Centre hosts the Talking Café at Willow and Jackson Cafe  
 177 Maroonah Highway Healesville  
 Thursdays 2 – 3 pm



☎ 0457 646 384 | 📧 livingourbestlifeproject@hllc.org.au | 🌐 www.livingourbestlife.org.au

We acknowledge the support of Equity Trustees

Copies of our programs can be picked up from:

- the Centre - both sites
  - Bendigo Bank
  - Coles
  - Library
  - Post Office
  - Memo
  - local schools
  - early childhood centres
- or online on our web page [www.hllc.org.au](http://www.hllc.org.au)

# Look What's New

## Health & Wellbeing

**NEW!**

### Qigong

with Jess Hawman

**Friday --- 1:00pm - 2:00pm**

**Starting: Friday - Dates To be Advised**

**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.**



# For Carers

## Healesville Pathway Walk for Carers

**FREE**

**3rd Wednesday of every month,  
 Starts at 9:45am - 11.30am  
 23 October ---- 27 November**

**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](mailto:srimmer@hllc.org.au) for more information.



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](mailto:reception@hllc.org.au)**