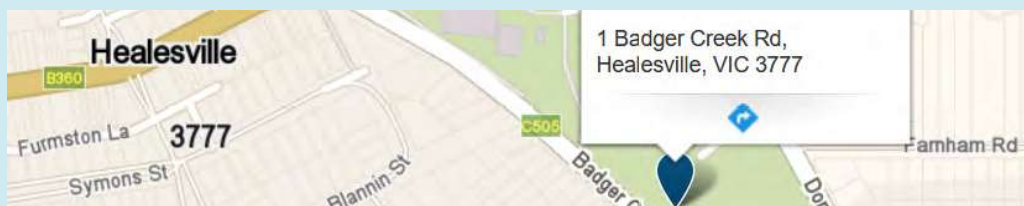


**Administration Office:**  
Healesville Community Link, 110 River Street, Healesville



**Training Rooms:** 1 Badger Creek Road, Healesville



## Office Hours

**Healesville Community Link**  
**110 River St, Healesville**

**Monday - Thursday**

9.00am - 4.00pm

**Friday - Closed**

**1 Badger Creek Road**  
**Healesville**

**Monday and Thursday**

9.00am - 3.00pm

2 days a week


 **(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**

  **Healesville Living**  
  **& Learning Centre**  
**5962 5982**

# What's happening in Term 1 2025

**3rd February - 5th April 2025**



 **Learn Local**  **Neighbourhood Houses Victoria™**

 **Yarra Ranges Council**

 **VICTORIA**  
State Government

Families,  
Fairness  
and Housing

# Literacy

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

Wednesday ---- 10:00am - 12:30pm

Starting: TBA

Fees: \$50 concession card or \$90 per term

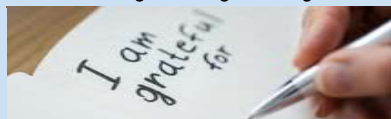


**Open to everyone** - is simply writing in a journal your thoughts and feelings to try and understand them more clearly. If you struggle with stress, depression or any mental health issues join us. **There is no pressure to share what you have written.**

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



## Caring for YOU

### Mums n Bubs

Monday --- 9:30am - 10:30am

Starting: **Coming Term 2**

Fees: \$50 concession or \$90 per term

Are you a new Mum and life has become hectic. Look at ways to take care of you so you can look after your family and keep your anxiety and stress levels under control.

Learn new ways to help you deal with that stress before it begins to affect your whole family. Enjoy the peace and tranquility you can find in nature.



## Write your Story

Thursdays --- 10:00am - 3pm

Starting: 6th Feb - 13th Mar 2025

Fees: \$50 concession card or \$90 per term

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.



## Copies of our programs can be picked up from:

- HLLC
- Medical Centres
- Bendigo Bank
- Memo
- Coles
- local schools
- Library
- early childhood centres
- Post Office

or online on our web page [www.hllc.org.au](http://www.hllc.org.au)

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 ACCE programs for the year.

**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 with structure training

**When:** Every Tuesday  
**Time:** 1:00 pm - 4:00pm  
**Fees:** \$50 concession for year  
or \$90 per term

HLLC offers support and structure to assist the group in furthering the development of their skills and capacity.

*A series of structured workshops will be offered to explore and build skills to express yourself and the way you are feeling in a create way.*

**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

## Annual Membership Reminder to pay fees

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

**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.

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

# Digital Technology

## Digital Filming

**Thursday --- 1:00pm - 4.00pm**  
**Starting:** 13th Feb - 3rd April 2025  
**Fees:** \$50 concession or  
\$90 per term

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.



## Basic Computing

**Thursday --- 9:30am - 12.30pm**  
**Starting:** 20th Feb - 3rd April 2025  
**Fees:** \$50 concession or  
\$90 per term

On your own digital device - mobile phone, laptop or iPad or tablet. we have some available. Learn at your own pace. Download and setup new software, basic word processing and spreadsheets, learn how to create your own documents.

Lots of tasks to keep you busy.

## Over 55s Computing



**Friday --- 9:30am - 12.30pm**  
**Starting:** 7th Feb - 4th Apr 2025  
**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**  
**Friday --- 9:30am - 11.30am**  
**Starting:** 21st Feb - 4th Apr 2025  
**Fees:** \$50 concession or  
\$90 per term

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 3rd Feb 2025  
**Fees:** \$50 concession or \$90 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 7th Feb - 4th Apr 2025  
**Time:** 9:30am - 12:30pm  
**Cost:** \$50 concession or \$90 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 - 6th Feb - 3rd Apr 2025  
**Time:** 1:30pm - 4:30pm  
**Cost:** \$50 concession or \$90 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 the year for any Centrelink Concession Card holder.



## Health & Wellbeing

FREE

### Yoga - Mums n Bubs AM

**Thursday --- 11:30am - 12:30pm**  
**Starting:** 20th Feb - 3rd Apr 2025  
**Fees:** \$90 term or Casual \$15 pw

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

### Yoga AM

**Tuesday --- 9:30am - 10:30am**  
**Starting:** 4th Feb - 1st Apr 2025  
**Fees:** \$90 term or Casual \$15 pw

*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:** 3rd Feb - 31st Mar 2025  
**Fees:** \$90 or Casual \$14 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 --10:30am - 11:30am**  
**Starting:** 18th Feb - 1st Apr 2025  
**Fees:** FREE

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

It's not a race -- **Do it at your pace. Chat while you walk!**

Walk anywhere between 500m to just over 1km. Just do what you can.

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

After the walk join us for a cuppa at the Beechworth bakery.

*Please bring a water bottle and any walking aids needed or a support worker/friend.*

## For Carers

FREE

### Healesville Pathway Walk for Carers

**4th Wednesday each month**  
**Starts at 9:45am - 11:30am**



**26 February, 2025**

**26 March, 2025**

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

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



# Community Hair Cuts

**17th February 2025**

**Centrelink Concession  
Card Holders ONLY**

**NEW!**

Starting a new service - **Community Hair Cuts**  
offered only to centrelink concession card holders.

**By appointment only,  
Bookings are absolutely essential**

A qualified hairdresser onsite  
at 1 Badger Creek Road, Healesville  
in Room 7

**Mondays -- 10.00am and 2.00pm**



## Services will include:

1. \$15 - Short Hair Cuts
2. \$20 - Long Hair Cuts
3. \$10 - Hair Wash & Conditioner
4. \$10 - Blow Wave
5. \$5 - Dry Off

For Women, Men and children

**Phone 5962 5982**

**Book your appointment now**

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



Healesville Living and Learning Centre

# OP SHOP TOUR

## 3 MYSTERY OP SHOPS

**Call 5962 5982 - to book your seat on the bus and  
discover the date for the next tour.**

People who live, work and play in the  
Healesville and Yarra Glen districts.

\$15 per person. BYO Lunch

A great day out to connect, have fun and  
discover the joys and rewards of op-  
shopping.

**BOOK NOW AT**  
59625982 or  
[reception@hllc.org.au](mailto:reception@hllc.org.au)

Dates to be advised shortly



**Proudly supported by the Healesville Community Market**



# Monday



## Wellbeing

### Guitar Jam

Join in with Robbie Greig  
Start: 3 Feb - 31 Mar  
Time: 11am - 12pm  
Fees: \$90 per term  
\$10 weekly



### Reminder

Bookings and numbers are essential for all classes to start  
so enrol via our website  
or call 5962 5982  
or email  
reception@hlc.org.au

### Caring for YOU Mums n Bubs

Start: **Coming Term 2**  
Time: 9.30am-10.30am  
Fees: \$50 concession or \$90 per term  
Are you a Mum with a new baby in the house? Join our group to learn new strategies to deal with the stress and anxiety during those early years. You need to care for YOU to take care of your family.



# Tuesday

## Arts n Crafts

### The Art Space

When: Every Tuesday  
Time: 10am - 12pm  
Fees: \$50 per term



### Arts n Minds

Start: 4 Feb - 1 Apr  
Time: 1.00pm-4.00pm  
Fees: \$50 concession or \$90 per term  
Open to people who suffer from mental illness. A series of workshops to explore and create activities to express yourself.

## Wellbeing

### Move It or Lose It

Start: 18 Feb - 1 Apr  
Time: 10am - 11am  
Fees: **FREE**

A gentle walk in Queens Park for everyone on flat ground for all abilities. Join us after at Beechworth Bakery for a cuppa.

### Yoga

Start: 4 Feb - 1 Apr  
Time: 9.30am-10.30am  
Cost: \$90 per term or Casual \$15pw



# Wednesday

## Skills Development

**Women's Shed**  
Start: 5 Feb - 2 Apr  
Time: 9:30am - 12:30pm and/or 1:30pm - 4:30pm  
Fees: \$50 concession or \$90 per term

## Arts n Crafts

### The Craft Space

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



## Wellbeing

### Pathways for Carers Walk for Carers

When: 26 Feb & 26 Mar  
4th Wed of each month  
Time: 9.45am - 11.30am  
FREE morning tea provided

### New Fees Structure

Show your Centrelink concession card you will pay **ONE** \$50 fee an ACFE program for the whole year and be able to attend as many Learn Local programs as you choose.

A \$30 resource fee will be charged for the other 3 terms to assist in covering training costs.

reception@hlc.org.au

# What's on in Term 1, 2025

Ph: 5962 5982

# Thursday



## Skills Development

### Women's Shed

Start: 6 Feb - 3 Apr  
Time: 9:30am-12:30pm  
Fees: \$50 concession or \$90 per term

### Home Maintenance

Start: 6 Feb - 3 Apr  
Time: 1.30pm - 4.30pm  
Cost: \$50 concession or \$90 per term

### Write Your Story

Start: 6 Feb - 13 Mar  
Time: 10am - 3pm  
Fees: \$50 concession or \$90 per term

## Computers

### Basic Computing

Start: 20 Feb - 3 Apr  
Time: 9.30am-12.30pm  
Fees: \$50 concession or \$90 per term

### Digital Filming

Start: 13 Feb - 3 Apr  
Time: 1pm - 4pm  
Fees: \$50 concession or \$90 per term

### Mums n Bubs Yoga

Start: 20 Feb - 3 Apr  
Time: 11.30am-12.30pm  
Cost: \$90 per term or Casual \$15pw

### Chair Yoga

Start: 27 Feb - 31 Mar  
Time: 12.30pm-1.30pm  
Cost: \$90 per term or Casual \$15pw

# Friday



## Computers

### Computers for Over 55s

Start: 7 Feb - 4 Apr  
Time: 9:30am-12:30pm  
Fees: **FREE**



## Skills Development

### Upcycled Clothing

Start: 7 Feb - 4 Apr  
Time: 9:30am - 12:30pm  
Fees: \$50 concession or \$90 per term

## Computers

### Canva

Make invites, flyers, logos, brochures, business cards

### Online Program - Daytime

Start: 21 Feb - 4 Apr  
Time: 9:30am-11:30am  
Cost: \$50 concession or \$90 per term

# Saturday

## Skills Development

### Women's Shed

Start: 8 Feb - 5 Apr  
Time: 10am - 1pm  
Fees: \$50 concession or \$90 per term



## Services We Offer

### We offer low cost:

- photocopy services - A5, A4, A3
- colour & BW
- laminating - A5, A4, A3
- business cards
- document scanning

### NEW SERVICE

- knife sharpening

