

Administration Office:

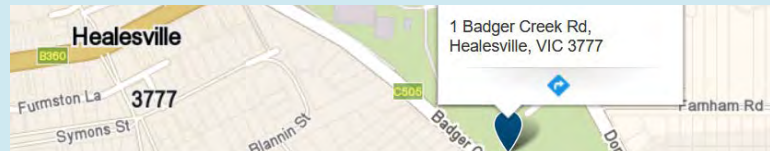
Healesville Community Link, 110 River Street, Healesville



Healesville Living & Learning Centre

5962 5982

Training Rooms: 1 Badger Creek Road, Healesville



What's happening in Term 2 2025

21st April - 4th July 2025

Office Hours

Healesville Community Link

110 River St, Healesville

Monday - Thursday

9.00am - 4.00pm

Friday - Closed

1 Badger Creek Road

Tuesday 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



Families, Fairness and Housing

Literacy

Journaling - a tool to improve mental health

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

Starting: TBA

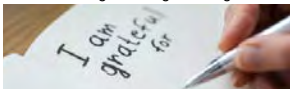
Fees: \$50 concession card or \$90 per term

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 3 - register EOJ**

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 - 3.00pm

Starting: **1st May - 5th Jun 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

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 ACFE programs for the year.



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.

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

Arts n Craft



Art and Minds

Mental Health Peer Support with structured 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

Save the Date

**Healesville Living & Learning
A.G.M.**

Thursday, May 15 2025 - 5.30pm to 7pm
The invite for members will come out shortly

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.

Digital Technology

Digital Filming

Thursday --- 2:00pm - 5.00pm
Starting: 24th Apr - 26th Jun 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 --- 10:30am - 1.30pm
Starting: 24th Apr - 26th Jun 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: 2nd May - 27th Jun 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: 24th May - 27th Jun 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

Bookings essential via our website or email 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 21st April 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 2nd May - 27th Jun 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.



Remember:

Re-Use --- Repair --- Upcycle



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 ACE (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

Family Yoga

AM

Thursday --- 11:30am - 12:30pm

Starting: 1st May - 26th Jun 2025

Fees: \$90 term or Casual \$15 pw

Family yoga comes with so many benefits, including:

- a special time for the family to bond and connect
- the tools to reduce stress and anxiety together
- a chance to promote flexibility, strength, balance, and a healthy lifestyle
- an opportunity to learn relaxation techniques
- a time for children to shine and show their parents their yoga skills
- laughter, exploration, and play – making longtime memories

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



Yoga

AM

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

Starting: 29th Apr - 24th Jun 2025

Fees: \$90 term or Casual \$15 pw

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

Chair Yoga

AM

Thursday --- 12:30pm - 1:30pm

Starting: 1st May - 26th Jun 2025

Fees: \$90 term or Casual \$15 pw

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



Move it or Lose It

FREE

Tuesday --10:30am - 11:30am

Starting: 29th Apr - 24th Jun 2025

Fees: **FREE**

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

Its 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



23rd April, 2025

28th May, 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 rimmer@hlcc.org.au for more information.

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

Community Hair Cuts

28th April 2025

**Centrelink Concession
Card Holders ONLY**

NEW!

New service - **Community Hair Cuts**
offered only to centrelink concession card holders.

**By appointment only,
Bookings are absolutely essential
through your Job Network Agency**

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 and Men

Phone 5962 5982

Book your appointment now - must show your centrelink card

Bookings essential via our website or email 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

Dates to be advised
on Facebook



Proudly supported by the Healesville Community Market

Monday



Community Hair Cuts

28th April 2025

Centrelink Concession Card Holders ONLY



NEW!
New service
Community Hair Cuts offered only to centrelink concession card holders.
By appointment only, bookings are absolutely essential through your Job Network Agency

A qualified hairdresser onsite at 1 Badger Creek Road, Healesville in Room 7
Mondays -- 10.00am and 2.00pm

Phone 5962 5982

Book your appointment now must show your centrelink card

Reminder

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

Caring for YOU Mums n Bubs

Start: **Coming Term 3**

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: 22 Apr - 24 Jun

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: 29 Apr-24 Jun

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: 29 Apr - 24 Jun

Time: 9.30am-10.30am

Cost: \$90 per term or Casual \$15pw



Wednesday

Skills Development

Women's Shed

Start: 23 Apr - 24 Jun

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: 23 Apr & 28 May

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@hllc.org.au

What's on in Term 2, 2025

Ph: 5962 5982

Thursday

Skills Development

Women's Shed



Start: 24 Apr - 26 Jun

Time: 9:30am-12:30pm

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

Write Your Story

Start: 1 May - 5 Jun

Time: 10am - 3pm

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



Family Yoga

Start: 1 May - 26 Jun

Time: 11.30am-12.30pm

Cost: \$90 per term or Casual \$15pw

Computers

Basic Computing

Start: 24 Apr - 26 Jun

Time: 9.30am-12.30pm

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



Digital Filming

Start: 24 Apr - 26 Jun

Time: 2:00pm - 5:00pm

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

Chair Yoga

Start: 1 May - 26 Jun

Time: 12.30pm-1.30pm

Cost: \$90 per term or Casual \$15pw

Friday

Skills Development

Upcycled Clothing

Start: 2 May - 27 Jun

Time: 9:30am - 12:30pm

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



Computers



Computers for Over 55s

Start: 2 May - 27 Jun

Time: 9:30am-12:30pm

Fees: **FREE**



Computers



Canva

Make invites, flyers, logos, brochures, business cards

Online Program - Daytime

Start: 24 May - 27 Jun

Time: 9:30am-11:30am

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

Saturday

Skills Development

Women's Shed

Start: 3 May - 27 Jun

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

