

**Volunteers
Needed**
Strengthen your community

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Programs - Activities - Training - Room hire

1 Badger Creek Rd, Healesville



Phone	59 625 982
Website	hllc.org.au
Email	reception@hllc.org.au
Facebook	HealesvilleLearningCentre

Admin Office
Healesville Library (110 River St)



Healesville Living and Learning Centre

EVERYONE IS WELCOME HERE

Inclusion - Safety - Learning - Fun - Diversity- Creativity

Activities Term 4 2025

6 October - 12 December



- ✓ **Connect - Find your community**
- ✓ **Learn - Build new skills**
- ✓ **Contribute - Make a difference**

HEALESVILLE LIVING & LEARNING CENTRE

We are a friendly welcoming space in your community. Come connect and create with us. We bring people together to learn, share and grow

We've got programs and activities that connect you to further opportunities, and friendly faces old and new

We're a great spot to run a class, small art exhibition or event. Need a spot for band practice?



Think opportunities for learning and sharing, fun hobbies and activities, building, art and craft, community events, sharing a cuppa, wellness activities, and social groups. Bring your own ideas!

Program Basics

While some programs fill up fast, others require more interest before we can press go. Got some friends who want to try Bicycle Weaving too, drag them along and we just might make it happen

How to pay: We take cash or card and offer concessions. Sometimes you pay your trainer as you go. We will contact you about payment once you enrol

Refunds

- ✓ Change your mind? Tell us 7 days before the program starts for a full refund
- ✓ Once it's on, it's on! No refunds sorry, we still need to pay our lovely trainers
- ✓ If we have to cancel (not enough folks, or something unexpected our end), you get all your money back

Trainer unwell? We'll reschedule!

Enrol Today!

It's easy

- ➔ paper copies at Healesville Library
- ➔ email reception@hlhc.org.au
- ➔ call us on 5962 5982
- ➔ visit www.hlhc.org.au/enrol

It's easy

- ➔ scan here



JOURNALING FOR WELLBEING

Write your way to Awesome!

Ready to boost your mood and clear your head? Our 'Journaling for Wellbeing' program is where it is at. Enjoy privately and quietly journaling with support from our experienced guide, and surrounded by motivated like minded others. You might find peace, humour, gratitude or inspiration as your words emerge, new plans to explore, or maybe its a chance to just get those thoughts out of your head. There is private space and zero pressure to share



We need 8 keen beans to kick this off

Journaling jots

- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term
- ➔ Time decided once participants confirmed

WRITE YOUR OWN STORY WITH JUDY

Tell your story

Get down those stories so future generations can marvel, or hit the ground running on that bestselling novel. Whatever your writing goal or style, **Judy's here to help.** She'll nurture your craft, help you brainstorm ideas, polish your prose, and be your biggest cheerleader when the words just won't flow

This one is popular so get in early

Ready to write?

- ➔ Thursdays 10:00 am - 3:00 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term



INTRODUCTION TO ART

Want to start some Art?

Ready to play with colour and unlock your creativity? This relaxed, hands-on class explores drawing, painting and mixed media with friendly guidance. Try new techniques, make a glorious mess, and leave each week a little braver. Find a like minded friend to take on a painting excursion!

Beginners welcome

Art info

- ➔ Mondays 10:00 am - 1:00 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term



CRAFT SPACE

Creative minds welcome

Join Karen and our friendly crafting ladies in a well-equipped space with sewing machines, over lockers and handy tools. Bring a project, share ideas, sip a cuppa and connect with fellow makers in a relaxed, social setting while you get that project finished

BYO own project or get help to start something new

Get Crafty

- ➔ Always running, even during school hols!
- ➔ Wednesdays 10:00 am - 3:00 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term



CLASSES & COURSES QUICK GUIDE

WELLBEING



YOGA FOR MUMS & BUBS

Tuesdays 9:45 am – 10:45 am
Starts 7th October but join anytime



CHAIR YOGA

Tuesdays 1:00 pm – 2:00 pm
Starts 7th October but join anytime

WRITING



JOURNALING FOR WELLBEING

Thursdays 10:00 am - 3:00 pm
Starts 9th October



WRITE YOUR OWN STORY

Mondays 10:00 am - 1:00 pm
Starts 6th October

ARTS & CRAFTS



CRAFT SPACE

Wednesdays
10:00 am – 3:00 pm
Ongoing, jump in now!



UPCYCLING SEW & SEWS

Fridays
9:30 am – 12:30 pm
Ongoing, jump in now!



INTRO TO ART

Mondays
10:00 am - 1:00pm.
Starts 6th October.

TECH SUPPORT



TECHNOLOGY TEACHER

Wednesdays
10:30 am – 1:30 pm.
Starts 9th October



DIGITAL HELP FOR OLDIES

Fridays
9:30 am – 12:30 pm
Starts 10th October

BUILDING



WOMEN'S SHED

Wednesdays
9:30 am - 12:30pm/
1:00 pm - 4:00 pm
Starts 8th October



WOMEN'S SHED

Thursdays
9:30 am - 12:30 pm
Starts 9th October



WOMEN'S SHED

Saturdays
10:00 am - 1:00 pm
Starts 11th October

HELP US HELP YOU

TELL US YOUR IDEAS - WHAT DO YOU LIKE, WANT AND NEED?

It's our job to listen and respond to community interests, opportunities and needs - **that means you!** Tell us your ideas, and what we can do to help you and your community. We're all about shared decisions, partnerships and making new connections

What should we:

- ✓ Start doing
- ✓ Stop doing
- ✓ Keep doing



We have 8 rooms and a lovely garden, there is space for:

- ✓ **Classes and learning** - What classes would you attend? What facilities and resources would you need to run your own class?
- ✓ **Meetings, activities and exhibitions**, we have IT resources, flexible room layouts, heaps of tables and chairs, heating and a small kitchen - What else do you need?
- ✓ **Outreach offices and space** - what would it take to create a partnership with us?



BUILD YOUR BUILDING SKILLS

Women's Shed Activities

There's something special about working with your hands. In our women-led shed (with help from Michael) you can learn, tinker and create. It's more than carpentry; it's storytelling through craftsmanship, cuppas and good company



Popular - Get in Fast!

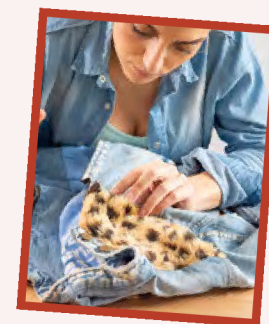
Build your own Adventure

- ➔ Wednesdays 9:30 am - 12:30 pm & 1:00 pm - 4:00pm
- ➔ Thursdays 9:30 am - 12:30 pm
- ➔ Saturdays 10:00 am - 1:00 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term

UPCYCLING SEW & SEWS

Reuse - Repair - Upcycle

Join our ultimate upcycler Irene. Dive into a creative, hands-on experience where fashion meets sustainability. Turn old or pre-loved garments into fresh, unique pieces as you learn to cut, sew, embellish and re-imagine fabrics. Walk away each week with new skills, fresh ideas and a one-of-a-kind look that's kinder to the planet. Eco printing happening this term!



Turn something old into something new

Upcycling Admin

- ➔ Always running, even during school hols!
- ➔ Fridays 9:30 am - 12:30 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term

Christmas Party

Wednesday 17 Dec•
1 – 4 pm

1 Badger Creek Rd



Sausages,
Santa and
more!



Tell us your
ideas for next
year



LABRYNITH SOLSTICE PICNIC

Solstice sunset picnic at the Labrynth (Healesville Railway Station)

Saturday 20th December from 1:00 pm

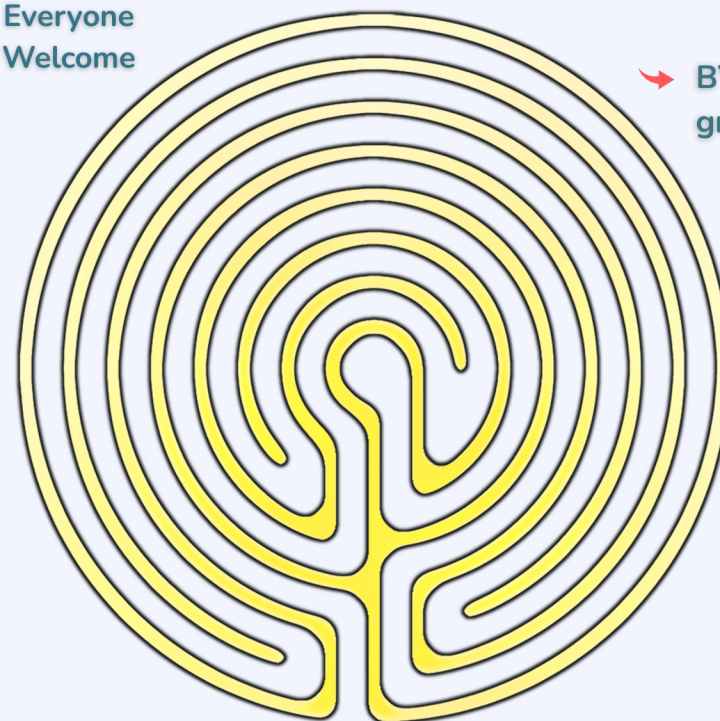
Celebrate the longest day with a relaxed community picnic by the Healesville Railway Station — bring a rug, your favourite snacks, hat and sunscreen. Gentle games, music vibes and good company as we soak up the summer light



Our Solstice specialist will be on hand to share interesting information about this time of year and lead some group activities

→ Everyone
Welcome

→ BYO picnic &
great vibes



DID YOU KNOW?

WE ARE A STEPPING STONE INTO YOUR FUTURE

Our classes can help you build confidence and skills while doing your favourite activities and hobbies

Our courses can be a pathway into further work or study, and we can help point you in the right direction with our connections to further training and employers



We're a Learn Local!

A friendly place to continue your learning journey

Learn Local's provide fun and creative learning activities that build your skills and confidence. We can create learning programs around the things you enjoy doing, while weaving in opportunities for learning which might help you get a job or prepare for more study



Concessions available

Enrol Today!

It's easy

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- ➔ email reception@hllc.org.au
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It's easy

➔ scan here



PATHWAYS FOR CARERS WALKS

All walks start at Beechworth Bakery

Are you caring for someone who needs ongoing support? This can be a challenging, tiring and often unrecognised job. If you'd like to see a friendly understanding face, come join us for free coffee and cake, and a walk. You will meet other carers for mutual support, move your body and hopefully have some fun too!

Come drink coffee and eat cake with us

Walk and talk dates

- ➔ Wednesday 22nd October 9:45 am - 11:30 am
- ➔ Wednesday 26th November 9:45 am - 11:30am
- ➔ Wednesday 10th December 9:45 am - 11:30 am



FREE!

including coffee & cake

BE LIKE BANKSY STENCIL ART

Be Like Banksy

Know a young person (16-20 years) who might get a kick out of learning stencil art just like Banksy? They can even legally spray their designs on some public space around Healesville, and at our programs site: 1 Badger Creek Road

10 spots available - but you'll want to get in quick

Contact Shona to book

- ➔ 0409 505 086
- ➔ srimmer@hllc.org.au

FREE!

including food!



JOIN US FOR A FUN FLOW PAINTING DAY



EXPLORE YOUR CREATIVITY WITH VIBRANT FLOW PAINTING

Check out our fantastic Art Space
Meet new people and have a great time

Saturday 11 October 2025 | 11 am - 3 pm
1 Badger Creek Rd Healesville

CALL TO BOOK OR JUST COME ON THE DAY



Healesville Living and Learning Centre

 Website: hllc.org.au

 Shona: 0409 505 086

ARTS & MINDS

Safe space for art and connections

We are a safe, welcoming, creative space for art and peer support if you experience mental health challenges or would like to improve your wellbeing

Make art, make friends, learn strategies to stay well and get links to any help you might need. We provide health & wellbeing information, challenge stigma and celebrate the power of growth

Support your Mental Health and Wellbeing

Art and Wellbeing immersions

- ➔ Every Tuesday 1:00 pm - 4:00 pm (including school hols)
- ➔ \$50 for the year, but only if you can afford it. Otherwise free.



TECHNOLOGY TEACHER

Tech troubleshooting 101

Ready to feel confident with everyday tech? Personalise your home screen, organise files and master email skills. Learn to browse safely, search smart, build favourites and clear history. BYO tech so we show you how it works on your device!

Control your technology, don't let it control you!

Techy times

- ➔ Wednesdays 10:30 am - 12:00 pm
- ➔ Concession: \$50 for the whole year!
- ➔ Everyone else: \$90 per term



COMMUNITY ACTIVITIES QUICK GUIDE

PATHWAYS FOR CARERS WALKS

FREE!

MEET AT BEECHWORTH BAKERY

FREE!

- ✓ Wednesday 22nd October 9:45 am - 11:30 am
- ✓ Wednesday 26th November 9:45am - 11:30 am
- ✓ Wednesday 10th December 9:45 am - 11:30 am

ARTS & MINDS

- ✓ Every Tuesday (including school hols) 1:00 pm - 4:00 am

LABRYNITH SOLISTICE FESTIVAL

- ✓ Healesville Railway Station Saturday 20th December from 1:00 pm

FREE!

COMMUNITY CONVERSATIONS

SCHOOL CAN'T INFO SESSION

FREE!

SUPPORTING SOMEONE WITH DEMENTIA

- ✓ Saturday 11th October 1:00 pm - 4:30 pm At 1 Badger Creek Road or online
- ✓ Saturday 25th October 1:00 pm - 2:30 pm 1 Badger Creek Road or online

including sweet and savoury treats

BE LIKE BANKSY STENCIL ART PROJECT

- ✓ Running across October - December Various days and time

FREE!

FLOW PAINTING DAY

- ✓ Saturday 11th October 11:00 am - 3:00 pm

FREE!

Information Connections Opportunities

DIGITAL HELP FOR OLDER FOLKS

Over 55s Digital Devices

Feel more confident with your own device - mobile phone, tablet, iPad or laptop - in a relaxed, supportive group just for older folk. Bring your own device so we can set it up for you

We'll cover everyday essentials like texting, taking and sharing photos, and simple settings that make your device work for you. Lots of hands-on practice, friendly guidance and time to ask questions

Bite off tech chunks one at a time

Techy times

➔ Fridays 9:30 am 11:00 am



FREE!

FEEL GOOD AND MAKE A DIFFERENCE

We're looking for volunteers

We are always on the lookout for open minded, friendly people who'd like to get involved in our community. Every day is different here, but right now we are looking for help with

- ➔ Admin
- ➔ Tradies
- ➔ Marketing & comms
- ➔ Fundraising
- ➔ Spring cleaning!

We also need couches

Got some skills to share
Call Nich: 0404 808 452

**Volunteers
Needed**

Strengthen your community

COMMUNITY CONVERSATIONS

Let's talk about.....

We've generously been funded by Council to run our Community Conversations Series. These explore topics the community told us were of interest to them. Check out our education and ageing conversations for this term. **These sessions are available face to face or online**

Contact Shona to book

0409 505 086
srimmer@hlhc.org.au

*Got another great topic?
Drop us a line*



Community Conversations

1 Badger Creek Road

Can't make it down?
Listen online, or we can
send a link anytime



FREE!

including tasty
treats

School Can't - Why some kids can't attend school

Come learn about the latest insights into why some children find school environments too much, and what you can do to support your child and yourself. Get helpful information, advice, links to support and lots of parenting tips

Saturday 11th October 1:00 pm - 4:00 pm

Supporting someone with dementia

Dr David Rogers has medical knowledge and a lived experience of caring for someone with dementia, he will happily share his experience and take your questions. Learn about the early signs of dementia and how to get help. Explore strategies to sensitively support people experiencing dementia and understand the importance of self-care.

Saturday 25th October 1:00 pm - 2:30 pm

Conversations coming soon

Perimenopause - learn about hormonal changes that effect your health and wellbeing

Female neurodiversity - discover unique features of female neurodiversity

YOGA FOR MUMS AND BUBS

Yogic Bub juggling

A relaxed supportive space to gently move, stretch and strengthen - all while spending quality time with your bundle of joy

We do gentle postnatal yoga, breathwork and activities which aim to build the Mum - Bub connection

Reconnect with your body & bond with your bub

Mum & Bub yoga times:

- Tuesdays 9:30 am - 10:30 am
- \$90 per term or \$15 per class

To run this class we need 5 bodies (& 5 babies) ready to move



CHAIR YOGA

Wellbeing while sitting down

Try some gentle, accessible yoga with poses adapted to be done seated or using a chair for support. Build flexibility, strength and serenity. This is a perfect start if getting on and off the floor is tricky, or if you spend long hours sitting. Friendly guidance paced to your abilities. Come breathe, move and feel better

To run this class we need 5 bodies ready to move

Yoga Wellbeing

- Tuesdays 1:00 pm 2:00 pm
- \$90 per term or \$15 per class



HLLC ACTIVITIES TO DECEMBER 2025

ACTIVITY	STARTING	DAY & TIME
Pathways for Carers Walk <i>Meet at Beechworth Bakery</i>	Wednesday 22 October Wednesday 26 November Wednesday 10 December	Wednesdays 9:30 am - 11:30 am FREE!
Upcycling Sew & Sews	Ongoing	Fridays 9:30 am - 12:30 pm
Introduction to Art	<i>On hold</i> Monday 6 October	<i>On hold</i> Mondays 10:00 am - 1:00 pm
Chair Yoga	Tuesday 7 October	Tuesdays 1:00 pm - 2:00 pm
Mum's and Bubs Yoga	Tuesday 7 October	Tuesdays 9:45am - 10:45 am
Women's Shed	Wednesday 8 October	9:30 am - 12:30 pm 1:00 pm - 4:00 pm
	Thursday 9 Oct	9:30 am - 12:30 pm
	Saturday 11 Oct	10:00 am - 1:00pm
Craft Space	Ongoing	Wednesdays 10:00 am - 3:00 pm
FREE! Community Conversations FREE!	<i>School Can't</i> Info for parents	Saturday 11 th October 1:00 pm - 4:00 pm
	Supporting someone with dementia	Saturday 25 th October 1:00 pm - 2:30 pm

HLLC ACTIVITIES TO DECEMBER 2025

ACTIVITY	STARTING	DAY & TIME
Labrnryith Solstice Picnic <i>Healesville Railway Station</i>	Saturday 20 December	From 1:00 pm FREE!
Be Like Banksy Stencil Art Project	October	Various FREE!
Write your own story	Monday 6 October	Mondays 10:00 am - 3:00 pm
Journaling for Wellbeing	Thursday 9 October	Thursdays 10:00 am - 3:00 pm
Technology Teacher	Wednesday 8 October	Wednesdays 10:30 am - 1:30 pm
Digital help for older folks	Friday 10 October	Fridays 9:30 am - 12:30 pm FREE!
Christmas Party <i>Free sausages, salad and sizzle</i>	Wednesday 17 December	1:00 pm - 4:00 pm FREE!

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