

# Activities & Events

## Terms 1 & 2, 2017



Alphington Community Centre

### Acknowledgement of Traditional Owners

Alphington Community Centre acknowledges that our activities are held on the traditional lands of the Wurundjeri people, and we pay our respect to Elders past and present, and to Elders of the future.

### ABOUT US

Alphington Community Centre (ACC) is a neighbourhood house located in the heart of Alphington and offers a range of activities, support, events and services to our local community. If you haven't visited us yet, drop in and meet our friendly staff and find all our news, activities and events.

### OUR TEAM

Centre Manager.....	Becca Smith
Centre Support.....	Leanne Coughlin
Project Worker.....	Jill Newton
Finance Officer.....	Peter Drinan

### VOLUNTEERS

Toy Library.....	Sarah
Computers.....	David
Garden.....	Anne and Maria
ASRC Food Collection.....	Andy

### OUR COMMITTEE

Chairperson.....	Alison Glynn
Vice Chair.....	Elena Callipari
Treasurer.....	Mark Perry
Secretary.....	Anne Crehan
General Members.....	Michelle Fidler Richard Taylor TJ Farrow

### FUNDING

We would like to thank our funding bodies for their ongoing support. Proudly supported by Darebin City Council



### CONTACT US

A: 2 Kelvin Road, Alphington 3078  
 T: 9499 7227  
 E: [info@alphingtoncommunitycentre.org.au](mailto:info@alphingtoncommunitycentre.org.au)  
 W: [www.alphingtoncommunitycentre.org.au](http://www.alphingtoncommunitycentre.org.au)  
 f [alphingtoncommunitycentre](https://www.facebook.com/alphingtoncommunitycentre)

### HOW TO FIND US

Train:.....Alphington Station, Hurstbridge line  
 Bus:.....Bus 508 (Dyson)

### ACCESSABILITY

Most of our centre is wheelchair accessible

### FEES & BOOKINGS

Enrolments and bookings are essential for all courses and activities – if we don't get enough enrolments, classes won't go ahead.

Fill in an enrolment form online or call our office and we will post or email one to you. If you have trouble paying, you can talk in confidence to our Manager, Becca, to work out a payment plan or special consideration enrolment. Some courses have subsidised places for Health Care Card holders. Prices for all classes run by ACC include GST.

Please note, classes marked with an asterisk\*are administered and conducted by the instructor not ACC. Please direct all enquiries to the instructor.

## ACTIVITIES FOR CHILDREN & TEENS

<b>MONDAY</b>	Czech and Slovak Playgroup
<b>TUESDAY</b>	Community Playgroup Peer Support Playgroup <b>NEW!</b> After School Club for 10+
<b>WEDNESDAY</b>	Toy Library
<b>THURSDAY</b>	Preschool Activities
<b>SATURDAY</b>	Toy Library Party Hire
<b>SUNDAY</b>	<b>NEW!</b> Playgroup for Dads & Kids Party Hire

## ACTIVITIES FOR ADULTS

<b>MONDAY</b>	<b>NEW!</b> Ageless Grace – Armchair Exercise <b>NEW!</b> Alphington and Fairfield CWA Book Club Broadband for Seniors History Group 3078
<b>TUESDAY</b>	Ukulele
<b>WEDNESDAY</b>	Armchair Theatre Broadband for Seniors Community Lunch Line Dancing
<b>THURSDAY</b>	AAA Bowls Adult Tap Dancing Book Club Community Choir Early Morning Yoga Silver Tap for Seniors
<b>FRIDAY</b>	Drop In Friday <ul style="list-style-type: none"> <li>• Gardening Group</li> <li>• Preserves Group</li> <li>• Alphington Angels Charity Knitting Group</li> <li>• Produce Swap</li> </ul> Men's Shed

## COMMUNITY SERVICES

<b>MONDAY</b>	Anne Connell Counselling Free Hearing Tests
<b>TUESDAY</b>	ASV Peer Support Group Peer Support Playgroup
<b>WEDNESDAY</b>	Community Group Night
<b>THURSDAY</b>	ASRC Food Collection Mind - LGBTI Clinic
<b>SATURDAY</b>	John Byrne Counselling
<b>SUNDAY</b>	ASV Peer Support Group

### **NEW! AFTER SCHOOL CLUB**

**For kids 10 to 14**

If you want to do something fun after school then come along to our After School Club. Upper primary to lower secondary. Craft, cooking, sewing, board games, hanging out and a healthy snack.

**Where** ACC Main Room

**When** 3.45pm – 5.30pm Tuesdays,  
Term 1 – starts February 21, \$100,  
Term 2 – starts April 2, \$180

**Cost** \$20.00 per session but must enrol for the term, includes materials and afternoon tea.

**Info** Bookings essential, 9499 7227

### **CROCHET A GRANNY SQUARE 101 10+**

See listing in A-Z activities

### **CZECH & SLOVAK PLAYGROUP**

Families that speak Czech or Slovak meet every week. Children get to sing and play, parents get a chance to catch up.

**Where** ACC Main Room

**When** Mondays 11am – 2.30pm,  
during school term

**Cost** \$25 per term per family

### **PEER SUPPORT PLAYGROUP**

Especially for families of children with additional or special needs who need some extra support. Parents can socialise and share ideas with others who understand their caring role. Facilitated by a qualified social worker and a playgroup assistant.

**Where** ACC Main Room

**When** Tuesdays 1pm – 3pm, during school term

**Cost** Free, includes afternoon tea

### **NEW! PLAYGROUP FOR DADS & THEIR KIDS**

Let your partner sleep in while you come along to playgroup with your young children. Meet other dads from the area, have a snack and a play.

**Where** ACC Main Room

**When** 10am – 12noon, every Sunday fortnight,  
starting 5 March

**Cost** \$5.00 per session per family

**Info** Call the ACC office to register your interest, 9499 7227



### **COMMUNITY PLAYGROUP**

Our friendly playgroup is for parents/carers/grandparents and their babies and pre-schoolers. Bring a hat and healthy snacks. Everyone welcome.

**Where** ACC Main Room

**When** Tuesdays 10am – 12noon,  
during school term

**Cost** \$30 per family per term, bookings essential, 9499 7227

### **POP UP PLAYGROUP – ALPHINGTON PARK**

We are celebrating National Playgroup Week on Thursday 30 March at Alphington Park. Meet other families in the area, have a snack and play, and learn about playgroups. Supported by Darebin Council and Yarra City Council.

**When** 10am – 12noon, Tuesday 28 March

**Where** Alphington Park

**Info** Bring a hat, a rug and a snack. Call ACC office for further info, 9499 7227

### **PRESCHOOL ACTIVITIES**

Join us for some organised fun including art and craft activities, stories, a fruit snack and a play every second Thursday.

**Where** ACC Main Room

**When** Every second Thursday

Term 1 - 16 February, 2 March,  
16 March, 30 March  
Term 2 - 4 May, 18 May, 1 June,  
15 June

**Cost** \$20 per family per term or \$7.00 per family per session, includes materials and fruit snack

**Info** Bookings essential, 9499 7227

### **NEW! ROBOGALS**

**For 10-14 year old girls**

Robogals is student-run organisation that aims to increase female participation in STEM subjects through fun and educational initiatives aimed at girls in primary and secondary schools. Come along to this hands on workshop where children will be introduced to engineering and then get to program and play with robots.

**Where** ACC Main Room

**When** 1pm – 3pm Saturday 29 April

**Cost** Free but bookings essential

**Info** Bookings essential, 9499 7227

## TOY LIBRARY

### Wednesdays and Saturdays

We have so many great toys you can borrow from our Toy Library, including puzzles, scooters, bikes, trolleys, dolls houses and party kits. Toy Library is for children up to 6. Members can borrow up to 4 toys at a time. Note, members are required to help out on our volunteer roster at 2 Toy Library sessions per year.

**Where** ACC Main Room

**When** 9.30am – 11.30am, Wednesdays and Saturdays during term

**Cost** \$30full/\$20conc for 1 child  
\$15full/\$10conc for additional siblings



## WHAT IS THAT WATERBUG?

Presented by Darebin Parklands Environmental Program and part of the ACC Preschool Activity program. Have you ever wondered what lives in our creek? Discover waterbugs (macroinvertebrates) living in their local stream. Features a range of age-appropriate activities. So much fun, and so interesting! Really!

**Where** Meet at ACC and walk to Darebin Parklands

**When** 10am Thursday 4 May

**Cost** \$7.00 per family

**Info** Bookings essential, 9499 7227.  
Parents must attend and supervise children during this activity.

## YARRA LIBRARIES POP UP STORY TIME

Yarra Libraries Book Bike will be at our annual Autumn Fete. Take a seat on the book blanket and listen to some lovely books.

**Where** Alphington Autumn Fete at ACC

**When** 9.30am – 12.30pm, Saturday 6 May

## ACTIVITIES A–Z

### 3078 MEN'S SHED

The 3078 Men's Shed is a great way to meet other blokes in the area, socialise and work on some small projects together. Our Men's Shed is new, small but growing and we would love some more blokes to join. Proudly supported by Nelson Alexander Charitable Foundation.

**Info** Call ACC office for further information, 9499 7227. Membership fees apply.



### NEW! AGELESS GRACE® TIMELESS FITNESS FOR BODY & BRAIN

Our brain thrives on challenges, and learning through our body keeps it young. This unique and fun chair-based program is suited to the older population, individuals living with Parkinson's disease, dementia and MS or anyone with movement restrictions. Easy to do, playful and fun, yet purposeful it helps to improve cognitive function, cardiovascular health and balance, increase joint mobility and strength.

**Where** ACC Main Room

**When** Mondays 9.30am – 10.30am, starting on Monday 1 May (Term 2)

**Cost** \$12.00 per session pay by term, or \$15 casual

### AAA BOWLS

This 6 week bowls program is for adults of all abilities. It is run in partnership with Alphington Bowls Club and includes an end of season BBQ. Wheelchair friendly!

**Where** Alphington Bowls Club

**When** Thursday mornings for 6 weeks – call the office for dates

**Cost** Free, bookings essential

**Info** Call Jill on 9499 7227. Please note that, if applicable, carers are required to attend.

### ADULT TAP DANCING\*

This friendly and casual class teaches basic tap moves and simple routines with an emphasis on rhythm and groove. Want to try? First class is free with no term commitment required - casual attendance is fine.

**Where** 7 Ford Crescent, Fairfield

**When** Thursdays  
Beginners 9.30 -10.30am  
Intermediate 10am -11am

**Cost** \$15 casual or 5 classes for \$60

**Info** Call Mel 0403 775 756  
... see also SILVER TAP for seniors



### NEW! ALPHINGTON AND FAIRFIELD CWA

Would you like to be more involved in your local community but find it hard to find the time or the pathway? The newly established Alphington and Fairfield CWA (Country Women's Association) will meet once a month with a focus on friendship, personal development and advocacy. The Association encourages advocacy on: community issues, sustainable development and the protection of the environment, and social issues. We have started our very own branch and are seeking new members. Come along to a meeting or call for more info.

**Where** ACC Main Room

**When** 7pm, first Monday of the month starting Monday 6 March, plus one-off activities.

**Info** Call the ACC office to register your interest, 9499 7227

### ALPHINGTON ANGELS – CHARITY KNITTING, CROCHET & SEWING GROUP

Do you love knitting, sewing or crochet? Young or old? The Alphington Angels are a lovely diverse group of people who come together every Friday to craft and chat and make much needed goods for charity. Materials and a cuppa provided.

**Where** ACC Meeting Room

**When** Friday mornings 10am – 12noon, during school term

## ACTIVITIES A-Z

### ALPHINGTON DOG SHOW

Has your pooch got what it takes to compete in the annual (and hugely popular) Alphington Dog Show? This fun and family-friendly event includes prizes for Waggiest Tail, Happiest Grin, Best Trick and Best in Show. Held at our Autumn Fete, it's lots of fun!

**Where** ACC Garden

**When** Alphington Autumn Fete at ACC, Saturday 6 May, 9.30am-12.30pm

**Cost** \$5.00 per dog entry fee

**Info** Register to enter, call 9499 7227. Proudly supported by E & A Salce P/L and Nelly's Ark

### ALPHINGTON MINI-LIBRARY

Our mini-library is out the front of ACC and is accessible 24/7. If you need a new book to read just pop by and check out what's available. Or, if you have a great book that you have finished with that you think others might like to read, you can pop by and add it to the library. Built by the 3078 Men's Shed the library has no membership - just choose, borrow, swap, keep or give a book!

**Where** ACC Garden

**When** Anytime

**Cost** Free

**Info** Just drop by or if you have questions call us 9499 7227

### ARMCHAIR THEATRE U3A\*

Would you enjoy bringing a play to life, getting inside an interesting character, discovering vocal talents you didn't know you possessed? This play reading group is led by Philippa Wetherell, a former teacher of speech and drama. Philippa has directed a number of productions and has stage experience with New Theatre in Melbourne.

**Where** ACC Main Room

**When** Wednesdays, 1.15pm-2.45pm, starting 8 February

**Info** Contact U3A office for details and to enrol



### ASRC - FOOD COLLECTION

Drop non-perishable food and material aid supplies off at ACC weekdays during office hours (9.30am-3pm) or pop past on a Thursday when Andy is here to donate perishable food. We collect over \$50,000 of food and material aid each year. Andy leaves here at 12noon to deliver all donations directly to the ASRC in Footscray.

**Where** Out the front at ACC

**When** 10am - 12noon Thursday mornings

**Info** We only collect food or material aid—no clothes or other goods please. If you're unsure about anything please call the ASRC to check, 9326 6066

### ANKYLOSING SPONDYLITIS VICTORIA INC PEER SUPPORT GROUP

Coffee n Chat 2017

For those with Ankylosing Spondylitis (AS), their family and friends who wish to improve knowledge of AS and the ability to manage the condition.

**Where** ACC Meeting Room

**When** 1.00pm - 3.00pm Tuesdays - 14 February, 9 May  
1pm- 3pm Sundays - 19 March, 9 April, 11 June

**Cost** Free

**Info** Call Annie McPherson, 0408 343 104 or email [asvictreasurer@hotmail.com](mailto:asvictreasurer@hotmail.com) or [www.asvictoria.org](http://www.asvictoria.org) (see Events page)

### ASTRONOMY NIGHT AT DAREBIN PARKLANDS

Learn about the night sky ... Come stargazing at Darebin Parklands and learn to identify the major star groups, constellations and planets. Hosted by the Astronomical Society of Victoria, this very popular event sells out quickly so don't miss out! Not suitable for children under 7.

**Where** Meet at Darebin Parklands

**When** 8.30pm, Thursday 2nd March

**Cost** \$15.00 per person or \$25.00 per family

**Info** Bookings essential, 9499 7227, BYO torch covered in red cellophane and wear warm clothes. As weather is unpredictable this event may be postponed.



### BIGGEST MORNING TEA

The Australian Cancer Council's Biggest Morning Tea is on again and we will be hosting an event. Bring a plate of food to share and join us to help raise money for this important cause.

**Where** ACC Main Room

**When** 10am - 11.30am, Thursday 25 May

**Cost** Donation - all money raised will go to the Australian Cancer Council

**Info** Bring a plate to share or just come along, everyone welcome, including children (there will be fairy bread!)

### BOOKCLUB - MONDAY NIGHTS

Interested in joining a book club? Whilst Monday book club was full last year spots may become available this year. Books supplied by Darebin Libraries.

**Where** ACC Main Room

**When** 7pm - 9pm, third Monday of the month

**Cost** \$55 per year or \$27.50 per semester

**Info** Currently full, call to go onto the waiting list, 9499 7227

### BOOKCLUB - THURSDAY MORNINGS

If you love reading and discussing books then our Thursday morning book club might be just your cup of tea. Books supplied by Darebin Libraries.

**Where** ACC Meeting Room

**When** 10.30am - 12noon, first Thursday of the month

**Cost** \$5.50 per session, includes loan of book

**Info** Call our office to enrol and to pick up your book - limited spots available.

## ALPHINGTON AUTUMN FETE

ACC's annual fundraiser is on for the 4th year. A great morning with community stalls, an animal farm, the Makers Market, children's activities including face painting, our pop up op shop, a sausage sizzle and cake stall and ... our famous Dog Show!

### WHERE

Outside ACC

### WHEN

9.30am - 12.30pm, Saturday 6 May

### INFO

Interested in having a stall in the Makers Market or entering the Dog Show? Contact our office to register, 9499 7277.

**Proudly supported by the Clifton Hill/ North Fitzroy Community Bank**

# ACTIVITIES A–Z

## BROADBAND FOR SENIORS – SELF GUIDED

If you have a basic understanding of computers and the internet but no computer access you can come along and undertake the Broadband for Seniors computer course on your own, at your own pace, using our computer.

**Where** ACC Meeting Room

**When** 10am–12noon, Monday mornings

**Info** Free but bookings essential, 9499 7227

## COMMUNITY LUNCH ON A WEDNESDAY

Join us for lunch and a chat. Meet old and new friends and enjoy delicious food. Everyone welcome including children and babies!

**Where** ACC Main Room

**When** 12noon – 2pm

Wednesday 22 February

Wednesday 22 March

Wednesday 26 April

Wednesday 24 May

Wednesday 21 June

**Info** Gold coin donation. Bookings essential, 9499 7227. Dietary requirements happily catered for with advanced notice.

## COMPUTERS AND IPADS FOR SENIORS - WITH A TUTOR

Learn how to use the internet in a supportive and friendly one-on-one environment, funded through the Broadband for Seniors program.

**Where** ACC Meeting Room

**When** 9.30am – 12.30pm, Wednesday mornings starting mid-February

**Cost** Free but bookings essential, 9499 7227

## COMMUNITY CHOIR – THE ALPHINGTONES

Come along and share the joy of singing with others. Our choir caters to all who love to sing in a friendly, supportive and fun environment. Our repertoire covers all genres, and all levels of expertise.

**Where** ACC Main Room

**When** 8pm-9.30pm, Thursdays during school term

**Cost** \$12.00

**Info** For further info please email Kate [katikat70@gmail.com](mailto:katikat70@gmail.com) everyone welcome but waiting lists may apply for some parts.



## NEW! CROCHET A GRANNY SQUARE 101

Have you always wanted to know how to crochet a granny square but don't know where to begin? This hands-on workshop will get you started ... so you can go home and create your own granny square masterpiece!

**Where** ACC Main Room

**When** 1pm – 4pm Saturday 18 March

**Cost** \$25.00 adults / \$15.00 kids, includes wool and a crochet needle to take home

**Info** Bookings essential, kids 12 and under must attend with an adult.

## DAREBIN HOMEMADE FOOD & WINE FESTIVAL

Darebin Homemade Food and Wine Festival celebrates food traditions and sustainable food practices. Stay tuned for details of ACC's involvement in this fabulous event!

## DAREBIN COMMUNITY AND KITE FESTIVAL Sunday 26 March

ACC and the Darebin Neighbourhood House Network will be having a community stall at the Darebin Community and Kite Festival. Held at picturesque Edwardes Lake Park in Reservoir, the festival is a large-scale, outdoor, cultural and community celebration that is fun and free with a broad range of performances, workshops and community stalls, a pet expo, food and beverages, and of course, kite flying!

**When** Sunday 26 March

**Where** Edwardes Lake Park, Reservoir

**Info** [www.darebinarts.com.au/programs/festivals-and-events/](http://www.darebinarts.com.au/programs/festivals-and-events/)

## EARLY MORNING YOGA WITH JANE\*

Gentle yoga, with an emphasis on breathing and mobility.

**Where** ACC Main Room

**When** 7am– 8am, Thursdays during term

**Cost** \$12 / \$10 conc per session, casual attendance welcome

**Info** Call Jane to confirm your attendance if it is your first class, 0407 997 391

## ACC STALL AT FAIRFIELD FARMERS MARKET

Visit us at our community stall at Fairfield Farmers Market to find out more about our activities, events and services, meet our committee and staff or just say hello!

**Where** Fairfield Farmers Market at Fairfield Primary School, Wingrove Street

**When** 8am – 1pm, Saturday 18 March

## FREE HEARING TESTS\*

Book in for a free hearing test at ACC on the third Monday of the month, starting Monday 16 January. The test takes approximately 20-30 minutes and you will receive a copy of your results and further information and advice about your hearing. Run by HearService, a division of the not-for-profit Victorian Deaf Society.

**Where** ACC Meeting Room

**When** 10am - 12noon

**When** Third Monday of the month

**Info** Bookings essential please ring 1300 30 20 31 for an appointment, or email [info@hearservice.com.au](mailto:info@hearservice.com.au)

## GARDENING GROUP

Our gardening group is small and we need more members! We meet every week during school term to maintain, plan and plant our gardens. Come along and share your skills and ideas, enjoy and improve our outdoor spaces and chat over a cuppa.

**Where** ACC Garden

**When** 10am-12noon, Friday mornings during school term

**Info** Call our office for details, 9499 7227, or just come along. Proudly supported by the Clifton Hill North Fitzroy Community Bank

## HISTORY GROUP 3078

Learn more about the history of Alphington and Fairfield or share your knowledge! Come along to a history group meeting to find out about history talks, walks and events.

**Where** ACC Meeting Room

**When** 7.30pm, the first Tuesday of the month  
Term 1 - 7 February, 7 March  
Term 2 - 2 May, 6 June

**Cost** Gold coin donation

## NEW! INTERNATIONAL WOMEN'S DAY LUNCH

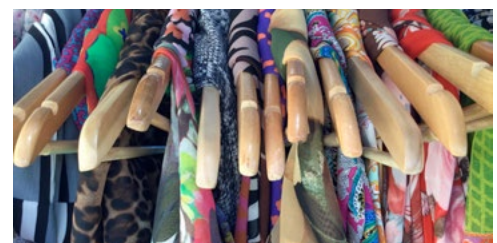
Women are invited to bring a plate to share for our inaugural International Women's Day Lunch with guest speaker. Children welcome.

**Where** Garden at ACC

**When** Wednesday 8 March, 12noon-2.00pm

**Info** Some food supplied but feel free to bring a plate to share

**RSVP** ACC office, 9499 7227



# ACTIVITIES A-Z

## KNITTING GROUP

See Alphington Angels

## LINE-DANCING

Spend your morning having fun and getting fit with music and line-dancing.

**Where** Alphington Scout Hall, Adams Street

**When** 10am – 12noon, Wednesday mornings

**Info** \$3.00 per session, wear comfy shoes!  
Contact Shirley 0410 601 796 for more information

## MARKET STALL 101

Are you interested in having a craft stall at one of our Makers Market but don't know where to start? We have two markets per year, one for Mother's Day and one for Xmas – find out how you can be involved.

**Where** ACC Main Room

**When** 7.30pm – 8.30pm, Monday 20 March

**Cost** \$10.00

**Info** Bookings essential, 9499 7227

## MUSIC AND ART FROM THE HEART – A YARRA NEIGHBOURHOOD HOUSE CONCERT

Each year music and art groups from the 9 neighbourhood houses in Yarra City Council come together to hold a concert and art show that showcases the wonderful talent of our community members. Join us for this fantastic event which features groups from ACC. Proudly supported by the City of Yarra and the Clifton Hill/North Fitzroy Community Bank.

**Where** Collingwood Town Hall

**When** 7pm, Wednesday 10 May

**Info** Gold Coin Donation

## NEW RESIDENT COFFEE MORNING

Have you recently moved into the area? Or have you been here a while and haven't met many locals? Register your interest to come along to a coffee morning at our local café held at various times throughout the term.

**Cost** Purchase your own morning tea

**Info** Register your interest by calling the ACC office, 9499 7227

## NEW! POP UP OP SHOP

Proceeds from our Op Shop go towards programs and activities at ACC. Our Op Shop sells pre-loved books, toys, bric-a-brac and treasures as well as produce made by some of our activity groups. Pop past our Pop Up and pick up a bargain!

**Where** ACC Main Room

**When** 9.30-11.30am, First Wednesday of every month, and at the Alphington Autumn Fete, 9.30am – 12.30pm, Saturday 6 May

**Info** Donation of goods welcome, contact the office for details, 9499 7227

## PRACTISE YOUR ENGLISH

Would you or a friend like to practice your conversational English in a relaxed and supportive environment? There will be a new class starting once we have 5 people registered so call if interested!

**Info** Register with the office, 9499 7227

## PRESERVES COOKING GROUP

If you like cooking we need helpers to join our preserves group. We make jams and preserves to sell at our fete, makers market, to give as gifts and for our community lunches. If you can spare a couple of hours to chop, mix and stir then come along and help up create batches of ACC gourmet delights. No preserving experience necessary.

**Where** ACC Kitchen

**When** First Friday of the month 10am – 1pm, 3 March, 5 May, 2 June

**Info** BYO apron

## PRODUCE SWAP

Share your excess veggies and fruit, a gardening tip or home-made preserve at our seasonal produce swap.

**Where** ACC Garden

**When** First Friday of every month, and at the Alphington Autumn Fete

**Cost** Free

**Info** Just come along or call 9499 7227 for further info

## NEW! SILVER TAP\*

A casual, slow-paced, low-impact class for the more senior tap dancer. Want to try? First class free.

**When** Thursdays 10.30 -11.30am

**Where** 7 Ford Crescent, Fairfield

**Cost** \$12 casual or 5 classes for \$50

**Info** Call Mel 0403 775 756 for details and to book in. Some spare shoes are available.

## UKULELE

If you have always wanted to learn the ukulele then this is the class for you! No experience necessary.

**Where** ACC Main Room

**When** Tuesdays during school term  
7pm – 7.30pm Beginners  
7.30pm – 8.30pm Performance Group

**Cost** \$11

**Info** Enrolments essential, 9499 7277

## VOLUNTEERS NEEDED

Do you like walking? We are always looking for volunteers to help us deliver our brochure, posters and event flyers. Do you like cooking? We always need help with our community lunch and preserves group. Do you have a few hours to spare and would like to help your local neighbourhood house? Volunteers are needed to help in our garden, at our working bees and to help set up and pack up events. You can also nominate for our Committee of Governance.

**Info** Call 9499 7227 to register your interest

## NEW! WISER WALKER WISER TRAVELLER EDUCATION PROGRAM

A 4-week, 2-hour course providing information on a wide range of transport options and support services for older people to remain mobile, travel confidently and safely, and stay connected within their community. Proudly supported by Darebin City Council.

**Where** ACC, Main Room

**When** 1pm-3pm for 4 weeks, starting Thursday 20 April

**Cost** Free

**Info** Bookings essential, 9499 7227

## NEW! SHIBORI DYEING WORKSHOP

Shibori is a Japanese resist dyeing technique that involves folding, binding and dyeing natural fabric. Learn how to make an indigo dye bath and practise common resist dying techniques using things like wooden blocks, rubber bands and pegs. You will walk away with a gorgeous scarf, tote bag and t-towel!

**When** 1pm – 3pm Saturday 20th May

**Where** ACC

**Cost** \$40.00 includes materials. Note that you can bring additional items to dye (time permitting).

**Info** Bookings essential, 9499 7227



## COUNSELLING

Alphington Community Centre offers counselling by appointment only. Medicare rebates, bulk billing and free counselling may be available. Contact counsellors directly for further information or to make an appointment.

### MIND – LGBTI CLINIC

Specialist therapeutic support for sexually and gender diverse people is now offered by Mind Australia at Alphington Community Centre. Services include individual, couples and family relationship counselling and sex therapy. Medicare bulk billing is available to clients with a referral and mental health treatment plan. Privately funded bookings also welcome.

Info and bookings 1300 286 463

### JOHN BYRNE – MEN'S COUNSELLING

Counselling for men and groups, and workshops for men. Support for fathers. Connect men with their families in new ways.

Info 9410 9342 or 0439 899 352  
john@mensevovementnetwork.com.au

### ANNE CONNELL

Anne is an accredited mental health social worker with 20 years' experience. She is a gestalt therapist and is training in somatic experiencing at intermediate level. Learn how to feel better by managing symptoms and reworking any overwhelming or difficult experience including depression, anxiety, challenging relationships, self-criticism and low confidence. Learn to develop resilience and live a fulfilled and enriched life, approaching each day with joy and curiosity. Medicare and sliding scale of fees available. Anne welcomes people from all backgrounds including GLBTIQ.

Info 0409 237 545  
abtfulfill@gmail.com

### SUE LENZI

BA, BSW

Relationship and family counselling. Other specialties include adolescents, addiction, anxiety disorders, depression and mental health. Medicare accredited.

Info 0411 499 324



## AROUND THE NEIGHBOURHOOD

Find out what other community groups are doing around our neighbourhood. If your community group would like to be listed here then please get in touch with our office, 9499 7227.

### ST ANTHONY'S PRIMARY TWILIGHT FAIR

When 3.30pm – 8.30pm, Friday February 24  
Info Check website for details:  
www.saalphington.catholic.edu.au

### A DAY ON THE FAIRFIELD GREEN, FAIRFIELD PRIMARY SCHOOL FETE/MUSIC FESTIVAL

When Saturday 25 March  
Info Check website and date for details:  
http://fairfieldps.vic.edu.au/

### ALPHINGTON PRIMARY FETE

Info Check APS website for news:  
www.alphinps.vic.edu.au

### FAIRFIELD FARMERS MARKET

Pick up some beautiful fresh produce, bread, preserves, flowers, baked goods and other goodies.

When 8am-1pm, third (and fifth) Saturday of each month, at Fairfield Primary School.  
Info For more information visit  
www.mfm.com.au

### FIRST ALPHINGTON SCOUTS

Scouts is great fun for boys and girls. Held at Alphington Scout Hall, Adams Street in Alphington.

When  
Cubs (8–10 years) Wednesdays 7pm-8.30pm  
Scouts (10–14 years) Tuesdays 7pm-9pm  
Venturers (14–17 years) Thursdays 7.30-9pm  
Rovers (18–25 years) Mondays 7pm-10pm  
Info Info & scout hall bookings  
Edward Buckle, 0439 382 033 or  
edwardjbuckle62@gmail.com

### ALFRED NUTTALL KINDER

Alfred Nuttall Memorial Kindergarten provides a stimulating and caring environment that promotes a love of learning and encourages each child to realise his or her full potential.

Info 9489 0262

### DAREBIN PARKLANDS ASSOCIATION

(DPA) Help protect and improve the bushland character of the parkland by becoming a member!

Info info@dpa.org.au, www.dpa.org.au  
www.facebook.com/darebinpark

### ALPHINGTON BOWLS CLUB

Join as a social or playing member - many social bowling opportunities.  
Sunday on the Green, 9am-11am, last Sunday of each month, \$10 per player, cooked breakfast included, all members free  
Barefoot Bowls, 6.00pm Friday evenings during daylight savings, dinner available  
Pop Up Novice Competition starting evenings late Jan - see ABC website for details  
http://www.alphingtonbowlsclub.org.au

### FAIRFIELD COMMUNITY GARDEN

Supplement your kitchen with freshly grown organic fruit and vegetables. Learn and share tips about gardening. Apply for a plot to work yourself or just come along to our working bees.

When Last Sunday of every month  
from 9am – 12noon  
Where Fairfield Community Garden, 1 Hamilton Street, Fairfield (behind Interact adult learning centre)  
Info jeffreyb47@optusnet.com.au

### SUPPORT OUR LOCAL TRADERS!

Shop in Wingrove Street and support our local traders so they don't disappear. We have a great café, milk bar and butcher!

### U3A (UNIVERSITY OF THE THIRD AGE) DAREBIN

U3A provides low cost learning for older people in a number of venues in the City of Darebin. You must be a member of U3A to attend classes. Please contact the U3A office on 9489 2103 for an enrolment form and information about their wide range of classes and activities.

### YARRALEA CHILDREN'S CENTRE

Yarralea is a community run, not for profit Centre that provides 3 and 4 year old sessional and long day kindergarten, bush kindergarten and a multi-age kindergarten programs for children from 1 year of age.

When Open 8am-6pm Monday to Friday,  
48 weeks per year.  
Info 9499 2251 or www.yarralea.com.au



## HIRING THE CENTRE

Our Centre is available to hire for parties and community activities at affordable, community rates. We have a great space with an outdoor area and kitchen as well as a smaller meeting room. Call for details or our information kit on 9499 7227.

## COMMUNITY GROUP MEETING SPACE

When we're not running activities we have meeting spaces available free of charge for community groups and resident groups residing in the 3078 area.

**Where** ACC Meeting Room and Main Room  
**Cost** Free to local community and resident groups  
**Info** Contact ACC for details, 9499 7227

## LOOKING FOR A QUIET PLACE TO STUDY?

If you need a quiet place to study then we have the space for you. Our meeting room can be booked during the day and after hours in 2 hour blocks. Free Wi-Fi included.

**Where** ACC Meeting Room  
**Cost** \$6.00 per 2 hours  
**Info** Contact our office to book, 9499 7227

## SPACE AVAILABLE FOR PLAYGROUPS

Have you outgrown your playgroup space and need to find somewhere new ... or would you like to start a playgroup with your friends? We have some spots available for playgroups to use throughout the week.

**Info** Call our office for info, availabilities and to come for a tour.



**Neighbourhood Houses**  
The heart of our community

## GIFT VOUCHERS FOR OUR WORKSHOPS ARE NOW AVAILABLE

If you are stuck for ideas for a gift, why not give someone an ACC gift voucher so they can attend one of our classes or workshops. Drop into the office or call us to find out more.

## WORKSHOP OR ACTIVITY IDEA?

If you have an idea for a workshop or activity then we would love to hear from you! Call, email or drop into our centre for a chat!

*IMPORTANT: Please consult your doctor prior to attending any of our health and wellbeing classes, especially if you don't regularly exercise or if you require special attention, have undergone any form of surgery or are using medication.*

Alphington Community Centre, 2 Kelvin Rd, Alphington, Tel. 9499 7227  
[www.alphingtoncommunitycentre.org.au](http://www.alphingtoncommunitycentre.org.au)

## DONATIONS PLEASE

**WOOL WANTED:** If you have any good quality wool you would like to donate to our knitting group, please call and let us know!

**JARS and CANS WANTED:** We need small clean jars and cans (no labels) for our cooking and gardening group to make preserves and pot up plants to sell for fundraising. Also terracotta pots. Just drop them in during office hours if you can help.

**DONATED GOODS WANTED FOR OUR POP UP OP SHOP:** Books, plants, vinyl records, kids toys and books, bric-a-brac – all in good condition please.

## SEMESTER 1 WORKSHOPS & EVENTS

<b>NEW! International Women's Day Lunch</b>	12noon-2pm, Wednesday 8 March
<b>ACC Stall at Fairfield Farmers Market</b>	8am-1pm, Saturday 18 March
<b>NEW! Crochet A Granny Square 101</b>	1pm-4pm, Saturday 18 March
<b>Market Stall 101</b>	7.30pm-8.30pm, Monday 20 March
<b>Darebin Community and Kite Festival</b>	Sunday 26 March
<b>NEW! Pop Up Playgroup – Alphington Park</b>	12am-12noon, Thursday 30 March
<b>What is that Waterbug?</b>	10am-12noon, Thursday 4 May
<b>Alphington Autumn Fete</b> <ul style="list-style-type: none"><li>• Yarra Libraries Pop Up Story Time</li><li>• Alphington Dog Show</li></ul>	9.30am-12.30pm, Saturday 6 May
<b>Music and Art From The Heart</b>	7pm, Wednesday 10 May
<b>NEW! Shibori Dyeing Workshop</b>	1pm-3pm, Saturday 20 May
<b>Biggest Morning Tea</b>	10am-11.30am, Thursday 25 May

