



# Vines Road Community Centre

*something for everyone*

## **What's on at the Centre**

### **Where are we?**

37-61 Vines Road, Hamlyn Heights

### **How can you contact us?**

(03) 52779027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

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

<https://www.facebook.com/VinesRoadCC/>



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Guide is correct at the time of publication and is subject to change

(03) 5277 9027 [info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

## How can Vines Road Community Centre assist you today?

The Vines Road Community Centre is so much more than a venue for hire and a space for community-based activities. Our friendly, helpful staff and volunteers are tech-savvy and are very skilled at locating information so we can refer you on to other service providers and get you where you need to go.

### Other services you may not have known that we offer:

- Photocopying – greyscale and colour (\$)
- Laminating – A4 size or smaller (\$)
- Scan to email – greyscale and colour
- Free access to the computer room
- After-hours computer room access Wednesdays 5:00pm – 8:00pm (except School Holidays)
- Greyscale printing from the computer room (\$)
- Maps and directions printing (\$)
- Basic assistance with popular computer software and internet browsers
- Basic software assistance with smartphones, iphones and tablet computers
- Assistance with contacting government agencies such as Centrelink, Tax Office, Dept Health & Human Services, etc.
- Assistance to get you in contact with any other agency we have referred you to.
- Tea and Coffee Facilities
- Wireless internet access

### Our current office hours are:

Monday – Thursday 8:30am – 1:30pm

Friday - 8:30am – 12:30pm

*The Centre's office will be closed on all Victorian public holidays and observes the GEELONG CUP as its horse racing public holiday.*

*The Centre modifies its office hours during school holidays, please check our website for current hours.*

### Also located nearby Vines Road Community Centre:

Vines Road Senior Citizens Club

<https://www.geelongaustralia.com.au/directory/item/1619.aspx>

Western Heights College

[www.whc.vic.edu.au/](http://www.whc.vic.edu.au/)

Western Heights College Library (General public welcome)

[www.grlc.vic.gov.au/locate/western-heights-college](http://www.grlc.vic.gov.au/locate/western-heights-college)

Vines Road Guardian Pharmacy

<https://www.guardianpharmacies.com.au/store-locator/vic/vines-road-guardian-pharmacy>

Vines Road Post Office

<https://auspost.com.au/pol/app/locate/post-office/VIC/.../Vines-Road-LPO-346378>

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## What's on @ VRCC

### Heart Foundation Walking Group

Monday 9:15am – 11:15am

The group usually meets at the centre to begin their walk but sometimes meet elsewhere. The group end their walk at a local café for a bit of social time.

\$ FREE

Bill Clydesdale 0409 000 498

### U3A Drawing Skills Development

(School Terms Only)

Monday 10:00am – 12:30pm

Develop your skills in drawing in all mediums with an experienced facilitator

\*Participants must be a member of U3A to join this group

Yvonne Stout (03) 5278 2503

[tomvon@ncable.net.au](mailto:tomvon@ncable.net.au)

U3A Office 5244 5114

[mail@u3ageelong.org.au](mailto:mail@u3ageelong.org.au)

### Active Adults Fitness

Monday 10:00am – 11:00am

Wednesday 9:30am - 10.30 am

Thursday 1:00pm - 2:00pm

Friday 10:00am - 11.00am

Friday 11:00am - 12.00pm

Keep your strength and stamina up with this fun fitness class. All ages and fitness levels welcome

\$13.00 per session

Brenda Saunders 0402 300 062

[Brendasaunders1@hotmail.com](mailto:Brendasaunders1@hotmail.com)

### Senior's Table Tennis

1:00pm – 4:00pm

Monday, Wednesday & Friday

Join in for a social game of table tennis

Participants must be a member of VRSCC to play

\$10 membership

Vines Road Senior Citizen's Club

Earl Gee, President

5278 8829

### Yoga with Suzanne Davies

(School Terms Only)

Beginners Tuesday 7:00pm - 8:30pm

All levels Wednesday 9:30am - 11:00am

Classical Yoga, Relaxation & Meditation for

Beginners. Bring your own mat.

\$13.50 per class

Suzanne Davies 0417146422

### Senior's Painting Class

Monday 1:00pm – 4:00pm

Social painting group hosted by VRSCC

Participants must be a member of VRSCC to participate

\$10 membership

Vines Road Senior Citizen's Club

Earl Gee, President

5278 8829

### Emotion21. Moving Bodies. Moving Boundaries

(School Terms Only)

Monday 4:00pm – 8:00pm

Wednesday 5:30pm – 6:30pm

Fitness Program for young people with Down syndrome

9854 7100

[info@emotion21.org.au](mailto:info@emotion21.org.au)

[www.emotion21.org.au](http://www.emotion21.org.au)

### Life Creations Fitness

Thursday 2:30pm – 3:15pm

Helping women to develop safe, active lifestyles pre and post pregnancy. Babies and children welcome.

Emma Mooney 04759 09792

[emma@lifecreationsfitness.com.au](mailto:emma@lifecreationsfitness.com.au)

[www.lifecreationsfitness.com.au](http://www.lifecreationsfitness.com.au)

### Physio Chi

(School Terms Only)

Monday 5:00pm - 6:00pm

Modified Tai Chi

Janette Anderson 0419 567 518

[janette\\_anderson@ymail.com](mailto:janette_anderson@ymail.com)

### **VRCC Story time**

(School Terms Only)

Tuesday 10:00am - 11:00am

Storytelling for 2 – 5 year olds. Babies welcome.

\$FREE

VRCC Reception 5277 9027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

### **Daishindo Karate “Super Self Defence”**

(School Terms Only)

Monday 5.00pm - 7.00pm

Learn super self defense – more than just kicking and punching! Learn old and new Japanese karate techniques.

Casual and term fees available.

5pm-6pm Karate Kids 6 years +

6pm-7pm Karate Seniors 13 years +

Sensei Craig (Leeson) 0419 374 523 or 5266 1369

[craigleeson@iprimus.com.au](mailto:craigleeson@iprimus.com.au)

[www.geelongsabakischool.com](http://www.geelongsabakischool.com)

### **Bayside Active Adults Program**

(School Terms Only)

\*Doctor's clearance to be handed to the facilitator at or prior to your first session

#### **Strength & Balance**

Tuesday 1:45pm - 2:45pm

Build up your strength and improve your balance to assist in preventing falls.

#### **Exercise to music and build your strength**

Thursday 9:30am - 10:30am

Thursday 11:00am - 12:00pm

Low-impact exercise for all fitness levels.

Bayside Active Adults

Lesia Dunn

[baysideactiveadults@gmail.com](mailto:baysideactiveadults@gmail.com)

### **Inner Cor Yoga**

Saturdays 10:30am – 11:30am

Hatha Yoga. Wear loose fitting clothing and do not eat for at least one hour prior to the class. Bring your own rug or blanket

\$20.00 per session

Pauline Rooney 0407840702

[info@innercor.com.au](mailto:info@innercor.com.au)

### **Cuban Salsa Dance Lessons**

Monday 7:30pm – 10:00pm

Cuban Salsa is energetic, expressive and fun – no need to bring your own partner as dance couples change partners in a progressive circle

\$16.00 per lesson (casual)

\$14.00 per lesson (Club la Vida members)

Club La Vida Salsa Geelong Inc.

Sonja 0411 730 430

### **U3A Art**

(School Terms Only)

Tuesday 9:30am - 12:00pm

Oil painting and other mediums from beginner to advanced skill level in a co-operative environment

\*Participants must be a member of U3A to join this group

Marion Pescud 5244 5114

[mail@u3ageelong.org.au](mailto:mail@u3ageelong.org.au)

[www.u3ageelong.org.au](http://www.u3ageelong.org.au)

### **Geelong Embroidery Machine Club**

(3rd Tuesday of the month except January and December)

(2<sup>nd</sup> Saturday of the month except January)

Tuesday 10:00am - 3:00pm

Saturday: 10:00am - 3:00pm

Sharpen your skills with machine embroidery in a social atmosphere. All Welcome.

Maria Winiecki

[jm\\_winiecki@bigpond.com](mailto:jm_winiecki@bigpond.com)

### **Learn to Sew with Geelong Embroidery Machine Club**

(3rd Tuesday of the month except January and December)

Tuesday 10:30am - 12:30pm

Learn straight sewing techniques on your own sewing machine. Garment mending help. Bring your own machine, equipment and consumables.

**\$ FREE**

VRCC Reception 52779027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

## **Pilates**

Beginners Tuesday 11:00am - 12:00pm  
All levels Wednesday 10:30am – 11:30am  
All levels Thursday 9:30am – 10:30am  
All ages and fitness levels welcome  
\$16.00 per session  
Brenda Saunders 0402300062  
[brendasaunders1@hotmail.com](mailto:brendasaunders1@hotmail.com)

## **VRCC Community Kitchen**

(School Terms Only)  
Tuesday 10:00am - 12:00pm  
Grow. Cook. Share. Healthy cooking together  
\$3.00  
VRCC Reception 52779027  
[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

## **Art Social Group by Wellways**

Monday 1:00pm – 3:45pm  
A group program for individuals with a mental illness or mental disability. Facilitated by trained mental health staff. Art materials provided but you can bring your own project if you're currently working on something.  
**\$ FREE** for those with NDIS group funding  
**\$ Gold Coin** for those with no funding  
Millie Reid 04 38 575 314 or 0352 921 680  
[areid@wellways.org](mailto:areid@wellways.org)

## **Karen Feldman's Dance Studio**

School Terms Only –Holiday programs offered most school holidays  
**Tuesday 3:45pm - 9:15pm**  
Enjoy dance in a fun and casual atmosphere and learn the fundamental principles of modern dance techniques  
~ Tinies 5 – 6 Years 4:00pm – 4:45pm  
~ Juniors 7-8 years 5:00pm – 5:45pm  
~ Intermediates 9 – 11 years 6:00pm – 6:45pm  
~ Seniors 12 – 15 years 7:00pm – 7:25pm  
~ Adults & Advanced Seniors 16 years + 7:45pm – 8:45pm  
Karen Feldman's Dance Studio  
5276 1357  
[karen@karenfeldmansdancestudio.com](mailto:karen@karenfeldmansdancestudio.com)  
[www.karenfeldmansdancestudio.com](http://www.karenfeldmansdancestudio.com)

## **Vines Road Senior Citizen's Club (VRSCC) Main Program Day**

Wednesday 9:00am - 4:00pm

- Exercise classes
- Lunch
- Indoor lawn bowls
- Table Tennis
- Bingo

Participants must be a member of VRSCC to participate

\$10 membership

Earl Gee, President of VRSCC 5278 8829

[vinesroadseniors@bigpond.com](mailto:vinesroadseniors@bigpond.com)

## **Classical Guitar Society of Victoria**

Last Wednesday of the month

6:30pm - 8:30pm

A group of classical guitarists who meet monthly to play for the group and listen to each other's music. All welcome

Bill Sinclair 0435 071 301

[bsinclair@aapt.net.au](mailto:bsinclair@aapt.net.au)

## **Podiatry services**

Wednesday 10:00am - 2:00pm

Friday 10:00am – 5:00pm

Podiatry services delivered in the community by a friendly, experienced professional  
Roma Kljajic 0408 373 413

[r-kljajic@hotmail.com.au](mailto:r-kljajic@hotmail.com.au)

## **U3A Life Matters (Writing)**

(School Terms Only)

Wednesday 10.00am - 12:00pm

Write about life experiences in a friendly, confidential environment. Advanced literary skills are not essential, however participants must be committed to the written word, even if shorter pieces are attempted at the start.

Comprehensive memoir writing, poetry and genealogy linked writing is encouraged

\*Participants must be a member of U3A to join this group

Jura Reilly 5244 5114

[mail@u3ageelong.org.au](mailto:mail@u3ageelong.org.au)

[www.u3ageelong.org.au](http://www.u3ageelong.org.au)

## **Aikido**

(School Terms Only)

Wednesday 7:30pm - 9:00pm

Aikido (a-kee-doh), a Japanese martial art where there is not competition or "sparring". Students train together helping one another to learn the art of self-defense, gaining fitness in mind and body. Class includes the use of "Bokken" (wooden sword) and "Jo" (wooden staff).

Accepts students 13 years +

Geelong Sabaki School

Sensei Craig (Leeson) 0419 374 523 or 5266 1369

[craigleeson@iprimus.com.au](mailto:craigleeson@iprimus.com.au)

[www.geelongsabakischool.com](http://www.geelongsabakischool.com)

## **Creative Art**

(School Terms Only)

Thursday 9.30am - 12:00pm

Learn painting and other crafts from a friendly group of experienced artists.

Joy Leemon 0414 727 292

## **KF Dance for toddlers**

(School Terms Only – Holiday programs available most school holidays)

Toddlers learn dance in a fun and casual environment.

### **Tuesdays**

Age 2-3 9:30am – 10:00am

Age 3-4 10:15am – 10:45am

### **Thursdays**

Age 2-3 9.30am-10.00 am

Age 3-4 10.15am-10:45am

Age 4-5 11:00am – 11:30am

Karen Feldman's Dance Studio 5276 1357

[karen@karenfeldmansdancestudio.com](mailto:karen@karenfeldmansdancestudio.com)

[www.karenfeldmansdancestudio.com](http://www.karenfeldmansdancestudio.com)

## **Geelong Jazz Club**

First Saturday of the Month 8:00pm – 11:00pm

Live jazz band, dancing, friends and fun  
Basil Blight

5244 2886 or 0417 894 477

## **Nutrimetrics**

Monday 7:30pm – 9:30pm

Weekly training meetings for new and existing Nutrimetrics Consultants.

Des Tshipnis 0425706502

[peter.tsipnis@bigpond.com](mailto:peter.tsipnis@bigpond.com)

## **Grow Community Mental Health**

Friday 12:30pm – 3:00pm

Grow is a community-based organisation that has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development. There are no assessments, no need for a diagnosis and no strict eligibility criteria. Each Grow group is run by seasoned 'Growers' who have taken a voluntary leadership role within the Group. \$ FREE

Grow Victoria/Tasmania 1800 558 268

[vic@grow.org.au](mailto:vic@grow.org.au)

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

## **Kid's Club School Holiday Program**

9:30am – 1:00pm

A one day school holiday program for Primary School Aged Children in the 3215 area. Make new friends or catch up with existing ones while participating in a fun and educational environment.

*Delivered by Church on Vines, an urban outreach program by the Reformed Presbyterian Church.*

\$ FREE

VRCC Reception 52779027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

## **Kyokushin Karate – Hamlyn Heights Dojo**

(School Terms Only)

Thursday 6:30pm – 8:00pm

Opened October 1997 at Vines Road Community Centre. A style of karate based on mutual respect, discipline and self-improvement

Gary Treloar 0401 094409

[garytreloar@live.com.au](mailto:garytreloar@live.com.au)

[www.geelongkyokushin.com.au/dojo-locations/hamlyn-heights](http://www.geelongkyokushin.com.au/dojo-locations/hamlyn-heights)

### **Geelong Christian Assembly**

Sunday 12:00pm - 3:30pm  
Regular Sunday Church Service – All Welcome

Graham Higginson  
52441610 or 0458 482 047

### **VRCC Greeting card making**

Saturday, once per month 10:00am - 12:00pm

Make your own greeting cards in a social and fun group

VRCC Reception: 52779027

Narelle Greig

[nsgreig@aapt.net.au](mailto:nsgreig@aapt.net.au)

### **Vines Road Senior Citizen's activity program**

Friday 1:00pm - 4:00pm

- Bingo
- Table Tennis
- Pool/Billiards

Earl Gee, President of VRSCC 5278 8829

[vinesroadseniors@bigpond.com](mailto:vinesroadseniors@bigpond.com)

### **Line Dancing by Vines Road Senior Citizen's Club (VRSCC)**

Friday 9:15am - 12:15pm

Learn line dancing in a fun, informal environment with an experienced instructor and modern music. Includes a drinks break. Please wear Comfortable shoes with soft rubber soles not to mark or scratch dance floor. All Welcome

Beginners 9:15am

Morning tea at 11am

Intermediates 11:15am

\$5.00 per session

Les Squires (Instructor) on behalf of VRSCC  
52783612

Earl Gee, President of VRSCC 5278 8829

[vinesroadseniors@bigpond.com](mailto:vinesroadseniors@bigpond.com)

### **Meditation – Sahaja method**

Wednesday 7:00pm – 8:00pm

Simple meditation for all levels using the method established by Shri Mataji Nirmala Devi. Can be done seated in a chair or on the floor.

\$ FREE

KD Ahuja 0430536280

[kd.ahuja@raywhite.com](mailto:kd.ahuja@raywhite.com)

[www.sahajayoga.com.au](http://www.sahajayoga.com.au)

### **Geelong Machine Embroidery Club**

Second Saturday of the month 10:00am - 3:00pm

Sharpen your skills with machine embroidery in a social atmosphere. Participants must be a member of the club to attend

Maria Winiecki

[jm\\_winiecki@bigpond.com](mailto:jm_winiecki@bigpond.com)

### **No Interest Loans Scheme**

Provides Individuals and families with access to safe, fair and affordable credit. Loans of up to \$1,200 for purchase of new whitegoods, or medical/dental services. Repayments are set up for an affordable amount over 12 to 18 months.

For an appointment please contact NILS Geelong

5229 8829

[loans@nilsgeelong.com.au](mailto:loans@nilsgeelong.com.au)

[www.nilsgeelong.com.au](http://www.nilsgeelong.com.au)

### **Hero Town Training**

*Training dates vary, please contact via the methods below to find out when the next round is starting.*

Hero Town is dedicated to educating, inspiring, and supporting individuals to feel prepared and confident to tackle the challenges we face, from nervousness about an upcoming presentation to protecting rainforests and the world's refugees.

Hero Town 0352150486

[contact@herotown.com.au](mailto:contact@herotown.com.au)

### **VRCC Community Yoga**

Join long-time yoga teacher Pauline for an hour of yoga right here at the Vines Road Community Centre. Please wear loose fitting clothing and do not eat for at least one hour prior to the class. Bring your own rug or blanket.

\$30.00 for all weeks of Term 4

\$5.00 per casual class

Wednesdays 1:30pm – 2:30pm

VRCC Reception

(03) 5277 9027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

### **Auslan – Beginner**

9:00am – 4:30pm

Learn to communicate with deaf and hard-of-hearing people in this fun and practical 6 hour (one day) community based course. Please contact The Auslan Company for the next training date

### **Auslan - Intermediate**

**Saturdays – once per term**

9:00am – 4:30pm

A follow-on for the beginner's Auslan delivered a month after the beginner's course. Develop your Auslan skills further through signing through children's books. Please contact The Auslan Company for the next training date.

Prices (per class)

Adult - \$120.00

Concession/Uni Student - \$100.00

School Age Child \$80.00

The Auslan Company

0477979748 – Darren - Text ONLY

0477979749 – Administration

[learnauslan@gmail.com](mailto:learnauslan@gmail.com)

### **VRCC Tai Chi for Health**

(School Terms Only)

Thursdays 1:30pm – 2:30pm

Get moving again with Tai Chi for Health!

Join VRCC's original Tai Chi instructor

Tracey for an hour of modified Tai Chi. Designed specifically for participants with arthritis or undergoing physical rehab, you will have fun and make some new friends while working on improving your health.

\$20.00 per term (Term 3; 10 weeks)

VRCC Office 5277 9027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)

### **KF Dance Specialty Workshops**

(School Terms Only)

### **Contemporary Extension**

Wednesdays

(9-14 years) 4:15pm – 5:00pm

### **Acrobatic**

Wednesdays

Beginner (5 – 8 years) 4:00pm – 4:45pm

Inters/Advanced (9 – 14 years) 5:00pm – 5:45pm

### **Break-dance**

Saturdays

Beginners (5-8 years) 11:00am – 11:45am

Inters/Advanced (9-14 years) 12:00pm - 12:45pm

### **Musical Theatre: Dance, sing, act!**

**Thursdays**

Tinies (5-7 yrs) 4:30pm - 5:45pm

Juniors (9-11yrs) 5:45pm – 7pm

Seniors (12–16yrs) 5:45pm – 7:30pm

### **Meditation circle for wellness**

Wednesdays 6:45pm – 8:15pm

**\$8.00 per session**

VRCC Reception

(03) 5277 9027

[info@vinesroadcommunitycentre.org.au](mailto:info@vinesroadcommunitycentre.org.au)



**NEW ACTIVITY!**

**Ballroom Dancing with To2Tango**

Starting Friday the 16<sup>th</sup> of February 2018  
Discover energy and vitality while you move to the intoxicating rhythm of Latin American Music. No partner needed as you will partner with others in the group.

Your qualified dance teacher, Zaža is dedicated to teaching social and competitive forms of ballroom and latin dancing via private lessons and group classes.

Zaža

0409321643

[To2tango@bigpond.com](mailto:To2tango@bigpond.com)

**NEW ACTIVITY!**

**Complete Wellness Class**

Starting Tuesday 6<sup>th</sup> February 6:00pm – 8:00pm

Led by a qualified and experienced practitioner, Kellie Foxlee will coach you to complete wellness through 4 sections:

- Chi gong and stretches
- Personal and group fitness training
- Emotional healing/counselling
- Meditation and energy healing techniques

\$18.00 per person, bring a friend and they pay \$12.00!

Spaces limited. Bookings essential.

Kellie Foxlee 0404333059