

WHAT'S



ON

VINES ROAD COMMUNITY CENTRE



What's On @ VRCC published by Vines Road Community Centre 24/10/2022 10:19:28 AM
Guide is correct at the time of publication and is subject to change
(03) 5277 9027 info@vrcc.com.au



WHERE ARE WE?

37-61 Vines Road, Hamlyn Heights VIC 3218

HOW CAN YOU CONTACT US?

(03) 52779027

info@vrcc.com.au

www.vinesroadcommunitycentre.org.au

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

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 KNOW WE OFFER:

- Photocopying – greyscale and colour (\$)
- Laminating – A4 size or smaller (\$)
- Scan to email – greyscale and colour
- Free access to the computer room by Appointment
- Grayscale printing from the computer room (\$)
- Maps and directions printing (\$)
- Basic assistance with popular computer software and internet browsers by Appointment
- Basic software assistance with smartphones, iPhones and tablet computers by Appointment
- Assistance with contacting government agencies such as Centrelink, Tax Office, Dept Health & Human Services, etc. by Appointment
- Assistance to get you in contact with any other agency we have referred you to.
- Wireless internet access
- Resume and job seeking assistance by Appointment
- Coffee for \$1 and free for VRCC Members (Please ask the reception for a cup)

OUR CURRENT OFFICE HOURS ARE:

Monday – Friday 9.00am – 12:00noon

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

ALSO LOCATED NEARBY VINES ROAD COMMUNITY CENTRE:

Vines Road Senior Citizens Club (Welcomes Members Monday, Wednesday & Friday)

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

Western Heights College

www.whc.vic.edu.au/

Western Heights College Library (General public welcome)

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>

WHAT'S ON AT VRCC?

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WHAT'S ON AT VRCC?

Cook

MEN'S KITCHEN

Join our lovely volunteer Bernard in our kitchen to cook up a simple meal then enjoy the food you have prepared together for lunch. Opportunity to learn, connect and socialise.

On every Tuesday 10.00am – 12.00 Noon (School terms only)

Just \$5 for ingredients!

Please register through VRCC Reception (03) 5277 9027 / info@vrcc.com.au

Create

GEELONG MACHINE EMBROIDERY CLUB

Machine Sewing with a likeminded, creative and friendly group.

Second Saturday of each month 10.00am – 3.00pm (last class 10th Dec 2022)

Third Tuesday of each month 10.00am – 3.00pm (last class 22nd Nov 2022)

Beginners: Third Tuesday each month 10.00am – 12.00pm BYO machine and fabrics

Contact Maria to join jm_winiecki@bigpond.com

CREATIVE ART SPACE - THURSDAYS

(School Terms Only)

Thursday 09:30am - 12:00pm

Learn painting from a friendly group of experienced artists.

VRCC Reception info@vrcc.com.au / (03) 5277 9027

CREATIVE CRAFT SPACE - WEDNESDAYS

(School Terms Only)

Wednesday 10.00am - 12:00pm

There will be projects each week to learn, or bring your own craft to work on. An enjoyable social group for all.

VRCC Reception info@vrcc.com.au / (03) 5277 9027

U3A ART

(School terms only)

Tuesday 9.30am – 11.45am

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

U3A Geelong – 5244 5114

mail@u3ageelong.org.au

www.u3ageelong.org.au

SEWING FOR A CAUSE - KIWANIS

Join the ladies from Kiwanis Geelong as they turn used pillow cases into dresses and shorts for donation to girls and boys at orphanages all over the world. This year we are coming back with a project for St. John of God Hospital. We are calling it "Pockets of Hope" so if you know of anyone who is replacing their sheets, pillow cases & doona covers, we will be happy to recycle them

Remaining 2022 dates: 15th November

10.30am – 4.00pm

Carmen Chapman

cchapman@natpp.com.au

Kiwanis SEEKING DONATIONS for sheets, pillow cases, doona covers and elastic!!! Please help if you can.

PAPERCRAFT CARD MAKING CLASS

Dabble in your papercraft project in this social and fun group.

7:00pm - 8:30pm

Remaining 2022 Dates: 16 November / 07 December

Narelle Greig nsgreig@aapt.net.au

Defend

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. Learn new skills, make friends and get fit with self-defence. Free introductory lessons, family discounts apply.

Ned Saflin 0411 740 470 / nenad@universal.com.au

www.geelongkyokushin.com.au

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

LIONHEART ADULTS KRAV MAGA

Tuesdays 6.30pm – 8.30pm & Thursdays 6.30pm – 8:30pm

Authentic Israeli Krav Maga taught by John Tran – who was trained in Israel and graded by Avi Moyal. Join at any point in your health or fitness journey – Krav Maga is for everybody.

John Tran 0425 789 799 / info@lionheartkravmaga.com.au

<http://www.lionheartkravmaga.com.au/>

Faith

FORWARD IN FAITH MINISTRIES

Forward in Faith Ministries is a ministry of God started in Zimbabwe By Ezekiel H Gutti. Its teachings are Jesus Christ centred with song and praise; all are welcome.

Friday 6.15pm – 8.15pm & Sunday 9.00am – 12.30pm

GEELONG CHRISTIAN ASSEMBLY

Sunday's 1.30pm – 4.00pm

Contact: Graham Higgerson / graham.higgerson@gmail.com

GOSPEL CHOIR

Sunday's 10.00am – 12 noon

Contact Name: Kaloko Kaita / kalokokaite@gmail.com

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Fitness

BAYSIDE ACTIVE ADULT'S FITNESS

Thursday 9:30am - 10.30 am

Thursday 10.45am – 11.45am

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

Lesia Dunn

baysideactiveadults@gmail.com

GEELONG CALISTHENICS COLLEGE – MASTER CLASS

(School Terms Only)

Thursday's 11.00am – 1.30pm

Ages 26 years and over

Master Class includes all aspects of calisthenics skills. Quality training while building confidence, self-esteem and sense of team belonging.

Donna Argent 52554471

geelongcali@gmail.com

TAI CHI FOR HEALTH (TWO CLASSES – BEGINNER / INTERMEDIATE)

At Vines Rd Community Centre, we are pleased to offer two popular Tai Chi Classes suitable for Beginners and Intermediate students. Our Tai Chi programs suit people of all ages and fitness levels.

Our instructor, Tracey Simic, has over 30 years of Tai Chi experience and uses the step-wise method of teaching.

What to bring? Please wear loose light clothing and comfortable flat shoes and bring a bottle of water. Arrive on your first day 10 minutes early to register and pay at the office.

BEGINNER'S TAI CHI

(School Terms Only)

Tuesday 09.45am – 10.45am

Tracey will introduce members to the basics of Tai Chi. Gradually building skills and movements using a step-by-step teaching method that gives the students confidence to learn at their own pace. You will learn various sets that can be practiced at home, with emphasis on teaching new skills in a friendly and supportive environment. We will incorporate breathing, movement and balance.

\$40.00 per term or \$6.00 casual class

**If you're not sure about Tai Chi – try it on us – if you're a new participant in 2022, take advantage of 2 free sessions before you commit to a whole term.*

See us at reception for more information VRCC Office 5277 9027 / info@vrcc.com.au

INTERMEDIATE TAI CHI*(School Terms Only)***Tuesday 11.00am – 12.00noon**

Our Tai Chi programs have been running for many years, but new students are always welcome. It's a very friendly group. Styles that we practice are from Dr. Paul Lam's Tai Chi for Health Programs and include Tai Chi for Rehabilitation, Tai Chi for Arthritis and Beijing 24, which is suitable for all fitness levels. Movement can be modified for health or physical needs. If you have learnt other styles, you will quickly pick up these forms.

\$40.00 per term

\$6.00 casual class

**If you're not sure about Tai Chi – try it on us – if you're a new participant in 2022, take advantage of 2 free sessions before you commit to a whole term. See us at reception for more information.*

See us at reception for more information VRCC Office 5277 9027

info@vrcc.com.au

HEART FOUNDATION WALKING GROUP**Monday's 9:15am**

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

Organisers: Julie Jarick 0408 552 344 / Liz Tolkin: 0411 243 382 /
Marlene Gladman: 0428 526 287

PHYSIO CHI*(School Terms Only)***Monday's 5:00pm - 6:00pm / \$12 per class**

Learn modified Tai Chi in a safe and relaxed environment under a Physiotherapist who is trained in observing and assessing movement, and in exercise prescription.

Janette Anderson 0419 567 518 / janette_anderson@ymail.com

RAK YOGA

Popular Yoga class delivered by an experienced teacher.

Tuesday 7.00pm – 8.00pm**Thursday 6.30pm – 7.30pm****Sunday 9.00am – 10.00am**

Enquiries: Maggie 0473 472 748 or follow Maggie RAK Yoga on Facebook or Instagram

WEST COAST CALISTHENICS*(School Terms Only)***Wednesday's 7.00pm – 9.30pm**

Master's recreational class (ages 26+). Calisthenics is an artistic sport which has an Australian wide competition base and combines aspects of dance, gymnastics, singing, apparatus manipulation and ballet. All items are choreographed, set to music and presented by teams and individuals on stage at competitions and concerts. Please call Kate Hassett **0408 541 596**

YOGA WITH SUZANNE DAVIES*(School Terms Only)***All levels – Wednesday's 9:30am - 11:00am**

Learn Triyoga with Suzanne. Classical Yoga, Relaxation & Meditation for Beginners. Bring your own mat. \$15.00 per class

Suzanne Davies 0417 146 422

THE JUNGLE BODY WITH K.MAC**Friday's 9.15am – 9.50am (35min) Burn class**

Konga – It's a fun way to exercise... this class includes dance, boxing, cardio and Pilates all to great music.

Burn – Using 1-2kg dumbbells throughout the class whilst doing squats, dips, curls and raisers.

For Bookings and Info. <https://app.gymcatch.com/provider/1479>.

Classes are \$12 each or a 5 class pass for \$45.

Insta – [thejunglebodywithk.mac](#) / Facebook – [The Jungle Body with K.Mac](#)

PILATES**Mondays 9.30am – 10.30am / Tuesdays 9.30am – 10.30am**

Fun and popular Pilates classes for all ages.

Enquiries: Brenda 0402 300 062

ZUMBA GOLD*(School Terms Only)***Monday 9.15am – 10.00am****\$12 per class**

Zumba Gold is a gentle dance fitness class suitable for the individuals who are looking for a low impact, strength building Zumba Class. And it's FUN! Second class is **Free**. No bookings required, pay at VRCC reception. Zumba® Gold is perfect for beginners, active older participants, person with different needs (seated, wheel chair, different abilities...), persons who try to re-enter the world of fitness after an injury, it is for pregnant women as well as for women who only recently gave birth.

More information and to register contact VRCC Office 5277 9027 / info@vrcc.com.au

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Learn

AUSTRALIAN SCHOOL OF REFLEXOLOGY

Courses include:

Hand Reflexology two-day course. Learn how to give and receive. The meridians of the heart and lungs run through the hands so it is the best treatment for grief, sadness, anxiety and insomnia.

Colour Reflexology 1 day course. How colour works with Chakras and Reflexes, gain a deeper understanding to help identify and heal energy blockages and open and cleanse the channels of the body.

Diploma in Reflexology for the Complementary Therapist over 12 months, one weekend per month. The ultimate personal development course to learn a skill to help others heal, learn about yourself at a soul level and have the opportunity to run your own business with mentoring and on-going support included. Self-care, mindfulness, practical techniques, anatomy and physiology, communication skills, work health and safety, infection control, business skills and best practice.

Contact: Keri Wood info@asrr.com.au / 0411 857 058

CERTIFICATE IV IN SCHOOL BASED EDUCATION SUPPORT (CHC40221)

(School Terms Only)

Contact Bellarine Training and Community Hub for more information or to enrol for 2023:
5255 4294 / manger@btach.com.au

CERTIFICATE IV IN DISABILITY (CHC43115)

(School Terms Only)

Information Session Thursday 10th November, 1.30pm
Commences Thursday 17th November, 9.00am – 3.00pm.

On Thursday & Fridays in the Computer Room at VRCC.

For those wishing to upskill or embark on a new, rewarding career!

Contact Bellarine Training and Community Hub for more information or to enrol:
5255 4294 / manger@btach.com.au

PUNJABI SWAG

(School Terms Only)

Friday 5.00pm – 6.30pm

Sunday 9.30am – 12 noon

Punjabi cultural dance to promote our language and culture to children, all welcome.

Preet 0430 924 250

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Music & Theatre

AWKWARDSTRA GEELONG INC. (COMMUNITY ORCHESTRA)

(School Terms Only)

Come one come all to Awkwardstra Geelong Inc! All abilities welcome, 18 years and up, BYO instrument and join the fun of a big band. Just \$5 per session (includes membership to Vines Road Community Centre.) Monday's 7.15pm in the Hall.

CENTRESTAGE

Australia's largest amateur theatre company based in Geelong. CentreStage produces 9 -11 local musical productions each year in the Geelong region.

For upcoming auditions, productions and events please contact CentreStage on 5272 1775 / hello@centrestage.org.au

MONARCH MUSIC

(School Terms Only)

Vocal lessons including artist development and vocal expression. Music classes. With 8 years of performance experience, VRCC is fortunate to have a new artist onboard to share her passion for music with our growing community.

Thursday's 1.30pm – 2.30pm

Contact Abbey Geddes for more information monarchmusicschool@gmail.com / 0490 704 668.

STAGE ARTS GEELONG

Singing Lessons

Private Vocal Tuition with Music Industry Professional Madeline Cain offering one-on-one, as well as small group lessons by request. Other singing services include audition preparation, role preparation, AMEB exams and Repertoire coaching. By appointment.

Stage Arts Acting and Theatre Classes

Tuesday 7.30pm – 09.30pm

info@stageartsgeelong.com.au or phone Madeline 0402 154 482

THE MUSIC SPACE

Thursday 9.00am – 3.00pm during school terms

Do you love music? Would you like to come to meet other people and make music together? Welcoming people with a disability or those who are experiencing disadvantage in any form. Use your NDIS Funding (self or fund managed only), TAC funding or for those not eligible, fees by negotiation.

Submit an online 'expression of interest form' at www.bluebirdfoundationinc.org.au

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Play

CoGG SUPPORTED PLAYGROUP

Wednesday's 9.30am – 11.30am (School Terms Only)

Do you have a Health Care card or Visa? If so, this playgroup is for you!

A supported playgroup, full of fun and learning opportunities for families with preschool children aged up to 5 years (please call us to talk about eligibility).

Supported Playgroups provide opportunities for children to engage in play activities with their parents / carers and other children.

Come and join us for fun, learning and friendship.

Louise Jarvis / lj Jarvis@geelongcity.vic.gov.au

VRCC LITTLE STARS PLAYGROUP

(School Terms Only)

Friday's 10.30am – 12 Noon / \$4 per class or \$35 per Term

Come join our new Playgroup in Term 4! Our lovely facilitator Christine will bring fun, craft, song and story each week for your little ones. Playgroups are valuable to families with young children and the local community. They provide opportunities for babies, toddlers and pre-schoolers to socialise and learn as they play. They give parents and caregivers the opportunity to meet new people and gain support and ideas. Registration is essential as numbers are capped!

Vines Road Community Centre 5277 9027 / info@vrcc.com.au

Support / Wellbeing

AMPLIFON FREE HEARING TESTS

The quality of your hearing is **vital to enjoying quality of life**: staying active, staying engaged and maintaining relationships with those close to you. Unfortunately, your hearing can be affected by a number of factors, from age-related causes to the side effects of illness.

It's therefore very important to have **regular checkups** - and Amplifon offers **free hearing tests** that are a quick, convenient and easy way to get clarity on the health of your ears.

No referrals needed - so you can get started today by booking your appointment at VRCC Reception. You may be eligible for a range of hearing services funded by the government.

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4th Friday of each Month

Appointments available from 9am – 12 noon, takes just 15 min, book at VRCC reception now!

BRITE

Brite is a social enterprise providing training and employment to people with disability. Brite offer a wide range of support services in developing employee capabilities through education pathways, independent living programs and access to improved social and economic opportunities in the community.

info@brite.org.au / 03 9301 7300

CORE AUTISM AND DISABILITY SERVICES

Core Autism & Disability Services offers a range of services for children aged 2 – 18 with autism spectrum disorder. Core Autism & Disability Services offers its clients valued support from those who 'get it' via a dynamic, engaged team of providers with both lived and professional experience. Programs include cooking, art, youth social group and school holiday activities.

admin@coreautism.com.au / www.coreautism.com.au / 0499 147 766

DRUG AND ALCOHOL FAMILY SUPPORT GROUP

(School Terms Only)

Non-religious, open meetings for family members affected by drugs and alcohol. Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Tuesday's 10.30am – 12.00 noon

To register, please contact: Kay Callander / kaycallander.1960@gmail.com

EMOTION 21

To enhance lives and change perceptions of Down syndrome within society through dance, fitness and performance.

Wednesday's 5.30pm – 7.30pm

03 9854 7100 / info@emotion21.org.au

GENU – MS SUPPORT GROUP

Wednesday's 9.30am – 2.30pm

MS Support Group helps alleviate isolation and promote connection, enabling you to become involved with the local community through lots of different activities.

MONDAY MADNESS RESET! SELFISHHH WELLNESS MEDITATION CLASS**COMMENCE DATE TBA****Monday's 1.00pm – 1.45pm**

Beginners' relaxation / meditation class. Learn to bring your awareness from your outside world back into alignment with YOURSELF. Remembering what we FOCUS ON is what we give our power to. Delivered by qualified instructor educated in meditation teaching, chair yoga, holistic counselling and holistic life coaching.

\$10 per class.

To register your interest contact Lily 0490 027 269 / Instagram: @selfishhhwellness

PODIATRY SERVICES**Friday's 10:00am – 3.00pm**

Podiatry services delivered in the community by a friendly, experienced professional.

Roma Kljajic 0408 373 413 / r-kljajic@hotmail.com.au

GROW AUSTRALIA - COMMUNITY MENTAL HEALTH**Friday 12:30pm – 3:00pm****\$ FREE**

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. The group is anonymous and confidential. Referrals are not required and you can have a support person for up to 3 meetings.

Program Worker, Robert Turnour 0448 050 789

Grow Victoria/Tasmania 1800 558 268

vic@grow.org.au

www.grow.org.au

REFLEXOLOGY SERVICES – THE ART OF PRESENCE

Enjoy and a relaxing and therapeutic reflexology treatment by an accredited and experienced practitioner here at VRCC. SO good!

**Remaining Dates for 2022: 01 November & 13 December
9.00am – 4.00pm**

Bookings essential, call or text Nonie: 0409 994 528

SAHAJA YOGA MEDITATION

Thoughtless awareness, also known as mental silence, is the basis of good health and wellbeing. Sahaja Yoga meditation provides this experience. Visit www.sahajayogavic.com for more information.

Wednesday's 6.30pm

Contact KD Ahuja for more information: info@thekdahuja.com

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THE EMPOWERMENT CHALLENGE**Wednesday's 1.00pm – 3.30pm**

To provide younger mums with a safe space to feel empowered, connected, respected and valued. Offering long term accessibility to services providing mental health and well-being support, mentorship and community connection.

Contact Narelle: 0475 453 411

admin@theempowermentchallenge.org.au

THE EMPOWERMENT CHALLENGE / BLUEBIRD FOUNDATION - YOUNGER MUMS & BUBS MUSIC TIME

Monday's 1.00pm – 2.00pm from 10 Oct to 12 Dec

Snacks, conversations and music. Babies and children of all ages welcome.

Contact Narelle: 0475 453 411

admin@theempowermentchallenge.org.au

THE POWER IN YOU PROJECT:**COOKING PROGRAM – COMMUNITY VERACITY**

Friday, every 2 weeks: 10:00am – 1.30pm

Inspiring and empowering people affected by alcohol and other drugs to achieve lasting change in their lives.

Kane Nuttall 0477074007

poweru@comv.org.au

WELLBEING & EMOTIONAL EATING COURSE

Commencing March 2023

6-week course**Wednesday's 12.30pm – 1.30pm**

Have you ever noticed how we go for comfort food when we are stressed, feel anxious, want to calm our nerves. Have you ever wondered why? Would you like to gain a few tools to help manage those cravings, you may be able to overcome them so they are gone for ever.

You will learn how to use tapping, visualisations, meditation, and much more, all with a focus on emotional eating and wellbeing. The tools you will learn how to use are also able to be used in your everyday life situations. Who doesn't need extra tools to help with your everyday life stresses.

Just \$72 for 6 weeks.

To register your interest email: lifefhealingau@gmail.com / 0420 306 635

WONDROUS G WEEKLY MEDITATION**Monday's 7.30pm – 8.30pm****\$15 per class**

Join us on a weekly journey to welcome in relaxation, self-nourishment and self-discovery alongside a like-minded community. Each week you will be guided by a certified teacher as we will delve a little deeper into a variety of meditation techniques and journaling prompts.

Your calm and connected mind and body will thank you for it.

“It is indeed a radical act of love just to sit down and be quiet for a time by yourself” – Jon Kabat-Zinn

BYO mat, cushion, blanket, journal + pen

Email Bec at wondrousmeditations@gmail.com for further information.

Vines Road Senior Citizens Club

VRSCC WELCOMES WALK INS, COME IN AND SAY HELLO ON WEDNESDAY

VINES ROAD SENIOR CITIZEN'S CLUB (VRSCC) MAIN PROGRAM DAY

Wednesday 9:00am - 3:00pm

- Lunch
- Indoor lawn bowls
- Rummikub 1.00pm – 3.00pm (Hall)
- Bingo

Participants must be a member of VRSCC to participate (VRSCC membership \$20 per year)

Ron Dunbar – President

Vines Road Senior Citizens Club 0436 345 803

vrseiniocitizens@gmail.com

VINES ROAD SENIOR CITIZEN'S ACTIVITY PROGRAM

Wednesday and Friday

- Pool/Billiards (Wed 1.00pm – 3.00pm & Fri 11.00am – 3.00pm)

Participants must be a member of VRSCC to play (VRSCC membership \$20 per year)

Ron Dunbar - President

Vines Road Senior Citizens Club 0436 345 803

vrseiniocitizens@gmail.com

LINE DANCING - VINES ROAD SENIOR CITIZEN'S CLUB (VRSCC)

TIME TO SHINE Bootscooters

Gwendolyn Morgan-Gibson, Line Dance Instructor 0408 311 836

gng.gwendolyn@gmail.com

Friday 9:30am - 12:30pm

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

Beginners 9:30am - 11.00am

Intermediates 11:15am – 12.30pm

Ron Dunbar – President

Vines Road Senior Citizens Club 0436 345 803

vrseiniocitizens@gmail.com

Join the Club! Your local Seniors Club provide a relaxed environment where you can enjoy the company of others and participate in a wide range of activities. Just \$20 per year!