

WHAT'S ON



VINES ROAD COMMUNITY CENTRE



What's On @ VRCC published by Vines Road Community Centre 23/11/2021 11:58:38 AM
Guide is correct at the time of publication and is subject to change
(03) 5277 9027 info@vinesroadcommunitycentre.org.au



UNDER CURRENT VICTORIAN HEALTH ORDERS ONLY *FULLY VACCINATED PATRONS MAY ENTER VINES ROAD COMMUNITY CENTRE

- ALL HIRERS / WORKERS MUST PROVIDE EVIDENCE OF VACCINATION TO VRCC OFFICE STAFF.
OUR OFFICE IS OPEN 9.00AM - 12.00PM MONDAY – FRIDAY
OR EMAIL info@vinesroadcommunitycentre.org.au
- PARTICIPANTS MUST SHOW EVIDENCE OF VACCINATION TO THEIR ACTIVITY FACILITATOR
- HIRERS MUST SIGHT PROOF OF VACCINATION STATUS FOR ALL OF THEIR PARTICIPANTS (RECORD KEEPING IS NOT REQUIRED)
- SIGN IN VIA OUR QR CODE, OR USING THE PEN AND PAPER LIST SUPPLIED AT OUR ENTRY IS COMPULSORY

*PATRONS THAT HAVE ACQUIRED EXEMPTION FOR THE COVID VACCINATION MUST PRESENT PROOF FROM THEIR GP OR SPECIALIST

We thank you for your cooperation and understanding in this unprecedented time as we follow the directives of the Victorian Department of Health.



WHERE ARE WE?

37-61 Vines Road, Hamlyn Heights VIC 3218

HOW CAN YOU CONTACT US?

(03) 52779027

info@vinesroadcommunitycentre.org.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

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

COMMUNITY 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 second Tuesday, contact VRCC reception to book your place the week before. Just \$5 for ingredients!

VRCC Reception 5277 9027 / info@vinesroadcommunitycentre.org.au

Create

GEELONG MACHINE EMBROIDERY CLUB

Machine Sewing with a likeminded, creative and friendly group.

Second Saturday of each month 10.00am – 3.00pm

Third Tuesday of each month 10.00am – 3.00pm

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 10.00am - 12:00pm

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

VRCC Reception (03) 52779027

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.

2021 dates: 15 June, 6 July, 3 August, 14 September, 19 October, 16 November, 7 December.

10.30am – 4.00pm

VRCC Reception

(03) 5277 9027

info@vinesroadcommunitycentre.org.au

Kiwanis SEEKING DONATIONS for ELASTIC FOR BOYS PANTS WAISTBAND RIGHT NOW!!!

Please help if you can 😊

Create Cont...

U3A DRAWING SKILLS DEVELOPMENT (ON HOLD)

(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 / U3A Office: 5244 5114

tomvon@ncable.net.au

mail@u3ageelong.org.au

U3A ART (ON HOLD, RETURNING 2022)

(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

PAPERCRAFT CLASS

Wednesday, once per month

7:00pm - 8:30pm

Dabble in your papercraft project in this social and fun group

VRCC Reception: 52779027

Upcoming dates: 25 Nov, 2022 Dates TBA

Narelle Greig

nsgreig@aapt.net.au

Defend

VITAL FORCE AIKIDO

(School Terms Only)

Monday 5:30pm - 7:00pm / Venue: The Hall

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-defence, gaining fitness in mind and body. Class includes the use of “Bokken” (wooden sword) and “Jo” (wooden staff).

Accepts students 13 years +

Join Sensei Ash

0419 374 523 or 5266 1369

drashconnell@live.com

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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.saflin@geelongkyokushin.com.au

www.geelongkyokushin.com.au/dojo-locations/hamlyn-heights

LIONHEART ADULTS KRAV MAGA

Tuesdays 7:30pm – 9:00pm

and Thursdays 7:00pm – 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 9.15am – 12.15pm

GEELONG CHRISTIAN ASSEMBLY

Saturday's 1.30pm – 4.00pm

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

GOSPEL CHOIR

Sunday's 10.00am – 12 noon

Contact Name: Kaloko Kaite / kalokokaite@gmail.com

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
Lesia Dunn

baysideactiveadults@gmail.com

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Fitness Cont...

HEART FOUNDATION WALKING GROUP

Monday 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

Organiser: Julie Jarick 0408 552 344

Liz Tolkin: 0411 243 382

Marlene Gladman: 0428 526 287

PHYSIO CHI

(School Terms Only)

Monday 5:00pm - 6:00pm

Modified Tai Chi

Janette Anderson 0419 567 518

janette_anderson@ymail.com

TOTAL BEGINNER'S TAI CHI

(School Terms Only)

Tuesday 10.00am

Learn the basic movements and principles of Tai Chi in a friendly and fun environment.

Tracey will teach you step by step the fundamental movements of traditional Tai Chi. The health benefits of tai chi are endless from relieving arthritis to becoming more flexible. Like meditation and movement, tai chi is relaxing and energising at the same time. A great starting program if you are just getting into exercise or recovering from injury or illness. This class is suitable for all ages, abilities and fitness levels. You will learn some simple but enjoyable warm ups and Tai Chi forms. This total beginner's class will prepare you to move into our intermediate class or onto other Tai Chi programs in the community.

\$35.00 per term or

\$6.00 per session

**If you're not sure about Tai Chi – try it on us – if you're a new participant in 2021, 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@vinesroadcommunitycentre.org.au

INTERMEDIATE TAI CHI

(School Terms Only)

Tuesday 11.00am

For those who have graduated from the total beginner's class or for those that have had some Tai Chi experience elsewhere. We will continue to practice the Tai Chi for Health program and will introduce Tai Chi Yang Style 108. Along with our enjoyable Qi Gong exercises we will continue to be challenged in an encouraging and supportive environment

\$35.00 per term

\$6.00 per session

**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.*

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Fitness Cont...

RAK YOGA

Popular Yoga class delivered by an experienced teacher.

Monday 11.00am – 12.00pm

Tuesday 7.00pm – 8.00pm

Wednesday 6.00pm – 7.00pm

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 7.00pm – 9.30pm

Please call Kate Hassett 0408 541 596

LADIES RECREATIONAL CALISTHENICS – ON HOLD UNTIL 2022

Fitness and fun with Calisthenics for over 26-year-olds

Thursday 9.30am – 12.00pm

Debbie Haines 0400 580 860

ddyokohama@hotmail.com

YOGA WITH SUZANNE DAVIES

(School Terms Only)

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

Classical Yoga, Relaxation & Meditation for Beginners. Bring your own mat.

\$15.00 per class

Suzanne Davies 0417 146 422

THE JUNGLE BODY WITH KATE MACKIE

Monday 6.30pm – 7.15pm (45 min) Konga class

Friday 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](https://www.instagram.com/thejunglebodywithk.mac)

Facebook – [The Jungle Body with K.Mac](https://www.facebook.com/TheJungleBodywithK.Mac)

BRENDA SAUNDERS FITNESS

Monday 9.30am – 10.30am

Tuesday 9.30am – 10.30am

Wednesday 9.30am – 10.30am

Pilates and Active Adults Fitness classes for all ages.

0402300062

Dance

TAKE THE LEAD BALLROOM DANCING

Tuesday evening Take the Lead Ballroom Dancing 7.00pm – 9.00pm

Jose Garrido-Palacios 0401 673 221

dancing244@gmail.com

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.

11 & 12 Dec 2021

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.

20 Nov 2021

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 ongoing 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

KUMON

At Kumon, students begin study at a level that helps them to build confidence from day one. Programmes are based on ability, not age. Kumon Maths and English develop: calculation ability and reading ability, concentration, daily study habits and confidence to learn independently.

Instructor: Priyanka Verma

Monday and Thursday 4.00pm – 7.00pm (School Terms Only)

Enquiries: 0477 246 758 / <http://au.kumonglobal.com>

PUNJABI SWAG

(School Terms Only)

Tuesday 5.00pm – 7.00pm / Friday 5.00pm – 7.30pm

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

Preet 0433 811 748

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Music & Theatre

CENTRE STAGE

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

SKIN OF OUR TEETH PRODUCTIONS

Is an award-winning production company dedicated to creating splendiferous, wonderful and accessible theatre, all on a shoestring budget. VRCC has been working side-by-side SOOT for the last 2 years by donating audition space and providing rehearsal spaces throughout the year to help further their cause. For upcoming auditions and productions, please visit <https://www.facebook.com/skinofourteeth/>

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.

Saturday 9.30am – 4.00pm by appointment.

Wednesday 5.00pm – 7.00pm by appointment.

Stage Arts Acting and Theatre Classes

Tuesday 7.00pm – 10.00pm

info@stageartsgeelong.com.au or phone 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

Support / wellbeing

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.

03 9301 7300

info@brite.org.au

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Support / Wellbeing

CAMERON WELLNESS CENTRE

Cameron Wellness Centre is a unique and progressive NDIS service focused on providing comprehensive therapeutic services to people throughout Victoria. As a First Nations-owned business, Cameron Wellness Centre is passionate about working with Aboriginal and Torres Strait Islander community, and they warmly welcome people from all backgrounds, including people who speak English as a second language. Cameron Wellness Centre celebrates diversity and strives for inclusivity and fairness in all operations.

1800 000 292

hello@cameronwellnesscentre.com.au

DRUG AND ALCOHOL FAMILY SUPPORT GROUP

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.

Thursday Evenings, 7.00pm.

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.

Phone: +61 3 9854 7100

Email: info@emotion21.org.au

GENU – MS SUPPORT GROUP

Wednesday 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.

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

www.grow.org.au

Support / Wellbeing

KIWANIS CLUB OF VICTORIA

The Kiwanis Club of Geelong is a Community Service Club that has raised over one million dollars for Geelong charities since 1972. Kiwanis Club of Geelong is not affiliated with any political, religious or sectarian organisation. The aim of Kiwanis is to help young children, the needy, elderly, disadvantaged. Third Tuesday of the month, 10.00am – 3.00pm

Want to become a Member? Please contact Spencer Harding.

Telephone: Spencer Harding 0408 522 510

Email: kiwanisgeelong@gmail.com

MENIERE'S DISEASE & VESTIBULAR SELF-HELP GROUP

1st Friday of every month 10am – 12pm

A support group for people with Meniere's disease and/or other vestibular disorders. Everyone is welcome to attend and meet others who understand the condition.

Elle 0409939361 or Rob 0413087309

info@vinesroadcommunitycentre.org.au

PODIATRY SERVICES

Friday 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

REFLEXOLOGY SERVICES – THE ART OF PRESENCE

Enjoy and a relaxing and therapeutic reflexology treatment by an accredited and experienced practitioner.

Last Thursday of the month, 9.00am – 4.00pm

Bookings essential: Cate 0408 209 718

SECRET AGENT SOCIETY

SAS is an evidence-based, multimedia program to help children improve their emotional and social resilience. Masked as a fun game, the program revolves around espionage-themed games and activities and eye-catching resources. The program is most beneficial for children between the ages of 8 and 12 with a range of social and emotional challenges.

For more information, please contact Nicole Williams 0407 888 430 or

geelong@geronimo-ot.com.au

THE POWER IN YOU PROJECT:

COOKING PROGRAM – COMMUNITY VERACITY

Friday, every 2 weeks: 10:00am – 12:00pm

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

Kane Nuttall 0477074007

poweru@comv.org.au

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 \$15 per year)

Ron Dunbar, President 5278 8829

vinesroadseniors@bigpond.com

VINES ROAD SENIOR CITIZEN'S ACTIVITY PROGRAM

Monday, 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 \$15 per year)

Ron Dunbar, President 5278 8829

vinesroadseniors@bigpond.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 **\$10.00 per Session**

Intermediates 11:15am – 12.30pm **\$10.00 per Session**

(All Welcome to attend both)

(Take part in both Sessions for \$10.00)

VRSCC 52783612

Ron Dunbar, President 5278 8829

vinesroadseniors@bigpond.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 \$15 per year!