

## About the House

Alma Road Community House (ARCH) aims to provide a facility which maximises opportunities for people with and without disabilities to become involved in community activities.

Co-ordination of ARCH activities is provided by the Port Phillip Community Group. Maintenance and other support are provided by the City of Port Phillip in this Council Community Hub.

Alma Road Community House is a wonderful place to attend one of its numerous activities, and it is available to hire out for parties, meetings, events or to run your own classes.

A Maternal Child Health Service is co-located at the centre. By appointment only, please phone 9209 6766. An immunisation session takes place once a month, phone 9209 6383 for details.

## Recreational Access Group (RAG)

PPCG also co-ordinates a number of accessible recreational activities across the City of Port Phillip.

For bookings and enquiries contact Shayne on 9534 0777 or call into the PPCG at the St Kilda Community Centre 161 Chapel Street, St Kilda.

## Harmony Day at the House



## Venue Hire

The Alma Road Community House is available for hire on a casual or permanent basis, for individuals, community organisations or semi-commercial organisations. It is a fantastic venue for parties, celebrations, meetings, classes and other events.

ARCH was beautifully but thoughtfully redeveloped, with accessibility being a strong focus. Its sun-drenched north-facing windows back onto the Te-Arai Reserve, which boasts a wonderful children's playground.

There is a fully equipped kitchen, a multi-purpose area that can be divided, as well as a separate computer room. Outside in the enclosed yard there is a long outdoor table under the patio, a "pirate ship" sandpit and a free barbecue. A small car park is located at the front of the property.

### Costs\*

Casual Hire for private use (e.g. parties)	\$52.75 per hour
Semi Commercial Use (classes and courses)	\$20.40 per hour
Community Groups (meeting room/hall hire)	\$8.25 per hour
Security Deposit (refundable)	\$100.00
Public Liability Insurance	\$27.50 flat rate
HACC eligible groups	Free
Open playgroups	Free

\*Subject to annual CPI increases.



### Getting there

- City of Port Phillip free East St Kilda Community Bus
- Trams along Dandenong Rd # 5 & 64
- Buses along Hotham Street # 216 & 219
- Buses along Orrong Rd # 220

### Booking

Co-ordinator on-site:

10.30am – 1.30pm Mon, 10am – 5pm Tues & Fri

Tel: 9525 8746 Fax: 9525 8746

You can also contact the Port Phillip Community Group on 9534 077 if the Co-ordinator is not available.



LEARN • PLAY • MEET • WELLBEING • SPACE



- courses
- activities
- workshops
- bookings

# Term 1 2012

## 200 Alma Road, St Kilda East

Tel: 9525 8746 | Fax: 9525 8746 | arch@ppcg.org.au | www.ppcg.org.au





## Socialising & Peer-support

### Drop-in Art

Drop in and join us for an art session with local community artist, Dawn Perry. Draw, paint or join in on one of Dawn's special projects. It's up to you!

Date Every Tuesday during term time  
 Time 3.00pm – 4.30pm  
 Contact Anthea on 9525 8746  
 Cost Free

### Let's go Walking!

Take a gentle walk around the areas beautiful parks with other local residents and then join in on a cuppa and a chat at the Community House afterwards.

Date Every Friday  
 Time 10.00am meet for the walk; 11.00am – coffee!  
 Contact Anthea on 9525 8746  
 Cost Free

### Rummytiles Group

Enjoy playing this traditional board game, afternoon tea and even a free raffle!

Date Alternate Sundays  
 Time 1.30pm – 5pm  
 Contact Sunny Acreman on 9525 4220 or Anthea on 9525 8746  
 Cost \$3.50 donation

### Chess Club

Enjoy challenging others to a game of good old chess!

Date Tuesdays  
 Time Junior club 6.00pm – 7.30pm; all ages club 7.40pm till late.  
 Contact Michael Gluzman 0425 887 218 or michaelgluzman@optusnet.com.au – www.stkildachess.org.au  
 Cost TBA

### Dads in Distress

A peer support and referral network for men going through the trauma of family breakdown and separation from their children.

Date Mondays from 7.30pm. Please call first if possible  
 Contact 1300 853 437 or www.dadsindistress.asn.au  
 Cost Gold coin donation



## Computers

### Computers for Late Starters

Learn the basics about how to use a computer for either home or office use from our experienced tutor, Prue Newbery. Courses run for 8 weeks with one 2.5 hour session each week. Courses start subject to minimum enrolments.

Cost: \$55 concession, \$75 full fee

Discounts apply if you undertake more than one course per year! If payment presents a problem, we are happy to discuss this with you.

### Absolute Beginners - Intermediate

You know the very basics, and/or have completed the absolute beginners' course and want to have some more practice.

Date Tuesdays from 7th February 2012  
 Time 2.00pm – 4.30pm

### Advanced

Covering Word and Excel advanced functions, table layout, etc. Completion of the introductory computer course or existing knowledge of basic computer functions required.

Date Tuesdays from 7th February 2012  
 Time 6.00pm – 8.30pm

**Thanks to Adult Community & Further Education for funding our Computer Classes.**



## 2012 HARMONY DAY FESTIVITIES

Due to the success of last year's Harmony Day, we will again hold this great community festival on the 18th March 2012 – expect food & drinks, stalls, entertainment, kids activities, petting zoo, local community groups – more info to follow in a flyer closer to the date – mark this date in your diary now to ensure you don't miss out!

## Health & Lifestyle

### Yoga-Me-Well

Gently progressive spiritual yoga to support life's ups & downs. Build mindfulness, self-awareness, resilience. Enjoy a slower, deeper asana practice, breath-work & relaxation. 10-wk terms. Small groups. Individual attention.

Date Thursdays 6.15 – 7.15pm & 7.30pm – 8.30pm  
 Contact Lisa Mitchell 0409 473 162 www.yogamewell.com.au  
 Cost Term & flexi passes avail. Trial class welcome.

### Progressive relaxation course

Progressive Relaxation Course – A six-week guided relaxation training the body & mind to relax deeply. Ideal for energy recovery, sleep deficit, stress and anxiety issues and those who find solo meditation difficult.

Date Wednesdays, 22/02 – 28/03/2012 (ex. 14/03 – Fri 16/03)  
 Cost \$125  
 Contact resident yoga teacher Lisa on 0409 473 162.

### St Kilda Islamic Society

Friday prayers every Friday afternoon. Everyone welcome.

Contact Mahmood 0402 796 555, Mahmoodsaleem@yahoo.co.uk  
 Date Fridays 1.00 – 2.00pm  
 Cost Free

### Revival Centres International

Looking for peace, healing, answers? Hear what the Bible has to say!

Date 2nd Wednesday evenings of the month  
 Contact Michael La Greca on 9563 1508  
 Cost Free

### Playgroups

There is a range of playgroups operating from the House from Wed – Fri. Participating families need to join Playgroup Victoria. Please call the House for further information on: 9525 8746 regarding availability or Wendy Veber, City of Port Phillip, on: 9209-6340 for general playgroup information in the City of Port Phillip.

### Gardening

Community Gardens are all the rage around town & at long last East St Kilda is going to have its very own! Come see the phase 1 plans, register your interest in being involved, and share your ideas/skills/passion!

When Sun 12/02 10.00 – 11.30am & Wed 15/02 6.30 – 8.30pm