

Courses and Activities Term 1: 28 January - 4 April 2025

Courses



Art Attack

Bring out your inner talents and see your creativity become a work of art. Develop techniques in drawing, mosaics, painting and other mixed media.

When: Thursdays: 10am - 12 noon or 1pm - 3pm Starting: 6 February (8 sesions)

Where: Alma Road Community House, 200 Alma Road, St Kilda East

*\$40.00 per Term (8 weeks)

Wild at Heart Music Skills

Develop your musical ability in songwriting, recording and performance as an introduction to the music industry or a pathway to a professional career. Contact Wild at Heart on **0402 812 428** for further details, costs or to register.

When: Wednesdays: 11am - 2pm Starting: 5 February

Where: Sol Green Community Centre, Corner Montague and Coventry Streets

South Melbourne * Some costs may apply



Intro to Hospitality Skills - NEST/ Healthy Cooking on a Budget

Under the expert guidance of the OzHarvest Nutrition, Education & Skills Training (NEST) team, learn about nutrition; how to cook easy and healthy recipes; store food safely; plan meals and reduce waste; and save money on your food budget. Following this program, there will be an opportunity to gain a Certificate in Safe Food Handling

When: Tuesdays 9.45 am - 12.30pm Starting 25 February (7 sessions)

Where: Christ Church Community Centre 14 Acland Street St Kilda East *no cost

Intro to Digital Devices - Digital Essential

Learn to use your **smartphone, laptop, tablet** for everyday on-line needs including: Connecting with family and friends online, news, music and podcasts, making appointments, shopping, banking and public transport planning

When: Wednesdays: 10am - 12 noon Starting 29 January 2025 (10 sesions)

 $\textbf{Where} \ \mathsf{St} \ \mathsf{Kilda} \ \mathsf{Library} \ \mathsf{Community} \ \mathsf{Room}, \ \mathsf{Carlisle} \ \mathsf{St}. \ \mathsf{St} \ \mathsf{Kilda} \ * \ \mathsf{no} \ \mathsf{cost}$

OR

When: Wednesdays: 1pm - 3pm Starting 29 January 2025 (10 sessions) Where: Alma Road Community House, 200 Alma Rd. St Kilda East * no cost





Intro to Gardening Skills - Work this way

Discover essential gardening skills, from home composting and mulching techniques to organic pest control and sustainable gardening practices. Learn how to grow plants in raised garden beds and pots, and get hands-on experience using gardening tools. Explore opportunities for further studies in horticulture or starting your own garden maintenance business.

When: Mondays: 10am - 12.30pm Starting 10 February (8 Weeks)

Where: Christ Church Community Centre 14 Acland Street St Kilda * no cost

Bookings are essential for all courses. For further information or to reserve your place call 9525 8746 or email arch@ppcg.org.au

*Learn Local courses are pre-accredited and aim to provide opportunities for people to participate in learning for a range of purposes including work, education, volunteering and community engagement. Call us on 9525 8745 for more information and to check your eligibility for a funded place.







Activities Term 1: 28 January - 4 April 2025

Recreation and Social Connection Activities

For City of Port Phillip residents



Gym classes at St Kilda PCYC - Inkerman Road St Kilda

Tuesdays 2.30pm - 3.30pm Starting 28 January (10 weeks)

Kickstart your health and wellbeing and meet some new people along the way, Classes are run in a welcoming and non-judgmental space. Open to residents of all ages and abilities.

Cost - \$40 per term (10 sessions) or \$5 per class if paid weekly.

Bush Walking

Saturdays 22 February, 22 March, 12 April

Enjoy nature and connect with other community members on our much loved bushwalks. Enrolments open on the first Wednesday after each walk for the next walk. Walks are easy to moderate grade and participants must be able to walk 5km on a variety of surfaces. Lunch provided. Further details & booking information please call our office on 9525 8746 or arch@ppcg.org.au Cost \$6 per walk.





Pier fishing at Kerferd Road Pier

First Wednesday of each month: 5 February, 5 March, 2 April 10.30am - 12 noon

What could be better than casting a line and relaxing by the bay with new friends? Whether you are new to fishing or an experienced angler, the wonderful crew at Elwood Anglers Club will make you feel welcome. This is an all abilities activity and equipment and bait is provided. Come alone and enjoy the fun! Register your interest today!

Te Arai Communal Gardening Group

Where: Te Arai Street, St Kilda East (behind the neighbourhood house) **Third Sunday of each month,**

Are you interested in gardening in your local community? Join the Te Arai Communal Gardening Group! The group aims to bring community together and beautify the neighbourhood through sustainable garden practices. To find out more information or register, email: tearaicommunalgardens@gmail.com





Chatty Cafe Fridays at Alma Road Community House

Fridays 10am - 12 noon 11 January - 11 April

Our friendly volunteers will be welcoming people from the neighbourhood and providing information about local services and activities. Come and get to know what's on at your Neighbourhood house * no cost





First Friday of each month: 7 February, 7 March, 4 April 11am - 12 pm Join us for a series of talks on topics of interest to the local community.

February: Falls prevention by Walking Tall Rehab

March: Accessing Financial Information Services through Centrelink,

April: Building muscle for longevity by Walking Tall Rehab

' no cost

Where: Alma Road Community House, 200 Alma Road St Kilda East





For more details or to register contact PPCG Phone: 9525 8746 or 8598 6600 Email: arch@ppcg.org.au