

WHAT'S ON



VINES ROAD COMMUNITY CENTRE



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Guide is correct at the time of publication and is subject to change
(03) 5277 9027 info@vinesroadcommunitycentre.org.au



Where are we?

37-61 Vines Road, Hamlyn Heights

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 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)
- Grayscale 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/

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 @ VRCC**Heart Foundation Walking Group**

Monday 9:15am – 11:15am

Wednesday 9:15am

Friday 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

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

U3A Office 5244 5114

mail@u3ageelong.org.au

Active Adults Fitness

Monday 11:00am – 12:00pm

Wednesday 9:30am - 10.30 am

Thursday 11:00am - 12:00pm

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

Brenda Saunders 0402 300 062

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

Ron Dunbar, 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.

\$15.00 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

Ron Dunbar, 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

www.emotion21.org.au

Physio Chi

(School Terms Only)

Monday 5:00pm - 6:00pm

Modified Tai Chi

Janette Anderson 0419 567 518

janette_anderson@ymail.com

VRCC Story time

(School Terms Only)

Wednesdays Fortnightly

10:00am - 11:00am

Storytelling for 2 – 5 year olds. Babies welcome.

\$FREE

VRCC Reception 5277 9027

info@vinesroadcommunitycentre.org.au

Daishindo Karate “Super Self Defence”

(School Terms Only)

Monday 5.00pm - 7.00pm

Learn super self-defence – 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

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

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

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

www.u3ageelong.org.au

Geelong Embroidery Machine Club

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

(2nd 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

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

Pilates

Beginners Tuesday 11:00am - 12:00pm

All levels Wednesday 11:00am – 11:30am

All levels Thursday 9:30am – 10:30am

All ages and fitness levels welcome

Brenda Saunders 0402300062

brendasaunders1@hotmail.com

VRCC Community Kitchen

(School Terms Only)

Tuesday 10:00am - 12:00pm

Grow. Cook. Share. Healthy cooking together

\$5.00 per session

VRCC Reception 52779027

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

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

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

~ Tinnies 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

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

Ron Dunbar, President 5278 8829

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

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

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

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-defence, 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

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

Community Craft Program

Mondays 10:00am – 12:00pm

Bring your own project or start something new! Led by a highly-skilled, multi-disciplined crafter who is excited to share her skills with everyone.

VRCC Reception

(03) 5277 9027

info@vinesroadcommunitycentre.org.au

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

www.karenfeldmansdancestudio.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

www.grow.org.au

Tupperware Product Night

Mondays 7:30pm

Come and see the very latest in Tupperware!

Paula Marino 0418 594 966

paulamarino@bigpond.com

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

Ned Saflin 0411 740 470

nenad@universal.com.au

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 Papercraft Party

Wednesdays, once per month
7:00pm - 8:30pm
Dabble in your papercraft project in this social and fun group
VRCC Reception: 52779027
18th April
Narelle Greig
nsgreig@aapt.net.au

Vines Road Senior Citizen's activity program

Friday 1:00pm - 4:00pm

- Bingo
- Table Tennis
- Pool/Billiards

Ron Dunbar, President 5278 8829
vinesroadseniors@bigpond.com

Weight Watchers Group Coaching

Wednesdays 9:30am
Fridays 9:30am
Group support, inspiration and guidance from Weight Watchers Coaches.
www.weightwatchers.com/au/

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
Ron Dunbar, President 5278 8829
vinesroadseniors@bigpond.com

Sticky Fingers Cooking School

(School Terms Only)
(School Holiday Workshops Available)
Wednesday 3:45pm – 6:30pm
A different type of after-school activity, perfect for the keen cook or kids wishing to learn to cook. Each week, kids will create a variety of both sweet and savoury dishes and at the end of term, the kids put on a pop-up restaurant for family and friends to show off their new skills!
Erin Scott 0401 049 655
stickyfingerscookingschool@gmail.com

Meditation – Sahaja method

Wednesday 7:00pm – 7:45pm
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.
\$ Gold Coin Donation
KD Ahuja 0430536280
kd.ahuja@raywhite.com
www.sahajayoga.com.au

Paint with Diamonds! 5D painting group

3rd Thursday of the month
1:00pm – 4:00pm
A local group of people that get together to work on their designs
Search Google images: Diamond painting
Sarah Baker geelong5d@gmail.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
www.nilsgeelong.com.au

Hero Town is a community training organisation dedicated to educating, inspiring, and supporting individuals to feel prepared and confident to tackle the challenges we face. The lead supplier of Mental Health First Aid Training in Geelong and is where VRCC sends its personnel to be trained in this field. Hero Town 0352150486
contact@herotown.com.au

Tai Chi - Advanced

(School Terms Only)

Wednesdays 6:30pm

Yang Style 108 practice session for experienced Tai Chi students. New members welcome.

Tracey Simic

0408382704

traceysimic@gmail.com

Sewing for a cause

Join the ladies from Quota International Geelong as they turn used pillow cases into pretty dresses for donation to girls at orphanages all over the world.

VRCC Reception

(03) 5277 9027

info@vinesroadcommunitycentre.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.face-book.com/skinofourteeth/>

Auslan – Beginner

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

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.

The Auslan Company

0477979748 – Darren - Text ONLY

0477979749 – Administration

learnauslan@gmail.com

VRCC Tai Chi

(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.

\$35.00 per term

VRCC Office 5277 9027

info@vinesroadcommunitycentre.org.au

Karen Feldman 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

Fridays

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

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

Musical Theatre: Dance, sing, act!

Thursdays

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

Juniors (9-11yrs) 5:45pm – 7pm

Seniors (12–16yrs) 5:45pm – 7:30pm

Sri Lankan Community of Geelong

A time and place for people of Sri Lankan descent to practice and celebrate their culture and traditions.

Meeting dates vary, please contact us for more information

VRCC Reception

(03) 5277 9027

info@vinesroadcommunitycentre.org.au

Gnosis Geelong

4th Wednesday of the month

Gnosis Geelong offer classes and teachings that are applicable and are practical to one's life, and most of all, that everyone can verify and experience the benefits for themselves.

Mimi Crockford 0403282129

gnosisgeelong@gmail.com

Barwon South West Blood Cancer Support Group

Every 2 months on a Tuesday 10:00am – 11:30am

This is a peer group for people, and their family and friends, living with leukaemia, lymphoma, myeloma and related blood disorders to come together to share coping strategies, feel more empowered and find a sense of community.

Linda Saunders 0466 508 664

MasterChef

Thursdays

Teens (13 – 17 years) 3:30pm – 5:30pm

Adults (18+) 5:30pm – 7:30pm

Consider yourself a MasterChef? Come and have a blast whipping up mouth-watering meals.

Leisure Networks: Inclusion Support Team
5222 3911

contactus@leisurenetworks.org

WHR Allied Health - The Warrior Project

Occupational therapy group session to facilitate children and young adults to develop their communication skills. The Warrior project focuses on communication barriers an individual on the autism spectrum may face and helps them reach their highest potential utilising a whole person approach. The program utilises mindfulness, emotional understanding and sensory awareness to learn skills to develop relationships, social awareness and self-awareness.

Ellie Trewin - 0431 55 67 20

The Power in You Project: Cooking program

Fortnightly 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