

TERM

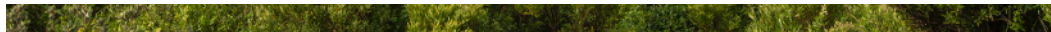


Cockatoo Community House

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SUSTAINABILITY



Permaculture design course 2020

Everything you need to know to design and implement a resilient and productive garden in your own courtyard/backyard/farmyard or anywhere in the world. Covering 72+ hours of curriculum from the internationally recognised PDC in a 36-week theory-based course, including: design elements and methods, patterns, water, soils, plant identification, climate and weather, planning for disaster, food forests, bees, animals, pest management and energy. Spreading the course out over a year allows a unique opportunity to collect seasonal data for your design from your property. There are no prerequisites or exams. You will learn how to read and draw maps and produce two permaculture designs to present to the class to demonstrate your learning. Complement classroom learning with some site visits during the holidays and on weekends. Family members and friends are welcome to join us on these experiences, which will include making hot compost and touring Melliodora in Hepburn Springs - the home of permaculture co-ordinator, David Holmgren. (Site visits are not course requirements.)

Tuesdays 7:00 - 9:30 PM during school terms, starting 18 February

FREE information night: Tuesday 4 February, 7:00 PM

Cost: Full fee - \$1,620 (\$405 per term). Concession - \$1260 (\$315 per term). Two reduced fee positions: \$720 (\$180 per term) and one scholarship (\$100 total cost for full year) by application. Textbooks, readings and hot compost workshop included. Pay as you go option available. Optional daytime site-visits at reduced cost for course participants.

Bookings: 5968 9031. Further information: Liza - 0416 111 461

'Darn it' workshop

Favourite holey socks or torn jeans? Join the darning circle meeting in the comfort of Cockatoo Community House. Bring your darning and repair projects, share ideas, solve problems together with a cuppa and a chat.

Saturdays 1:30 - 3:30 PM, 1 February and 4 April

Further information: 5968 9031

FREE PROGRAM

Clothing swaps

Discovering outgrown clothes and wardrobe gaps as you spring clean? Get some free clothes for you or your children and help each other out at the same time. Enjoy a free afternoon tea with this fun reduce-reuse-recycle activity.

Saturdays 1:30 - 3:30 PM, 1 February and 4 April

Further information: 5968 9031

FREE PROGRAM

WELLBEING



CPR and first aid

CPR: This course describes the skills and knowledge required to perform cardiopulmonary resuscitation (CPR) in line with the Australian Resuscitation Council (ARC) Guidelines. It is ideal for all people who may be required to provide CPR, in a range of situations, including community and workplace settings. It will give you the skills and knowledge to maintain breathing and circulation in an adult, child or infant following cardiac arrest.

First Aid: This course describes the skills and knowledge required to provide a first aid response to a casualty. It is ideal for all people who may be required to provide a first aid response in a range of situations, including community and workplace settings. CPR is included in the First Aid training.

Saturday 28 March, 9:00 AM - 12:00 PM (CPR), 9:00 AM - 4:00 PM (First aid/CPR)

Cost: \$70 CPR, \$140 CPR and first aid

Bookings and further information: 5968 9031

Kinesiology tool kit

Join in this 7-week immersion course to learn kinesiology and energy balancing tools for daily use. Each week a different topic will be covered: muscle testing, energy awareness, chakras, acupressure, children and kinesiology, intuitive plant based eating and journaling.

Wednesdays 6:30 PM - 8:00 PM, 12 February - 25 March

Cost: \$180/\$160 concession for 7-week course - includes personalised flower essence remedy. \$30 casual or \$80 for three topics, subject to availability.

Bookings: 5968 9031. Further information: Lisa - 0403 224 887, waratahtherapies.com.au

Kombucha workshop

Learn the amazing health benefits of kombucha and how to brew your own at home. Includes all materials you need to get you going. The workshop will be run by Shona Ferrier, local registered acupuncture and Chinese medicine practitioner.

Sunday 22 March, 10:00 AM - 1:00 PM

Cost: \$55 or \$35 concession

Bookings: 5968 9031. Further information: Shona - 0424 069 609

ARTS



Introduction to art skills – Adult

Learn new skills, express yourself, and develop a portfolio in this 10 week course. Each term has a different medium and you will be guided through basic techniques, colour theory, tonal work, and picture composition.

Fridays 10:00 AM - 1:00 PM, starting 31 January

Bookings: 9532 0811, or email education@taskforce.org.au

FREE PROGRAM

Craft group

Bring your projects and enjoy a coffee and good company.

Tuesdays 10:30 AM - 1:00 PM

Further information: 5968 9031

FREE PROGRAM

Learn the basics of your sewing machine

Bring along your machine and learn about threading, tension and everything else needed to get you sewing!

Tuesdays 6:30 - 8:00 PM, 11 and 18 February

Bookings: 5968 9031

FREE PROGRAM

Sing for fun with the Lyrebirds

The Lyrebirds Community Choir sings for fun and friendship, perform in community events in the Eastern Dandenong Ranges, and enjoy a Sing For Fun hour at the start of every rehearsal. There are no auditions; just love singing and you are welcome.

Note: This group meets at St Luke's Anglican Church, 1 McBride St Cockatoo

Mondays 7:00 - 8:00 PM. Optional performance rehearsal from 8:20 PM

*Cost: \$10, or \$5 concession. First night **FREE***

Further information: cockatoosings@gmail.com

DANCE AND FITNESS



Adult Latin jazz

A fun, energetic class that will get the heart pumping and leave you full of laughs. A modern take on cha cha, samba, jive, salsa, mambo, merengue and swing. All levels welcome, just be ready to have fun. Wear workout wear or something comfortable and easy to move in. Jazz shoes or runners preferred.

*Wednesdays 11:45 AM - 12:30 PM, 29 January - 25 March (kid friendly class)
or Thursdays 7:00 - 7:45 PM, 30 January - 26 March*

Cost: \$117 for nine week term or \$15 per class

Bookings: 5968 9031. Further information: Megan - 0405 776 038

Rock and roll for beginners

So much fun! You don't need to have danced before or to have a partner. In this 8-week introduction to rock and roll, you will be introduced to basic steps and will learn how to dance them with confidence. Martin and Angela look forward to getting you started and guiding you through the basics.

Mondays 7:30 - 8:30 PM, 3 February to 23 March

Cost: \$120 for 8-week program

Bookings: 5968 9031

Boxing

This class is a great work out, lots of fun and helps to increase your cardio fitness and muscle strength. All levels catered for. Just bring water and a towel. A medical clearance may be required.

Thursdays 1:00 - 2:00 PM

Cost: \$15 per class

Bookings: 5968 9031. Further information: Sandy - 0407 104 400

CHILDREN

Creative movement

Creative movement builds self-confidence in young children and actively fosters a love of dance at the most magical time in a little dancer's life. The focus is on listening, motor and expressive skills. Dances such as ballet, hip hop and jazz are introduced in a fun way. Parents are required to stay in the dance room and can join in as much or as little as they like or as required by the child. Dance wear preferred but easy to move in clothing is fine. Runners or jazz/ballet shoes are also required.

Mondays 2:10 - 2:40 PM - 4-5 year olds

Mondays 2:40 - 3:10 PM - 2-3 year olds

Thursdays 9:30 - 10:00 AM - 2-3 year olds

Thursdays 10:30 - 11:00 AM - Mini-groovers for 18 month olds

Fridays 2:10 - 2:40 PM - 4-5 year olds

Fridays 2:40 - 3:10 PM - 2-3 year olds

Cost: \$90 for 9 week term, \$70 for 7 week Monday term, \$12 per class drop-in

Bookings: 5968 9031. Further information: Meagan - 0405 776 038

Ballet for 2-5 year olds

This class helps to develop students' physical skills, stamina, creativity, expression and musicality using a range of sounds and musical styles. Set to engaging music, the gentle exercises teach the beginnings of ballet technique in a creative and fun environment. Students will develop good dance posture through stretching and strengthening exercises and will gain a basic understanding of ballet technique, while improving listening skills and the ability to follow instructions. Improved coordination of the body and teamwork will be cultivated as students learn a variety of dance steps and challenging dance patterns. Parents are required to stay in the dance room and can join in as much or as little as they like or as required by the child. Dance wear preferred but easy to move in clothing is fine.

Wednesdays 11:15 - 11:45 AM or Thursdays 10:00 - 10:30 AM

Cost: \$90 for nine week term, \$12 per class drop-in

Bookings: 5968 9031. Further information: Meagan - 0405 776 038

Sounds Write

Sounds-Write is an evidence-based phonics program utilising an exciting and highly successful approach to the teaching of reading, spelling and writing. It places emphasis on providing practice that is grounded in physical, concrete experience of the skills and conceptual understanding that students need to assimilate. Sounds-Write is developmentally appropriate for beginning readers in foundation Year 1 and Year 2, and also offers fast and highly effective intervention for children at all year levels who have fallen behind in their reading and spelling from Year 3 onwards.

Wednesdays 4:00 - 4:30 PM, 5 February - 25 March

Cost: \$80 for 8 weeks, or \$12 casual

Bookings: 5968 9031. Further information: Tamsin Brook- 0415 360 380

Baby massage

Massage can help your child settle, sleep better, reduce crying and relieve problems, such as wind, colic, constipation, reflux and eczema. It increases baby's brain development and enhances bonding. It can also help reduce post-natal depression. Learn the correct techniques from a certified trainer.

Wednesdays 1:00 - 2:00 PM, 12 February - 4 March

Cost: \$120 for four week course

Further information: 5968 9031 or email cch@taskforce.org.au

Managing your child's gadget and internet time

Tired of yelling? Share experiences and learn how to help your child manage their use of technology to build stronger relationships. Refreshments provided.

Tuesday 17 March, 6:00 - 8:30 PM

Bookings: 5968 9031 or email cch@taskforce.org.au. Further information: Jasbir - 0431 203 177 or email jasbir.suopada@anglicarevic.org.au

FREE PROGRAM

BUSINESS START-UP



Entrepreneurship mentoring

Receive support ranging from general advice about starting and running a business to tailored coaching and mentoring.

FREE information session: Thursday 23 January, 10:00 - 11:00 AM

Further information: Ashley - 0400 975 036

Explore being your own boss

Start your own business with confidence with the support of these workshops, designed to help you learn what it means to be an entrepreneur or small business owner. Learn about the soft and technical skills needed to achieve your business goals, as well as discover more about yourself.

Mondays and Fridays 10:00 AM - 5:00 PM for four weeks, starting 10 February

FREE information session: Thursday 23 January, 10:00 - 11:00 AM

Bookings: 5968 9031 or email cch@taskforce.org.au

FREE PROGRAM

DROP-IN



Men: where are you? A morning event for men over 50

Council on the Ageing (COTA) Victoria invite you to be part of this morning event for local men over 50. Developed and run by male volunteers from COTA this event will provide opportunities to meet, talk and enjoy time with other local men your age, 'chew the fat' about the challenges that face you and other men, enjoy a morning tea and refreshments during the morning's discussion. It will be interesting, informative and fun. A morning you will not want to miss... and it's free!

Monday 2 March, 10:00 AM - 12:30 PM

Further information: John - 0431 844 833, or just turn up by 9:45 on the day

FREE PROGRAM

COMING SOON: Carer's wellbeing group

Meet monthly with other carers and do something for yourself- activities will include art, sound healing, haircuts and chair massage...all for free. Details are being finalised, so please contact us on 5968 9031 for further information.

FREE PROGRAM



WASEMA friendship café

A place to meet new friends, chat, learn new things, do something together and, of course, have a cup of tea! See you there, drop in to say 'hello'! All women welcome, kids too.

Wednesdays 9:30 AM - 12:30 PM, 29 January - 25 March

FREE PROGRAM

Introducing women's friendship café, the evening edition!

Want to meet other local women, but only available evenings and weekends? Drop in for an informal get together with other women from Cockatoo.

Wednesdays 26 February and 25 March, 6:30 - 8:00 PM

FREE PROGRAM

Cappuccino hour

Drop in for a free cappuccino and a chat.

Thursdays 2:30 - 3:30 PM

FREE PROGRAM

Games afternoon

Drop in to play Jenga, Scrabble and more.

Thursdays 2:00 - 4:00 PM

FREE PROGRAM

Internet and printer access

Drop in for free access to computers and WiFi. Quality printing also available at inexpensive rates.

Monday - Thursday, 9:30 AM - 12:30 PM and 2:00 - 4:00 PM. Other times may be available, please call 0401 062 396

FREE PROGRAM

MONDAY

10:00 AM - 12:30 PM	Men: Where are you? 2 March
10:00 AM - 5:00 PM	Explore Being Your Own Boss
2:10 - 2:40 PM	Creative movement (4-5 year olds)
2:40 - 3:10 PM	Creative movement (2-3 year olds)
7:00 - 8:00 PM	Sing for fun with the Lyrebirds
7:30 - 8:30 PM	Rock and roll for beginners

TUESDAY

10:30 AM - 1:00 PM	Craft group
6:30 - 8:00 PM	Learn the basics of your sewing machine 11 and 18 February
6:30 - 8:00 PM	Managing your child's gadget and internet time 17 March
7:00 - 9:30 PM	Permaculture Design Course

WEDNESDAY

9:30 AM - 12:30 PM	WASEMA Friendship Café
11:15 - 11:45 AM	Ballet for 2-5 year olds
11:45 AM - 12:30 PM	Adult Latin jazz
1:00 - 2:00 PM	Baby massage
4:00 - 4:30 PM	Sounds Write
6:30 - 8:00 PM	Kinesiology tool kit
6:30 - 8:00 PM	WASEMA Friendship Cafe - evening edition 25 February and 25 March

THURSDAY

9:30 - 10:00 AM	Creative movement (2-3 year olds)
10:00 - 10:30 AM	Ballet for 2-5 year olds
10:30 - 11:00 AM	Creative movement (18 months old)
1:00 - 2:00 PM	Boxing
2:00 - 4:00 PM	Games afternoon
2:30 - 3:30 PM	Cappuccino hour

FRIDAY

10:00 AM - 1:00 PM	Introduction to art skills
10:00 AM - 5:00 PM	Explore Being Your Own Boss
2:10 - 2:40 PM	Creative movement (4-5 year olds)
2:40 - 3:10 PM	Creative movement (2-3 year olds)

WEEKENDS

9:00 AM - 12:00 PM	CPR and first aid Saturday 28 March
1:30 - 3:30 PM	'Darn It' workshop Saturdays 1 February and 4 April
1:30 - 3:30 PM	Clothing swaps Saturdays 1 February and 4 April
10:00 AM - 1:00 PM	Kombucha workshop Sunday 22 March



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cch@taskforce.org.au



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