

# YARRA GLEN & DISTRICT LIVING & LEARNING CENTRE INC

**Term 3 – 2010**

**Monday 12 July – Friday 17 September**

**ENROLMENT DAY - TUESDAY 13 JULY - 10AM TO 4PM**

**12 – 14 Anzac Avenue, Yarra Glen PO Box 396, Yarra Glen, 3775**

**Phone 97302887 Email [ygdllc@bigpond.com](mailto:ygdllc@bigpond.com)**

- If already attending a class please enrol at term's end to hold your place – some classes have a waiting list.
- You may enrol by mail to reach the Centre by the first day of term or on Enrolment Day.
- Class fees must be paid before the commencement of class.
- If a class you have enrolled in is not running due to lack of numbers you will be notified and refunded.
- No classes will be held on Code Red days & the Centre will be closed.

## OFFICE HOURS

**Tuesday: 12 noon – 2pm    Wednesday: 9am – 10am    Friday: 12 noon – 2pm**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNFINISHED BUSINESS (2 <sup>nd</sup> and 4 <sup>th</sup> Monday)	YOGA 10AM	BOOK, THEATRE & MOVIE GROUP 7.30PM	YOGA 6.30PM	ADVANCED STRETCH & STRENGTH 9.30AM	WRITING WORKSHOPS AUGUST 7 & 11 SEPTEMBER 1PM – 5PM
Cr JEANETTE MCRAE (4 <sup>th</sup> Monday of each month)	STRETCH & STRENGTH 4.30PM	(3 <sup>rd</sup> Wednesday of each month)	NIA 6.30PM		
	STRETCH & STRENGTH 6.15PM	PATCHWORK CIRCLE 7.30PM			AN INTRODUCTION TO INTERPLAY 21 AUGUST
	STRETCH & STRENGTH 7.30PM	MEDITATION 7.30PM			

## ◆ Special Event – An Afternoon with Sandy ◆

Well known local author and poet Sandy Jeffs will give a talk at the Centre on Saturday 24<sup>th</sup> July speaking about the material in her memoir "Flying with Paper Wings". Not to be missed.

See page three for details.

# Stretch Strength and Fitness

## Advanced Stretch and Strength

With Michelle Redman

### SORRY CLASS FULL

#### Term 3

Fridays 16 July – 17 September 9.30 – 10.30 am

Learn weight training and Pilates exercises to build core stability, abdominal and back strength, flexibility and muscular strength. Helps prevent osteoporosis. Weights and mats provided. Class limit 10.

Location Yarra Glen Tennis Club

12-14 Anzac Avenue, Yarra Glen.

Class fee: \$110 for 10 sessions

Class code: ASS



## Stretch & Strength for Men & Women

With Vicki Terrell

#### Term 3

Tuesdays 13 July – 24 August 4.30 - 5.45pm

Tuesdays 13 July – 24 August 6.15 - 7.30pm

Tuesdays 13 July – 24 August 7.30 - 8.45pm

We welcome Vicki, our new fitness tutor. This exercise class suits a wide range of fitness levels and ensures that getting fit, strong and healthy is a fun and enjoyable activity. *The 7.30 class is a must for those who are unable to get there during the day but still like to keep fit.* Weights and mats provided. Class limit 10.

Location Yarra Glen Tennis Club

12-14 Anzac Avenue, Yarra Glen.

Class fee: \$70 for 7 sessions

Class codes: SST 4.30 SST 6.15 SST 7.30

## Yoga

With Dianna Tarr

#### Term 3

Tuesdays 13 July – 14 September 10.00 – 11.30am

#### Term 3

Thursdays 15 July – 16 September 6.30 - 8.00pm

Enjoy the benefits of Bhava Yoga. Explore the energetic body, mind and physical body via the breath, meditation and movement. This beautiful style of yoga has a playful element while nurturing inner health and well-being, strengthening the body, mind and spirit. Class limit 12.

Location: Yarra Glen Tennis Club

12-14 Anzac Avenue, Yarra Glen.

Class fee: Tuesday \$110 for 11 sessions

Class code: YT

Class fee: Thursday \$110 for 11 sessions

Class code: YTH



## Dance – NIA Technique

With Jacinta Birchall

#### Term 3

Thursdays 15 July – 16 September 6.30 – 7.30pm

Dance through life! NIA is a holistic dance, fitness method for all ages and fitness levels. You will burn calories, increase your metabolism, condition your cardiovascular system and develop flexibility and mobility. It's fun, expressive and leaves you energised and elated.

Location: Uniting Church Hall, Melba Highway

Class fee: \$100 for 10 sessions

Class code: NIA

# Make & Create

## Patchwork Classes

Co-ordinator Chris Tomlins

#### Term 3

Wednesdays 13 July – 15 September 7.30 – 9.30pm

Enjoy the pleasure of sewing with a friendly group under the guidance of an experienced and creative teacher. A list of requirements will be made available at enrolment.

Location Y G & D Living & Learning Centre

12-14 Anzac Avenue, Yarra Glen.

Class fee: \$100 for 10 sessions

Class code: PC

## Unfinished Business

Co-ordinator Pat Neilsen

#### Term 3 Commencing 12 July

2<sup>nd</sup> & 4<sup>th</sup> Monday each month 11.00am - 3pm

Pat Neilsen has kindly agreed to continue the good work that was started by Joyce Strickland who we will all miss.

Bring your lunch and unfinished project and enjoy completing your task in a friendly, helpful environment away from the distractions of home. The emphasis is on fun and companionship. Tea and coffee provided.

Location Y G & D Living & Learning Centre

12-14 Anzac Avenue, Yarra Glen.

Class fee: \$6 annual membership plus \$2.50 per class payable on the day.

Class code: CG

## CWA for Yarra Glen

Would you like to join a friendly group of women that cares and responds to the needs of other women? A group that provides community service, debates social issues and offers personal development through leadership.

This is what being a member of the Country Women's Association provides. If you can sew, knit, crochet and bake scones that's great but not a requirement.

The CWA branch would be based in Yarra Glen. For more details please phone Jeanette Tucker on 97302663

*The Yarra Glen & District Living and Learning Centre membership covers a wide range of ages, occupations and interests. We encourage and welcome people to join our Centre to bring new skills and interests or just to join in a group and become part of the friendly, sociable environment.*

*Drop in, have a coffee, choose a book from our book exchange or join a class.*

*For groups looking for a place to gather please contact Di Boak on 97302887 or email [ygdllc@bigpond.com](mailto:ygdllc@bigpond.com)*



# Communicating

## An Afternoon with Sandy Jeffs

### Term 3

Saturday 24 July 2 – 5pm

We are pleased to welcome Sandy to the Living and Learning Centre to talk about her survival amidst a violent family life, decline into mental illness and how she became a poet and community educator. Sandy has appeared on the Andrew Denton Show and with Jon Faine on 3LO and we are very lucky to have her speak at the Centre.

Location Y G Tennis Club  
12-14 Anzac Avenue, Yarra Glen.

**Cost:** \$5 plus \$6 annual membership, includes afternoon tea.

Please book on 9730 2887 or ygdllc@bigpond.com

**Class code:** SJ



## Book, Theatre & Movie Group

This friendly group meets in members' homes to chat casually about a pre-designated book, on the third Wednesday of the month at 7.30 to 9.00pm.

Alternatively we may share pizzas and a DVD of a story or go to a local theatre production or cinema.

**Enrolment:** As below. You will then receive a letter outlining our group's program.

**Cost:** \$6 YGLLC annual membership plus cost of dinner and/or movie/theatre entry.

**Class code:** BTM



## Writing for Fun

With Kay Arthur & Liz Mildenhall

### Term 3

Saturday 7 August      Saturday 11 September      1 – 5pm

Everyone has a story to tell and this is the workshop for all of you who wish to learn to tap into your inner author and get those ideas down onto paper.

No experience necessary, Kay and Liz will encourage you, in a fun, informal atmosphere, to experiment with a variety of writing forms for a range of purposes – memoirs, fiction, short stories etc. The aim of the day is to produce some original pieces of your own in a comfortable environment and to provide ideas for further writing.

Location Y G Tennis Club  
12-14 Anzac Avenue, Yarra Glen.

**Cost:** \$45 per class or \$85 for two plus \$6 annual membership.

Includes afternoon tea.

**Class code:** WW

## Embodying your Creativity

### Term 3

Saturday 21 August, 10am – 4pm

### An Introduction to InterPlay®

InterPlay® is a creative approach to unlocking the wisdom of the body used by individuals and groups. A community based art practice and philosophy that provides relief, reflection, healing and community. Using improvised movement, voice, story and stillness participants will experience their creativity in a safe and playful environment. Please bring lunch.

Facilitators: Jenny and Peter Batten

Jenny is a primary school performing arts teacher; Peter is an outreach worker (South Port Uniting care), and creative arts therapist (MIECAT). Both Jenny and Peter are accredited InterPlay® facilitators and are passionate about enabling others to explore their creative potential.

Location: Uniting Church Hall, Melba Highway

**Cost:** \$45 plus \$6 annual membership

**Class code:** IP



## Body Shop Workshops

### Term 3

Mondays from 12 July      4.30 – 6.00pm

The Body Shop and EACH invite young women between the ages of 15 – 19 who are in any way affected by the bush-fires to come along and be pampered at the Centre. Young Mums with small children welcome – please call us to discuss as we may be able to assist with children to allow you to be pampered! Please book.

Location: YG Tennis Club 12-14 Anzac Avenue, Yarra Glen.

**Class code:** BS      **Cost:** None



## Parent & Child Creative Art Therapy

### Term 3

Thursdays fortnightly from 15 July 4 – 6pm

EACH and the Salvos offer parents and their children between the ages of 3 and 7 years an opportunity through creative art and relaxation to enjoy some special time in a safe environment – both together and separately. This is a great chance to interact in a positive way with your child and other parents. Please book.

Location: Healesville

**Class code:** CA      **Cost:** None

Yarra Glen Living & Learning Centre is offering some new classes as well as our very popular regular sessions. Try the African Drumming, Interplay or Writing Workshops - great ways to be creative.

Are there classes, activities or skills you wish to learn or share? Please let us know. For example:

- Digital Photography
- Djembe Drumming & Dance
- Computer skills
- Craft workshops
- Art class

Suggestion for new class: \_\_\_\_\_ Day: \_\_\_\_\_ am or pm

### Expressions of Interest

If the class is right but the time or day wrong, please let us know. We may be able to change times or dates if numbers are adequate.

Class: \_\_\_\_\_ Preferred day: \_\_\_\_\_ am or pm

Class: \_\_\_\_\_ Preferred day: \_\_\_\_\_ am or pm

## Cooking

### Cooking Class

With Jill Bowen Hess

#### Term 3

Thursday 19 August 9.30am – 12 noon

Jill will show you how to prepare the aromatic, tasty dishes of Thailand this term – and reveal the versatility of the humble egg.

**Class fee:** \$25 plus \$6 annual membership

**Class code:** JCC

Location Y G & D Living & Learning Centre  
12-14 Anzac Avenue, Yarra Glen.

### Men in the Kitchen

With Jill Bowen Hess

#### Term 3

Monday 23 August 7.00 – 9.30pm

Jill will demonstrate one-pot meals this term – all the flavour without the washing up! This simple, appetizing method of cooking is versatile and delicious.

Location Y G & D Living & Learning Centre  
12-14 Anzac Avenue, Yarra Glen.

**Class fee:** \$25 plus \$6 annual membership

**Class code:** MK

## Government

### **Available for Consultation at the Centre**

*Ben Hardman* – MP for Seymour  
By appointment. Phone: 57992760

*Jeanette McRae* – Shire Councillor, Ryrrie Ward.  
The fourth Monday of each month 1.30 – 2.30pm.

## Meditation

With Phoenix Arrien

#### Term 3

Fortnightly, from Wednesday 16 June – 22 September

Evening 7.30 – 9pm

Meditation is excellent for general wellbeing, dealing with anxiety, stress, uncertainty or change and offers a means to live life in a more tranquil way. Session include the breath meditation and a different meditation exercise each time.

Location Y G & D Living & Learning Centre  
12-14 Anzac Avenue, Yarra Glen.

**Cost:** \$6 annual membership plus \$5 per session

**Class code:** MED

*Writing Retreats in the Yarra Valley* 2 – 4 July

*Meditation Retreats in the Yarra Valley* 3 - 5 September

Call 0407 650026 or visit [www.wellbeingholidays.com.au](http://www.wellbeingholidays.com.au)

## Community

### Vixens of the Valley Red Hat Society

This is a social group for women in the Yarra Valley who like to have fun. Monthly activities may include lunches out, fashion parades, shows or whatever. The group welcomes new members and ideas. Come along and put on your red hat! The main charge is the cost of any outings - other costs are minimal.

Enquiries may be made to Noela on 59621048 on Wednesdays after 5pm.

The Society meets on the third Wednesday of the month.



### Yarra Glen & District Historical Society

This group meets at the Yarra Glen Memorial Hall.  
[www.yarraglenhistorical.websyte.com.au](http://www.yarraglenhistorical.websyte.com.au)

## The Aloysius Music Box

GENEVIEVE DICKSON PRESENTS

Music students from Melbourne University and VCA perform their favourite music at  
St Aloysius Church, 20 Sayle St, Yarra Glen. The 3<sup>rd</sup> Saturday of every month.

June 19, July 17, August 21, September 18 7.00pm start Tickets \$10

## Enrolment form

**Yarra Glen & District Living & Learning Centre Inc.**

12 – 14 Anzac Avenue, Yarra Glen, 3775. PO Box 396, Yarra Glen, 3775. Phone 97302887. Email [ygdllc@bigpond.com](mailto:ygdllc@bigpond.com)

New member? \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Mobile \_\_\_\_\_

email \_\_\_\_\_

Course code \_\_\_\_\_ Term \_\_\_\_\_ Cost \_\_\_\_\_

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Course code \_\_\_\_\_ Term \_\_\_\_\_ Cost \_\_\_\_\_

Annual membership \$6 \_\_\_\_\_ Cost \_\_\_\_\_

\_\_\_\_\_ Total \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_