

Make and Create

Patchwork Workshop

Co-ordinator Chris Tomlins



Saturday 10 March 10am - 3pm

This term's project is a jewellery roll and/or toiletries bag. Choose glamorous silk or practical cotton fabric - either way you'll have a useful and unique piece of patchwork at the end of the day. Chris brings experience and enthusiasm to this informal, fun day. Fabric requirements available at enrolment. Please bring lunch

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.
Class fee: \$50* Class code: PC

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Unfinished Business

Co-ordinator Pat Neilsen

2nd & 4th Monday each month 11.00am - 3pm

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: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.
Class fee: \$7.50 annual membership plus \$2.50 each class.
Class code: CG

Cinema Group

Interested in good film or just want to expand your knowledge of cinema? You may be interested in joining an informal group screening films at member's homes.

The group's aims are to tap the wide range of films now available on DVD and provide a friendly environment to watch and discuss cinema across all genres - from the earliest to the latest. All that is required is a healthy interest in cinema.

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.
Class fee: \$7.50 annual membership Class code: YGF

*Plus \$7.50 annual membership

Community

JEANETTE MCRAE, SHIRE COUNCILLOR, RYRIE WARD, IS AVAILABLE FOR CONSULTATION AT THE CENTRE ON THE 4TH MONDAY OF EACH MONTH FROM 1.30 - 2.30PM

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 meets on the 3rd Wednesday of the month and welcomes new members and ideas. The main charge is the cost of any outing - other costs are minimal.

So come along and put on your red hat!

Enquiries to Noela on 59621048 on Wednesdays after 5pm.

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Men's Shed

The Men's Shed membership is open to anyone who is interested in being involved or being a part of this new venture. Please contact George Millar on 0427171486.

Location: YG&DL&LC, 12-14 Anzac Ave, Yarra Glen.
Joining fee: \$7.50 annual membership Class code: MS

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Yarra Glen & District Historical Society

This group meets at the Yarra Glen Memorial Hall.
www.yarraglenhistorical.websyte.com.au

Despite our best efforts we have found it necessary to put our membership fee up to \$7.50 this year.

Thank you to all members and tutors for your support over the year.

Wishing you all a safe and happy festive season.



YARRA GLEN & DISTRICT LIVING & LEARNING CENTRE INC

12 - 14 Anzac Avenue, Yarra Glen. PO Box 396, Yarra Glen, 3775. Phone 97302887
www.yarraglen.com/livingandlearning Email ygdllc@bigpond.com

Term 1 - 2012

6 February - 30 March

Enrolment day - Tuesday 7 February - 10am to 2pm

- If already attending a class please enrol at term's end to hold your place - some classes have a waiting list.
- You may enrol on Enrolment Day or by mail to reach the Centre by the first day of term.
- 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 Friday: 12 noon - 2pm

Please note the office will be closed between 20/12/11 and 24/1/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UNFINISHED BUSINESS (2 nd and 4 th Mondays)	YOGA 10 am	INFANT MASSAGE 10-11 am	YOGA 10 am	ADVANCED STRETCH & STRENGTH 9.30 am	PATCHWORK WORKSHOP 10 March 10 am - 3 pm
CR JEANETTE MCRAE (every 4 th Monday)	STRETCH & STRENGTH 5 pm	BOOK, THEATRE & MOVIE GROUP 7.30 pm (every 2 nd Wednesday)	YOGA 6.30 pm	QIGONG 11-12 noon	
MEN IN THE KITCHEN 5 March 7 pm	STRETCH & STRENGTH 6.15 pm	MEDITATION 7.30 pm (every 2 nd Wednesday starting 15 February)	NIA 6.30 pm (Uniting Church Hall)	RYTHMIC GYMNASTICS 5 - 6 pm	
		ITALIAN LANGUAGE 5.30 pm	JILL'S COOKING CLASS 15 March 9.00 am		

YARRA GLEN TENNIS CLUB NEWS TERM 1 2012

Anthony is running an exciting new program called Cardio Tennis in term 1. It is a fitness workout with great music, heart rate monitors and lots of fun and fast paced activities. It is designed to get your heart rate up and burn lots of calories, while playing in a very social environment. The program will be run in blocks of 5 weeks, each session running for 45 minutes and is suitable for all levels of fitness.

Please contact Anthony on 0433 832 335 or yourservetennis@live.com.au for 2012 session times

Enrolment Form Term 1, 2012

Yarra Glen & District Living & Learning Centre Inc.

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New member?	_____
Name	_____
Address	_____
Postcode	_____
Phone	_____
Mobile	_____
email	_____

Course code	Term 1	\$
Course code	Term 1	\$
Course code	Term 1	\$
Annual membership \$7.50		\$
	Total	\$
Signed	Date	

Exercise and Fitness

Advanced Stretch and Strength

With Michelle Redman

Fridays 10 February - 30 March 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: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Class fee: \$88 for 8 sessions* **Class code:** ASS

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Yoga

With Dianna Tarr

Tuesdays 7 February - 27 March 10.00 - 11.30am

Thursdays 9 February - 29 March 10.00 - 11.30am

Thursdays 9 February - 29 March 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 wellbeing, strengthening the body, mind and spirit.

Class limits: Tuesdays - 10 Thursdays am - 6 / pm - 10

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Class fee: Tuesdays \$88 for 8 sessions*

Class code: YT

Class fee: Thursday \$88 for 8 sessions*

Class code: YTH AM or YTH PM

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Dance - Nia Technique

With Jacinta Birchall

Thursdays 9 February - 29 March 6.30 - 7.30pm

Nia's wholistic movement practice benefits all ages and fitness levels. Nia's brilliant 7 cycle process, from the gentle warm up and getting moving to cooling down and stretching invigorates and energises and you won't even know you've had a full body workout! Not sure? You can try Nia for \$10 any Thursday before committing to Term 4.

Location: Uniting Church Hall, Melba Highway, Yarra Glen

Class fee: \$80 for 8 sessions* **Class code:** NIA

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Stretch & Strength for Men & Women

With Vicki Walburg

Tuesdays 7 February - 27 March 5.00 - 6.00pm

Tuesdays 7 February - 27 March 6.15 - 7.15pm

These exercise classes suit women and men with a wide range of fitness levels. Vicki ensures that getting fit, strong and healthy is an enjoyable activity. Increase your vitality through stretching and strengthening for total wellbeing. Weights and mats provided. Class limit 10.

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Class fee: \$80 for 8 sessions* **Class codes:** SST 5.00/SST 6.15

*Plus \$7.50 annual membership

Meditation & Movement

Meditation

With Phoenix Arrien

Fortnightly, from Wednesday 15 Feb - 11 April 7.30 - 9pm

Phoenix has been holding her meditation sessions at the Centre for almost two years and those who have already experienced her classes know that meditation is an excellent strategy for dealing with anxiety, stress, uncertainty or change. It also offers a means to live life in a more tranquil way.

These popular sessions with Phoenix include a different meditation exercise each time plus the breath meditation and include occasional guest speakers.

Our thanks to the Dept of Planning and Community Development and Healesville Living & Learning Centre who subsidise these sessions.

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Cost: \$25 for 5 sessions* **Class code:** MED

For more information you can reach Phoenix on 0407 65 0026 or www.wellbeingholidays.com.au

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Qigong ★

With Jacky Thomson

Fridays 10 February - 30 March (excluding 16/3)

11 - 12 noon

Qigong is an ancient Chinese system of self-healing. It aligns breath, movement and sound in a mindful way to restore health and vitality. Training can be dynamic, static and meditative. This class will teach the most commonly practiced form in the world, known as Shibashi, but some static and meditative exercises will also be included.

Shibashi is a series of 18 movements, that look very similar to tai chi, but are fundamentally different, in that the purpose is to generate and store energy and breathing comes from the abdomen.

Qigong can be performed by anyone, of any age or fitness level and is self regulating according to the fitness and ability of each individual.

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Cost: \$60 for 6 sessions* **Class code:** Q

★ As an introductory offer you can try this class for \$5 on the 10 February - but please book. ★

walking group

Fridays 8.30 - 9.30 am ★

An informal walking group meets at the Living and Learning Centre on Friday mornings at approximately 8.15 and sets off at 8.30 on a local walk for about an hour.

Fast or slow, fit or not it doesn't matter you'll always find someone to accompany you. The idea is to get out in the fresh air, enjoy a chat whilst getting a bit of exercise. Coffee afterwards is optional.

So please join us and enjoy a good start to Fridays!

Massage

Infant massage ★

With Tess Birchall

Wednesday 15, 22, 29 Feb and 7 March 10.00 - 11.00am

Tess is an accredited and experienced instructor who can help encourage the unique, close relationship between you and your baby through Infant Massage. Massage creates a relaxing and special time for you and your baby to share. It improves sleep patterns, enhances communication, and provides a nurturing environment for conversation with your baby.

This course is individually structured to meet the needs of parents and baby. Respect, rhythm, bonding, why baby cries, parent empowerment are some of the skills taught to develop the individual connection between you and your child. For details please ring Tess: 97301529

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Class fee: \$60 for 4 x 1 hour classes* **Class code:** IM

Communication

Book, Theatre & Movie Group

More than just a book group - our activities include outings to the cinema, local theatre productions, pizza and DVD nights at a member's home and, of course, book discussions. We are a small and friendly group and meet one evening a month, usually the second Wednesday.

For information please ring Wendy Warnock on 97301320.

Cost: \$7.50 annual membership plus cost of dinner and/or movie/theatre entry. **Class code:** BTM

Italian for Travellers

With Domenico Galluzzo

Wednesdays 8 February - 28 March 5.30pm - 7pm

Planning a trip to Italy? These classes are for students who wish to converse with fluency in the Italian that is used in everyday situations. The sessions are informal and friendly and cater for varying levels of skills.

Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Cost: \$80 for 8 sessions* **Class code:** IT

*Plus \$7.50 annual membership

Cooking

Men in the Kitchen

With Jill Bowen Hess

Monday 5 March 7.00 - 9.30pm

Light up the barby - this term Jill presents easy barbeque foods and fresh, simple salads.

Class fee: \$25* **Class code:** MK
Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Cookery class ★

With Jill Bowen Hess

Thursday 15 March 9am - 12pm

There's nothing like a delicious, healthy salad to go with the barbeque in summer. Low fat, high in fibre and vitamins Jill will show you how to prepare salads that are fresh, tasty and easy to prepare.

Class fee: \$25* **Class code:** JCC
Location: YG&DL&LC, 12-14 Anzac Avenue, Yarra Glen.

Singing Group

Following the success of singing groups in Healesville, which has 5 community choirs, we would like to see if there is interest in Yarra Glen in forming a similar activity. YGDLLC would provide the singing leader and envisage meeting once a week for a small cost. No experience necessary - this is purely for enjoyment.

Singing brings people together and gives them a shared experience that is rewarding and positive so polish your vocal chords and fill in the form below, drop it off at the Centre and we will do our best to put this on the program!

Rhythmic Gymnastics

Rhythmic gymnastics is a combination of creative movement to music in a ballet dance style using hand held apparatus such as ribbons, hoop, balls and poi. Each activity is self-paced according to age group and developmental skills. Suitable for children aged 6-12 years.

Time: Fridays 5 - 6pm **Cost:** \$100pp per term
Location: YG&DL&LC, 12-14 Anzac Ave, Yarra Glen.

Yarra Glen Living & Learning Centre is offering some new classes as well as our very popular regular sessions. Try our Patchwork workshops and cookery classes - great ways to be creative.

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

Singing group 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

Class: _____ Preferred day: _____ am or pm