

ART & CREATIVITY

Life Drawing & Painting Monday **

Long poses. Untutored.

10.30am -1 pm during school terms

Term 1: from 30 January. Term 2: from 24 April.

\$18/\$16 conc. per session or 5 class pass \$75

Life Painting & Drawing Tuesdays **

Short to long poses. Untutored,

10:30am-1pm during school terms

Term 1: from 31 January. Term 2: from 18 April.

\$18/\$16 conc. per session or 5 class pass \$75

Tutored Life drawing for Beginners **

Tutor: *Patrick Loverso*. Call 0433 911 843 to book.

Come and learn to draw the human figure guided by an experienced Artist and Tutor. Advanced students are also welcome. Materials provided.

Saturday Afternoons 3pm – 5pm

Term 2: 22 April 9 weeks \$280 per term

Life Drawing on Sundays ## **

Monitored by the LMS. Enquiries Adrian 0400 413 838.

Short to longer poses.

Sundays 10:30am-12:30pm during school terms

Term 1: from 5 February. Term 2: from 23 April.

\$18/16 conc.

Life Models Society Life Drawing Salons 2017 ## **

Enquiries: Life Models Society – Patrick 0433 911 843

Enjoy 10 days of drawing the best models in town during the school holidays. All models from the LMS.

PHCC Upstairs studio with wonderful natural light.

Summer: Saturday 7 January – Monday 16 January

Autumn: Saturday 8 & 15 and Sunday 9 & 16

Short poses 10:30am-1pm: Long poses 1:30pm-4pm

5 session pass for \$75 or \$18/16

www.lifemodelssociety.org.au

French Polishing & Furniture Restoration

Instructor: *Samuel Killingsworth*. French Polishing is a Traditional, inexpensive method of restoring and finishing furniture. Sam also has the skills to assist with repairs, such as wobbly legs and loose screws. (Minimum of 6 enrolments)

Saturday 6 & Sunday 7, 10 – 3.30pm. \$190.00 (EB \$170)

PHSC Woodwork Room. PHSC, BYO lunch

Programs provided by independent providers – please direct all enquiries & enrolments to instructor listed

Japanese Ink Art AC19

Tutor: *Junko Azukawa*. Learn different Sumi ink tones and brush techniques to create artwork on washi paper made from mulberry, and the history of the art and meaning of the characters. <http://www.junkoazukawa.com/profile>

1-4pm Saturday 18 March \$65 (EB\$60)

Paper Pack included.

Downstairs classroom PHCC. (Minimum 5 enrolments)

Digital Photography AC20

Tutor: *Marlene Habib*. Learn the basics of composition, viewpoint, working with natural light and the use of SLR features and settings during this 5 week course.

6 - 7.30 pm Tuesday 14 Feb – 21 March. No class 14 Mar.

\$130 (EB\$120) (Minimum 5 enrolments)

Downstairs classroom PHCC.

Mosaics for the Garden 2017 **NEW**

Create a mosaic for your garden, be it a balcony courtyard or backyard. Using broken crockery, tiles, pebbles, old keys and other items, create something individual and colourful, maybe with a few memories of something special from the past! Some materials provided but bring tiles and broken crockery you would like to include in your mosaic.

Saturday 25 March 10am- 2pm \$25 (EB \$20) for materials.

SUSTAINABLE ENVIRONMENTAL PRACTICE

Urban Agriculture

There are now two Wicking Planter Boxes set up next to the studio door of the Princes Hill Community Centre. Please contact us or check website if you would like to find out more about urban agriculture opportunities and workshops.

Jar Exchange

Bring any clean small jars with lids and recycle them. If you need jars for preserving, please come in and collect some!
Collection point: Basket at base of stairs to studio PHCC.

Want to hire the PHCC studio or classroom for your next dance or business workshop or art class? All hirers must have public liability insurance. Contact 93877740 enquiries@princeshill.org.au for more information.

Early Bird (EB) prices apply to all enrolments completed 1 week before class commences.

MUSIC

String Group TM4

Co-ordinator: *Dianna Walpole*.

For beginners and returning musicians of violin, viola, cello or bass to play in a relaxed, supportive environment. BYO instrument, music stand and sense of humour. Music supplied, all ages welcome.

Friday evenings (fortnightly mostly) 6:30pm-8pm

Term 1: 10 & 24 February; 10 & 24 March;

Term 2: 21 April; 5 & 19 May; 2, 16 & 30 June

\$7 per session or \$45 for each semester.

HEALTH & WELLBEING

Mindfulness ** HW08

NEW

Led by psychologists *Cathy Dixon and Helen Ansell*
Want to stress less and live more? Searching for 'peace in a frantic world'? Interested in learning new skills? Come along to the *Mindfulness Based Stress Reduction Course (MBSR)* at PHCC. Text or phone Helen 0409 350 810

Participants are asked to purchase **“Mindfulness: Finding Peace in a Frantic World”** by William and Penman.

Tuesdays 7.30–9.30pm. 2 May – 13 June (7 weeks)

\$250 Upstairs Studio, PHCC

Pilates After Work HW01 **

Instructor: *Laya Tehrani*. Don't go straight home from work and flop on the couch - join pilates!

Tuesdays 6pm-7pm.

Term 1: from 31 January 9 weeks \$113 (EB\$108)

Term 2: from 18 April 10 weeks \$125(EB\$120) casual \$15

Tai Chi HW02 **

Instructor: *Kheng Lau*. Slow gentle movements that maintain mobility and fitness.

Wednesdays 7.30pm-8.30pm

Term 1: from 1 February 9 weeks \$113 (EB\$108)

Term 2: from 19 April 10 weeks \$125(EB\$120)

Hatha Yoga HW06 **

Instructor: *Teresa Batten*. A gentle yoga class tailored for beginners, pre- or post-natal participants

Thursdays 7pm-8pm.

Term 1: from 9 February 9 weeks \$100 (EB\$95)

Term 2: from 20 April 10 weeks \$125(EB\$120) casual \$15

5 Class Passes \$75 - valid for any PHCC pilates or yoga sessions. Early Bird price \$70. Casual attendance \$15 subject to availability

COMMUNITY

Clack & Yack FREE

Come along for a chat, a cuppa and help knit some woolen garments for those in need. Needles and wool supplied
Wednesdays 11:30am–1pm. Downstairs classroom
Weekly. Term 1: 1 February; Term 2: from 19 April

Bridge Classes- tutorial and supervised play

Ian Mansell Tuesday 2.15-4.15pm

Term 1: from 7 February Term 2: from 18 April

***There may be some changes so please check website.

Gold coin donation

Chinese Style Mahjong

Tutor: *Helen Lim*. **Wednesday, fortnightly 1pm–4pm.**

Term 1: 1 & 15 February; 1, 15 & 29 March

Term 2: 19 April; 3, 17 & 31 May; 14 & 28 June

Gold coin donation

Repair Café

Repair don't replace. Clocks, shoes, toaster...many things can be fixed! Bring it along to the *Fix It!* team. They will help you to mend, fix and reuse.

Downstairs classroom 2nd Saturday monthly 1pm-4pm.

11 February, 11 March, 8 April, 13 May, 10 June, 8 July, 12 August, 16 September, 8 October, 12 November

Check out www.facebook.com/FixItCommunity

Gold coin donation

Sewing Circle

Facilitator: Denise O'Hare, A friendly, creative and relaxing afternoon for everyone to have a cuppa, mend, create something new from old. Sewing machine and iron available. Come along!

Sundays 2.30pm–5pm 3rd Sunday monthly

19 Feb; 19 Mar; 23 Apr; 21 May; 18 Jun;

16 Jul; 20 Aug; 24 Sep; 15 Oct; 19 Nov

Gold coin donation classes Sponsored by the City of Yarra.

**** Venue, Upstairs Studio. NB Please see your doctor before taking any of our fitness classes. Mats & blankets provided for classes.**

Minimum numbers are required for all courses to run. Please enrol early to avoid disappointment.

Please note that the PHCC is a 19th Century Building and regrettably does not have disability access

Tuesday Night Book Club DW01

Enjoy lively and informative discussions about books chosen by members. Book titles for the year available on the website.

14 February, 14 March, 11 April, 9 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November and 12 December. \$65 (EB \$60)

2nd Tuesday, monthly, 7:30pm–9pm.

Downstairs classroom PHCC

LOCAL HISTORY

Jewish & Italian Carlton *Jeff Atkinson*

Walk through the historic and interesting streets of Carlton to find remnants of the past communities who .

Saturday 22 April 10am to 12 noon. \$10

Starting: Church of All Nations corner Palmerston and Drummond Streets, Carlton.

Melbourne General Cemetery: stories of the famous, infamous & forgotten *Jeff Atkinson.*

Explore and learn about some of the interesting or notorious characters who are buried in the oldest and most historic of Melbourne's existing cemeteries.

Saturday 6 May 10am to 12 noon \$10

Starting: Princes Hill Community Centre

Part of the National Trust Heritage Festival

All history walks presented by
**Princes Hill Community Centre and
Carlton Community History Group.**



CARLTON
COMMUNITY
HISTORY
GROUP

Recording the Past and Present for the Future

Early Bird (EB) prices apply to all

enrolments completed 1 week before class

commences. Payments maybe by direct debit, cash or cheque. Enrolment form and payment details are available on the website.

Volunteers - Please contact us to get involved.

Hire of Facilities Enquiries: enquiries@princeshill.org.au

Studio, Classroom available please contact PHCC for further details. Also limited times for the PHSC Gym.



The PHCC acknowledges the valuable support of the
**City of Yarra &
Princes Hill Secondary College.**



A special thankyou to volunteers and the Princes Hill News Agency

PRINCES HILL COMMUNITY CENTRE

Semester 1

January - June 2017

DAY, EVENING & WEEKEND
CLASSES & WORKSHOPS

Celebrating our 42nd year as your community centre



Rear 270 Macpherson St.
Princes Hill 3054 Ph. 9387 7740
Melways Ref: 29H12
Map available on our website

Email: enquiries@princeshill.org.au
For information & to enrol go to
www.princeshill.org.au

Office Hours during school terms
Tuesdays & Wednesdays 10:00am - 4:00pm.

**EB Early Bird rate applies to enrolments received
1 week in advance of start of program.**