

## ART, CREATIVITY & LITERATURE

### Life Drawing & Painting Mondays

Long poses. Untutored. No need to book  
10.30am-1pm. **Upstairs Studio**  
Term 3: 15 July – 16 Sept Term 4: 7 Oct-16 Dec  
**\$20/\$18 conc. per session or 5 class pass \$85**

### Life Drawing & Painting Tuesdays

Short to long poses. Untutored. No need to book  
10:30am-1pm. **Upstairs Studio**  
Term 3: 16 July–17 Sept Term 4: 8 Oct-17 Dec  
**\$20/\$18 conc. per session or 5 class pass \$85**

### Life Drawing on Sundays ##

Monitored by the LMS. Enquiries Patrick 0433 911 843.  
Short to longer poses.  
10:30am-12:30pm. **Upstairs Studio**  
Term 3: 21 July–22 Sept Term 4: 13 Oct-15 Dec  
**\$20/18 conc.**

### Life Models Society Life Drawing Salons 2019

**Enquiries:** Life Models Society – Patrick 0433 911 843  
All models from LMS. No need to book, just come along.  
Easels and boards provided and low cost paper is available.  
**Winter Salon. Saturday & Sunday, 6 & 7 and 13 & 14 July**  
**Spring Salon. Saturday & Sunday, 5&6 October**  
10:30am-1pm Short poses : 1:30pm-4pm Long poses  
5 session pass \$90 or \$20/18 **Upstairs Studio**

### Tutored Life drawing for Beginners

Tutor: *Patrick Loverso*. Call 0433 911 843 to book.  
**Saturday Afternoons 3pm-5pm Term 4 8 weeks \$280**

### Portraiture: An Introduction AC22

*Garry Anderson* is offering a short introductory 5-week portraiture class. In the course, Garry will focus on a sensitive approach to capturing the essences of a sitter in line and colour. Any medium may be used. (min. 7 enrolments)  
**Mondays 6pm–8pm. 11,18, 25 Nov 3, 9 Dec. (5 weeks)**  
**\$260 (EB/conc. \$250) Upstairs Studio**

### Japanese Ink Art Workshop AC19

Tutor: *Junko Azukawa*. Learn different Sumi ink tones and brush techniques to create artwork on washi paper made from mulberry and the history and meaning of the characters.  
**Saturday 23 November, 1pm-4pm,**  
Paper pack included (*min 6 enrol*)  
**\$75 (EB \$70) Downstairs classroom**

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

### General Drawing AC25

Tutor: *Salvatore Trigila*. Enjoy 5 weeks of drawing with an experienced teacher and artist of 25 years. For beginners and experienced students, the course will examine different forms of drawing. VCE Studio Arts/Art students welcome.  
**Sundays 2 – 4pm. 28 July, 4,11,18,25 August (5 weeks)**  
**\$145 (EB/conc \$135) Upstairs studio & gallery visit.**

### Writing Your Memoir - with Maureen McCarthy WYM

Renowned YA Author *Maureen McCarthy* is offering a memoir writing workshop. Through a series of structured workshops, she will help you explore your life and experiences through writing. Sharing skills she has learnt, along with hints on how to avoid common pitfalls. Come along! Be prepared to work, share and have fun in a relaxed, supportive environment. (Minimum enrolments 7)  
**Thursdays 10:45am-12:15pm. 31 Oct. 7, 14, 21, 28 Nov**  
**\$220 for 5 weeks Downstairs Classroom**

### String Group TM4 Co-ordinator: Dianna Walpole.

For beginners and returning musicians of violin, viola, cello or bass. BYO instrument, music stand and sense of humour. Music supplied, all ages welcome.  
**Friday evenings (fortnightly) 6:30pm-8pm**  
**19 July; 2,16,30 Aug; 13 Sept;11,25 Oct; 8,22; Nov; 6 Dec**  
**\$7 per session or \$45 per semester. Upstairs Studio**

### Tuesday Night Book Club DW01

Enjoy lively and informative discussions about books chosen by members. Second Tuesday each month.  
**7:30–9pm 9 Jul; 13 Aug; 10 Sept; 8 Oct; 12 Nov; 10 Dec.**  
**\$35 for semester or \$65 per year. Classroom**

## HEALTH & WELLBEING

### Tai Chi and Qigong HW02

Instructor: *Kheng Lau*. Tai chi and Qigong are both ancient Chinese health exercises. Tai chi involves slow, gentle movements, enabling harmony in mind and body. The Tai Chi routine taught is the 24 form Yang style. Qigong combines movements with mental concentration and controlled breathing to promote relaxation and facilitate healing. Qigong is often practiced as a complement to Tai chi.  
**Wednesday 7.30 - 8.30pm Term 3: from 17 July, 10 wks**  
**\$125 (EB \$120). Upstairs Studio**

### Tai Chi for beginners HW03 NEW CLASS

Instructor: *Kheng Lau*. Slow gentle movements that maintain mobility and fitness. **Wednesday 6.15 - 7.15pm**  
**Term 3: from 17 July 10 weeks, \$125 (EB \$120)**  
**Upstairs Studio NB Please see your doctor before enrolling**

## LOCAL HISTORY

### Princes Hill Heritage Walk

Join Local Historian Jeff Atkinson to walk and hear the history of iconic places such as Princes Park, the Carlton Football Ground and Melbourne General cemetery. Listen to stories of past conflicts, and see fine examples of different architectural styles of the late 19<sup>th</sup> and early 20<sup>th</sup> century.  
**Saturday 10am – 12pm. 24 August. \$10. Register online**  
Start: Princes Hill Community Centre, 5 Bagung Lane.

### The Stockade: Carlton's Forgotten Prison

*Presented by Jeff Atkinson of the Carlton Community History Group.* In the mid-19<sup>th</sup> century there was a Low Security Prison in what was then uninhabited bush but which is now the suburb of North Carlton. The Lee Street Primary School now sits on this site. This illustrated talk will tell the story of this Prison and of the men who inhabited it - The Prisoners, Notorious Warders and Superintendents – and of the Penal System in Victoria at the time of the Gold Rush. **Classroom**  
**Sunday 2 – 4pm. 22 September. \$10 Register online.**

### Victorian Grandeur History Walk

Explore South Carlton's historic streets with Jeff Atkinson to learn about the best examples of 19<sup>th</sup> century 'boom architecture', designed in the 1850's by Robert Hoddle. Walk featured in the 2019 Victorian Seniors Festival.

**Saturday 10am-12pm. 5 October \$10 Register online.**  
**Start: Corner of Grattan and Drummond Streets, Carlton**

### Jewish & Italian Carlton Walk

Walk through Carlton's historic streets with Jeff Atkinson, local historian and writer, to learn about the two communities that in the early and mid-twentieth century made Carlton one of Australia's first truly multi-cultural suburbs. Visit the sites of synagogues, churches and iconic businesses, hear stories of crimes and disputes and of those who prospered and struggled. 2019 Victorian Seniors Festival.

**Saturday 10am-12pm 19 October \$10 Register online.**  
**From Macarthur Square near Rathdowne Street Carlton**

## SUSTAINABLE PRACTISES

### Envision – recycled Plastic Bottle tops

**Envision & Rotary** are collecting plastic bottle tops to use in 3-D printing, to make prosthesis for young people in disadvantaged communities throughout Cambodia and beyond. Add bottle tops to the collection box at PHCC!

**Jar Exchange** Bring clean small jars with lids and recycle them. Need jars for preserving, please come in and collect.

## CLASSES SPONSORED BY THE CITY OF YARRA

### Bridge Classes FREE

Facilitator: *Ian Mansell*. Keep the mind active with a tutored and supervised Bridge class. Suitable for beginners and those wishing to improve their game.

**Tuesdays weekly 2.15-4.15pm. Downstairs Classroom**

### Mahjong, Scrabble, Rumi & other games FREE

Great exercise for the brain. Open to those that have played before and newcomers wanting to learn. We would love to begin Chess Please let us know if you are interested.

**Wednesdays fortnightly 1-3 pm. Downstairs Classroom**  
**24 Jul; 7, 21 Aug; 4, 18 Sep; 16, 30 Oct; 13, 27 Nov; 11 Dec**

### Creative Craft

An afternoon get together to work on that project you have going, get some advice for other crafties, use the sewing machines, swap ideas and inspirations. We are keen to encourage sustainable practises and promote the up styling, recycling and reusing of clothes and materials. Sewing, knitting, patchwork or other craft.

**Sundays 2 - 4pm 18 August & 15 September**

**\$5 Please register online. Downstairs Classroom**

### Upcycling Workshop with Anzara

Explore practical ways of upcycling textiles and clothing. During the workshop, repurposing hints and tips for Op Shop scavenging will be discussed and re-imagined clothing demonstrated. Bring along garments or textiles that you would like to upcycle, and begin your own project. Sewing machines available or BYO. Threads and basic sewing notions supplied. BYO Lunch;

**Saturday 11am - 3pm. 20 July Downstairs Classroom**

**\$10 Please register online.**

### Soap with Sophie Treloar

Join us for an enlightening and valuable presentation on the chemical makeup of your soap. Sophie began this journey when she tried to source non palm oil derived locally made soap....Now she makes her own! Follow her journey and learn what's in your soap products. Soaps made by Sophie will be available for purchase.

**Sunday 1.30- 3.00pm 11 August. Downstairs Classroom**

**\$5 Please register online.**



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



### Food Fermentation

Facilitator: *Anne Douglas*. Come for a fun afternoon workshop making kimchi and sauerkraut and learn about creating sourdough bread starters. Course notes and glass jars provided but do please bring an apron.

**Saturday 1 - 3.30pm. 27 July**

**\$10 Please register online. Downstairs Classroom**

### The House Within

These days we hear a lot about being in touch with our emotions, practicing meditation, biofeedback; healthy lifestyles! This course, helps people understand and manage their emotions. Over 3 weeks it introduces an innovative approach, drawing on recent developments in neuroscience but uses simple, everyday language and concepts. Maybe useful to adults and senior school students. Presented by Pauline Pearson, a mental health social worker in practice in Carlton for the past 20 years. [www.thehousewithin.com](http://www.thehousewithin.com)

**Mondays 7.30 - 9pm; 12, 19, 26<sup>th</sup> August. Classroom**

**\$10 Please register online.**

### So You Want To Be a Housesitter!

An entertaining and informative presentation by Denise O'Hare, Pet Sitter Extraordinaire on the pleasures & perils of Pet and House sitting. How To Cheat Sheets will be provided.

**Saturday 2 - 4 pm. 13 October Victorian Seniors Festival**

**\$10 Please register online. Downstairs Classroom**

### Card Making with Nancy

Try out Home Made Card making. All materials provided, make your own cards for Christmas with Nancy Hoetker, using Stamps and decorations.

**Saturday 2 - 4 pm. 16 November.**

**\$10 Please register online. Downstairs Classroom**

### Christmas Tree from a Book

Learn to make beautiful folded vintage book Christmas Tree in a few short hours. Perfect as an ornament or gift, they can also be used to display Christmas cards. This workshop is suitable for all levels of craftiness. If you have a favourite book you would like to use, please bring it with you. Hard cover books are preferable. All materials provided.

**Saturday 12.30 - 4.30pm. 30 November**

**\$10 Please register online. Downstairs Classroom**

**Can't find what you are looking for? Try the North Carlton Railway Station or Holden Street Neighbour Houses**

<http://railwayneighbourhoodhouse.org.au/>

<http://www.holdenstreet.org.au/>



# PRINCES HILL COMMUNITY CENTRE

Semester 2, 2019

INCLUDING WORKSHOPS SPONSORED  
BY YARRA COUNCIL

Celebrating our 45th year as your Community Centre



5 Bagung Lane, Princes Hill 3054

Ph. 9387 7740

Melways Ref: 29H12

Email: [enquiries@princeshill.org.au](mailto:enquiries@princeshill.org.au)

For information & to enroll go to

[www.princeshill.org.au](http://www.princeshill.org.au)

Office Hours

Monday 10:30am - 2.30pm

Tuesday 10.00am - 4.00pm

Please note the PHCC is an early 20th Century building & regrettably does not have disability access