

## Sustainability

### Beeswax Wraps\*

With Anne Douglas

Make your own wraps made of cotton and beeswax – a sustainable solution for single-use plastic wrap.

**Sat 18 April 10am – 12pm \$10 Classroom**

### Rooftop Honey\*

With Vanessa Kwiatkowski & Mat Lumalasi

A presentation about hives, bees, honey and how to ensure a bee-friendly environment. Honey available for purchase.

**Sat 1 March 2 – 4pm \$10 Classroom**

### Eco Dyeing\*

With Anzara Clark

Make beautiful paper using simple natural dyeing, botanical and rust printing techniques.

**Sat 14 March 12.30 – 3.30pm \$10 Classroom**

### Visible Mending & Paper Boro\*

With Anzara Clark

Learn the traditional Japanese mending technique that uses visible hand stitching to create beautiful and unique textiles.

**Sat 16 May 12.30 – 4.30pm \$10 Classroom**

### Food Fermentation\*

With Anne Dougals

Make kimchi and sauerkraut and learn about creating sourdough bread starters. Course notes and glass jars provided. Please bring an apron.

**Sat 30 May 10am – 12pm \$10 Classroom**

### Jar Exchange

Bring clean, small jars with lids and recycle them. If you need jars for preserving, come in to collect them.

## Community

### Bridge\*

With Ian Mansell

Keep the mind active with a tutored and supervised bridge class. Suitable for beginners and those wishing to improve their game. Held weekly from Tuesday 4 February.

**Tues 2.15 – 4.15pm FREE Classroom**

### Mahjong, Scrabble, Rumi & Other Games\*

Great exercise for the brain. Open to those that have played before and newcomers wanting to learn. We would love to begin a chess class. Held fortnightly from Wednesday 5 February.

**Wed 1 – 3pm FREE Classroom**

## History - Heritage Festival

### Jewish & Italian Carlton Walk

With Jeff Atkinson

Walk Carlton's historic streets; visit the sites of synagogues, churches and iconic businesses; and hear stories of crimes, disputes and those who prospered and struggled. Start from Macarthur Square near Rathdown Street, Carlton.

**Sat 2 May 10am – 12pm \$15 Macarthur Square**

### Melbourne General Cemetary Walk

With Jeff Atkinson

Guided by a local historian and author, tour through the historic Melbourne Cemetery and learn about the fascinating characters buried there.

Start at Princes Hill Community Centre.

**Sat 23 May 10am – 12pm \$15 PHCC**

Please register online for all programs. Details for payments are available at the bottom of the form.

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



# Princes Hill Community Centre

## Programs & Workshops January - June 2020



### Reach Us

5 Bagung Lane, Princes Hill 3054

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

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

Ph: 9387 7740

### Office Hours

Tuesday 10.30am – 4.00pm

Thursday 10.30am – 2.30pm

## Art

### Life Drawing & Painting

**Tuesdays, 10.30am – 1pm.** short to long poses

**Thursdays 10.30am – 1pm.** long poses,

**\$23 or \$100 for 5 session pass** Untutored

**Sundays 10.30am – 12.30pm** Monitored by the LMS.

Contact Patrick on 0433 911 843 for information

**20/\$18** Short to long poses. **Studio Upstairs**

During school term, check website for dates.

### LMS Life Drawing Winter Salon

*With the Life Models Society*

Models from the LMS. Easels, boards and low cost

paper available. Short poses in the morning, long

poses in the afternoon. For more information, contact

Patrick on 0433 911 843.

**Sat & Sun 27 & 28 June, 5 & 6 July 10.30am – 4pm**

**\$20/\$18 or \$90 for 5 session pass** **Studio Upstairs**

### Life Drawing for Beginners

*With Patrick Loverso*

Learn to draw the human figure, guided by an

experienced artist. Advanced students welcome.

Materials provided. Call 0433 911 843 to book.

**8 April – 13 June, Sat 3 – 5pm \$300** **Studio Upstairs**

### General Drawing & Painting Pt 1 & 2

*With Salvatore Trigila*

For beginners and experienced students, these 5

week courses examines different forms of drawing.

Part 1: 1 – 29 March. Part 2: 12 April – 17 May.

**Sun 2 – 4pm \$145 each or \$270 for both** **Studio**

### Japanese Ink Art

*With Junko Azukawa*

Create ink art on mulberry washi paper with Sumi inks

and brush techniques. Learn about the history and

meaning of the characters. Paper pack included.

**Sat 23 May 1 – 4pm \$75** **Classroom**

## Creativity

### Creative Writing

*With Tania Chandler*

Through discussion and writing exercises, you will

learn techniques for creating characters and building

stories. Beginner to intermediate. 7 weeks,

12 February – 25 March.

**Wed 5.30 – 7.30pm \$140** **Classroom**

### Writing Your Memoir Phase 2

*With Maureen McCarthy*

Explore your experiences through writing in this

follow-up memoir workshop. Work and share in a

relaxed, supportive environment. 5 weeks 1 - 29 April.

**Wed 10.45am – 12.15pm \$220** **Classroom**

### Beginners Crochet

*With Laura Thomey*

Learn the fundamentals of crochet while making a

beautiful purse. Materials included. 6 weeks.

10 – 17 February & 16 – 30 March.

**Mon 6.30 – 8.30pm \$135** **Classroom**

### String Group

*With Dianna Walpole*

Fortnightly group for musicians of violin, viola, cello

or double bass. BYO instrument and music stand.

Music supplied. All ages and skill levels.

**Fri 6.30 – 8pm \$7 or \$45 p/sem** **Studio Upstairs**

### Journal Making & Book Binding\*

*With Anzara Clark*

Learn to prepare hard covers, journal pages and

stitch a Coptic bound spine. Bring any special paper

you would like to use.

**Sat 4 April 11am – 4pm \$20** **Classroom**

### Tuesday Night Book Club

Enjoy lively and informative discussions about books

chosen by members. Second Tuesday of every month

from 11 February. Books listed on website. **Classroom**

**Tues 7.30 – 9pm \$35 p/sem or \$60 p/year**

## Health & Wellbeing

### Tai Chi & Qigong

*With Kheng Lau*

Tai chi involves slow, gentle movements for harmony in

mind and body. Qigong combines movements with

mental concentration and controlled breathing to

promote relaxation and healing. Term 1: 9 weeks from

29 January. Term 2: 10 weeks from 15 April.

**Wed 6.15 – 7.15pm (tai chi only) & 7.30 – 8.30pm**

**\$112.50 (Term 1) or \$125 (Term 2)** **Studio Upstairs**

### Meditation

*With Sian Fereday*

Learn how to relax your body and mind, which can

improve focus and sleep and help manage stress and

pain. 6 weeks from 3 February. Contact Sian at

focus4medit8@gmail.com for bookings.

**Mon 7 – 8pm \$180** **Studio Upstairs**

### Chair Yoga\*

*With Carrie Bennet*

Revitalise, improve flexibility, ease pain, get fit and

enjoy your yoga journey your way. Do what's

comfortable for you— chair yoga is for everyone!

7 weeks from 11 February.

**Tues 1 – 2pm \$10** **Classroom**

### Beginners Salsa

*With Ludmilla Wulandari*

Learn to salsa in a fun, introductory class. Beginners

welcome. No partner required. 8 weeks beginning 4

February (Tuesdays) or 8 February (Saturdays).

Contact info@valientedance.com.au for bookings.

**Tues evenings & Sat 10am \$TBC** **Studio Upstairs**



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

**\*City of Yarra sponsored classes**

