



## Neighbourhood House - Term 2 Program - 2008

### VISUAL ART CLASSES

#### After School Art Class (Primary & Secondary Classes)

Visual Arts tuition to pursue individual and small group projects in an enjoyable way. Introducing a range of mediums and basic colour concepts. Max number of participants for each class is 6.

**Fee:** \$80 **Tutor:** Melinda Beacham

**When:** 4pm-5.30pm (Primary 5-12 years)  
6pm-7.30pm (Secondary 13-18 years)  
Wednesdays 23 April - 11 June 2008

#### Mosaics

**NEW**

Create your own contemporary mosaic - a house number, trivet or paver. Use new and recycled tiles to explore design principles and basic application techniques.

**Tutor:** Melinda Beacham

**Fee:** Tuition \$56, Materials & Amenities \$32,  
Curved nibblers \$30

**When:** 9.30am-12.30pm  
Wednesdays 30 April - 21 May 2008

#### Drawing in the Landscape\*

Draw a variety of Mallacoota's beautiful natural environment on site or at the Mens Shed when wet. This class is suitable for beginners or more advanced students.

**Fee:** \$60 **Tutor:** Judy Darby

**Plus** \$8 for Aquarelles (water colour pencils)  
if required

**When:** 1.30pm - 4.30pm  
Thursdays 17 April - 5 June 2008

**Where:** Meet at Neighbourhood House

### COMPUTER CLASSES

#### Computers - Getting Started\*

Are you a beginner when it comes to computers? Learn how to use your PC with this easy and fun introduction to the basics of computers.

**Fee:** \$30 **Tutor:** To be advised

**When:** 9am - 1pm, May 2008

#### Internet for Beginners\*

Get online and get started with the Internet. Browse the web, download files, receive, send and attach files to emails. Basic knowledge of computers required.

**Fee:** \$30 **Tutor:** To be advised

**When:** 9am - 1pm, June 2008

*\* Supported by ACFE.*

*Classes will run when there are sufficient enrolments.*

*For more information, suggestions or bookings call Susie or Belinda on 5158 0603.*

### HEALTH AND WELL BEING

#### Tai Chi for Beginners

**NEW**

This new beginners course of 10 sessions introduces participants to the graceful, flowing movements of Tai Chi which relax and stimulate every part of your body.

**Fee:** \$2 **Tutor:** Barb Morland

**When:** 1pm - 2pm Mondays  
Commencing 5 May 2008

#### Tai Chi - General

An ongoing class for people who have prior experience and wish to continue their practice of Tai Chi.

**Fee:** \$2 **Tutor:** Barb Morland

**When:** 9am - 10am Mondays

#### Hatha Yoga - General

Hatha Yoga incorporates a range of postures and breathing exercises to encourage flexibility and suppleness. Class finishes with relaxation. Wear loose comfy clothes.

**Fee:** \$8.00 **Tutor:** Tracy Litherland

**When:** 5.15 - 6.45pm Tuesdays,  
Commencing 15 April 2008

**NEW**

#### Hatha Yoga - Intermediate

This 10 week course is for people with previous yoga experience or a good level of fitness wanting the challenge of more energetic poses. Class finishes with relaxation.

**Tutor:** Tracy Litherland

**Fee:** \$80.00 (10 week course) or \$10 casual class

**When:** 9.30am - 11.00am Saturdays  
Commencing 19 April 2008

### SUPPORT GROUPS

#### Playgroup

Every Tuesday 10am to 11.30am

For children aged 0-6 yrs and their parents.

#### Baby Playgroup

**NEW**

Every Friday 10am to 11.30am

Commencing Friday 2 May 2008

#### Scrapbookers Group

The Scrapbookers Group meet every first and third Wednesday of the month from 5pm to 9pm at MDHSS.

#### Expressions of Interest

Interested in the following courses? Call Susie or Belinda on 5158 0603 to register. New ideas welcome!

- Introduction to Microsoft Office
- Microsoft PowerPoint
- Digital Photography
- Greywater Recycling
- Create your own Worm Farm
- Scrapbooking for Busy People Workshop