



Program Guide - Term 4 2022

3 October – 20 December

Helping to create a connected and confident community



Office hours: Monday – Friday 9:00am – 3.30pm

36 Belvedere Road, Seaford 3198
Phone: 9776 8922
Email: reception@belvedere.org.au
www.belvedere.org.au

To ensure that we keep all our staff, volunteers and centre users safe during COVID-19 pandemic, we have strong protocols in place as directed by DHHS.

GENERAL INFORMATION

About Us

Belvedere Community Centre Inc. (BCC) grew from humble beginnings in 1975 and moved into the current premises in 1991. We provide recreational and educational programs, as well as personal and social development programs.

Program Information

Enrolments

Enrolments for classes need to be confirmed by payment in full. If you have financial difficulties we can organise a regular payment option. Classes are subject to sufficient numbers.

To be eligible for our government funded training places you must be an Australian Citizen / Australian Permanent Resident or New Zealand Citizen.

Fees

MEMBERSHIP FEE: The Belvedere Community Centre Inc. is an incorporated Association. All participants involved in program/activities are required to be members of the Centre. The annual membership of \$5 single / \$8 family must be paid at the beginning of the New Year for renewals or at the time of enrolment.

Refunds

We regret that classes with low enrolments may be cancelled or deferred and you will be advised by telephone prior to the commencement of the class.

The membership fee is not refundable.

Public Holidays

Classes will not run on Public Holidays. School holidays have special arrangements. Please ask at the office if your class is affected by School Holiday programming.

Special Needs

Arrangements will be made where possible to integrate students with special needs. Ask at the office when enrolling.

Compliments & Complaints

BCC feedback policy for compliments and complaints can be found on our web site or ask at reception.

Disclaimer: All details in this brochure were correct at the time of printing. BCC Inc. takes no responsibility for changes in details or incorrect information.

CHILDREN'S PROGRAMS

Rhythm and Rhymes Playgroup

Rhythm and Rhymes is suitable for babies - 3 years and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

Thursday & Friday

9:30am – 11:00am \$5.00 per family

Rhythm and Rhymes Baby Playgroup

Rhythm and Rhymes is suitable for children under 12 months and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

Thursday

11:30am – 1:00pm \$5.00 per family

**Playgroups are held at Davey Richardson Pavilion – 151 East Rd, Seaford
Look for our orange flag!*



FREE

Children's Week 2022

Thursday 27 October 9:30am - 12:00pm

Music, movement and getting messy at
Belvedere!

9:30am - Rhythm & Rhymes session with support from Tracey, our Auslan teacher!

10:00am - Moove & Groove along with Mel!

10:30am - 12:00pm - Messy play with lots of hands on sensory, messy and imaginative play.

Suitable for children 6 months - 5 years
Bookings essential as places are limited
Ph: 9776 8922

This event will be held at:
Davey Richardson Pavilion
151 East Rd, Seaford



HEALTH AND WELLBEING

Stretch and Tone

Improve balance, muscle tone and core strength with this gentle **seated and standing** Pilates workout. A great way to improve everyday movement. BYO light hand weights (1-2kg) and light resistance band (with handles preferably) **Bookings essential - ring Alex on 0478169343 to book your place**
Tuesday **9:30am – 10:30am**

Power Bar Pilates

This class is completely adaptable, fun way to improve your core strength & tone your whole body. Suitable for all ages and abilities (must be able to get onto the floor). Work as hard or as easy as you like to reach your goals.
Bookings essential - ring Alex on 0478169343 to book your place
Thursday **10:30am – 11:15am**

Chair Yoga with Lisa

1 hour class that also includes all aspects of the beginners class. The difference is that 90% of the class is done with the aid of a chair.
Asanas (postures) are done sitting on the chair or standing and using the chair for support or balance. Pranayama (breathing techniques) are done sitting on a chair. Meditation and Relaxation are sometimes done on a chair and sometimes done lying on the floor, if this is suitable for you, modifications for your personal needs are always available **Bookings essential - ring Lisa on 0417502298 to book your place. First class FREE then \$20 per class.**
Wednesday **11:00am – 12:00pm**

**Exercise classes are held at Davey Richardson Pavilion – 151 East Rd, Seaford*

ADULT EDUCATION PROGRAMS

English language and Work Skills (ACFE funded)

Build your English language skills in grammar, conversation and writing while developing confidence for use in everyday life and the workplace.
Tuesday & Friday **9:30am – 12:30pm**

Reading & Writing support for work and everyday life (ACFE funded)

Improve and develop your communication skills for everyday life at home or the workplace, with lessons in reading and writing. This is suitable for those with beginner reading skills.

Thursday 9:30am – 12:00pm / 1:00pm – 3:30pm

Fees for English and Literacy courses:

- \$80 per term if Australian resident – non concession
- \$50 per term concession
- \$100 per term if not Australian resident

Auslan (ACFE funded)

This 8 week beginner course will help you learn to communicate with deaf and hard of hearing people. This course is run by Tracey who is profoundly deaf. 8 weeks x 2.5hrs commencing week 11 October.

Tuesday or Wednesday 6:00pm – 8:30pm

\$100 per course / \$60 concession

Permaculture for the backyard (ACFE funded)

This course will help you understand the basics of gardening and food sustainability. You will get hands on experience in a community garden. This 6 week course is run at Down's Community Farm, 190 Old Wells Road, Seaford.

Saturday 22 October 1:00pm – 4:00pm for 6 weeks

\$80 per course / \$50 concession

French

Would you like to learn or improve your French language skills? These classes are taught by a native French speaking teacher. For enrolments and further details please contact Lisa on lisaprimaud@gmail.com

COMPUTER CLASSES

Digital Essentials (ACFE funded)

Learn to use different applications on your computer in a small group setting. Use text, email, Facebook, Skype, photos and more. Bring your own device or use our computers to learn the things that are important to you.

Monday 1:00pm – 3:00pm **\$100 per term**

Tuesdays at Frankston North Community Centre 9:00am – 12:00pm / 1:00pm – 4:00pm

iPad & iPhone Essentials (ACFE funded)

Would you like to find out all the tips, tricks and shortcuts when using your iPhone or iPad? How do I get the photos off my phone? How do I share my photos? What is the cloud?

Tuesday

10:00am– 12:00pm

\$10 per class

Be Connected for seniors

Are you a senior and need some support to develop your digital skills and gain confidence to thrive in the digital world? Bring your devices. These **FREE** IT sessions are facilitated by one of our fabulous volunteers. Bookings essential.

Tuesday

1:30pm – 3:00pm



Get On Line Week workshop at BCC

- Discover the amazing world of virtual reality, visit a gallery or another country from the comfort of your chair!
- Find out how to keep your memory and brain active using free apps on your phone or tablet
- Enjoy a delicious morning teal

Thursday 20 October 10:30am - 12:00pm

Bookings essential
on 9776 8922

a campaign by
Good Things
Foundation Australia

ADULT PROGRAMS

Craft N Cuppa

BYO craft, set time aside to finish projects or start new ones while sharing your skills and friendship.

Monday

9:30am – 11:30am

\$4.00 per session

Games Galore

Fun for everyone! Join in Scrabble, Rummy-O, Cards or Yahtzee to name a few. Come down and join in.

Monday

12:00pm – 2:00pm

\$4.00 per session

Book Club - evening

Do you enjoy reading? Come and join our monthly book club where you can join in great conversations, share your thoughts and opinions while enjoying a cuppa. You need to be a member of Frankston Library Book Club.

1st Wednesday of each month 7:00pm – 9:00pm \$5.00 per session

Social art class

Bring your art project and finish them with the support of our very talented art teacher, Nic. Acrylics, watercolour, charcoal or pencil work, Nic will help support you to improve your artistic skills. Beginners welcome.

Wednesday 1:00pm – 3:00pm \$15 per week

Seaford Seaside Sewers

Come and join a likeminded group of quilters/patch workers. We can help you learn beautiful new stitches and patterns or work on your own project.

Friday 1:00pm – 4:00pm \$5 per session

CRAFTY CHRISTMAS

Belvedere Community Centre

All workshops \$25 per session
Thursday's 9:30am - 12:00pm
Bookings essential as places are limited
Ph: 9776 8922 36 Belvedere Rd, Seaford

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| 10 November Make a gorgeous macrame hanging pot holder | 17 November Design and make your own beautiful Xmas cards | 24 November Make a gorgeous Xmas wreath for your house |
| 1 December Make candles as gifts for your friends & family | 8 December Design and make beautiful Xmas table decorations | 15 December Impress you friends with easy edible Xmas gifts |



We gratefully acknowledge the ongoing support from:



Families,
Fairness
and Housing

Please note our playgroups and exercise classes are now held at the Davey Richardson Pavilion, 151 East Road, Seaford.

All other classes are held at Belvedere Community Centre, 36 Belvedere Rd, Seaford.

You can keep up to date with what is happening at Belvedere Community Centre by following us on:

Facebook: @BelvedereCommunityCentreInc

Instagram: belvedere_community_centre

Web: www.belvedere.org.au

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