

roll up!
roll up!

workshops
& activities
jul – dec 2010

the centre

connecting community
in north & west
melbourne inc.

58 errol street
north melbourne
tel 03 9328 1126
fax 03 9328 4812
email admin@centre.org.au

www.centre.org.au

about the centre

what we are known for

The North and West Melbourne News

Over thirty years of continuous publication, with four editions each year. Produced by over 60 volunteers.

The Volunteer Program

Volunteer opportunities include homework tutors, bus drivers, activities providers, on-the-ground staff, performers and artists in community events, newspaper team members, administration workers, management committee members and participants in social action initiatives.

The Global Homework Program

A 'best practice' program offering homework support to children from grade four to year twelve, in partnership with the North Melbourne Library and the North Melbourne Football Club.

Spring Fling Festival

A biennial festival bringing together the whole of North and West Melbourne to celebrate the richness and diversity of the local community.

The Centre Adventure Program

Fun, food, friendship, excursions and mutual support, led by an irrepressible Program Leader. Also don't miss the Global Trotting Lunches.

Our shopfront on Errol Street

Drop in for information, referral and support.

The Centre's values and what we do with them

Connectedness:

Developing a sense of community, through friendship, compassion, cooperation, acceptance and belonging.

Responsibility:

Adopting both individual and collective responsibility and contributing to sustainable community development.

Equity:

Developing tolerance and a commitment to social justice; acknowledging diversity; respecting difference and encouraging distinctiveness.

Resilience:

Recognising strengths and maximising potential; developing self-management, self-confidence and self-respect; nurturing optimism, perseverance and wellbeing.

Integrity:

Acting honestly, ethically and consistently, being our word and being reliable.

Creativity:

Valuing original ideas; demonstrating enterprise and innovation at an individual and organisational level.

Social Inclusion:

Working together for a fairer and more sustainable society; showing leadership through consultation, planning and partnerships with others.

workshops & activities

Jul – Dec 2010

T3 = term 3 12 July to 17 September

T4 = term 4 4 October to 17 December

Be a Better Writer

Lorna Hannan

Where: The Centre

Cost: \$85 or \$78 concession

T3 Thu 15 Jul – 19 Aug 6 sessions..... 7.00pm – 8.00pm

T4 Thu 7 Oct – 11 Nov 6 sessions..... 7.00pm – 8.00pm

Learn the tricks to becoming a better writer. This course is for anyone who has left school and would like to create writing that is clear, coherent and engaging! Everyone will work from their own writing with support from a published author and teacher. Each writer will also have the option of an individual session at the end of the course.

Brickworks AFI

Annual Art Exhibition Opening – *Impressive Works*

Where: Jawa Bar

Sun 25 July 2.00pm – 4.00pm

Calligraphy

Stephen Wright

Where: The Centre

Cost: \$97 or \$88 concession

T3 Tue 20 Jul – 7 Sep 8 sessions..... 7.30pm – 9.30pm

T4 Tue 5 Oct – 30 Nov 8 sessions..... 7.30pm – 9.30pm*

*No class on Melbourne Cup Day 2 Nov

"I've always wanted to write like that." Well, now you can. Even if you are a complete beginner you'll soon be beautifying your cards, envelopes, scrapbooks and more with your new-found writing artistry. Advanced students are equally welcome to explore different scripts, illumination, family trees etc., or just to freshen up their skills. All this in a super-friendly atmosphere. Ask for a materials list when you enrol.

Chess Club

Mike Cole

Where: The Centre

Cost: Free

Sundays 12.00 noon – 3.00pm

The new chess club for everyone — all skill levels, workers and unemployed, homeowners, renters and homeless. Come and join us at The Centre, with tea and coffee, chess pieces and boards provided.

Computer Basics

John Louey

Where: The Centre

Cost: \$25

T3 Sat 31 Jul – 28 Aug 5 sessions..... 10.00am – 12.00 noon
T4 Sat 23 Oct – 20 Nov 5 sessions..... 10.00am – 12.00 noon

“How do I switch it on?” Over the last two decades the personal computer, or PC, has morphed from the domains of commerce and science, past the home study and into the living room. Increasingly it is seen as the preferred means of communication and information distribution. This course aims to develop the understanding and intuition vital for confident PC use. It is designed for people with little or no prior PC experience. Classes are flexible and adapted to the interests of participants.

Computers – Beginners

Where: North Melbourne Library, 66 Errol Street, North Melbourne

Cost: \$80 concession

T3 Fri 16 Jul – 17 Sep 10 sessions..... 9.30am – 12.30pm

Computers are here to help and also provide some fun in the process. Be taken through the basics of your personal computer, or PC, and gain confidence and understanding in the practical use and benefit of computers. Each lesson will introduce new topics to give you a taste of the common tasks computers are used for. Includes Windows operating system and navigation, word processing and document creation, the internet and email, spreadsheets and numbers, multimedia and more. Emphasis is on practical and interactive learning.

This is an ACFE-funded course providing foundation skills to concession card holders, migrants and refugees from non-English speaking backgrounds.

Computers – Beginners Plus

Where: North Melbourne Library, 66 Errol Street, North Melbourne

Cost: \$80 concession

T4 Fri 8 Oct – 17 Dec..... 11 sessions 9.30am – 12.30pm

This course builds on skills learnt in the beginners' course. The tutor will provide practical examples of applications for your computer skills and introduce you to the more advanced features of Microsoft Office and overall PC management. Emphasis is on practical and interactive learning.

This is an ACFE-funded course providing foundation skills to concession card holders, migrants and refugees from non-English speaking backgrounds.

Creating Inspired Kids

Davia McMillan

Where: The Centre

Cost: \$80 per term

T3 Tue 13 Jul – 14 Sep 10 sessions..... 3.45pm – 5.15pm
T4 Tue 5 Oct – 14 Dec..... 10 sessions..... 3.45pm – 5.15pm*

**No class on Melbourne Cup Day 2 Nov*

A creative play experience for children from grades 1 to 4. This class offers an imaginative range of artistic and creative activities to inspire and motivate children to extend and develop their own natural creative abilities. In a warm and welcoming environment, this is a great place to meet other creative kids and have some messy fun. Children must be signed in and out by a parent or nominated guardian. They must also be collected on time at 5.15pm.

Cupcakes

Ainslee Smith

Where: The Centre

Cost: \$54

T3 Tue 27 Jul – 31 Aug..... 6 sessions..... 2.00pm – 3.00pm
T4 Tue 12 Oct – 23 Nov..... 6 sessions..... 2.00pm – 3.00pm*

**No class on Melbourne Cup Day 2 Nov*

An interactive play-time for three- and four-year-olds with their parents. A different activity each week will inspire play ideas at home. Our consultant, three-year-old Raph, named the group and the first week's activity (according to Raph) will be decorating cupcakes! The focus will be on encouraging interactive play-time between child and parent or grandparent.

Places will be limited and booking with full payment will secure your place. Breastfeeding babies welcome.



eBay Tricks from a Woman Who Knows

Nada Borevec

Where: The Centre

Cost: \$97 or \$88 concession

T3 Mon 26 Jul – 16 Aug..... 4 sessions..... 7.00pm – 8.30pm

T4 Mon 25 Oct – 15 Nov..... 4 sessions..... 7.00pm – 8.30pm

This proven course has former students revelling in eBay success and is a tried and true way to make money and save money! All you have ever wanted to know about eBay. Learn how to set up your account, avoid pitfalls, find bargains and identify products that will sell at a profit. Start your own fun and successful eBay hobby or business. As an experienced eBay 'power seller and buyer', this woman knows the easy way that eBay can work for you. Basic internet and digital photography knowledge required.



Errol's Angels Community Choir

Where: North Melbourne Primary School

210 Errol Street, North Melbourne

Cost: \$120 earlybird, \$130 full, \$80 concession

Payment required at start of term

T3 Thu 15 Jul – 16 Sep..... 10 sessions..... 7.00pm – 9.00pm

T4 Thu 7 Oct – 9 Dec 10 sessions..... 7.00pm – 9.00pm

Errol's Angels is a small, independent a-cappella choir based in North Melbourne, led by Musical Director Emily Hayes. Consisting of up to 30 voices, Errol's Angels sing a magical mix of multi-part songs, from Bach to Beach Boys. We perform regularly at hospitals, events and the biennial Spring Fling Street Festival. No audition is necessary, just a desire to sing and a willingness to learn. Details can be found at <http://au.groups.yahoo.com/group/errolsangels/>

Contact Mark on 0438 557 664 or email mnmkcp@yahoo.com.au

Fancy Becoming a Freelancer?

Amy McDonald

Where: The Centre

Cost: \$100 or \$90 concession

T4 Wed 8 Sep – 29 Sep 4 sessions..... 6.30pm – 8.30pm

So you think you've got good ideas, can string a sentence together and know the difference between a profile and a review? Great! Come along to the next instalment of the Fancy Becoming a Freelancer? course to hone your skills and increase your profits! Share more magazine article tips and tricks with other emerging freelance writers.

Get Fit with Physio Beginners New!

Introduction to core stability using Pilates principles.

Maria Zuluaga & Sue Gertzel

Where: The Meat Market Conference Room

5 Blackwood Street, North Melbourne

Cost: \$187 or \$170 concession

T3 Thu 12 Aug – 30 Sep 8 sessions..... 6.30pm – 7.15pm

T4 Thu 7 Oct – 25 Nov 8 sessions..... 6.30pm – 7.15pm

Learn how to activate your core postural muscles. Working on mats, these classes involve a series of gentle, stretching and strengthening exercises designed to develop your core strength. This course is supervised by local physiotherapists from City North Physiotherapy. The Physiotherapist will teach you how to move more easily in your day to day activities. You may be asked to attend for individual screening, to assess the class level more suitable for you. Mats are provided.

Get Fit with Physio Rehabilitation New!

Introduction to core stability using Pilates principles.

Maria Zuluaga & Sue Gertzel

Where: The Meat Market Conference Room
5 Blackwood Street, North Melbourne

Cost: \$187 or \$170 concession

T3 Thu 12 Aug – 30 Sep 8 sessions..... 7.30pm – 8.15pm

T4 Thu 7 Oct – 25 Nov 8 sessions..... 7.30pm – 8.15pm

This course is for you if you are recovering from an injury.

Learn how to activate your core postural muscles. Working on mats, these classes involve a series of gentle, stretching and strengthening exercises designed to develop your core strength. This course is supervised by local physiotherapists from City North Physiotherapy. The Physiotherapist will teach you how to move more easily in your day to day activities. You may be asked to attend for individual screening, to assess the class level more suitable for you. Mats are provided.

GLOBAL HOMEWORK PROGRAM – GHP

Celeste O’Keefe

Programs by The Centre and North Melbourne Football Club

The Global Homework Program runs homework clubs four nights a week in a partnership between The Centre, North Melbourne Football Club – The Huddle (Learning & Life Centre) and North Melbourne Library. A free homework tutoring program for students in years 4 to 12, this program has a strong focus on numeracy and literacy and aligns with school curriculum, VELS, VCE, VCAL, VET, ESL and IB. The GHP can provide interpreters for students from backgrounds where English is not their first language, and encourages students from refugee and CALD backgrounds to attend. Homework has never been such fun! Details below.

Please contact The Centre on 9328 1126 to register child/student or for further information. You might also like to volunteer as a tutor. Please contact us.

Homework Club: Grades 4–6

Where: North Melbourne Library
Room 1, 66 Errol Street, North Melbourne

Cost: Free

T3 Wed 14 Jul – 15 Sep 10 sessions..... 4.00pm – 6.00pm

T4 Wed 6 Oct – 24 Nov 8 sessions..... 4.00pm – 6.00pm

This program is a free homework tutoring program for children in grades 4 to 6 in the North and West Melbourne area. A team of supervised and trained volunteers will offer individual support and tutoring. Children must be signed in and out by a parent or guardian. Just turn up with your homework.

Homework Club: Transitional Grade 6 to Year 9

Where: North Melbourne Library
Room 1, 66 Errol Street, North Melbourne

Cost: Free

T3 Tue 13 Jul – 14 Sep 10 sessions 4.00pm – 6.00pm

T4 Tue 5 Oct – 23 Nov 7 sessions 4.00pm – 6.00pm*

**No class on Melbourne Cup Day 2 Nov*

A transitional program for students to assist their move from primary to secondary school. A team of supervised and trained volunteers will offer support and tutoring.

New volunteer tutors are encouraged to apply — see The Centre’s Volunteer Program.

Homework Club: Years 10–12, Mon & Thu

Where: Learning & Life Centre, North Melbourne Football Club
Arden Street, North Melbourne

Cost: Free

T3 Mon 12 Jul – 13 Sep 10 sessions..... 4.00pm – 6.00pm

Thu 15 Jul – 16 Sep 10 sessions..... 4.00pm – 6.00pm

T4 Mon 4 Oct – 22 Nov 8 sessions..... 4.00pm – 6.00pm

Thu 7 Oct – 25 Nov 8 sessions..... 4.00pm – 6.00pm

Now you don’t have to miss out on Homework Club when you go into VCE or IB! Homework students in years 10 to 12 have access to tutors matched to their subject learning needs, wherever possible.

New volunteer tutors are encouraged to apply — see The Centre’s Volunteer Program.

Holiday Youth Events Program – Years 10, 11 and 12 Homework Program

Where: Learning & Life Centre, North Melbourne Football Club
Arden Street, North Melbourne

Cost: Free

Mon 28 Jun, Thu 1 Jul, Thu 8 Jul .. 3 sessions..... 4.00pm – 6.00pm

Come and catch up on some homework while eating pizza and watching the exciting international sporting event, the Soccer World Cup!

For enrolments, please contact The Centre on 9328 1126

Holiday Youth Events Program – Keys Please Program

In conjunction with Dousta Galla Youth Unlimited and VicRoads

Where: Learning & Life Centre, North Melbourne Football Club
Arden Street, North Melbourne

Cost: Free

Thu 8 Jul..... 1 session 2.00pm – 4.00pm

For enrolments, please contact Dousta Galla Youth Unlimited, Gower Street, Kensington on 8378 1600

How is Your Child's Nervous System Developing?

Dr Lisa Smycz

Where: Errol Street Chiropractic, 222 Errol Street, North Melbourne
Cost: \$30 family, \$15 individual

T3 Wed 21 Jul 1 session 7.00pm – 8.00pm
T4 Wed 20 Oct 1 session 7.00pm – 8.00pm

Dr Lisa Smycz is a local chiropractor who would like to share her knowledge of children's developing nervous systems with parents. A nervous system develops rapidly in babies and toddlers and, if appropriate milestones are not met, learning and behavioural problems may arise during later childhood or adulthood. From newborns to teenagers, Dr Smycz will teach you what to look for, and how you can help your child develop to his or her potential. For example, a baby who startles easily after five months may develop anxiety problems later on, and a baby who has not learnt to crawl properly may have coordination and reading difficulties. Also, learn what happens to the developing brain of a teenager and how that affects their behaviour!

Call 9329 1118 to book.

Little Aid – Baby and Child First Aid Training

Michelle Fiddian

Where: The Centre
Cost: \$55 concession

T3 Thu 5 Aug 1 session 6.30pm – 9.30pm
T4 Thu 28 Oct 1 session 9.30am – 12.30pm

Babies and children fall ill or have accidents every day. Little Aid has created an easy solution to learning, turning what is usually an expensive and long course into relaxed sessions especially for parents, grandparents and babysitters. No medical jargon, just essential first aid in simple, easy-to-understand terms from an experienced trainer. Practise CPR and treatment for choking, learn how to stay calm, treat a fever, control bleeding, treat a burn and recognise a head injury. Have the confidence to help your baby or child when they need you most. Little Aid provides a goodie-bag with notepad, pen, information brochures and a wall chart, as well as a certificate of attendance.

North Melbourne Sustainability Street

Sustainable Living Workshops

Dates to be advised. See website below.

North Melbourne Sustainability Street will run the following practical workshops to help local residents make their homes more sustainable:

- Seasonal food production for small spaces (in spring)
- Shopping with a conscience – workshop and supermarket tour
- Waste and recycling

For more information, please email info@northmelbourness.com. To receive advance notification of events, sign up to our mailing list at www.northmelbourness.com.



Picture Framing – Introduction

Diana Francavilla

Where: The Centre
Cost: \$149 includes lunch, tea and coffee

T3 Wed 28 Jul 1 session 9.30am – 4.00pm
T4 Wed 27 Oct 1 session 9.30am – 4.00pm

This course is designed for anyone who would like to start doing their own framing and is suitable for the absolute novice through to the intermediate framer. There are many short cuts and tricks of the trade that are invaluable. You will learn how to lay out and measure up your artwork to prepare the frame and mount. Also learn how to select and join your own frame and give it a professional finish. All tools and materials will be provided.

The Centre's Volunteer Program

Linden Smith

The Centre's Volunteer Program offers something for everybody. We have roles that everyone will enjoy and get something out of. Have you volunteered before? Maybe you should give it a go! Volunteering is a great way to meet people in your area, do something for your community, gain new skills or just do something out of the ordinary. This year The Centre has a wide array of opportunities for everyone, from volunteering in Spring Fling 2010 to writing and editing for our newspaper, tutoring, helping out at the North Melbourne Football Club Learning & Life Centre and much more.

If you are interested in becoming involved, please contact Linden Smith at The Centre on 9328 1126 for more information.

Yoga – Beginners

Shyamala Benakovic

Where: Meat Market Conference Room
5 Blackwood Street, North Melbourne

Cost: T3 \$130 or \$117 concession, T4 \$143 or \$130 concession

T3 Wed 14 Jul – 15 Sep 10 sessions 7.45pm – 9.00pm

T4 Wed 6 Oct – 15 Dec 11 sessions 7.45pm – 9.00pm

A beginners' course that incorporates all aspects of yoga – asanas (postures), breath work, meditation, relaxation and self-enquiry. Particularly suitable for those who want to learn the basic principles and philosophy of yoga, the course will start with basic postures and breath work incorporated into gentle flowing sequences, and move on to a more dynamic practice which will open and strengthen the body and mind. The course will equip students with knowledge of yoga techniques that enhance general health and wellbeing.

Please do not eat a large meal within 2–3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.

Yoga – General

Shyamala Benakovic

Where: Meat Market Conference Room
5 Blackwood Street, North Melbourne

Cost: T3 \$130 or \$117 concession, T4 \$143 or \$130 concession

T3 Mon 12 Jul – 13 Sep 10 sessions 6.15pm – 7.30pm

T4 Mon 4 Oct – 13 Dec 11 sessions 6.15pm – 7.30pm

This yoga class is suitable for all levels from beginner to advanced. Hatha yoga is a classical style of yoga that incorporates asanas (postures), pranayama (breath), meditation and relaxation. The class will incorporate a flowing practice which coordinates movement with the breath. This flowing practice, known as vinyasa, is aimed at enabling students to find their own way in yoga. The method invites transformation of the body and mind by bringing awareness of how our actions are linked, moving from one to the next, using one breath at a time.

Please do not eat a large meal within 2–3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.

Yoga – Intermediate

Shyamala Benakovic

Where: Meat Market Conference Room
5 Blackwood Street, North Melbourne

Cost: T3 \$130 or \$117 concession, T4 \$143 or \$130 concession

T3 Wed 14 Jul – 15 Sep 10 sessions 6.15pm – 7.30pm

T4 Wed 6 Oct – 15 Dec 11 sessions 6.15pm – 7.30pm

A course for students who have completed at least two terms of the beginners' course, or have at least one year of yoga practice experience. The course will go into the deeper and more subtle aspects of yoga, moving from a clear understanding of the physical aspects of yoga to an exploration of pranayama, meditation and relaxation practices that will enable students to delve into their true nature.

Please do not eat a large meal within 2–3 hours of your yoga practice.

Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.

Yoga with a Difference

Shyamala Benakovic

Where: Meat Market Conference Room
5 Blackwood Street, North Melbourne

Cost: T3 \$130 or \$117 concession, T4 \$143 or \$130 concession

T3 Mon 12 Jul – 13 Sep 10 sessions 7.45pm – 9.00pm

T4 Mon 4 Oct – 13 Dec 11 sessions 7.45pm – 9.00pm

A course that teaches you to build a personal home practice using a holistic approach to develop the physical, mental and spiritual self within. These classes are suitable for both beginners and experienced students. Taught through discussions, all elements of yoga will be studied: poses, counter-poses, breathing, meditation, relaxation and philosophy. This will enable students to develop a practice tailored to their own specific needs based on current state of health, age, occupation and lifestyle. Classes will be conducted in a light-hearted manner to allow students to have fun and explore and develop a complete practice for themselves based on the traditional principles of yoga.

Please do not eat a large meal within 2–3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.

CENTRE ADVENTURE PROGRAM

Ainslee Smith

All Adventures leave from The Centre

Adventure #1 – 'Everything Vintage' Op-Shop Tour

Cost: \$20

T3 Mon 19 Jul 9.30am – 3.30pm

Your intrepid tour leader, Ainslee, will transport you back to a bygone era. You will visit op-shops galore and enjoy a light lunch while you show off your bargains. Booking with payment essential to guarantee your seat.

Adventure #2 – Melbourne Mystery Tour

Cost: \$25

T3 Mon 2 Aug 9.30am – 3.30pm

Now, why would we spoil all the fun by telling you now what this Adventure will be all about? Just know that casual clothing and comfortable footwear are essential, and of course there will be food and fun. The rest is a surprise. Booking with payment essential to guarantee your seat. Be brave!

Adventure #3 – Sovereign Hill

Cost: \$25

T3 Mon 6 Sep 9.30am – 5.00pm

Step back in time to the gold-rush era; begin panning for gold. Explore the glorious history of Sovereign Hill, a replica of an old goldmining town, where you can tour the underground mines, ride a stagecoach and prospect for alluvial gold! Enjoy the sights and sounds of the 1850s — the clip-clop of horses on Main Street, the sight of soldiers marching by and the occasional joyous shout of a miner in the throes of striking it rich. The rest is history! Booking with payment essential to guarantee your seat.

Adventure #4 – Daylesford

Cost: \$25

T4 Tue 5 Oct 9.30am – 4.00pm

Come along and enjoy a relaxing day in Victoria's spa country, Daylesford, located 80 minutes from Melbourne. Experience wonderful scenery en route, enjoy the pretty village of Daylesford, visit the Chocolate Mill, Macaroni Factory and Lavandula Farm. You will have a most enjoyable Adventure! Booking with payment essential to guarantee your seat.

Adventure #5 – Laverton Market

Cost: \$15

T4 Sat 9 Oct 8.30am – 1.30pm

This Adventure starts with a half-day bus trip to Melbourne's most popular bargain destination, trash and treasure at the Laverton Market. Receive a free shopping bag with morning tea provided. There will be something for everyone. Come along and let's get shopping. Please wear suitable footwear and clothing for the day's weather. Booking with payment required one week before scheduled date.

Adventure #6 – Queenscliff

Cost: \$25

T4 Mon 8 Nov 9.30am – 4.30pm

Queenscliff is a historic seaside village 100 kilometres from Melbourne on the sandy shores of Port Phillip Bay. It is renowned for its steam train, its fort, its cafes and of course its fish 'n' chips. Gift shops, op-shops, antiques and wildlife all promise a wonderful day out! Booking with payment essential to guarantee your seat.

Globe Trotting Lunches

Cost: \$15 per lunch

T3 Wed 28 Jul, 25 Aug, 29 Sep 12.30pm – 2.30pm

T4 Wed 27 Oct, 24 Nov 12.30pm – 2.30pm

A gastronomic taste sensation awaits you when you come on in for our delicious Globe Trotting Lunches. All the food is prepared and cooked at The Centre by Ainslee Smith. On our gastronomic cultural journey we will experience a range of tastes, sounds, sights and smells, whilst enjoying a fabulous three-course meal. We would love to share our journey with you. Let's go! Booking with payment required one week before lunch.

Download an enrolment form today! Visit www.centre.org.au and click on enrolment forms.

EVENTS

Breakfast Event Series

The Centre proudly works in partnership with the North and West Melbourne Precinct Association to support local business with a series of Breakfast Events. These events offer a great opportunity to meet people who live, work or play locally, whilst sampling the diversity of local fare. Businesses, community organisations and government bodies all come together to share information, create opportunities for working together and learn about the amazing people and things that are the essence of North and West Melbourne. A Breakfast Event is the perfect opportunity to network and promote your own business or organisation before your busy workday begins.

Breakfast #5

Experience the Indigenous Culinary Delights of Celebrity Chef Mark Olive

Hosted by Black Olive Catering, 480 Victoria St, North Melbourne

Wed 8 Sep 7.00am – 9.00am

Tickets available at The Centre on 9328 1126

End of Year Community Celebration

Where: The Centre

Wed 15 Dec 1.00pm – 3.30pm

Share stories, food and music with friends and neighbours.



Spring Fling Street Festival 2010

Local Circus Spectacular!

Where: Errol Street, North Melbourne

Sun 24 Oct 12 noon – 5.00pm
Thread Den presents the North Melbourne Market from 10.00am

Go to www.springfling.org.au

Run, climb, jump and vault

Australian Parkour Association

Where: North Melbourne Football Club
204 – 206 Arden Street North Melbourne.
Sessions will be held outdoors in almost all weather!

Cost: Free
Ages: 5 – 105

School holiday sessions

Tues 21 Sep 2.00pm – 4.00pm (ages 5 – 25)
Wed 22 Sep 2.00pm – 4.00pm (ages 5 – 25)
Tues 28 Sep 2.00pm – 4.00pm (ages 25 – 105)

Spring Fling Street Festival sessions

Sun 24 Oct 12.15pm – 1.15pm (ages 5 – 105)
Sun 24 Oct 1.30pm – 2.30pm (ages 5 – 105)
Sun 24 Oct 2.45pm – 3.45pm (ages 5 – 105)
Sun 24 Oct 4.00pm – 5.00pm (ages 5 – 105)

Learn how to overcome physical and mental obstacles in your path by using your body and mind to run, climb, jump and vault. Please wear supportive close-toed shoes and loose clothing that doesn't restrict your movement. Spaces limited – registration is essential.

For more information about Parkour and other workshops and classes in Melbourne visit www.melbourneparkour.com.au.



Juggling, hula hoops and more

Fun Fit

Where: North Melbourne Football Club,
204 – 206 Arden Street North Melbourne

Cost: Free
Age: 8 – 14

School holiday sessions

Tues 21 Sep 2.00pm – 4.00pm (ages 5 – 25)
Wed 22 Sep 2.00pm – 4.00pm (ages 5 – 25)
Tues 28 Sep 2.00pm – 4.00pm (ages 25 – 105)

Please wear loose clothing that doesn't restrict your movement.
Spaces limited – registration is essential.

Don't miss juggling and hula hoop sessions at Spring Fling Street Festival on Sunday 24 October from 12 noon – 5pm. For all things Spring Fling visit www.springfling.org.au.

Local Circus Spectacular lingo

Acrobat: A performer who is represented in a quite number of circus genres. Most often an acrobat's scope of works includes such various works such as jumps, balancing, and other kinds of works involving strength and adroitness on the very circus ring surface where only a minimum number of apparatuses are present.

Circus act: A set of similar tricks that are carried out by one performer or a group of human or animal performers in certain sequence within a given period; the said tricks are designed to implement any idea, feeling and situation into a circus image having specific effect.

Circus Ring: "Manege": A round area inside a circus where circus acts are displayed. Diameter of ring is the same in all countries, it is around 13 m. Ring is always fenced; its ground and cover were originally fit to horse acts only. Modern permanent ring is a sophisticated edifice allowing to change from ice acts to water plays or horse shows within several minutes.

Hula hoop: A toy hoop that is twirled around the waist, limbs or neck. The hoop emerged in the world of circus in the 1960s.

Juggler: A circus actor (performer); in the simplest case of juggling, he (she) uses different ways to throw and catch the same or different articles.

Parade: This term came from street shows. In addition to artistic entrance of all the program participants (circus name 'parade-allez'), the word 'parade' designated a comic dialogue, in which humorous content was often based on deafness and impercience of the interlocutor. It was played by performers at the entrance for the purpose to attract people.

Parkour: A spirit/philosophy that incorporates a method of moving within your environment and approaching obstacles of any kind: be they physical or mental.

The Centre proudly works in collaboration with the following organisations to provide innovative education options for children and adults:

- Flagstaff Crisis Accommodation
- Living Music
- Ozanam House
- Ozanam Community Centre
- Regina Coeli, a branch of Macaulay Community Services for Women
- Thread Den
- North Melbourne Library
- Judy Lazarus Transition Centre

From the Chair

“The Centre is a thriving, jiving and amazing place. I encourage everyone who wants to learn something new, make friends or volunteer their time to read this brochure from cover to cover. Come on into 58 Errol Street and get connected.”

- **Ann Wilkinson**

Chair, Committee of Management
The Centre: Connecting
Community in North and West
Melbourne Inc.

**The Centre:
Code of Conduct**

At The Centre it is very important to us that you enjoy and benefit from each course you decide to undertake. The Centre strives to provide a friendly, safe and creative environment. It is essential that every person feels comfortable to connect, develop and achieve. To help maintain and promote such an environment we ask each participant of The Centre to abide by our Code of Conduct. The code outlines the standard of behaviour and mutual respect expected of all participants. A copy will be provided on request. For the respect of all, The Centre is an alcohol and other drug free environment, and if you exhibit any evidence of intoxication you could be asked to leave.

**North Melbourne
Language & Learning**

33 Alfred Street, North Melbourne
Phone 9326 7447 for details.

**Rotary Club of
North Melbourne**

The Centre acknowledges the support of the Rotary Club of North Melbourne to the local community.

**North and West
Melbourne Precinct
Association**

“Stronger bonding and better relationships have been significantly helped by the Breakfast Events.”

- **Gary Bohmer**

President, N&WMPA

**North Melbourne
Football Club**

“The Centre has been a fantastic help in working with us to build our links with the local community. Our players have attended the Homework Club and the relationship led to our involvement in the Spring Fling Festival. We have received great feedback from both activities and from the coverage in the North and West Melbourne News.”

- **John Murphy**

North Melbourne Football Club



Name of course/activity
 First name Last name
 Address
 Postcode
 Phone Mobile
 Email
 Date of birth
 Cultural background / identity
 Gender identity (please circle) Man Woman Transgender Other
 Do you have any medical conditions or disability that requires additional support? Yes No
 Emergency contact name
 Contact number

Whilst participating in this course or activity, I agree to abide by the Conditions of Enrolment and Code of Conduct of The Centre.

Signed
 Name.....Date

PAYMENT OPTIONS

Amount due \$
Cheque: You are welcome to come in and pay by cash or make cheques payable to: The Centre.
Credit card: Visa Mastercard
 Card no
 Expiry Date
 Name of Cardholder
 Signature of Cardholder Date

FEES AND CANCELLATION policy available upon request

SPRING FLING FESTIVAL T-SHIRT ORDER FORM

Visit www.springfling.org.au to see the colours and designs.

Please indicate the quantity against the style and size

T-shirt	Price	S	M	L	XL	XXL	Total qty
MENS grey	\$20 each						
MENS light blue	\$20 each						
WOMENS grey	\$20 each						
WOMENS light blue	\$20 each						
YOUTH grey	\$15 each					N/A	
YOUTH light blue	\$15 each					N/A	
TOTAL add this amount payable in <i>Payment Options</i> above							\$

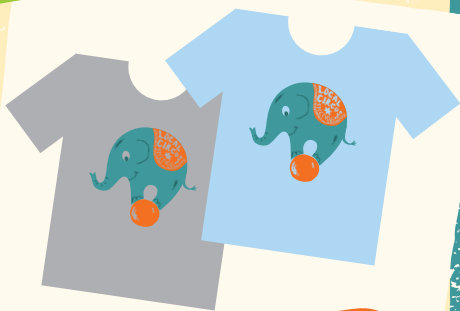
SPRING FLING STREET FESTIVAL LOCAL CIRCUS SPECTACULAR

ERROL STREET NORTH MELBOURNE
SUNDAY 24 OCTOBER 2010, 12NOON- 5PM

REGISTER YOUR INTEREST TO VOLUNTEER,
PERFORM, SHOW OFF YOUR WARES OR
PARTICIPATE IN FESTIVAL ACTIVITIES AT
WWW.SPRINGFLING.ORG.AU

BE PART OF IT JOIN THE CIRCUS

SPRING FLING IS PRODUCED BY THE CENTRE TO CELEBRATE WITH PEOPLE
WHO LIVE, WORK AND PLAY IN AND AROUND NORTH AND WEST MELBOURNE.



Get in
early and pre-
order your Spring
Fling t-shirts now.
See inside back
cover for more
info.