

OTHER PROGRAMS

YOGA

Have you ever wanted to try yoga? Now is your chance to discover the wonderful benefits of this relaxing practice.

Enquiries - phone Bronwyn 0400 115 61

Starts 13th Feb 2012 Mondays 6.30 - 7.30 pm

CERTIFICATE IV IN TRAINING AND ASSESSMENT

(TAA40104) This course trains you to design, facilitate and assess in the adult education, business, industry and the TAFE sector.

Cost: 10 weeks \$1150 / \$580* / \$280* Wednesdays 9 am - 3 pm

Course starts 22 Feb 2012

Venue: PMNH

We gratefully acknowledge the support of our funders:



CLASS / GROUP VENUES

Port Melbourne Neighbourhood House (PMNH) Corner Liardet & Nott Sts, (Melway Ref: 2J E4-E5)

Port Melbourne Community Room (PMCR) (above old library) Upstairs, 147 Liardet St, (Melway Ref: 2J E4-E5)

South Melbourne Community Centre (SMCC) Corner Park St & Ferrars Place, (Melway Ref: 2K B4)

Sol Green Recreation Centre (SGRC) Corner Coventry & Montague Sts, South Melbourne (Melway Ref: 2J K2)

Fishermen's Bend Community Centre (FBCC) Corner Dunstan Pde & Centre Ave, Garden City (Melway Ref: 58 H2)

Dig In Community Garden (DICG) Murphy's Reserve, Williamstown Rd, Port Melbourne (Melway Ref: 2J B2)

Port Melbourne Primary School Site (PMPS), Graham St, Port Melbourne (Melway Ref: 2J A3)

Raglan St Community Room (RSCR), 5/40 Raglan St, Port Melbourne (Melway Ref: 2J H3)

PAYMENTS: You need to pay when you enrol to guarantee your place. CASH or CHEQUE or ELECTRONIC TRANSFER ONLY. Please see enrolment form for instructions.

Port Melbourne Neighbourhood House reserves the right to alter, cancel or otherwise modify the information, which is correct as of December 2011.

Port Melbourne Neighbourhood House

Corner Nott and Liardet Streets

Office Hours:

Monday - Thursday

9.30 am to 4.30 pm

Friday 12.00 - 5.00 pm

Phone: 9645 1476

Fax: 9645 4539

admin@pmnh.org.au

www.pmnh.org.au



Postal Address: PO Box 721, Port Melbourne, VIC 3207



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**Port
Melbourne
Neighbourhood
House**

Term 1
January - April 2012



LEARN

THEATRE

ENGLISH

LITERACY

BRIDGE

COMPUTERS

EXERCISE

DROP IN ART

CREATIVE WRITING

COOKING

Port Melbourne Neighbourhood House

is a non-profit community-based organization that is managed by an elected Committee of Management representing the local community.

COMPUTERS

Learn basic computers in a friendly and stimulating atmosphere with our experienced teacher.



COMPUTERS LEVEL 1 Mondays 9.45 am – 12 pm
Computers for beginners with intro to the pc, email and Internet.
10 weeks. Cost: \$90 / \$50 conc.*

COMPUTERS LEVEL 2 Mondays 12.30 – 2.45 pm
Including beginners Word and Excel.
10 weeks. Cost: \$90 / \$50 conc.*

COMPUTERS LEVEL 3 Mondays 2.45 – 5 pm
Including Word, Excel and Powerpoint.
10 weeks. Cost: \$90 / \$50 conc.*

WEB DESIGN BEGINNERS
Learn how to make your own websites.
5 weeks. Cost: \$120 / \$90 conc. Mondays 7 - 9 pm

DIGITAL PHOTOGRAPHY BASICS
Learn how to transfer photos, photo composition, editing and manipulation, emailing photos, printing techniques.
5 weeks. Cost: \$120 / \$90 conc. Mondays 5 - 7 pm

PC PERSONAL COMPUTER TRAINING
Call us for more info on 9645 1478

HEALTH

GENTLE EXERCISE Cost: \$5 per session
Mondays 8.45 - 9.30 am Venue: SGRC
Tuesdays 9 - 10 am Venue: BDCC
Fridays 8.30 - 9.15 am Venue: PMNH



TAI CHI Cost: \$3 per session
Tuesdays 9.30 - 11 am Venue: SMCC

AFFORDABLE YOGA for beginners, older and with disability.
Laura will lead you gently through simple stretches, breathing and relaxation.
Thursdays 10.30 - 11.30 am Cost: \$5 per session Venue: PMCR

STRENGTH TRAINING FOR OVER 50's
Working out with weights and getting fit. Everyone is welcome.
Wednesdays 8.30 - 9.15 am Cost: \$5 per session Venue: PMNH

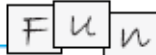
ART & PERFORMANCE

CITY OF VOICES COMMUNITY THEATRE
Learn performance skills & participate in quality theatrical productions. All welcome. Contact us for more info.
Waiting list. Wednesdays 5 - 7.30 pm Venue: SMCC

DROP IN ART
Relaxed environment. No artistic skills needed. Materials supplied.
Mondays 1 - 2.30 pm Cost: \$2.50 or conc. FREE!!! Venue: PMNH

ROARHOUSE
A vibrant, socially inclusive live showcase of music, spoken word, poetry & performance arts. Events presented fortnightly at various venues. Please join us! For more information visit the website www.roarhouse.org

BRAIN-WORKOUT



SCRABBLE Wednesdays 2 - 4.30 pm
Cost: \$2 per session. FREE to members. Venue: PMNH

BEGINNERS BRIDGE Tuesdays 1 - 4 pm
FREE!!! Donation for refreshments. Venue: PMNH

DUPLICATE BRIDGE For experienced duplicate Bridge players.
Clinic and refreshments included. Wednesdays 1 - 4 pm
Cost: \$10 per session Venue: PMNH

* Please enquire about our fee structure for ACFE funded courses

EDUCATION-FOR-LIFE



ENGLISH AS A SECOND LANGUAGE BEGINNERS, INTERMEDIATE & ADVANCED

Improve your English skills in reading, writing, listening and speaking.
Course includes grammar, pronunciation, conversation, current affairs and more!

Beginners / Intermediate Tuesdays 9.30 am - 12.30 pm
10 weeks. Cost: \$90 / \$58* Venue: PMNH
All ESL courses are FREE for Asylum seekers

KITCHEN SURVIVAL SKILLS

Improve your cooking skills with an experienced chef in a relaxed, friendly environment.
Wednesdays 11 am - 1 pm
Cost: \$5 per session Venue: PMNH

READING AND WRITING

Improve your literacy and numeracy skills. Tuesdays 1 - 4 pm
10 weeks. Cost: \$90/\$58/FREE conc.* Venue: PMNH

CREATIVE WRITING

Develop your writing skills, receive guidance with a writing project and learn how to publish your work. Tuesdays 6 - 8 pm
10 weeks. Cost: \$90 / \$50 conc. / \$120 non-res. Venue: PMNH

RECEPTION, ADMINISTRATION AND VOLUNTEER ON THE JOB TRAINING designed to teach you work-skills in this field. More than 67% of students have gone on to employment or further study. Training requires a min. commitment of 9 hrs a week for 6 months.
Call to apply! Venue: PMNH

NEW-COURSE

CERT III IN EDUCATION SUPPORT

by MBG Education. Course designed for those who work in the educational sector or seek employment as teachers aides.
Wednesday 9 am - 3 pm (one day course) Venue: PMNH
Cost: \$1585 or \$220 for applicants eligible to receive State Government funding (ask as for more information)

ACTIVITIES



COMMUNITY GARDENS Community garden plots.
Cost: \$30 - \$70 p/y. Call us for more info.
Working Bee 1st Sunday of month 11 am Venue: DICG, FBCC

GET OUT OF TOWN FREE!!!
School holiday family program. Great free activities for concession card holders. 3 day activities per term. Call us for more info.

MEET & KNIT Knitting group Fridays 10.30 am - 12 pm
Donation for refreshments. Venue: PMNH

PLAYGROUP Venue: PMPS Tuesdays 9.15 - 11.15 am

RECREATION-GROUPS



FOR PEOPLE WITH MENTAL HEALTH ISSUES

MONDAY DROP IN Mondays 11 am - 3 pm
Cost: Donation for meal and activity. Venue: SGRC

GOURMET WOMEN 1st Tuesday of month
Cost: Approx. \$10 for meal. Call us for more info. Different venues

WOMEN'S ACTIVITY GROUP Every second Friday 1 - 4 pm
Cost: \$3 per session. All groups require booking. Venue: PMNH