



Balla Balla
community centre

Program Guide

Term 4 2023
2 October to 20 December

Balla Balla Community Centre
7-9 Selandra Blvd, Clyde North VIC 3978
www.ballaballa.com.au



CASEY
CONNECT
& LEARN
MEMBER

Balla Balla Community Centre



Contents

- 5 Community Events
- 6 Cooking
- 7 Health & Wellbeing
- 10 The Arts
- 11 Faith-Based Groups
- 12 Education & Employment
- 15 Children & Youth
- 18 Special Interest

About Balla Balla






Balla Balla Community Centre aims to provide a positive friendly environment, where we listen to and support people. Our activities connect and strengthen the community to move forward through learning.

Everyone is welcome at the Centre, so please come in and talk to our friendly staff and volunteers to find out what programs and activities we offer, and find out how you might get involved.

Office Hours

Monday to Friday 9.00am - 3.00pm
(Excluding Public Holidays)

Contact Us

-  5990 0900
-  admin@ballaballa.com.au
-  www.ballaballa.com.au
-  [7-9 Selandra Blvd, Clyde North](#) 

*Balla Balla Community Centre
Inc. is proudly supported by
the City of Casey and the
Victorian State Government*



How to Enrol

QR Code: Click on QR code to book for a program

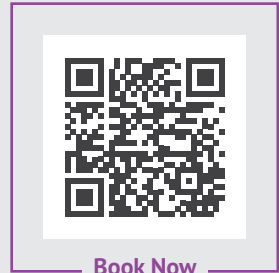
In Person: Visit the Community Centre

Phone: 5990 0900 (Payment via EFTPOS)

Online: www.ballaballa.com.au/programs

Email: admin@ballaballa.com.au

Connecting and strengthening
the community to move forward
through learning.



Membership Fee

Balla Balla Community Centre is an Incorporated Association. All participants involved in programs/activities and events are required to be members of the Centre.

The Annual Membership of \$5pp assists with the day-to-day running costs of the Centre and is non-refundable. For membership enquiries, phone us on 5990 0900.

Course Fees

Full course fees are due when enrolling. Please contact the Program Coordinator if you are experiencing financial hardship or disadvantage and wish to join any programs that we are offering.

Cancellations

The Centre may at times cancel a class if the minimum class numbers are not achieved. If this occurs, you will be contacted in advance, and all fees paid will be refunded.

Refunds

A full refund will be given if notification is received 5 (five) working days prior to commencement of course. Less than 48 hours notice will result in NO REFUND being given. No refunds or discounts for missed classes.



Balla Balla Community Centre would like to acknowledge and thank our volunteers, supporters and community for their support and dedication throughout the year.

Your valuable contribution has ensured that we have had a fantastic, successful year in our new location.

We would like to wish all our members, volunteers, stakeholders, and community a happy festive season and good wishes for the year ahead.

Community Events

Seniors Festival - Living at Home Longer & High Tea

Learn how to access government-funded subsidies, that will help you live happily at home for longer. Presented by Latrobe Community Health Service - including advice on navigating the 'My Aged Care' system as well as questions and answers while enjoying a lovely Morning Tea.

Tuesday 10.30am -12.00pm

3rd October

Free

Bee Keeping Awareness Workshop

Casey Beekeeping Awareness Presentation - Come along to learn about the Western Honey Bee, why they are so important, observe a display hive to demonstrate the inner workings of a beehive, how to create a bee friendly garden, and beekeeping options.

Sunday 11.00am -12.30pm

8th October

Gold coin

Get Online Week - Online Scavenger Hunt & High Tea

Celebrate Get Online Week at Balla Balla. Join us for a morning of fun, friendship and laughter. Play our digital Scavenger Hunt games and enjoy a delicious High Tea.

Tuesday 10.30am -12.00pm

17th October

Free

Social Inclusion Week - Balla Balla Great Clothes Swap

Join us for this Great Clothing Swap, where community comes together to swap clothes that in turn will reduce the significant amount of clothing that goes into landfill every year. The Clothing Swap focuses on reducing the impact to our environment.

Bring an item to receive a token which can then be used to purchase a pre-loved garment to revamp your wardrobe.

Friday 5.30pm -7.00pm

17th November

No Charge

Cooking

Festive Favourites Christmas Cooking

Learn to bake and create mouth watering and delicious Christmas Festive Fare. Impress family, friends and colleagues. Great gift ideas for special people; teacher, family and friends.

Week 1: Buche de Noel (Chocolate Yule Log) with gingerbread decorations will be a hit at Christmas functions and get-togethers.

Week 2: Croquembouche Wreath – make a decadent and scrumptious Christmas decoration that is good enough to eat!

Wednesdays 7.00pm-9.00pm

Starting 15th November for 2 weeks
\$75.00

Gingerbread Decorating Workshop

Why not make this a family affair? Work with your child/grandchild decorate your own house with royal icing, lollies, chocolates, sprinkles and sparkles. Keep for your Christmas table or give as a gift. Book early to avoid disappointment. Cost includes gingerbread house.

Saturday 10.00am -12.00pm
2nd December
\$35.00

Children's Christmas Cooking Workshop

Let our wonderful chef, Jodie teach your child to bake and create mouth watering and delicious treats for Christmas.

Week 1: Gingerbread Cake – learn to bake a yummy alternative to traditional fruit Christmas cake.

Week 2: Buche de Noel (Chocolate Yule Log) make and decorate a delicious, filled chocolate sponge.

Saturdays 10.00am – 12.00pm

Starting 18th November for 2 weeks
\$70.00



Health and Wellbeing

Meditation

Meditation is about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your feelings or thoughts, you're learning to observe them without judgment. Eventually, you may start to better understand them, and work towards gaining the ability to reduce the stress and anxiety that life can throw at you.

Beginner and experienced meditators welcome.

Mondays 7.00pm - 8.00pm

Starting 2nd October for 8 weeks
(No class 6th November)
\$24.00

Take the first step towards a healthier and happier you by signing up for a health and wellbeing class today!

Heart Foundation Walk & Talk Group

Walk & Talk is a free weekly walking group that meets at Balla Balla every Tuesday. Enjoy great self-paced walks, meet new people in your area and get fit. Stay on after to enjoy a coffee and a chat. Bring along a water bottle and jacket.

Tuesdays 9.30am - 11.00am

Starting 3rd October for 10 weeks
Free

Mens Discussion Group

A relaxed and informal gathering for men. It's a group of blokes over 50 who meet for a coffee and a chat, discussing issues of interest and concern, with plenty of laughs. New men always welcome.

Tuesdays 9.30am - 12noon

Starting 10th October, continuing every second and fourth Tuesday of the month
\$5.00 per session

Zumba

This class is guided by a Casey RACE qualified instructor. Have fun and get fit at the same time. Do you want to burn calories and blast away fat? Do you want to de-stress, improve your co-ordination, boost your heart health and meet others wanting to improve their fitness levels? Zumba is aimed at all ages and fitness levels.

Tuesdays 6.30pm -7.15pm

Starting 3rd October for 10 weeks
\$75.00

Pilates

Do you want to improve your posture, increase your core strength, increase your energy, improve your flexibility and mobility and decrease stress? If you answer yes to any of these questions please join us on your mat for Pilates. Pilates focuses on increasing core strength and tone of abdominal muscles, lower back, hips and buttocks. Wear loose, comfortable clothing. Bring your own mat.

Tuesdays 1.00pm -2.00pm

Starting 3rd October for 10 weeks
\$80.00

Wednesdays 7.30pm -8.30pm

Starting 4th October for 11 weeks
\$85.00

Yoga

Yoga is an ancient practice that incorporates gentle exercise, breath control and meditation. The health benefits of regular yoga practice may include lowering blood pressure, improved posture and circulation, and a sense of wellbeing.

Thursdays 5.30pm - 6.45pm

Starting 5th October for 11 weeks
\$85.00

Thursdays 7.00pm - 8.15pm

Starting 5th October for 11 weeks
\$85.00



Start your journey towards a healthier, more fulfilling life by joining a friendly, relaxed exercise class.

Strength & Stretch Training – Living Longer, Living Stronger

Guided by a Casey RACE qualified instructor - each session you will go through exercises to help improve overall strength, endurance and core strength, using body weight, exercises and resistance balls. This structured program will aim to develop balance, flexibility and coordination and assistance in activities for everyday life. Great opportunity to meet new people.

Mondays 1.00pm - 2.00pm

Starting 2nd October for 11 weeks
\$55.00

Wednesdays 1.00pm - 2.00pm

Starting 4th October for 11 weeks
\$55.00

Tai Chi

Tai Chi is a gentle, low-energy physical exercise - the slow movement strengthens muscles, conditions tendons and ligaments in the ankles, knees, hips and spine.

Our beginners class will introduce you to the Tai Chi movement in a gentle manner. Wear loose, comfortable clothing and runners.

Beginners

Wednesdays 11.30am - 12.30pm

Starting 4th October for 11 weeks
\$70.00

Intermediate

Wednesdays 9.30am - 11.00am

Starting 4th October for 11 weeks
\$80.00



The Arts

Knitters & Natters

Come and join this social group to knit or crochet in a friendly space. Meet some fellow knitters for a chat and a cuppa, while making a real difference in a practical way for our community. All items are donated to local support services for those in the community who are experiencing tough times.

Wednesdays 1.00pm -3.00pm

Starting 4th October for 11 weeks

Free

Boomerang Bags

Boomerang Bags is a grassroots, community driven movement tackling plastic pollution at its source. Join us on a weekly basis to make these sustainable bags that we can then donate on to local support organisations who would normally use plastic bags. It does not matter if you can't sew.

All materials will be supplied. Bring a sewing machine if you have one.

Tuesdays 10.00am - 12.00pm

Starting 3rd October for 10 weeks

Free

Art for Adults

Do you want to unleash your inner artist but don't know how to begin? Let local artist, Payam teach you the basic skills and learn all the techniques you require for Watercolour painting or Drawing. You will be taught methods and approaches to assist you to express your artistic side.

Wednesdays 5.00pm - 7.00pm

Starting 4th October for 11 weeks

\$135.00

Casual Craft Time

Do you enjoy knitting, crocheting working on craft projects? This self-run craft group enjoy working on their individual projects in the company of others. They exchange ideas, learn new skills and form friendships. If you enjoy crafting and want to share your crafting skills and ideas please bring along your current project and join us.

Thursdays 10.00am - 11.30am

Starting 5th October for 11 weeks

Free



genU Arts & Cooking for All Abilities

The art programs includes games and crafts, held Wednesdays.

The cooking program includes food budgeting, safety in the kitchen as well as preparation and cooking, held Friday mornings.

To learn more phone 0457 376 767 and ask for Grant Thomas.

Faith-Based Groups

SAOGCOS Clyde Church

Seata Puni 0434 382 872

Clyde Connect

Mr. Jared French 0414 433 615

Dandenong Gospel

Mr. Shejin Antony 0403 614 824

Lifespring Church

Jeswin 0434 192 331

Gen 12 Youth & Young Adults Groups

Celina 0416 307 344

Education & Employment

Computers for the Home & Workplace

Computers for the Home and the Workplace is a basic computer course for Beginners and Seniors, which will help you understand the basics of using Microsoft Windows, understanding the Cloud and browsing the internet safely, sending & receiving emails, creating and using documents and spreadsheets, interacting with social media, downloading photos, and shopping online within a comfortable, nurturing environment with like-minded learners. This course is Learn Local endorsed and delivered in partnership with Doveton Neighbourhood Learning Centre.

Fridays 10.00am-12.30pm

Starting 13th October for 8 weeks
\$25.00

Be Connected – Digital Training

Be Connected supports older Australians to thrive in a digital world. Gain basic digital skills in a small, friendly group environment. Perfect for anyone who wants to increase their skills and confidence using PC's and laptops, Android tablets and phone and iPhones and iPads.

Android Phones and Tablets

Thursdays 10.30am -12.00pm

Starting 12th October for 4 weeks
Free

iPhones and iPads

Thursdays 10.30am -12.00pm

Starting 9th November for 4 weeks
Free



Be Connected
Every Australian online.

**Network
Partner**

Melbourne College of Further Education

Certificate 3 in Early Childhood Education and Care CHC30121

Start a purposeful career working with children! This qualification reflects the role of educators who support children's wellbeing and development.

Diploma of Early Childhood Education and Care CHC50121

Looking to take the next step in your early childhood career?! Educators at this level are responsible for designing and implementing curriculum that meets the requirements of an approved learning framework. Diploma requires completion of Certificate 3 in Early Childhood Education and Care first.

Certificate 3 in Individual Support CHC33015

This course is designed for those who want to care for people that need extra assistance. Our course is designed for students wanting 2 different streams of individual support; Ageing and or Home and Community Care (HACC).

Contact 1300 368 883 for details, dates, times & cost of the above courses.

Conversational English

Improve your confidence in reading, writing and speaking English in this small friendly class each Tuesday afternoon during school terms. This course is Learn Local endorsed and delivered in partnership with Hallam Community Learning Centre.

Tuesdays 12.30pm-2.30pm

Starting 3rd October for 10 weeks

\$5.00 (members) per term or \$10.00 (non-members) per term



Phillips Institute

Certificate IV in School Based Education Support

Accredited training to become a Teacher Aide and work in schools.

Wednesdays 9.30am - 2.30pm
Contact 1300 558 837

The Wisdom Institute

The Wisdom Institute offers tutoring and language training for the Arabic language and its grammar, catering to young children and adults from diverse ethnicities and backgrounds. In addition to language education, we also organize regular youth workshops and motivational speeches to inspire and empower young individuals.

Fridays 6.00pm - 8.00pm
Sundays 10.30am - 12.30pm
Contact Dr Manzur Ashraf
0403 659 339

It's never too late to reinvent yourself and embark on a new career path that brings you joy and fulfillment.

First Aid Training

Courses offered have practical hands-on experience and are set in an enjoyable and relaxed environment. To suit the needs of your organisation, courses are offered weekly on a Thursday or Saturday.

For more information on courses offered and bookings contact (03) 9850 6665, info@accreditedfirstaidcourses.com.au or www.accreditedfirstaidcourses.com.au.

CFT Responsible Service of Alcohol - Vic (SITHFAB021)



This course is delivered online. [Click here](#) or scan the QR code to register and complete the course online.
\$49.00

CFT Food Safety - Level 1 (SITXFSA005)



This course is delivered online. [Click here](#) or scan the QR code to register and complete the course online.
\$95.00

For further details phone 1300 665 633 or email support@cft.edu.au.

Children & Youth

Children's Week – Lets Cook, Eat & Create

NEW

8-12 years

Join us for Children's Week at Balla Balla Community Centre. Let's Cook, Eat & Create will give your child a range of activities to enjoy that will include cooking, lunch and followed by an afternoon of art.

Saturday 10.00am-3.00pm

28th October

Free

Facilitated Playgroup

1-4 years

Balla Balla Playgroup is led by an Early Learning Educator and each week presents a new, engaging learning opportunity, including craft activities, singing and dancing, sensory play, story time and more. A great group for you to meet and form friendships with others in the community.

Suitable for ages up to 4 years old.

Thursdays 9.30am -11.00am

Starting 5th October for 11 weeks

\$55.00

Balla Balla Bubs

0-12 months

Balla Balla Bubs Playgroup is ideal for first time mums. We will encourage you to explore sensory play, tummy time, singing and reading to your precious bundle of joy during their first year. Make friendships that can last a lifetime. Balla Balla Bubs is led by an Early Learning Educator.

Thursdays 11.30am-12.30pm

Starting 5th October for 11 weeks

Free



Sparkz Tutoring

Prep - Grade 6

Tutoring classes for kids Prep - Grade 6. Small class size to give your child our full attention. Improve reading, spelling, writing, numeracy, grammar, NAPLAN preparation and goal setting to advance your child.

Saturdays 12.00pm-4.30pm

Contact Savi 0426 078 423

Studywise Learning Tutoring

Year 1 - 12

Mathematics, English and Science Tutoring. School Teachers providing tutoring for Primary and Secondary Students. All VCE Subjects. VCE: English, Maths Methods, Further Maths, Specialist Maths, Chemistry, Biology, Physics.

Mondays 5.30pm - 8.30pm

Phone: (03) 8774 7303 or

0430 095 076

Email: studywise.learning@gmail.com

Get Your Art On

8-12 years

Led by a fully qualified and experienced teacher, our Children's Art program will develop your child's confidence and enhance their creative ability in producing their own unique art work. Children's Art will explore colour theory, mixed media, simple printing techniques, watercolour painting and so much more.

Mondays 4.30pm-5.45pm

Starting 9th October for 8 weeks

\$96.00



Chess 6 - Weekend Chess Classes

5-12 years

Chess lessons, end of term tournaments and Annual Awards Ceremony.

Saturdays 2.30pm-4.30pm

Contact Vineetha 0430 666 727

Safe Seats, Safe Kids

Correctly fitted and used child car restraints and booster seats play an important part in protecting children from serious injury and death in the event of a crash. To ensure that the maximum level of protection is provided for your children, it is important that the restraint they are travelling in is correctly fitted.

This program will provide free child car restraint fittings and safety checks that meet the highest standards of quality at Balla Balla Community Centre each week on Thursdays.

Pre-bookings are essential:
www.safeseatssafekids.com.au

Thursdays 10.00am - 2.00pm
Starting 5th October and then alternate Thursdays
Free



Special Interest

Writing Group – The Scribe Tribe

This writing group is designed for writers to engage in sharing their experiences with other like-minded writers. Facilitated by a local published author and creative writing expert, you will be invited to share your writing and to have your work openly reviewed and improved within the group.

Join this active group with published authors to inspire and motivate you.

The Writers of Balla Balla have recently published their second Scribe Tribe anthology of short stories and poetry.

Tuesdays 1.00pm - 3.00pm

Starting 3rd October and then alternate Tuesdays
\$4.00 per session



Balla Balla Ukes

Come along to our Ukulele club and join experienced local musicians in a fun and supportive environment. Beginners including children are welcome.

Beginners (1.00pm-1.45pm)

Learn the basic chords so you can start playing.

Group Jam (2.00pm-3.00pm)

Have fun jamming and singing with the group.

Workshops (3.00pm-3.45pm)

Hone and perfect your existing skills.

Performance Rehearsals (4.00pm-5.00pm)

Practice for upcoming shows.

Sundays 1.00pm-5.00pm

Starting 1st October, continuing first and third Sunday of the month.
\$5.00 per session

Form friendships and connections with local community members.

Justice of the Peace Service

Services include:

- Witnessing a Statutory Declaration
- Witnessing an Affidavit for use in court
- Certifying a True Copy of an original document
- Attesting the execution of a document
- Witnessing a Power of Attorney

**Monday to Friday 12.00pm-3.00pm
and Tuesdays 12.00pm-6.00pm**

GROW Peer Support Group

Struggling with Stress? Anxiety? Depression? You are not alone. Find acceptance, understanding & practical help in a supportive Grow group. Grow groups provide understanding, friendship, and practical help in a small group setting, to help improve and maintain mental wellbeing.

For more information phone the Grow Community Centre on 1800 558 268.

Thursdays 10.30am-12.30pm

Free (Voluntary donations accepted)

Sterling Care

Sterling Care is a registered NDIS provider caring for participants with disabilities from 7 - 65 years of age.

Our Programs:

- Social & Friendship Club Group Activities - Saturdays 9.30am – 3.30pm
- Community participation group programs - Fridays 9.30am – 3.30pm

Please contact Sri for more details.

Mobile: 0433 044 853

Email: sri@sterlingcare.com.au

Cuppa & Chat

Join our friendly and informal group for a weekly cuppa and chat. Keep up to date with the activities, groups and events at Balla Balla Community Centre. Form friendships and connections with local community members. All welcome.

Tuesdays 10.00am - 11.00am

Starting 3rd October for 10 weeks

\$3.00 per session



Immunisations 2023

A free service for children, adolescents and adults eligible for vaccines under the National Immunisation Program.

First Wednesday of every month
4.30pm-7.00pm

Second Tuesday of every month
1.30pm-2.30pm

Third Thursday of every month
9.30am-11.30am

Book online: [casey.vic.gov.au/
immunisation-dates-times](https://www.casey.vic.gov.au/immunisation-dates-times)

Vaccinations are free for those eligible

For more information about immunisation contact City of Casey Customer Service on (03) 9705 5200, your Maternal & Child Health Nurse, or visit: www.casey.vic.gov.au/immunisation-dates-times