



Balla Balla  
community centre

# Program Guide

Term 1 2024  
29 January to 28 March



Balla Balla Community Centre  
7-9 Selandra Blvd, Clyde North VIC 3978  
[www.ballaballa.com.au](http://www.ballaballa.com.au)



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& LEARN  
MEMBER

# Balla Balla Community Centre



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## 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](mailto:admin@ballaballa.com.au)
-  [www.ballaballa.com.au](http://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

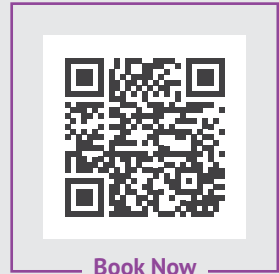
**In Person:** Visit the Community Centre

**Phone:** 5990 0900 (Payment via EFTPOS)

**Online:** [www.ballaballa.com.au/programs](http://www.ballaballa.com.au/programs)

**Email:** [admin@ballaballa.com.au](mailto: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.

# Community Events

*The friendly staff*

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*Having a cuppa  
and a chat when  
I'm feeling  
lonely*

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## International Womens Day - Inspire Inclusion Art & Craft

Join us to add your thoughts, feelings and experiences to create a collaborative community artwork. Your contribution will help create a vibrant and diverse display that shows the power of inclusion in our community. Enjoy a morning of friendship, fun and creativity. A scrumptious morning tea will be provided.

**Friday 10.30am - 12.30pm**

8th March

Free

## Harmony Day - Peace for Ourselves and Peace for Our World Community Meditation

Join us for our Harmony Day Community Meditation Event to celebrate diversity and inclusiveness. This mindfulness meditation session will harness community intent and energies to inspire peace for ourselves and our world.

**Tuesday 7.00pm - 8.00pm**

19th March

Free

## Harmony Day Lunch - Bring a Plate to Share

Harmony Day - Everyone Belongs  
Embrace diversity during Harmony Week. Join us for a delightful Harmony Day lunch – don't forget to bring a plate to share! Let's make it a day of unity and good vibes.

**Tuesday 12.00pm -2.00pm**

19th March

## Neighbour Day - Love Food, Hate Waste

Food waste makes up a huge part of our bins and can cost households thousands per year if unaddressed. This fun session is part cooking demo, part information session and includes lunch! Learn simple food storage tricks and tips, what to do with leftovers, and how to reduce food waste in the first place.

**Tuesday 10.30am -1.30pm**

26th March

Free

*Talking to other  
mothers at  
playgroup*

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*The friend*

CASEY  
CONNECT & LEARN



# Health and Wellbeing

## Zumba

This class is guided by a qualified Zumba 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 6.00pm -6.45pm  
Starting 6th February for 8 weeks  
\$65.00

## Yoga

Dive into the ancient world of yoga! Experience gentle exercises, breath mastery, and meditation. Discover a healthier you: lower blood pressure, boost posture, and enhance circulation. Embrace the journey to improved wellbeing with yoga.

Bring your own blanket and yoga mat

**Thursdays 5.30pm - 6.45pm or  
Thursdays 7.00pm - 8.15pm**  
Starting 8th February for 7 weeks  
No class 21st March  
\$70.00

## 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.

**Tuesday 1.00pm - 2.00pm**  
Starting 6th February for 8 weeks  
\$70.00

**Wednesday 7.30pm - 8.30pm**  
Starting 7th February for 8 weeks  
\$70.00

## Heart Foundation Walk & Talk Group

Walk & Talk is a free weekly walking group that meets at Balla Balla. 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 6th February for 8 weeks  
Free

## 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 7 February for 8 weeks  
\$55.00

### Intermediate

**Wednesdays 9.30am - 11.00am**

Starting 7 February for 8 weeks  
\$60.00

## 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 5th February for 7 weeks  
\$35.00

**Wednesdays 1.00pm - 2.00pm**

Starting 7 February for 8 weeks  
\$40.00

## 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 9.00am - 11.00am**

Starting 13th February, continuing every second and fourth Tuesday of the month  
\$5.00 per session



# 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 7th February for 8 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 6th February for 8 weeks  
Free

## Boomerang Bags Regional Get-Together

There are many Boomerang Bags groups in and around Casey that are working hard to rescue textiles and reduce plastic bag use - but communication opportunities between groups is difficult, so we're having a big get-together to discuss all things BB! Don't forget to bring some bags from your group to swap with others! Tea, coffee and biscuits provided and you are welcome to bring something to share for morning tea or lunch.

Tuesday 10.00am - 2.00pm  
30th January

Book at [www.eventbrite.com/e/765091317727](http://www.eventbrite.com/e/765091317727)  
or scan the QR code



## 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 7th February for 8 weeks  
\$115.00



## BYO 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 8th February for 8 weeks

Free

## Mosaics Magic - Beginners Workshop

You will be guided in completing a beginners Mosaic piece by our experienced Mosaics Group leader.

**Tuesday 10.30am - 12.30pm**

Starts 5th March for 4 weeks

\$37.00 (Cost includes all materials)

## Morning Melodies

Morning Melodies is back! Are you young at heart, feeling a little lonely and at a loose end? At Morning Melodies, our featured entertainers will sing the songs you know and love. Share a morning of music, a cuppa, scones with jam and cream and make new friends along the way!

13th February: Heather Thorne

12th March: Alex Matthews

9th April: Janette & Allan Middleton

Book early so you don't miss out!

**Tuesday 10.30am - 11.45am**

13th February, 12th March

& 9th April

\$5.00

## Faith-Based Groups

**Ahmadiyya Muslim Association**

**Dinka Anglican Congregation of Casey**

**Clyde Connect**

**Dandenong Gospel - Friday Youth Sessions**

**Lifespring**

**SAOGCOS Clyde Church**

**Noor Cultural and Education Centre**

**GEN12 Youth & Young Adults**

Contact Ali Kalim 0424 844 113

Contact Samuel Maler 0469 810 844

Contact Jezreel Locop 0452 511 204

Contact Shejin Antony 0403 614 824

Contact Pastor. Wills Thomas 0436 102 376

Contact Tai Eteuti 0420 508 566

Contact Saiful Azam 0432 438 217

Contact Celine 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 2nd February for 8 weeks  
\$25.00



## Be Connected – Phones and Tablets

Digital Training for smart phones and tablets. Gain basic digital skills in a small friendly group environment.

**Thursdays 10.30am -12.00pm**

Starting 22nd February for 4 weeks  
Free

## Introduction to Creative Writing

Do you dream about being a published author, journalist or scriptwriter?

Turn your passion for writing into your perfect job. This 8 week pre-accredited course will pathway you into other opportunities like editing, script writing, marketing, further studies and of course becoming the well read author you have dreamed about. This program is facilitated by local published author, Rod Grigson.

### Thursday 10.00am-12.30pm

Starting 8th February for 8 weeks  
\$25.00

This course is Learn Local endorsed and delivered in partnership with Doveton Neighbourhood Learning Centre.

## OCTEC Limited – Disability Employment Service

Helping clients to find and maintain meaningful employment including skills assessment, resume development, job search training, interview preparation, work experience coordination, mentoring and post placement support.

0411 402 579

[l.herath@octec.org.au](mailto:l.herath@octec.org.au)

## 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 11.15am-1.15pm

Starting 6th February for 8 weeks  
\$5.00

### Tuesdays 1.30pm-3.30pm

Starting 6th February for 8 weeks  
\$5.00



## Phillips Institute

### Certificate IV in School Based Education Support (CHC40221)

Accredited nationally recognised training to become a Teacher's Aide or Learning Support Officer to work in schools.

**Wednesdays 9.30am - 2.30pm**

Contact Cheryl or Hien 1300 558 837  
info@phillips.edu.au  
www.phillips.edu.au

## The Wisdom Institute

Tutoring and language training for the Arabic/Bengali language and its grammar for young children to adults. Workshops and motivational sessions to inspire and empower young individuals.

**Fridays 6.30pm -8.00pm**

**Sundays 5.00pm -6.30pm**

Contact Manzour Ashraf 0403 659 339

“Kindness is a language which the deaf can hear and the blind can see.”

~ Mark Twain

## Accredited First Aid Courses

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](mailto:info@accreditedfirstaidcourses.com.au) or [www.accreditedfirstaidcourses.com.au](http://www.accreditedfirstaidcourses.com.au).



# Children & Youth

## 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.

**Wednesday 9.30am - 11.00am**

Starting 7th February for 8 weeks  
\$50.00

**Thursday 9.30am - 11.00am**

Starting 8th February for 8 weeks  
\$50.00

## 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 10.00am - 2.00pm**

Contact Savi 0426 078 423

## 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.

**Wednesdays 11.30am - 12.30pm**

Starting 7th February for 8 weeks  
Free

**Thursdays 11.30am-12.30pm**

Starting 8th February for 8 weeks  
Free

## Studywise Learning Centre

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](mailto: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 5th February for 7 weeks

No class 11th March

\$84.00

## Stem Buddy Coding & Robotics Education

STEMBuddy Coding Classes are a great way for children to develop the skills they need to succeed in the 21st century. With STEM skills in high demand, enrolling your child in STEMBuddy Coding Classes is an investment in their future. Coding languages that STEMBuddy Coding Classes teach: - Scratch, Python, Java, Scratch. STEMBuddy also offers a variety of other STEM programs, including robotics classes, drones classes, Math & Science Tutoring, and STEM camps.

**Wednesday afternoons**

Contact Ash 0416 662 756

[www.stembuddy.com.au](http://www.stembuddy.com.au)

## Chess 6 - Weekend Chess Classes

5-12 years

Children's chess lessons will help improve confidence, imagination and critical thinking. End of term tournaments and Annual Awards Ceremony.

**Saturdays 2.30pm-4.30pm**

Contact Vineetha 0430 666 727

**School holiday session**

**Wednesday 10.30am - 11.30am**

24th January

Free

## School Holidays - Be an Eco-Kid

7-12 years

Join us in making a difference. Discover kid-friendly ways to tackle global issue at a local level. Learn simple behaviors such as recycling, swaps (clothes, toys, books, games), to lighten your environmental impact through the eyes of a child. Take home cool items crafted during the session. Lets make a positive change together.

**Tuesday 10.30am - 12.00pm**

23rd January

Free

Book at [www.trybooking.com/CNOIZ](http://www.trybooking.com/CNOIZ)

or scan the QR code



# Cooking

## Healthy Cooking on a Budget

This 8 week course, is designed for those interested in learning about healthy eating on a budget. Covering everything from safe food handling, food hygiene, kitchen basics, prep techniques, extensive cooking skills and food storage.

Please bring an apron and a container. This program may include ingredients containing gluten, nuts and dairy.

**Mondays 10.00am - 12.30pm**

Starting 29th January for 8 weeks

No class 11th March

\$80.00

*This program is Learn Local endorsed*

## Quick & Easy Breads

Learn techniques to make quick & easy breads for dinner and get together.

**Week 1: Flat bread, Potato Focaccia & Pull apart breads.**

**Week 2: Soda Bread, Potato Bread, Crackers (and dips).**

**Wednesday 7.00pm -9.00pm**

21st & 28th February

\$60.00

# Special Interest

## Cranbourne Toastmasters

Build your self-confidence and learn public speaking skills with a very relaxed and supportive group.

**2nd and 4th Wednesday of each month**

**7.00pm-10.00pm**

Contact Sheldon on 0430 051 919

## Writing Group – The Scribe Tribe

Join this active group with writers, all at different levels, to inspire and motivate you.

**Tuesdays 1.00pm - 3.00pm**

Starting 6th February and then alternate Tuesdays

\$4.00 per session

## City of Casey Immunisation

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

**First Wednesday monthly**  
4.30pm -7.00pm

**Second Tuesday monthly**  
1.30pm -2.30pm

**Third Thursday monthly**  
9.30am -11.30am

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

## South Asian Performing Arts Foundation

Providing south Asian dance, culture, language and lifestyle to the wider community. A program that is rich in cultural diversity for anyone at any age level to enjoy dance lessons.

**Thursday evenings**  
Contact [ama\\_rana@hotmail.com](mailto:ama_rana@hotmail.com) or  
0424 321 656

## Justice of the Peace Service

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

## Green Celebrations for Parties – Adult Eco-Education

Parties and celebrations can create a lot of waste. Part ideas, part craft eg. Buntings & table decorations. You get to take home some great reusable party decorations that can be used for the future.

**Tuesday 12.30pm -2.00pm**  
23rd January  
Free

Book at [www.trybooking.com/CNOJH](http://www.trybooking.com/CNOJH)  
or scan the QR code



## Folk Lovers Academy

Punjabi Folk Bhangra and Instruments classes for all age groups.

**Every Sunday 7.00pm - 8.00pm**  
Contact Sukhjinder Singh  
on 0431 927 863



# Social & Support Groups

## 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 9.30am - 10.30am**

Starting 6th February for 8 weeks  
\$3.00 per session

## GROW Peer Support Group

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

For more information phone  
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 a disability from 7 - 65 years.

### Saturdays

Contact Sri 0433 044 853 or  
email [sri@sterlingcare.com.au](mailto:sri@sterlingcare.com.au)

## Umbrella Support

NDIS Programs for young adults. Communication, confidence building and stepping out of your comfort zone can open up the entire world, and what an exciting world we have to explore!

For more details email  
[cindy@umbrellasupport.com.au](mailto:cindy@umbrellasupport.com.au)  
[www.umbrellasupport.com.au](http://www.umbrellasupport.com.au)

## Filocare Australia Pty Ltd

NDIS Provider providing opportunities for participants to be involved and active in the community.

**Wednesdays 2.00pm-4.30pm Sundays  
1.00pm -4.00pm**

Contact 8782 3734  
[www.filocare.com.au](http://www.filocare.com.au)