



Balla Balla
community centre

Program Guide

Term 2 2024
15 April to 28 June



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

- 4 Community Events
- 5 Health & Wellbeing
- 7 The Arts
- 9 Education & Employment
- 11 Faith-Based Groups
- 12 Children & Youth
- 14 Cooking
- 14 Special Interest
- 16 Social & Support Groups

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

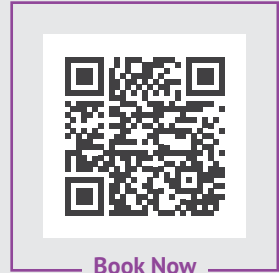
In Person: Visit the Community Centre

Phone: 5990 0900 (Payment via EFTPOS)

Online: www.ballaballa.com.au/programs

Email: admin@ballaballa.com.au

Book early to avoid
disappointment for all
our programs and events.



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 \$5.00 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

Biggest Morning Tea

Get your friends, colleagues or community together over Morning Tea, treats and games. Help raise funds for much needed cancer research. Bring along your small change for our wonderful raffles. Book early to avoid disappointment.

Friday 10.00am -12.00pm

24th May

\$10.00 per person (all proceeds to Cancer Council)



Neighbourhood House Week Morning Melodies & Welcome Morning Tea

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!

Entertainer: Chris Newman

Book early so you don't miss out!

Tuesday 10.30am - 11.45am

14th May

\$5.00

Embrace The Change

A seminar about perimenopause, menopause and beyond. Leading, local health professionals will explore the physical and mental health changes during perimenopause, menopause and beyond, and discuss how to manage these changes and thrive.

Registration: 1.20pm

Seminar: 1.30pm - 2.30pm

Afternoon tea: until 3.00pm

Wednesday 1.30pm - 3.00pm

8th May

Free (bookings are essential)

Go to www.trybooking.com/CQBCK to book.

Call Be Your Best
Physiotherapy on

5996 2693.



Book now

Health and Wellbeing

Mindfulness Meditation Day Long Retreat

Theme: Loving kindness Toward Self and Others. This day long retreat will provide the opportunity to be immersed in the practices of lovingkindness and present moment mindfulness. It is a special opportunity for rest, group meditation practice and renewal. Taking time out from our usual routines and environments, participants will receive explanation and guidance in practices of mindfulness of body, mind and emotions; mindful movement; walking meditation; mindful eating; compassion practice and Q & A opportunities. Cultivating inner resources, such as self-compassion and kindness can be life changing.

Sunday 9.00am -4.30pm

26th May

\$35.00

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 - 11.30am

Starting 23rd April, continuing every second and fourth Tuesday of the month
\$5.00 per session

Introduction to Mindfulness Meditation

Mindfulness Meditation -

- What is mindfulness?
- Instructions and meditation practice
- Mindfulness of breath and body
- Being fully human: mindfulness of emotions
- The wise heart
- Bringing your practice to the world.

The course will include these resources:

- Course notes and folder
- Guidance in establishing and maintaining your individual practice
- Opportunities for question and answer, and sharing

Monday 7.00pm - 8.30pm

Starting 15th April for 4 weeks

\$50.00

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 16th April for 11 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 17th April for 11 weeks
\$80.00

Intermediate

Wednesdays 9.30am - 11.00am

Starting 17th April for 11 weeks
\$90.00

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 16th April for 11 weeks
\$75.00

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 15th April for 10 weeks
No class 10th June
\$50.00

Wednesdays 1.00pm - 2.00pm

Starting 17th April for 11 weeks
\$55.00



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 18th April for 9 weeks

No class 25th April & 16th May

\$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.

Tuesday 1.00pm - 2.00pm

Starting 16th April for 11 weeks

\$85.00

Wednesday 7.30pm - 8.30pm

Starting 17th April for 11 weeks

\$85.00

The Arts

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.

Materials list will be provided

Wednesdays 5.00pm - 7.00pm

Starting 17th April for 11 weeks

\$135.00

Mosaics Magic - Beginners Workshop

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

Tuesday 11.00am - 12.30pm

Starts 23rd April for 4 weeks

\$37.00 (Cost includes all materials)

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 16th April for 11 weeks

Free



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 18th April for 10 weeks

No class 25th April

Free

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, a scone with jam and cream and make new friends along the way!

Book early so you don't miss out!

Tuesday 10.30am - 11.45am

14th May: Chris Newman

11th June: Heather Thorne

9th July: Duo Melodica

\$5.00

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 17th April for 11 weeks

Free

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 3rd May for 8 weeks

\$25.00

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

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 2nd May for 4 weeks

Free



Be Connected
Every Australian online.

**Network
Partner**

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.

Friday 1.00pm - 3.00pm

Starting 3rd May for 8 weeks
\$25.00

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

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

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 11.30am-1.30pm

Starting 16th April for 11 weeks
\$5.00

Tuesdays 1.35pm-3.35pm

Starting 16th April for 11 weeks
\$5.00

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 6.00pm - 8.00pm

Sundays 6.00pm - 8.00pm

Contact Manzour Ashraf 0403 659 339



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 or www.accreditedfirstaidcourses.com.au.

Gain the confidence to manage any first aid emergency.

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

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.

Wednesdays 9.30am - 11.00am

Starting 17th April for 11 weeks
\$50.00

Thursdays 9.30am -11.00am

Starting 18th April for 10 weeks
No session 25th April
\$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.

Fridays 4.45pm - 6.45pm

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 17th April for 11 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

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.

All materials provided

Mondays 4.45pm-6.00pm

Starting 15th April for 8 weeks
\$96.00

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

Wednesdays 10.00am - 11.00am

3rd April & 10th April

Free



Children's Snacks & Sliders Cooking Workshop

This fun hands on Children's cooking program will teach your child the joy of cooking as well as food handling, knife skills, food prep and basic health and safety in the kitchen.

Week 1: Sliders

Learn to make these delicious and filling snack sized mini-burgers and buns for delicious snack or lunchtime enjoyment.

Week 2: Sweet and Savoury Snacks

Learn to make a variety snacks that everyone can enjoy.

This program will include ingredients containing gluten, eggs and dairy. Cost includes all ingredients.

Please bring apron & container.

Saturdays 9.30am - 11.30am

1st June & 8th June

\$50.00

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 15th April for 8 weeks
\$80.00

This program is Learn Local endorsed

Biscuit Baking Workshop

When you make biscuits from scratch, you can use wholesome ingredients to create a tasty and healthier treat. You will bake 2 batches of bikkies each week that will include:

Week 1: Triple choc almond cookie sheet, and Choc and Vanilla Pinwheel Cookies.

Week 2: Jam-filled raspberry cocoa rings, and Coconut and lemon twists.

All ingredients supplied and may contain gluten, dairy and eggs.

Please bring apron & container.

Wednesdays 7.00pm - 9.00pm

29th May & 5th June
\$70.00

Special Interest

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 16th April and then alternate Tuesdays
\$4.00 per session

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

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

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

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 or 0424 321 656

Justice of the Peace Service

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



Citizenship Training

Do you want to take the Citizenship Test? This class will help you to start getting ready to do this. The class will help you understand Australian culture, history, laws, and your rights and responsibilities as Australian Citizens. This 8 week course will cover all the topics that are part of the test.

Wednesdays 2.00pm - 4.00pm

Starting 8th May for 8 weeks

\$5.00

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 10.00am - 11.00am

Starting 16th April for 11 weeks

Free

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

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 www.umbrellasupport.com.au

