



Balla Balla  
community centre

# Program Guide

Term 3 2024  
15 July to 20 September



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



CASEY  
CONNECT  
& 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

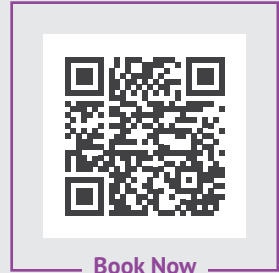
**In Person:** Visit the Community Centre

**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)

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

### Bulk Buying Basics – Plastic Free July

Ready to dive into the world of bulk buying? Join us for a session that demystifies the process and shows you why it's a game-changer! Learn the ins and outs, from saving money to reducing waste. Plus, get handy tips on storage and find out where to get the best deals. Attendees will receive a free "bulk buying starter pack" filled with goodies from the City of Casey Sustainability and Waste Environment Education Team.

**Tuesday 6.30pm -8.00pm**

9th July

\$5.00



## Health and Wellbeing

### 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 July 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 9.00am - 11.30am**

Starting 9th July, continuing every second and fourth Tuesday of the month

\$5.00 per session

## 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 July for 10 weeks  
\$70.00

## 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 17th July for 10 weeks  
\$70.00

### Intermediate

**Wednesdays 9.30am - 11.00am**

Starting 17th July for 10 weeks  
\$80.00



## Meditation

Mindfulness Meditation: Connecting and Transforming Relationship with Self, Other and the Living World. These classes provide a special opportunity to access and relax into natural being and embodied lived experience. What is mindfulness?

- Mindfulness of breath and body
- Being fully human: mindfulness of emotions
- Working with thoughts and beliefs
- The wise heart
- Bringing your practice to the world

Suitable for all including beginners.

**Monday 7.00pm - 8.00pm**

Starting 29th July for 6 weeks  
\$50.00



## 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 July for 10 weeks  
\$50.00

**Wednesdays 1.00pm - 2.00pm**

Starting 17th July for 10 weeks  
\$50.00

## 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 July for 10 weeks  
\$85.00

**Wednesday 7.15pm - 8.15pm**

Starting 17th July for 10 weeks  
\$85.00

## 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 July for 10 weeks  
No class 15th and 22nd August  
\$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 July for 10 weeks  
\$125.00



## 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 July for 10 weeks  
Free

## 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 July for 10 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 July for 10 weeks

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**

13th August: Alex Matthews

10th September: Puttin on the Ritz

8th October: Chris Newman

\$5.00



# Education & Employment



Women In the Workplace  
facilitator - Lucy Nduru

## 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 July for 10 weeks  
\$5.00

**Tuesdays 1.35pm-3.35pm**

Starting 16th July for 10 weeks  
\$5.00

## Women in the Workplace

This 4 week program is designed for women of all cultural backgrounds, including those newly arrived in Australia.

Are you returning to the workplace, or wanting to plan your career pathway or need to build your self-confidence to apply for jobs?

Topics will include: Interview to succeed, Defining Career Goals, Building Confidence, Resilience, Budgets, Motivation and much more.

**Wednesday 7.00pm - 9.00pm**

Starting 7th August for 4 weeks  
\$50.00

## Citizenship Test 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 9 week course will cover all the topics that are part of the test.

**Wednesday 2.00pm - 4.00pm**

Starting 24th July for 9 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 10.30am -12.30pm**

Contact Manzour Ashraf 0403 659 339



“Children are not things to be moulded, but are people to be unfolded”

– Jess Lair

## 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](mailto:info@phillips.edu.au)

[www.phillips.edu.au](http://www.phillips.edu.au)

## 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).



## 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 8th August for 4 weeks  
Free

## 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)



**Be Connected**  
Every Australian online.

**Network  
Partner**

# Children & Youth



## 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 July for 10 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.

**Fridays 4.45pm - 6.45pm**

**Saturdays 10.00am - 2.00pm**

Contact Savi 0426 078 423

## 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 July for 10 weeks  
\$50.00

**Thursdays 9.30am - 11.00am**

Starting 18th July for 10 weeks  
\$50.00



## 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 22nd July for 8 weeks

\$96.00

## 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)

“Every child is an artist;  
the problem is staying an  
artist when you grow up”

– Pablo Picasso

## 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 10.30am - 11.30am**

3rd July & 10th July

Free

# 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

# 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 July for 8 weeks

\$80.00

*This program is Learn Local endorsed*

## Pastry Perfection – Scrumptious Choux

Join Chef extraordinaire, Jodie Ballard for an evening of Pastry pleasures. She will teach you how to make Choux pastry and then you will turn this new skill into delicious profiteroles and delectable eclairs.

Please bring an apron and containers to take your treats home.

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

**Wednesday 7.00pm - 9.00pm**

28th August

\$40.00

## Special Interest

### 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)*

### 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



### Justice of the Peace Service

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

### 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

### Folk Lovers Academy

Punjabi Folk Bhangra and Instruments classes for all age groups.

**Every Sunday 6.30pm - 7.30pm**

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 July for 10 weeks

Free



## 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)

**“Alone, we can do so little; together, we can do so much”**

– Helen Keller

## 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)