



Balla Balla  
community centre

# Program Guide

Term 1 2025  
28 January to 4 April



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

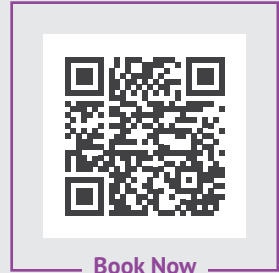
**In Person:** Visit the Community Centre

**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

## **Balla Balla Open Day** **Celebrating Harmony Day -** **'Everyone Belongs'**

NEW

Come along to this fun Open Day and Celebrate that 'Everyone Belongs' at Balla Balla Community Centre.

The day will be filled with fun activities for the children - balloon artist, animal farm, craft activities, face painting etc, music, cultural performances, food, market stalls and so much more...

**Saturday 22nd March**  
**11:30am - 3:00pm**

*If you are interested applying to perform on the day, provide and activity or a market stall, please visit our website and download the Expression of Interest form - [ballaballa.com.au/balla-balla-open-day](http://ballaballa.com.au/balla-balla-open-day) and email to: [admin@ballaballa.com.au](mailto:admin@ballaballa.com.au).*

## **Multicultural Water** **Safety Program**

NEW

Presented by Life Saving Victoria. Children over the age of 5 are welcome to attend with their family. Learn essential water safety and lifesaving skills with these 3 engaging session:



## **Week 1: Meet the Lifeguard** **Wednesday 15th January** **7:00pm - 8:00pm**

This session will be held at Balla Balla CC. Presented by a lifeguard it will be simple and slow-paced, full of videos and pictures - perfect for everyone!

## **Week : Resuscitate a Mate (CPR)** **Wednesday 22nd January** **7:00pm - 8:00pm**

This session will be held at Balla Balla CC. Practical session to learn basic CPR and Emergency Response (DRSABCD). Hands on practice with mannequins and gain life-saving skills. *Note: this is not an accredited course.*

## **Week 3: Beach Program: Bonbeach** **Lifesaving Club** **Saturday 1st February** **12:30pm - 2:30pm**

This session will be held at Bonbeach Lifesaving Club. *Please note: You will need to arrange your own transport or car pool with others.* Activities include big and small boards, lifejackets, rescue tubs, beach soccer, and flag games. Participants will be under the supervision of a lifesaver at all times. *Bring: Wet gear and a willingness to get in the water!*

# Celebrate Diversity Through Food and Connection this HARMONY WEEK



## Harmony Day Lunch - Bring A Plate To Share

NEW

Harmony Day reminds us We All Have a Role to Play! Celebrate Harmony Week with us by embracing diversity and community spirit. Bring a plate of your favourite dish to share, along with the recipe, and let's create a memorable celebration of unity, culture, and connection. Share your recipe, and we'll include them in our special Harmony Day Cookbook – a celebration of flavours and cultures from our community! Together, we'll make it a day to remember!

**Friday 21st March**

12.00pm - 1.30pm

## Elder Rights Advocacy Information Session

NEW

Elder Rights Advocacy Information Session - Join us for a Morning Tea and Information Session with Elder Rights Advocacy. This Victorian organisation is dedicated to helping older adults access quality, Commonwealth-funded Aged Care services that meet your unique needs. Find out how advocates can support you with My Aged Care and your service provider.

Bring your questions, join the conversation, and enjoy some morning tea as we learn together.

**Monday 24th February**

10.30am - 11.45am

No Charge



## International Women's Day - Embrace The Change with Michelle Crowther & Angela Scanlon

NEW

Embrace the change... A seminar about menopause and beyond. Join us for Afternoon tea with leading local health professionals, Michelle Crowther (Physiotherapist) and Angela Scanlon (Psychologist), we will explore the physical and mental health changes during menopause and beyond. We will discuss pelvic floor issues, Osteoporosis and Mental Health changes.

**Friday 7th March**

1.00pm - 2.30pm

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**

11th February: Chris Newman

11th March: Puttin' on the Ritz

8th April: Heather Thorne

\$7.00



# Health and Wellbeing

## 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 bands. 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 3rd February for 8 weeks  
*No session 10th March*  
\$40.00

### **Wednesdays 1.00pm - 2.00pm**

Starting 5th February for 9 weeks  
\$45.00

## Walking 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 - 11am**

Starting 4th February for 9 weeks  
FREE

## 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.

### **Monday 6.30pm - 7.15pm**

Starting 3rd February for 8 weeks  
*No session 10th March*  
\$70.00

### **Tuesday 1.00pm - 2.00pm**

Starting 4th February for 9 weeks  
\$75.00

## 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 4th February for 9 weeks  
\$65.00

## 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 social 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 5th February for 9 weeks  
\$65.00

### Intermediate

**Wednesdays 9.30am - 11.00am**

Starting 5th February for 9 weeks  
\$75.00

## 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 9.30am - 11.30am**

Starting 11th February, continuing every second and fourth Tuesday of the month  
\$5.00 per session

## Mindfulness Meditation and Compassion

These classes provide an introduction, or a refresher, to the practices of mindfulness meditation and compassion for profound self-care and insight. We will aim to embed these practices into daily life as well as learn how to spend time specifically in meditation practice. We will work with the postures of sitting, standing, walking and reclining with the techniques of mindfulness of breathing, body scan, awareness of the whole body, awareness of feeling tones and their impact, choiceless awareness and loving kindness.

**Monday 7.00pm - 8.00pm**

Starting 10th February for 6 weeks  
*No session 10th March*  
\$60.00

## 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 6th February for 9 weeks  
\$75.00



# The Arts

## Art

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 5th February for 9 weeks  
\$115.00

## 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 and assorted household items 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 4th February for 9 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 5th February for 9 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 6th February for 9 weeks  
FREE

# 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 3rd February for 8 weeks

*No session 10th March*

\$80.00

*This program is Learn Local endorsed*

## Italian Cooking

NEW

**Cucina Italiana con Jodie**

Learn Italian Cooking Techniques with Chef Extraordinaire Jodie!

Join us for a three-week culinary adventure where you'll master the art of Italian cooking, one delicious dish at a time.

### Week One: Mushroom Risotto & Mini Focaccia

Craft a creamy, savory mushroom risotto, packed with earthy flavors. Bake your own mini focaccia, golden and topped with rosemary and sea salt.

### Week Two: Pollo alla Abruzzese & Gnocchi with Alfredo Sauce

Learn to make Pollo alla Abruzzese, a flavorful chicken dish with tomatoes and capsicum. Create soft, pillowy gnocchi paired with a rich, creamy Alfredo sauce.

### Week Three: Eggplant Parmigiana & Jam Crostata

Layer eggplant, tomato sauce, and mozzarella for the perfect Melanzane alla Parmigiana. End on a sweet note with a homemade jam crostata—a rustic Italian tart.

Bring your appetite, and let Chef Jodie guide you through these classic Italian techniques. Perfect for all skill levels! Buon appetito!

**Wednesdays 7.00pm - 9.00pm**

Commences 12th March for 3 weeks

\$95.00

# Education & Employment

## 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 4th February for 9 weeks  
\$5.00



“Never stop learning  
because life never  
stops teaching.”

– Kirill Korshikov

## 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

## 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).

## 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

## 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

## Be Connected – Phones and Tablets

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

**Mondays 10.30am - 12.00pm**

Starting 10th February for 4 weeks

FREE



**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 5th February for 9 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)

### 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 5th February for 9 weeks  
\$50.00

**Thursdays 9.30am - 11.00am**

Starting 6th February for 9 weeks  
\$50.00

## Get Your Art On – Children’s Art

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 3rd February for 8 weeks

*No session 10th March*

\$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 Sessions

**Wednesdays 10.00am - 11.00am**

15th January, 22nd January, 9th April and 16th April

FREE

## Children’s Hot Cross Choccy Buns Workshop (School Holidays)

NEW

8-12 years

Easter Cooking Fun for Kids! Let your little ones join the excitement this Easter! In our hands-on cooking class, they’ll learn how to make delicious Chocolate Hot Cross Buns – an Easter treat they’ll be proud to share. It’s the perfect way for kids to get creative in the kitchen and celebrate the holiday spirit! Spaces are limited, so book now!

**Wednesday 10.30am - 12.00pm**

16th April

\$25.00

## 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

## 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 4th February 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

## 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**

### 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**

**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)*

### Justice of the Peace Service

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

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

# 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 4th February for 9 weeks

FREE

## 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

## 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)

## Illuminate Dance Studio

Family-friendly dance school offering ballet, jazz, tap, hiphop for pre-schoolers and school aged children.

**Thursdays 4.00pm - 5.00pm**

**Fridays 4.30pm - 6.00pm**

Contact Eloise

[illuminatedancestudio@gmail.com](mailto:illuminatedancestudio@gmail.com)

## 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

## 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)