

### Courses

#### Art Attack

Bring out your inner talents and see your creativity become a work of art. Develop techniques in drawing, mosaics, painting and other mixed media.

When: **Thursdays : 10am - 12 noon Starting >i`m%`**

**OR**

When: **Thursdays :1pm - 3pm Starting >i`m%`**

Where: **Alma Road Community House, 200 Alma Road, St Kilda East \*\$50.00 per Term**

#### Wild at Heart Music Skills

Develop your musical ability in songwriting, recording and performance to a professional level, or for your own personal enjoyment.

When: **Wednesdays: 11am - 5pm Starting >i`m%`**

Where: **Sol Green Community Centre, Cnr Montague and Coventry St., South Melbourne \* Some costs may apply**

#### Introduction to Gardening Skills

Learn skills in gardening, including home composting, mulching techniques, organic pest control, growing plants in raised garden beds and pots, irrigation and sustainability practices, operating gardening equipment, and garden and lawn maintenance.

Then practice your skills through work experience, with the opportunity to gain relevant certificates and potential to start a new job.

When: **Wednesdays 1 - 3.30pm July 31 - September 18**

Where: **Christ Church Community Centre, 14 Acland St., St Kilda \* No cost**

#### Introduction to Hospitality Skills - NEST/ Healthy Cooking on a Budget

Under the expert guidance of the OzHarvest Nutrition, Education & Skills Training (NEST) team, learn about nutrition; how to cook easy and healthy recipes; store food safely; plan meals and reduce waste; and save money on your food budget. Following this program, there will be an opportunity to gain a Certificate in Safe Food Handling and support to find work experience or a job.

When: **Tuesdays: 10am - 12.30pm July 23 - September 3**

Where: **Christ Church Community Centre, 14 Acland St., St Kilda \* No cost**

#### Digital Essentials Computer Classes

Learn to use smartphone, laptop, tablet, for everyday on-line needs including connecting with family and friends, news, music and podcasts, making appointments, shopping, banking, and public transport planning.

When: **Wednesdays: 10am - 12 noon Starting >i`m%`**

Where: **St Kilda Library Community Room, Carlisle St., St Kilda \*No cost**

**OR**

When: **Wednesdays: 1pm - 3pm Starting July 17**

Where: **Alma Road Community House, 200 Alma Rd., St Kilda East \*No cost**

#### Recreation and Social Connection Activities

**Gym classes - Tuesdays 2.30pm - 3.30pm** at St Kilda PCYC \*Cost -\$50 per Term

**Bush Walking - Starts ~~to be advised~~ Register your interest.** \*Cost \$6

**Pier fishing in Port Phillip - Starts ~~to be advised~~ 10am - 12 noon** - Register your interest \*No cost

**Chatty Cafe** at Alma Rd Community House - **Fridays 10am - 12 noon** \*No cost

