



# courses, programs & activities



**SEMESTER 2: 21 Jul - 12 Dec 2025**



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## LEARN NEW SKILLS, TRY A NEW CLASS or WORKSHOP

**PASTA MAKING WORKSHOPS** Thursdays, 1pm - 3pm, Cost: \$45 each or \$120 for all 3

**Workshop 1: Gnocchi (24 July)**

**Workshop 2: Lasagna Sheets (31 July)**

**Workshop 3: Tortellini (14 August)**

### Fermentation & Gut Health NEW

25ENGLITERA

Leap into Literacy

Discover how to make your own probiotic-rich foods like sauerkraut, kimchi, kombucha, and kefir. You'll learn how fermentation supports digestion, immunity, and overall wellness. Includes take-home jars of your creations!

**Tue 1pm - 3pm**

T3: 12 Aug - 9 Sep (5wks)

Cost: \$50, Conc=\$40, NR=\$109

### Life Skills for the Digital Age NEW

25DLEDIGSKLL

Leap into Digital Skills

Learn how to confidently use technology to handle real-world tasks like paying bills online, managing medical appointments, reading QR codes, and navigating MyGov or Medicare

**1pm - 3pm**

T3: Mon, 4 Aug - 18 Aug (3wks)

T4: Fri, 17 Oct - 31 Oct (3wks)

Cost: \$29, Conc=\$22, NR=\$64

### Online Travel Tools NEW

25DLEDIGSKLL

Leap into Digital Skills

Learn to use digital maps and travel apps for everything from public transport to walking tours. Create digital itineraries with Triplt, explore destinations with YouTube, Google Earth and more.

**Fri 1pm - 3pm**

T3: 29 Aug - 12 Sep (3wks)

Cost: \$29, Conc=\$22, NR=\$64

### Go Paperless at Home NEW

25DLEDIGSKLL

Leap into Digital Skills

Ditch the paperwork and go digital. Learn how to scan, store, and manage your documents using easy-to-learn apps and tools. From bills to family photos, you'll get organised and eco-friendly!

**1pm - 3pm**

T3: Mon, 25 Aug - 8 Sep (3wks)

T4: Fri, 7 Nov - 21 Nov (3wks)

Cost: \$29, Conc=\$22, NR=\$64

### Everyone has a story NEW

25DLEDIGSKLL

Leap into Digital Skills

Learn how to write about your life, share personal stories and use simple digital tools to add photos, audio and creativity to your memories and share with friends or family. Suitable for all English levels.

**Fri 10am - 12pm**

T3: 15 Aug - 29 Aug (3wks)

Cost: \$29, Conc=\$22, NR=\$64

### Digital Creativity NEW

25DLEDIGSKLL

Leap into Digital Skills

Unleash your creativity and explore tools like Canva, make social media posts and cards, use ready made templates and learn basic editing tools to use at home or work.

**Fri 1pm - 3pm**

T3: Fri 8 Aug - 22 Aug (3wks)

**Mon 1pm - 3pm**

T4: 13 Oct - 27 Oct (3wks)

Cost: \$29, Conc=\$22, NR=\$64



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# Languages, Literacy & Short Courses

## Our English as an Additional Language (EAL) classes run every term throughout the year.

New students are welcome to start at any time during the year; an interview with the EAL Co-ordinator is required to determine the right level for you. Interview cost is \$20, refunded upon enrolment. Contact us to book.

## Literacy for Practical Purposes

**25LITFORPRAC**

**Pre-Intermediate English (Level 2)**

Learn language skills tailored for daily tasks. Gain confidence in navigating real-world situations and understand Australian culture.

**Mon 9.30am - 12pm**

T3: 21 Jul - 15 Sep (9wks)

T4\*: 6 Oct - 8 Dec (9wks, nc 3/11)

(\*Plus 1 session independent learning/excursion)

T3 & T4: \$98, Conc=\$78

Non-Residents: T3: \$180; T4: \$200

## Let's Learn English (L1)

**25SBDLAN002**

An English beginner class to improve your everyday speaking & listening skills, vocabulary and writing, in a small friendly and supportive group.

**Fri 9.30am - 12.30pm**

T3-T4: 5 Sep - 21 Nov (10wks, nc 26/9 & 3/10)

Cost: \$90, Conc=\$58, NR=\$269

## English Conversations

Class for seniors, over 65 yrs who are permanent residents and citizens.

**Tuesdays 12.30pm - 2.15pm**

T3: 22 Jul - 16 Sep (9wks)

T4: 7 Oct - 25 Nov (7wks, nc 4/11)

Cost: Gold coin donation appreciated

## English Communication Skills

**25LANENGCOM**

**Pre-Intermediate English (L2)**

**Tue 9.30am - 12pm**

T3: 22 Jul - 16 Sep (9wks)

T4: 7 Oct - 2 Dec (8wks, nc 4/11)

T3 & T4: \$88, Conc=\$68

Non-Residents: T3: \$180; T4: \$160

## English for Work and Study

**25LANENGWKST**

**Upper-Intermediate & above (Level 3)**

**Wed 9.30am - 12pm**

T3: 23 Jul - 17 Sep (9wks)

T4: 8 Oct - 19 Nov (7wks)

T3 & T4 \$83, Conc=\$63

Non-Residents: T3: \$180; T4: \$140

## Listening, Speaking & Reading NEW

**25SBDLIT017**

**Read, Write Now (L1)**

Develop key listening, speaking, and writing skills to build confidence and express yourself clearly.

**Thu 12.30pm - 3pm**

T3-T4#: 14 Aug - 30 Oct (10wks, nc 25/9 & 2/10); (#Plus 3 hours online)

Cost: \$71, Conc=\$41, NR=\$237

## Family Learning Partnership (FLP)

Bookings Essential for all activities

### Storytime Fun

**Thu 11.30am - 12pm Weekly**

For parent & child (2-4 yrs)

Read a book, play a game, sing a song. FREE for concession card holders.

### Lego Fun

**Thu 4pm - 5pm (1<sup>st</sup> & 3<sup>rd</sup> of month)**

**Starts 7 Aug**

Per Term: \$10 Conc=\$2

For parent & child (4 - 14 yrs) to enjoy Lego activities & challenges together. Neurodiverse friendly.

### Understand the risks of teen

**betting FREE**

**Wed 7pm - 8pm, 27 August**

Did you know one in three 12 - 17 year old gambles? Parents & carers join us for practical advice on approaching the topic of gambling and the risks of gambling features of online games.

Presented by EACH.

## Short Courses

### Self Compassion NEW

**25ENGRESILI**

**Leap into Resilience**

Join us for a practical course designed to help you build resilience and explore strategies for increasing positivity in your life. This is a practical 3-week course which will help you build on your knowledge and skills for managing stress, bouncing back from setbacks and increasing your confidence and self-awareness.

**Fri 1pm - 3pm**

T3: 15 Aug - 29 Aug (3wks)

T4: 7 Nov - 21 Nov (3wks)

Per Term: \$25, Conc=\$12, NR=\$61

### Fast and Easy Meals

**25ENGLITERA**

**Leap into Literacy**

Learn practical tips to plan fast, easy, affordable and healthy meals. Gain skills in meal preparation and nutrition ensuring a balanced diet and promoting overall well-being.

Free recipes to take home each week.

**Fri 1pm - 3pm**

T3: 8 Aug - 5 Sep (5wks)

Cost: \$50, Conc=\$40, NR=\$109

### Cooking Gluten-Free Meals

**25ENGLITERA**

**Leap into Literacy**

Whether you're a seasoned pro in the kitchen or just starting to explore gluten-free options, this class is for YOU. Learn how to prepare safe, delicious, and gluten-free meals for coeliacs! Free recipe to take home and try each week.

**Mon 1pm - 3pm**

T3: 18 Aug - 15 Sep (5wks)

T4: 13 Oct - 17 Nov (5wks, nc 3/11)

Cost: \$50, Conc=\$40, NR=\$109



# Technology

## Chatbots and AI

**25DLEDIGSKLL**

### Leap into Digital Skills

Discover the world of AI and ChatBots. Course covers ChatGPT and other chatbots and their interactions, using AI for all kinds of aspects including work and daily life tasks, image creation, using AI to manipulate music, and the pitfalls to be aware of!

**Thu 10am - 12pm**

T3: 24 Jul - 7 Aug (3wks)

T4: 9 Oct - 23 Oct (3wks)

Per Term: \$29, Conc=\$22, NR=\$64

## 3D Modelling Using SketchUp

**25DLEDIGSKLL**

### Leap into Digital Skills

Gain practical experience in designing 3D models with the SketchUp APP. Create a 3D Model to design unique items in your spare time, even a new kitchen or continue to further studies in 3D design.

**Wed 6pm - 8pm**

T3 6 Aug - 20 Aug (3wks) - Level 1

T3: 27 Aug - 10 Sep (3wks) - BEG

Per Term: \$29, Conc=\$22, NR=\$64

## Using Mobile Devices & Avoiding Scams

**25DLEDIGSKLL**

### Leap into Digital Skills

Learn the ins and outs of smartphones and tablets, essential apps and features to unlock the full potential of your mobile device. Includes how to protect your personal information, recognize and avoid online threats, and set up secure profiles across platforms.

**Thu 10am - 12pm**

T3: 4 Sep - 18 Sep (3wks)

T4: 20 Nov - 4 Dec (3 wks)

Per Term: \$29, Conc=\$22, NR=\$64

## Introduction to MS Word & Excel

**25SBDEDC009**

### Digital MS Word and Excel

Learn to create professional documents like cover letters and resumes. Gain practical skills and confidence using basic Word and Excel functions to prepare you for work, study or personal pursuits.

**Tue 10.30am - 2.30pm**

T3: 5 Aug - 2 Sep (5wks)

T4: 14 Oct - 18 Nov (5wks, nc 4/11)

Per Term\*: \$81, Conc=\$59, NR=\$199

(\*softcopy of Learner Workbook

included. Hardcopy available at extra cost)

## Digital Essentials Level 2

**25SBDDLE003**

Builds on basic skills for computers and mobile devices, including : using email, using Word, file management, connecting devices, being safe and secure, and more.

**Fri 9.30am - 12.30pm**

T4: 10 Oct - 12 Dec (10wks)

Per Term\*: \$111, Conc=\$79, NR=\$289

(\*softcopy of Learner Workbook

included. Hardcopy available at extra cost)

## Basics of Bookkeeping with XERO

**25DLEDIGSKLL**

### Leap into Digital Skills

Learn bookkeeping basics using the Xero online app. Covers invoicing, tracking expenses, reconciling accounts, preparing financial reports and more.

**Wed 6pm - 8pm**

T4 29 Oct - 12 Nov (3wks)

T4: 19 Nov - 3 Dec (3wks)

Per Term: \$29, Conc=\$22, NR=\$64



# Work & Life Skills

## Modern Administration Skills Essentials

**25SBDEDC002**

### Office Skills 2

Build confidence, sharpen essential skills to thrive in modern office environments. Learn to plan meetings, create professional documents, gain real-world insights into office practices and expand your employability opportunities.

**Sat 9.30am - 1.30pm**

T4: 11 Oct - 6 Dec (8wks, nc 1/11)

(Plus 2hrs independent learning)

Cost: \$137, Conc=\$100, NR=\$339

## Digital Online Comms Platforms

**25DSJOLCOMM**

Explore Office 365, OneDrive, Teams, Microsoft cloud programs, and Zoom. Develop skills in online collaboration, troubleshooting, file transfer, video communication, organization, and storage.

**Mon 1pm - 3pm**

T4: 10 Nov - 8 Dec (5wks)

Cost\*: \$40, Conc=\$30, NR=\$100

(\*softcopy of Learner Workbook included.

Hardcopy available at extra cost)

## Woodwork Project

**25EMPINTCAR**

### Introduction to Carpentry & Beyond

Learn about timber materials and fastening methods. Gain confidence in using hand and power tools such as planes, drills and bandsaws.

Term 3 project will focus on making a spice rack.

Term 4 project will be a tool caddy for the home or garden.

**Thu 9.30am - 12pm**

T3: 31 Jul - 18 Sep (8wks)

T4: 9 Oct - 27 Nov (8wks)

Per Term: \$101, Conc=\$79, NR=\$219

## Fixing Things at Home

**25ENGLITERA**

### Leap into Literacy

Learn to use a variety of hand tools to fix minor repairs at home. Covers the language of fixing things, drilling holes in different surfaces, fixing squeaky hinges, clearing blocked drains, caulking joints, understanding fuse boxes and more.

**Thu 1pm - 3pm**

T3: 14 Aug - 11 Sep (5wks)

T4: 16 Oct - 20 Nov (5wks, nc 6/11)

Per Term: \$50, Conc=\$40, NR=\$109

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**Alamein Neighbourhood & Learning values diversity. We foster an inclusive environment where individual differences among us, including but not limited to differences in race, religion, colour, age, gender, national origin, culture, sexual orientation, physical or mental capabilities, and family and socio-economic status are recognised and respected.**

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# Health & Wellbeing



# Community Activities & Events

## Yoga Classes\*

**Gentle: Mon 4.30pm - 5.30pm**

**Gentle: Mon 5.45pm - 6.45pm**

**Intermediate: Mon 7pm - 8pm**

T3: 21 Jul - 15 Sep (9wks) \$140

T4: 6 Oct - 1 Dec (8wks, nc 3/11) \$125

**With Meditation & Relaxation**

**Thu 9.15am - 10.45am**

T3: 24 Jul - 18 Sep (9wks) \$209

T4: 9 Oct - 4 Dec (9wks) \$209

## Pilates Classes\*

**Intermediate- Tue 6.30pm - 7.30pm**

**Foundation - Tue 7.30pm - 8.30pm**

T3: 22 Jul - 16 Sep (8wks, nc 26/8)

\$125

T4: 7 Oct - 2 Dec (8wks, nc 4/11) \$125

**\*Note: Please inform the instructor of any injuries, ailments or pregnancy before class.**

## ACRA SPRING & Twilight Market, SAT 20 SEP & THU 4 DEC FREE

Buy high-quality handcrafted products, grab friends & family and explore what's on offer. For stall enquiries, please email:

acraashburton@gmail.com or

contact Christine on: 9885 8890.

**Sat 20 Sep, 10am - 2pm**

**Thu 4 Dec, 4pm-8pm**

## Alamein Seniors' Group

For local residents aged 65 years & over.

**Social Support Group: Mondays and Wednesdays 10am to 12pm.**

**Chair Based Yoga: Thursdays 11 to 11.30am**

English Conversations: Please contact Centre for details.

## Career Support Consultation FREE

Looking for work or unsure about employment? Looking for support with: finding a job, resume and letter writing, interview skills and more. Please contact Centre for details.

## Alamein Men's Shed, Tuesdays

Open to Boroondara men, all ages and by invitation. Registration required.

**9.30am - 11.30am and**

**12.30pm - 2.30pm**

Cost: \$40 per term

## Chatty Cafe, Wednesdays

Everyone welcome to join our chatty cafe for a chat, a snack & a drink.

**Wed 10.30am-11.30am (weekly)**

Cost: Gold coin donation appreciated.

## Discussion Group, Thursdays

**1pm-2pm, 17 Jul, 21 Aug, 18/9, 16/10 & 20/11**

All Welcome.

Cost: Gold coin donation

## Friday Crafts & Games Drop-ins

Meet new friends, test your skills and enjoy great company in craft or games drop-ins. BYO craft project.

**Fridays, Weekly 1pm - 3pm**

Cost: Gold coin donation appreciated.

## The Ashburton Family Drug and Gambling Help Support Group

For family members and friends of loved ones with problematic alcohol, drug or gambling use.

To attend, contact the Hotline on 1300 660 068.

## Coffee Appreciation & More NEW 25ENGLITERA

**Leap into Literacy**

Love coffee? Join us and explore the world of coffee from bean varieties, toasting levels to brew. Learn to make espresso, froth milk, and taste like a pro. Perfect for coffee lovers, aspiring baristas, or anyone wanting better home brews.

**Tue 1pm - 3pm**

T4: 14 Oct - 18 Nov (5wks, nc 4/11)

Cost: \$50, Conc=\$40, NR=\$109

## \*\*\*\*\*How to enrol\*\*\*\*\*

Pick up an enrolment form from the centre during office hours or download one from our website. Payment can be made in person or over the phone by credit/debit card/EFTPOS, cash or EFT.

Westpac Banking details are:

BSB No.: 033-106

Account No.: 11-0866

(Ref. surname & course name)

## CIRCULAR ECONOMY INFO SESSIONS\* FREE

Discover the power of the circular economy! Join our info sessions to learn sustainable practices, reduce waste, and make a positive impact.

**11am - 12pm**

**Wed 2 Jul, 27 Aug, 22 Oct**

## DRAUGHT PROOFING WORKSHOP FOR RENTERS FREE

**SAT 19 JUL 2025**

**11am - 12.30pm**

**Book online:**

[www.boroondara.vic.gov.au/events/renters-draught-proofing-workshop](http://www.boroondara.vic.gov.au/events/renters-draught-proofing-workshop)



## ADULT LEARNERS' WEEK\* FREE

**MON 1 SEP 2025**

**11am - 12pm**

## WOMEN'S HEALTH WEEK\* FREE

**WED 3 SEP 2025**

**12.15pm - 1.15pm**

**\*Call 9885 9401 to book**

**Check website for event details!**