

WHAT ELSE IS HAPPENING AT CLOVERDALE IN TERM 1?

Open Mic Night

Term 1 Open Mic Night is on Friday, March 20 from 7pm. Enjoy an evening of local talent, live music, stand-up comedy and great coffee. Call the centre on 5275-4415 to be part of the lineup at the Cloverdale Community Centre.

Cloverdale Food Swap

Every third Saturday of the month. Come and swap any surplus garden produce or share your homemade preserves or goodies.
All welcome - 9.30am to 11am.

Improve Your English — English Conversation Classes

Supported by volunteers from Aireys Inlet Rural Australians for Refugees, classes run at Cloverdale Community Centre on Monday and Friday from 10am to Noon. Experienced teachers and tutors work with small groups and one-on-one in Speaking and Listening, Reading and Writing.
For inquiries and bookings call Cloverdale on 5275-4415.



CLOVERDALE NEWS

167-169 Purnell Road Corio

Phone: 5275-4415

Email: info@cloverdalecommunitycentre.org.au

Term 1 2020

Cooking for Blokes and so much more

Cooking for Blokes is held in the updated kitchen at Cloverdale every Monday from 11am, starting on February 3.

The program is facilitated by the Australian Red Cross and is a socially inclusive space for men to meet, cook and socialise. Tasty meals are prepared each week and shared with the group and other centre users.

The centre also hosts a wide range of activities and programs. They range from hobby and special interest to pre-accredited training through our Learn Local program.

Our programs run in conjunction with each school term and during school hours. Learn Local courses (listed in this newsletter) are approved job seeker activities and are aimed at helping people pathway to further training and employment.

For more information call 5275-4415.

SERVICES AVAILABLE

PHOTOCOPYING, SCANNING,

PRINTING AND LAMINATING.

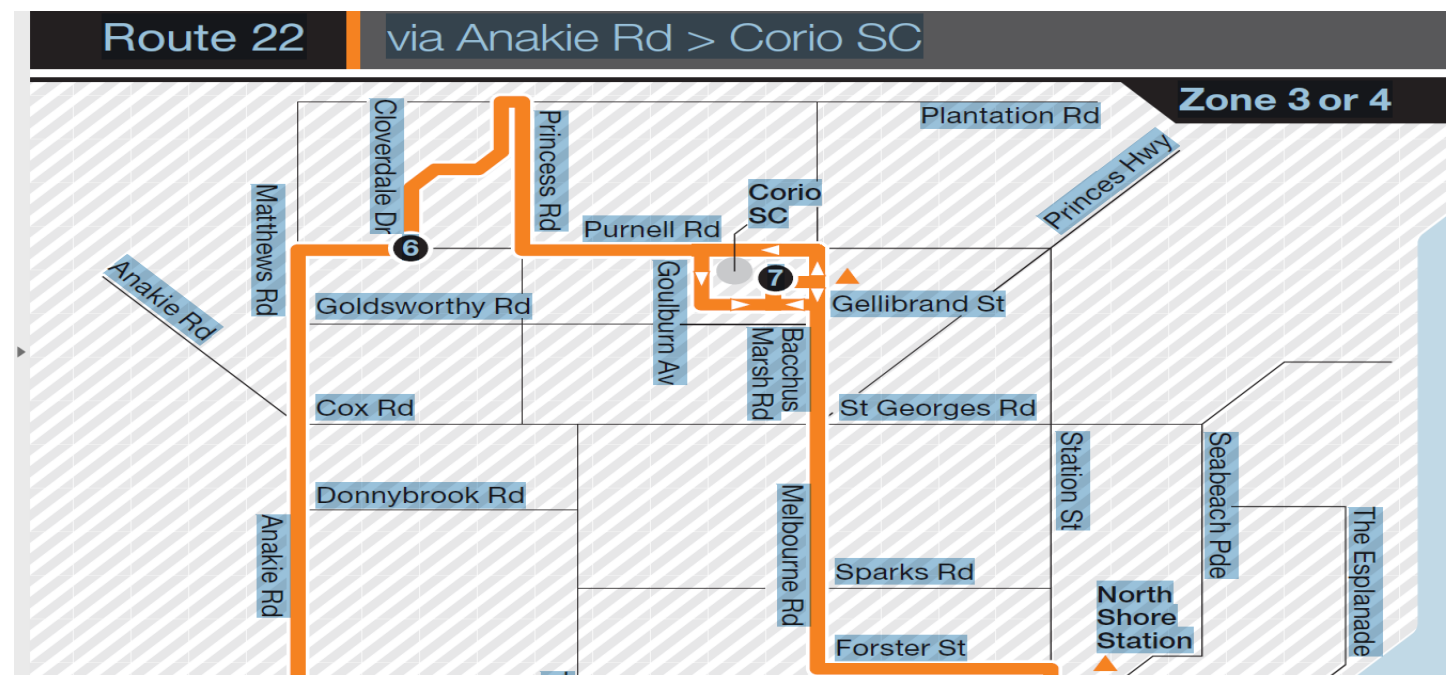
PUBLIC USE COMPUTERS

ROOM HIRE

Please contact the centre
for more information about
room hire.

Getting here

Cloverdale Community Centre is situated on Purnell Road and is accessible by public transport. The number 22 bus route stops across the road in Cloverdale Drive (6) on map below.



Team for wellbeing focus

Cloverdale Community Centre increased its focus on wellbeing in 2019, with formation of a team of specialists dedicated to helping people.

Clinical psychologist Ben Mahoney and experienced social worker Claire Rowe are supported by Debbie Pollitt, who has mental health support qualifications, as their administrator. They are also supported by students on placement whose areas of study are in social work, mental health, youth work and community services.

The team is kept busy providing support for a range of community members. They can help people access psychology appointments, find emergency housing, provide support in court. They can also help with community and social engagement in activities such as cooking and gardening or just be a friendly face to talk to.

A social work drop-in runs every Monday from 9am until 3.30pm, which is free to access. For more information email wellbeing@cloverdalecommunitycentre.org.au.



Term 1 2020

Call to book: Cloverdale 5275-4415

| PROGRAM | Starting | Day | Time | Full Fee | Conc. |
|---|---------------------------|-----------|-------------|----------|-------|
| Computers | | | | | |
| Getting Started with Computers (8 weeks) | February 3 | Monday | 12.30pm-3pm | \$180 | \$90 |
| Developing Computers - the next step (10 weeks) | January 28 | Tuesday | 9.30am-Noon | \$220 | \$115 |
| Vocational and Employment Skills | | | | | |
| Printing and Community Enterprise (PACE) using art to explore the world of enterprise | February 5 | Wednesday | 1pm-3pm | FREE | FREE |
| Literacy and Numeracy | | | | | |
| Maths for Real Life – basic maths to help navigate life. | February 3 | Monday | 9.30am-Noon | | |
| Tell My Story - work with a professional journalist to publish a book about you (8 weeks) | Call for more information | | | \$180 | \$90 |
| Kitchen Operations and Coffee | | | | | |
| Introduction to Kitchen Operations/Barista(8 weeks) | February 4 | Tuesday | 9.30am-3pm | \$180 | \$90 |
| Introduction to Barista (8 weeks) | February 7 | Friday | 9.30am-11am | FREE | FREE |

All courses are subject to sufficient enrolments.

CLOVERDALE ACTIVITIES

MUSIC, ART AND CRAFT

Art@Cloverdale:

Drop in and explore a range of media and techniques in a fun, relaxed and social environment with a professional artist, Gale Jarmyn. Wednesdays, 10am-noon. Starting February 5. \$5 per session.

Cloverdale Singers:

Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays, 10.30am-noon. Starting February 4. \$3 per session.

Ukulele Players:

A great musical gathering for those that have a grasp of the basics and want to refine their skills including; performing, strumming and chord progressions. Beginners session from 9.15am – 10 am \$3 per session, booking essential. Thursdays, 10am-noon. Starting February 6. \$3 per session.

Friday Cloverdale Craft and Knitting Group:

Bring your craft or knitting project and join with Marguerite for a relaxed craft or knitting session. Fridays from noon. Starting February 7. \$2 per session.

Guitar for Beginners:

Learn guitar with our community instructor. Includes basic theory and practice of chord changes, scales, strumming and picking. By appointment only. Ring the centre for more information. \$15 per session.

North Geelong Community Big Band:

Join in with musicians of varying abilities in a dynamic band experience under band-master Ian Burrowes; from brass to strings, vocals and more. Rehearsal is Thursdays from 6.30pm. Bring a plate of food to share for supper. Starting February 7.

FOOD AND GARDEN

Cooking for Blokes:

Cooking for Blokes is held in the updated kitchen at Cloverdale every Monday from 11am, starting on February 3. The program is facilitated by the Australian Red Cross and is a socially inclusive space for men to meet, cook and socialise. Tasty meals are prepared each week and shared with the group and other centre users.

Cloverdale Food Swap: Swap vegies, fruits and plants, preserves, cakes and other produce. Reduce your food miles and join us for coffee and cake. Third Saturday of every month from 9.30-11am. Free.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays, 9.30-10.30am. Starting February 3. \$5 per session.

Yoga: Invigorate your body and soul in our multi-level class and discover the benefits of yoga. Improve your strength, flexibility and health. Mats provided. Thursdays, 7-8pm. Starting February 6. \$12 per session.

No Falls with Dee Martin: A gentle introduction to exercise with a focus on preventing or reducing the risk of falls, achieved through exercises to improve muscle strength, balance and increased mobility. A medical clearance is required. \$5 per session. Tuesdays, 10-10.45am. Starting February 4.

Brazilian Jiu Jitsu

Saturday mornings. Adults from 8.00 to 9.15 am, Children (6-14 year olds) 9.15 to 10 am. Open Class Tuesday from 7.30pm – 9pm. FREE.

T.O.W.N Club (Take Off Weight Naturally)

For information, contact the Club Secretary on 0428-517-364. Meet every Thursday, 9am-11am.

Cloverdale Walking Group

Join a motivated group of community members for a walk and a chat every Wednesday, meeting at 10am at Cloverdale. FREE.

