

## OTHER PROGRAMS

### BROADBAND FOR SENIORS

FREE!!!

Volunteers provide 1-2 guided sessions.

More information call 9645 1476

Venue MPCC

**MINI MAESTROS** Music program for pre-school children. Builds confidence and fosters a love of music. Classes for age groups from 6 months to 5 yrs. Contact Janet on 0425 806 037

**WATERFRONT WELCOMERS** If you're passionate about Port Melbourne and love meeting new people, the Waterfront Welcomers are keen to welcome you aboard as a volunteer. For more information contact us on 9645 1476

## Port Melbourne Neighbourhood Centre Inc.

Corner Nott and Liardet Streets

Office Hours: **Monday - Friday 9.30 am - 4.30 pm**

Phone: **9645 1476**

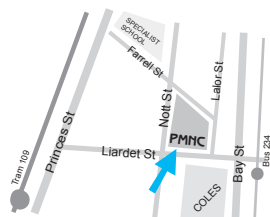
Fax: 9645 4539

Email: [admin@pmnc.org.au](mailto:admin@pmnc.org.au)

Web: [www.pmnc.org.au](http://www.pmnc.org.au)

Postal Address: **PO Box 721**

**Port Melbourne, VIC 3207**



## CLASS / GROUP VENUES

**Port Melbourne Neighbourhood Centre (PMNC)** Corner Liardet & Nott Sts (Melway Ref: 2J E4-E5)

**Port Melbourne Community Rooms (PMCR)** (above old library) Upstairs, 147 Liardet St (Melway Ref: 2J E4-E5)

**South Melbourne Community Centre (SMCC)** Corner Park St & Ferrars Place (Melway Ref: 2K B4)

**Elwood St Kilda Neighbourhood Learning Centre (ESNLC)** 87 Tennyson Street, Elwood (Melway Ref: 67 D2)

**Sol Green Recreation Centre (SGRC)** Corner Coventry & Montague Sts, South Melbourne (Melway Ref: 2J K2)

**Dig In Community Garden (DICG)** Murphy's Reserve, Williamstown Rd, Port Melbourne (Melway Ref: 2J B2)

**Fishermans Bend Community Garden (FBCC)** Corner Dunstan Pde & Centre Ave, Garden City (Melway Ref: 56/H2)

**Sandridge Trugo Club (STC)**, 1 Tucker Ave, Garden City (Melway Ref: 56 K2)

**Middle Park Community Centre (MPCC)** 254 - 256 Richardson St Middle Park, (Melway Ref: 2K / E11)

## ROOM HIRE

Looking for a space to run a course or hold a meeting or a function?

We have well equipped community spaces which can cater for small groups to large workshops. [www.pmnc.org.au](http://www.pmnc.org.au)

Contact: Deb King, ph. 9645 1476, email: [finance@pmnc.org.au](mailto:finance@pmnc.org.au)

**PAYMENTS:** You need to pay when you enrol to guarantee your place. CASH or CHEQUE or ELECTRONIC TRANSFER ONLY. Please see enrolment form for instructions.

**DONATIONS:** Donations over \$200 are tax deductible. Please contact us for more information. **Incorp. No. A0011788B**

Port Melbourne Neighbourhood Centre reserves the right to alter, cancel or otherwise modify the information, which is correct as of March 2018.

We gratefully acknowledge the support of our funders:



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# Port Melbourne Neighbourhood Centre Inc.

## TERM 2

April - June 2018

FOR COMPUTERS FOR BEGINNERS

INTRO TO IPAD

MAKE YOUR MARK

For more information visit our website [www.pmnc.org.au](http://www.pmnc.org.au) or call 9645 1476

Port Melbourne Neighbourhood Centre Inc. is a non-profit community-based organisation. We are at the heart of an active, vibrant and engaged community.

## COMPUTERS

Learn IT skills in a friendly and stimulating atmosphere with our experienced teacher.



**COMPUTERS LEVEL 1 (basics)** Mondays 1 - 3.30 pm  
Computers for beginners with intro to the pc, email and Internet.  
20 hours over 8 weeks. Cost: \$50 conc.\*/ \$80\*\* Venue: PMNC

**INTRO TO iPad** Thursdays 2 - 4 pm  
Learn to navigate, customise, download apps, email and more.  
6 hours over 3 weeks. Cost: \$50 conc.\*/ \$80\*\* Venue: PMNC

**IT FOR CUSTOMER SERVICE**  
Specially designed training for staff & volunteers working in customer service, reception & office admin. Includes: understanding office IT terminology, file management, advanced Outlook, Excel & Using office equipment. Fridays 2 - 4.30 pm  
8 weeks. Cost: \$50 conc.\*/ \$80\*\* Venue: PMNC

Personal Computer Training also available.

## HEALTH & WELLBEING

**EXERCISE FOR ALL AGES** Cost: \$5 per session  
Mondays 9.15 - 10 am Venue: SGRC  
Fridays 9 - 9.45 am Venue: PMNC

**STRETCH CLASS** **NEW!** Cost: \$5 per session  
Tuesdays 9.15 - 10 am Venue: SGRC

**TAI CHI** Cost: \$5 per session  
Tuesdays 9.30 - 11 am Venue: SMCC

**ACCESSIBLE YOGA** for participants with mobility issues.  
Gentle guidance through simple stretches, breathing and relaxation.  
Cost: \$20 / 4 weeks prepay. HCC conc. card holders only. Thursdays 10 - 11 am Venue: PMCR

**STRENGTH TRAINING FOR OVER 50's** Working out with weights and getting fit. Everyone is welcome. Venue: PMNC  
Wednesdays 9.15 - 10 am Cost: \$5 per session

**OPEN HEART MEDITATION DROP IN GROUP**  
Cost: \$5 per session Mondays 7.30pm - 8.30pm  
Call Rani on 0405 405 757 or email ranib@starnext.com.au

**ALIVE AND AWARE** We design and bring our wellbeing workshops to you! Workshops include, yoga, meditation, men's health and more. We can link you into other programs. **NEW!**  
Various times and locations.  
Free to disadvantaged groups. Call for more info on 9645 1476

## RECREATION GROUPS FOR PEOPLE WITH MENTAL HEALTH ISSUES



**MONDAY DROP IN** Mondays 11 am - 3 pm  
Cost: Donation for meal and activity. Venue: SGRC

**WOMEN'S ACTIVITY GROUP** every 2<sup>nd</sup> Friday 12.30 - 3.30 pm  
Cost: \$5 per session. Requires booking. Venue: PMNC

## ACTIVITIES



**DIG IN COMMUNITY GARDEN** Community garden plots  
Cost: \$30 - \$70 p/y. Call us for more info.  
Working Bee 1st Sunday of month 11 am Venue: DICG

**FISHERMANS BEND COMMUNITY GARDEN**  
Community garden plots. Call us for more information.  
Cost: \$20 p/y Venue: FBCC

**BEGINNERS BRIDGE** CALL US FOR MORE INFO ON 9645 1476  
FREE!!! Donation for refreshments. Venue: PMNC

**BRIDGE - SUPERVISED COURSE** Thursdays 1.30 - 4 pm  
Cost: \$5 per session Venue: PMNC

**DUPLICATE BRIDGE** For experienced duplicate Bridge players  
Clinic and refreshments included. Wednesdays 1 - 4 pm  
Cost: \$10 per session Venue: PMNC

**SCRABBLE** Wednesdays 2 - 4 pm  
Donation for refreshments. Venue: PMNC

\* Please enquire about our fee structure for ACFE funded courses

\*\* Non-permanent Australian resident price is \$100

\*\*\* PMNC free for concession card holders and unemployed

## EDUCATION FOR LIFE

**SPEAKING OUT** A communications & leadership course for people living in public or social housing.  
9 weeks. Cost: Free Wednesdays 11 am - 3 pm

**ENGLISH AS A SECOND LANGUAGE**  
Improve skills in reading, writing, listening and speaking.  
Grammar, pronunciation, conversation, current affairs and more!  
Beginners / Intermediate Tuesdays 9.30 am - 12.30 pm  
10 weeks. Cost: \$35\* / \$50 / \$90 Venue: PMNC

**READING AND WRITING** Tuesdays 1 - 4 pm  
Improve your literacy and numeracy skills. Venue: PMNC  
10 weeks. Cost: FREE / \$50 / \$90\*\*

**STORIES OF THE SOUTH SIDE**  
14 weeks x 3 hrs. Cost: FREE Wednesdays 1.30 - 4.30 pm  
More info on 9645 1476 or admin@pmnc.org.au

**ARCS (Applied Reception & Customer Service) Training**  
Innovative learning program in a **small group setting** teaching **real-life work skills** in on-the-job environment, combined with classroom & project based learning. 6.5 hrs per week over 6 mths  
Req: Australian Citizenship or PR  
Thursdays 12 - 3 pm Venues: PMNC & ESNL  
More on www.pmnc.org.au, 9645 1476 or training@pmnc.org.au

**MAKE YOUR MARK** Young artists - learn business skills from successful creative industry experts & start your own creative enterprise. Thursdays 6.30 - 9 pm  
8 weeks. Cost: FREE\*\*/ \$15 per session Venue: PMNC

## ART & PERFORMANCE



**CITY OF VOICES COMMUNITY THEATRE**  
Learn performance skills & participate in theatrical productions.  
All welcome. Contact us for details on how to become involved.  
Wednesdays 5 - 7.30 pm Venue: SMCC

**DROP IN ART** Mondays 1.30 - 3 pm  
Relaxed environment. No artistic skills needed. Materials supplied.  
Cost: \$5 or \$2.50 conc. Venue: PMNC

**SHARE & CARE ENTERTAINERS** Wednesdays 12.30 - 2pm  
We tap dance and entertain the community. All ages group.  
New members & beginners welcome. Cost: \$7 per session  
Contact Carol on 9645 2369 Venue: FBCC

**ROARHOUSE** A vibrant, socially inclusive live showcase of music, spoken word, poetry & performance arts. Events at various venues. Please join us! www.roarhouse.org

**SOUTHSIDE VOICES** This is a brand new choir for people who sing for enjoyment. You'll learn to sing in a variety of styles and develop skills in songwriting, harmonising, breathing techniques, confidence, projection and much more. Tuesdays 1.30 - 3.30 pm  
Cost: FREE Venue: SMCC  
Contact us for more details on 9645 1476 **NEW!**

## FAMILY FRIENDLY

**GET OUT OF TOWN FREE!!!**  
School holiday family program. Great free activities for concession card holders. 3 day activities per term  
Call us for more info on 9645 1476

## VOLUNTEER

**WANT TO RUN A GROUP OR HELP YOUR COMMUNITY?**  
We have plenty of opportunities. For more information contact Denise on 9645 1476 or email: volunteer@pmnc.org.au

## COMING UP IN APRIL!

### Street Art Port launch

For more info call 9645 1476 or email admin@pmnc.org.au