

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.

Port Melbourne Neighbourhood Centre Inc.

Corner Nott and Liardet Streets

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

Phone: **9645 1476**

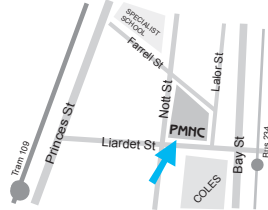
Fax: 9645 4539

Email: admin@pmnc.org.au

Web: www.pmnc.org.au

Postal Address: **PO Box 721**

Port Melbourne, VIC 3207



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)

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
Contact: Deb King, ph. 9645 1476, email: 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 June 2018.

We gratefully acknowledge the support of our funders:



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TERM 3

July - September 2018

LEARNING
THE BEST
WINTER WARM-UP!

COMPUTERS
FOR
BEGINNERS

MAKE
YOUR
MARK

For more information visit our website
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

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 Cost: \$10 per session
Tuesdays 9.15 - 10 am Venue: SGRC

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

ACCESSIBLE YOGA for participants with mobility issues.
Gentle guidance through simple stretches, breathing and relaxation.
Thursdays 10 - 11 am Cost: \$5 per session
Venue: PMNC

BARRE Developing strength, flexibility and balance through
your Hips and Core. Everyone is welcome. Venue: PMNC
Wednesdays 9.15 - 10 am Cost: \$5 per session

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 4.30 - 7 pm Venue: SGRC



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: TBC
Contact us for more details 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 2nd Friday 12.30 - 3.30 pm
Cost: \$5 per session. Requires booking. 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 & ESNLC
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

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

FAMILY FRIENDLY

GET OUT OF TOWN
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