



Term 4
2024

7 October - 13 December

Program Guide Term 4

PRAHRAN PLACE NEIGHBOURHOOD
CENTRE

40 Grattan Street, Prahran 3181
Phone 9510 7052
hello@prahranplace.org.au

prahranplace.org.au

Be Creative

Creative Expression Through Art

Our art classes are open to everyone and taught in a safe and spacious studio (mobility chair friendly) by Lindsay, an established artist. Carers and support workers are welcome to attend.

\$90 - \$390 per term*

Mondays
1.30pm - 4pm



Inclusive Arts

These classes are designed to be accessible to all members of our community (mobility chair friendly). Our art teacher Isabel fosters a supportive environment where everyone feels encouraged to get involved. Carers and support workers are welcome to attend.

\$90 - \$390 per term*

Tuesdays
9.30am - 12pm or
12.30pm - 3pm



Studio Arts

Want to take your art to the next level? Our teacher Isabel, helps to build confidence in various techniques, styles and approaches, providing the next step to progress into further study, seek employment or seek volunteering opportunities within creative art industries.

\$90 - \$390 per term*

Wednesdays
9.30am - 12pm
or
12.30pm - 3pm



Watercolours

Join established artist, Lindsay in this relaxing class and learn a range of techniques to create beautiful paintings. All abilities welcome. All materials provided.

\$350 per term

Mondays
6pm - 8pm

Drawing & Portraiture

Join Lindsay in this class where you will learn all the fundamentals of portraiture, from realism in facial features to skills in observational drawing. Bring in photos of a loved one that can be used by the end of the course to create a personal portrait.

\$350 per term

Tuesdays
6pm - 8pm

The Crochet Connection

A gathering that brings together crochet enthusiasts and newcomers alike in a welcoming and creative environment. Whether you are picking up a crochet hook for the first time or looking to share your expertise with others, this welcoming group is for you.

\$2 per session or \$10 per term

Fridays
12.30pm - 2.15pm

Cook

Cook Well, Eat Well - NDIS Friendly

This class is open to participants of all abilities as we travel around the culinary world duplicating easy to cook recipes from different countries. We also explore the health benefits of fresh food and create simple budget conscious recipes for you to cook at home.

\$600 per term

Fridays
9.30am - 12.30pm
or
1.15pm - 4.15pm

Community

Frozen meals and pantry items FREE

Prahran Place receives donations of frozen meals, fresh produce and pantry items. Drop by if you are in need between 9am and 4pm Monday to Friday. Also please donate non perishable items to help others in need!

FREE - Limited quantities available

Collect Monday to Friday from 9am - 4pm

Mens Circle at Prahran Place

This circle is an opportunity for any man who wishes to speak or listen from a deeper place.

Enquiries to lukeowenlaux@gmail.com

1st and 3rd Wednesday of the month
7pm - 8.30pm

Men's Social Group

A supportive and inclusive environment for men to discuss topics and upcoming activities. Newcomers welcome!

Gold coin per session or \$10 per term

Wednesdays
1.30pm - 3pm

Women's Circle NEW

Providing opportunities for women to connect with each other and feel strong, healthy and supported. Fortnightly sessions.

Gold coin donation

Thursdays
1pm - 2.30pm

Reconciliation Stonnington

Meeting monthly to discuss and educate themselves on reconciliation issues, this group's aim is to promote a deeper understanding and respect between Indigenous Australians and the wider community

Enquiries to kgove@ozemail.com.au

2nd Wednesday of the month
6pm - 7.30pm

Knitters of The Round Table FREE

Basic knitting skills are required. All materials are supplied. This friendly group makes blankets, toys and other items to donate to those in need.

FREE

Wednesdays
12.30pm - 2.30pm

Chatty Café

Join us for a cuppa and a light morning tea and make new friends. Meet the Walking Group beforehand for a stroll around the neighbourhood to make the most of your mornings!

Gold coin donation

Wednesdays
10.30am - 11.30am

The Culture Collective NEW

This group gathers monthly to dive into books, films, music or any topics that catch your interest. Led by Jan and Colleen, it's a new initiative keen on establishing a curious and friendly community.

\$12 per term

4th Wednesday of the month
6.30pm - 8pm

*Call us to discuss the fee structure that applies to you.

Please note, course times may change due to unforeseen events. Class subject to cancellation or reschedule if minimum enrolment not met.

Health and Wellbeing

Heart Foundation Walking Group

FREE

Join us on Wednesday mornings for a leisurely stroll around the local neighbourhood while enjoying a chat and all the benefits of exercising. Stay on for Chatty Café and enjoy a cuppa and a light morning tea.

Wednesdays
9.30am - 10.30am

FREE

Fast Paced Friday Walking Group

FREE

This Friday morning walk is a great chance to have a brisk walk with others, and enjoy a coffee at completion. Walk approximately 5km in an hour.

Fridays
9.30am - 11am

FREE

Ageless Grace - Brain Health for Seniors

NEW

A unique, fun and stimulating program designed to keep your brain sharp and your body agile as you move through your senior years. A cardio workout even if done from the comfort of your chair.

Mondays
1.30pm - 2.15pm

For all levels of fitness.

\$115 - \$135 per term*



Yoga on Mondays

These yoga classes are intended to provide a welcoming space for all ages, body shapes and backgrounds. We explore ancient yoga practices to help support us through these busy modern times. This class is suitable for all abilities and our experienced teacher Wendy will attend to your individual needs.

Mondays
10am - 11am

\$128 - \$150 per term*

\$17 per class (casual rate), subject to availability

Yoga on Fridays

In our yoga class you will be guided through a series of movements and foundation postures which will stretch and strengthen your limbs while deepening your breath and relaxing your mind. The classes are suitable for all levels and abilities. Individual needs will be attended to by our experienced teacher Louise.

Fridays
3pm - 4.15pm

\$128 - \$150 per term*

\$17 per class (casual rate), subject to availability

Zumba Gold

This is an easy-to-follow class based on Latin dance moves that help you stay fit while having fun. No previous experience is needed. Benefits include improved, strength, flexibility, coordination and greater cardiovascular fitness - all while feeling happier and more energised.

Fridays
9.15am - 10am

\$128 - \$150 per term*

\$17 per class (casual rate), subject to availability

Learn

Creative Writing

In this course taught by author Murray Middleton, learn the craft of writing short stories and poetry. From the foundations of inspiration, narrative, character and place to rhythm, breath and purpose, each student will be encouraged to unearth the creative potential of their own minds.

Wednesdays
9.30am - 12pm
12.30pm - 3pm

NEW



\$60 - \$300 per term*

Learn Conversational English 1 & 2

Level 1 is a friendly English conversation class to help participants gain confidence in their speaking, listening and reading skills - improving their ability to interact with people during everyday activities.

Mondays
L1 12.45pm - 2.45pm

Level 2 is an intermediate level conversation group to practice speaking English in a supportive and relaxed environment.

L2 10am - 12pm



\$40 - \$290 per term*

Digital Essentials

Smart Devices - mobiles and tablets - Want to be tech savvy? Using your own smart phone or tablet in a supportive classroom environment, this pre-accredited program covers a broad range of tech topics. Learn smartphone functions, emails, apps and staying safe online.

L1 - Tuesdays
10am - 12.30pm,
1pm - 3.30pm
or
Thursdays
1pm to 3pm

Intro to computers (L2) - Have the basics already covered? This Level 2 pre-accredited program will extend learners' understanding of technology. Build email skills, create documents, connect devices and find information online.

L2 - Thursdays
9.30am - 12pm



\$45 - \$280 per term*

Digital Skills for Jobseekers

NEW

Equip yourself with the essential skills and knowledge needed to effectively navigate the job market. This course provides practical strategies and hands on experience to improve job readiness and employability.

Thursdays
1pm - 3pm

\$40 - \$280 per term*



Fundamentals of Photography

This course is designed to teach you about digital photography. It covers the fundamentals such as understanding camera operations, the principals of lighting, image composition and beyond! Use your newfound knowledge as a stepping stone for advanced photographic studies or to start your own small business. Suitable for digital or smart phone camera users.

Tuesday 2pm - 4.30pm
(NDIS)

NEW

Thursdays
5.30pm - 8pm



\$55 - \$380 per term* (8 sessions)

Intro to Sewing

Learn the basics of sewing while improving confidence and communication skills. This course is perfect for the absolute beginner and those with some knowledge. If you've always wanted to try sewing or need a refresher, this course will cover both hand and machine sewing. Includes most materials - use our machines or bring your own.

Fridays
9.30am - 12pm or
1pm - 3.30pm



\$95 - \$350 per term*

Workshops

Japanese Ink Painting - Cherry Blossoms Workshop

Junko Azukawa returns to Prahran Place to guide you in painting cherry blossoms using Japanese sumi-e ink techniques. Learn about different ink tones and brush techniques to create simple and expressive paintings on Japanese Washi Paper. All materials provided.

\$75

Saturday
1pm - 3.30pm
26th October

Pop Art Acrylic Painting Workshop

Join artist Camila Paz in learning acrylic painting techniques to create eye catching pop art in a two part workshop. And take home your very own masterpiece.

Suitable for all ages (primary school students, teens and adults). All materials provided.

\$45

Saturday
10am - 1pm
5th October or
9th November
Or

Thursday
6pm - 8.30pm
24th October

Watercolours in Spring (flower) Workshop

Unleash your creativity and welcome the vibrant colours of Spring with our watercolour workshop designed for everyone, from beginners to seasoned artists! This workshop is the perfect opportunity to create beautiful floral masterpieces with the wonderful Camila Paz.

\$95

Saturday
6pm - 8.30pm
3rd & 10th
October




Design your own Holiday Greeting Card Workshop

Join us for a festive and creative workshop where you will learn to design and create your own set of personalised holiday greeting cards. Get your greeting cards organised early and delivered to your loved ones on time.

Suitable for all ages (ages 8+, teens and adults). All materials provided.

\$25

Saturday
10am - 12pm
7th December 

Upholstery for beginners

Reinvigorate your tired furniture or create new cushions and accessories with guidance from Amber, a professional upholsterer. Amber now teaches how to upcycle and preserve furniture, making it fun and rewarding. Perfect beginner projects include dining chairs, footstools, or bridge chairs. Once you've mastered those, you can progress to more complex pieces!

\$300

Wednesdays
5pm - 7.30pm

9th October -
20th November
(7 weeks)



Novel Writing for Beginners

Do you want to write a book but not sure how? You have great ideas but wondering where to start? You're not alone. Learn how to build a compelling plot, create dynamic characters, write realistic dialogue, and, much more. This four week writing workshop with Adam vanLangenberg will allow you to develop your writing and editing skills.

\$140 per term

Tuesdays
6.30pm -
8.30pm
8th - 29th
October
(4 weeks)

Memory Lane Workshop

Join Nina Fromhold, founder of Memory Lane Life Stories in a workshop about preserving your family history through audio recordings. Make a truly meaningful gift you can give your family and the people who love you.

Gold coin donation

Friday
10.45am - 11.45am
11th October

Room Hire

Rooms and studios are available for hire on a casual or permanent basis, perfect for birthday parties, workshops and social group activities. Book our versatile spaces including a children's room, kitchen, studio, and lab for your next event. Visit prahranplace.org.au/room-hire-4 or scan the QR code to learn more and book today.



SCAN ME

Prahran Place would like to acknowledge the generous support from our volunteers, students and the following funding bodies:



How do I book?

The easiest way is to go online to: prahranplace.org.au/courses-and-programs

Or drop in and see us between 9am and 4pm at 40 Grattan Street, Prahran - located in the beautiful Grattan Gardens.



SCAN ME

