

# Term 1 Program Guide

28 January - 04 April



2025

Discover, learn and connect

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[prahranplace.org.au](http://prahranplace.org.au)

**PRAHRAN PLACE** NEIGHBOURHOOD  
CENTRE

# Health and Wellbeing

## Heart Foundation Walking Group FREE

Join us on Wednesday mornings for a leisurely stroll around the local neighbourhood, and enjoy a coffee at completion.

Wednesday  
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.

Friday  
9.30am - 11am

FREE

## Ageless Grace - Brain Health for Seniors

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.

For all levels of fitness.

**\$85 - \$100 per term\***

**\$12 per class (casual rate)**, subject to availability

Monday  
1.30pm - 2.15pm

## Yoga

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 teachers ??? and Louise will attend to your individual needs.

**\$128 - \$150 per term\***

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

Monday  
10am - 11am  
or  
Tuesday  
7.30pm - 8.30pm  
or  
Friday  
3pm - 4.15pm

## 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.

**\$128 - \$150 per term\***

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

Friday  
9.15am - 10am

## Get Fit (Coming in 2025)

Prahran Place group fitness sessions! Tailored for all fitness levels. These 50-minute workouts boost mobility, cardio, and strength. Stay tuned for updates and Get Fit launch details!

Coming Soon in 2025

# 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**

Friday  
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!

Collect Monday to Friday from 9am - 4pm

**FREE - Limited quantities available**

## Men's Social Group

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

**Gold coin per session or \$10 per term**

Wednesday  
1.30pm - 3pm  
22nd January to 2nd April (11 weeks)

## Women's Circle

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

**Gold coin donation**

Thursday  
1.30pm - 3pm

## 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](mailto: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

Wednesday  
12.30pm - 2.30pm

## The Bookish Collective

Do you crave literary discussions and the opportunity to connect with fellow readers in your community? Come join us once a month in establishing a curious and friendly community.

**\$12 per term**

3rd Monday of each month  
2pm - 3.30pm



# Be Creative

## 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 \$12 per term**

Friday  
12.30pm - 2.30pm  
17th January to 4th April (12 weeks)

\*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.

\*Learn Local courses are funded and endorsed by the Adult, Community and Further Education (ACFE) Board.

## 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\***

Tuesday  
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. She provides the next step to progress into further study, seek employment or seek volunteering opportunities within creative art industries.

**\$90 - \$390 per term\***

Wednesday  
10am - 12.30pm



## LGBTQIA+ Art Program

Express yourself in our LGBTQIA+ Art Program! A safe, inclusive space to explore creativity, connect with others, and celebrate identity through vibrant art projects. All skill levels welcome!

**\$90 - \$390 per term\***

Tuesday  
6pm - 8pm



## Watercolour and Portrait Art Course

Learn a range of techniques to create beautiful artwork. Students can alternate between portraiture and watercolours as they wish. Suitable for all levels.

**Enquiries to Lindsay 0413 870 387**

Monday  
6pm - 8pm  
3rd February  
to 31st March  
(8 weeks)

# Learn

## 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.

**\$70 - \$275 per term\***

Friday  
9.30am - 12pm or  
12.30pm - 3pm  
Thursday  
5.30pm - 8pm



## LN for Early Childhood Education NEW

**Level 1:** This preaccredited program offers the ideal foundation to build the skills and confidence needed to enter the childcare industry.

**Level 2:** The bridging course for the Certificate III in Early Childhood Education and Care. Designed to support learners to gain vocationally contextualised foundation skills through practical and applied learning activities.

**\$80 - \$430 per term \***

L1: Tuesday  
10.00am - 3.00pm  
L2: Thursday  
12.30pm - 3pm



## Life Skills for People with a Disability NEW

Our Life Skills program empowers individuals with intellectual disabilities through practical activities that build essential social, literacy, and numeracy skills. The course emphasizes health, wellbeing, and supports participants to develop everyday life skills for greater independence and confidence.

**\$70 - \$420 per term\***

Thursday  
9.30am - 1.30pm



# 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.

**\$50 - \$190 per term\***

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

Monday Evening  
6pm - 8pm

NEW



## 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.

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

**\$40 - \$230 per term\* (8 weeks)**

Monday  
L1: 12.30pm - 3pm  
L2: 9.30am - 12pm



## Digital Essentials

### Digital Essentials: Smart Devices (Level 1)

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.

### Digital Literacy for Adults: Computers (Level 2)

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.

### Office Skills (Level 3)

Build your skills and confidence for a modern office environment. This advanced module covers PowerPoint, Excel, zoom, scheduling, and how to create professional documents.

**\$45 - \$280 per term\***

L1: Tuesday  
10am - 12.30pm,

L2: Tuesday  
1pm - 3.30pm

L3: Thursday  
9.30am - 12.30pm



## Introduction to MS Outlook & Email NEW

Enhance your digital literacy for personal and career success, this course helps you master Microsoft Outlook and Email communication to increase your chances of employment.

**\$40 - \$150 per term\***

Thursday  
1pm - 3pm



## Photography Beginners

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.

**\$55 - \$290 per term\* (8 sessions)**

Thursday  
5.30pm - 8pm  
7 weeks + 1 Sat



## Job Readiness (Online)

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

**\$40 - \$280 per term\***

Thursday  
Contact us for times



# Workshops

## Japanese Pottery Workshop

Join Naoko Coghlan in this workshop to learn about Japanese style pottery and create your very own mini bowl or cup. After the workshop your pottery will be professionally trimmed, fired and glazed ready for collection to use or gift to someone special. All materials provided.

Saturday  
29th March  
10am - 12pm

\$145

## Shibori Tie Dyeing

Try shibori dyeing to create a beautiful scarf. Shibori is a Japanese dyeing technique that results in beautiful patterns in indigo colour. Unlike ordinary tie dye, shibori requires the use of thread to create the six main types of shibori patterns.

Saturday  
15th March  
10am - 12.30pm

\$65

# Language

## Japanese Classes for Beginners

Whether it's for travel, work or to communicate with new friends, you'll get great fun and satisfaction from studying Japanese.

Learn to read, write and speak in Japanese while you learn about the culture, history and traditions of this amazing country.

\$250 (textbook included)

Tuesday  
6pm - 7.30pm  
(8 weeks)

## Italian Classes for Beginners

Ready to unlock a new language? Our beginner Italian course is your gateway to mastering essential phrases, building conversational confidence, and connecting with vibrant Italian-speaking cultures.

Small, interactive classes with a focus on conversation.

\$250

Wednesday  
6pm - 7.30pm  
(10 weeks)

## Portuguese Classes for Beginners

Portuguese for travel classes.

If you're dreaming of exploring the vibrant streets of Lisbon, the sunny beaches of Brazil, or the rich culture of Mozambique, start your journey here.

Small, interactive classes with a focus on conversation.

\$250

Thursday  
3.30pm - 5.00pm  
(10 weeks)

## Upholstery for beginners

Reinvigorate that tired piece of furniture or create a new cushion and accessories with your tutor Amber who is a professional upholsterer. Ideal projects to begin with include dining chairs, footstools or bridge chairs. After you've mastered those, move onto something more complex!

Wednesday 5pm - 7.30pm

19th February to 2nd April  
(7 weeks)

\$300

## Japanese Ceramic (Tea Bowl Design)

Design your own unique ceramic tea bowl or travel cup! Decorate with Japanese-inspired transfers, underglaze, and creative flair. Naoko will guide you through the process, with glazing and firing included. All materials provided.

Contact us for details

# Children

## Yoga with Toddlers

Yoga for toddlers - Stretch, breathe, bond and meet other parents! Our Yoga for Parents with Toddlers class offers gentle movements, mindful play, and quality connection time — all while keeping a watchful eye on your child! BYO mats.

Monday  
9.30am to 10.30am

\$110 per term Or \$11/session (10 sessions)

Followed by playgroup 10.30am to 11.30am (complimentary when booking into yoga with toddlers)

## Playgroup

Prahran Place Playgroup provides children aged 0 to 5 years with an indoor and outdoor space for parents and/or carers to attend with children and experience play in an unstructured, open-ended way with a large variety of toys and equipment.

Mondays  
10.30am - 11.30am  
20th January to 7th April

\$10 per term (10 x 1hr sessions - Monday)

\$22 per term (11 x 2hrs sessions - Thursday)

Thursday  
9.30am - 11.30am

23rd January to 3rd April

## 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](http://prahranplace.org.au/room-hire-4) or scan the QR code to learn more and book today.



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](http://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.

