

Adult Education - Creative Groups - Health and Wellbeing -
Playgroups

PRAHRAN PLACE

TERM 2 PROGRAM GUIDE



**20 APRIL
TO 26 JUNE**

**NEW Ceramic
Hand
Building
Course**

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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. Minimum 2km walk.

Wednesday
9.30am - 11.30am

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 - 11.30am

FREE

Meditation on Twin Hearts FREE

Join us for a gentle 45-minute guided group meditation designed to reduce stress, improve focus and increase overall wellbeing. Practised in more than 120 countries, Meditation on Twin Hearts helps clear negative thinking, enhance inner peace and support emotional balance. Each session includes meditation practice plus simple breathing techniques you can use at home to promote calmness and relaxation.

Friday
11am - 11.45am
(Fortnightly)

FREE

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 Nicole and Louise will attend to your individual needs.

Wednesday
Yin
9.30am - 10.30am

Friday
Krishnamacharya
2.30pm - 3.45pm

\$125 - \$150 per term*

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



Mat Pilates NEW

A welcoming class with a gentle supportive pace. Build strength, improve balance and mobility and move with confidence in a comfortable encouraging environment. Beginner-friendly.

Monday
9.30am - 10.30am
(9 weeks)

\$115 - \$135 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.

Friday
9.15am - 10am

\$140 - \$165 per term*

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

Community

Frozen meals and pantry items FREE

Prahran Place receives donations of frozen meals and pantry items. Drop by if you are in need between 9am and 4pm Monday to Friday.

We also receive fresh produce (fruits, vegetables and bread) on Wednesdays and Fridays 12pm and 4pm.

Also please donate non perishable items to help others in need!

FREE - Limited quantities available

Collect Monday to Friday from 9am - 4pm

Men's Social Group

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

Wednesday
1.30pm - 3pm

Gold coin per session or \$10 per term

Women's Circle FREE

A fortnightly gathering for women to connect, feel supported and build strength together. Each session focuses on group connection and may include meditation, mindful activities, and space for shared reflection in a nurturing environment.

Thursday
1.30pm - 3pm

Reconciliation Stonnington

This group meets monthly to discuss and educate themselves on reconciliation issues. They aim to promote a deeper understanding and respect between Indigenous Australians and the wider community

2nd Wednesday of the month
6pm - 7.30pm

Enquiries to kgove@ozemail.com.au

Knitters of The Round Table FREE

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

Wednesday
12.30pm - 2.30pm

Prahran Place Book Club

Love a good book and the conversation that comes with it? Join us once a month for a relaxed and welcoming gathering where great reads bring people together. Whether you are an avid reader or just getting back into books, all are welcome to share thoughts, discover new titles and connect with fellow readers in your community.

4th Monday of each month
2pm - 3.30pm

\$12 per term

Connect and Crochet FREE

Come along to our monthly get together at Prahran Central to make new friends and learn a new skill. All materials provided. Complimentary coffee included.

1st Wednesday of each month
10am - 12pm

For the over 65s FREE

La Trobe Community Health: My Aged Care 1-on-1 session

Need advice and help applying for My Aged Care? Book in for an 1-on-1 appointment or pop in for help.

Wednesdays
11am - 2pm

April 29th
May 27th
June 24th

*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.

Community

Chatty Cafe



Pop in to our weekly Chatty Cafe for a relaxed morning tea where you can meet new people, share a chat and feel a little more connected to your community. No pressure, just good company and a warm welcome.

Monday
11am - 12.30pm

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.

\$660 (10 weeks)

Friday
9.30am - 12pm
OR
1pm - 3.30pm

Be Creative

Inclusive Arts

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

\$390 (10 weeks)

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

Studio Arts

Explore your creativity in a relaxed, welcoming studio setting. This program offers hands-on art activities like drawing, painting and mixed media for all skill levels. Whether you're trying art for the first time or building on existing skills, studio arts is a fun way to create, learn and connect with others in the community.

\$280 - 350 (10 weeks)

Wednesday
10am - 12.30pm

Exploring Digital Art in Procreate



Discover the essentials of digital illustration with Procreate. Participants will learn key tools, brushes and workflows while exploring how colour, light, texture and layers bring artwork to life. Perfect for those eager to build confidence and creativity in digital art. Come away with your own personalised digital portrait.

\$250 (8 weeks)

Tuesday
6pm - 8pm

Cozy Creations

Looking to relax and connect with others? Join our friendly knitting group - all skill levels welcome! Bring your own project or use our extra supplies. It's a cozy, no-pressure space to knit, chat and enjoy good company.

\$2 per session or \$12 per term

Thursday
1pm - 3pm
9th April to 25th June
(12 weeks)

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
10th April to 26th June
(12 weeks)

Learn

Creative Writing

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.

Enquire for eligibility and concession rates*

Tuesday
10am - 12.30pm
Wednesday
9.30am - 12pm or
12.30pm - 3pm



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.

Enquire for eligibility and concession rates*

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.

L1: Tuesday
1pm to 3.30pm

Digital Literacy for Adults: Computers (Level 2)

This Level 2 pre-accredited program will extend learners' understanding of technology. Build email skills, create documents, connect devices and find information online.

2: Tuesday
9.30am - 12pm

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.

L3: Thursday
9.30am - 12.30pm



Enquire for eligibility and concession rates*

Introduction to AI

This course is designed for participants who are new to AI or looking to understand how it can support everyday tasks in both life and work. Learners will engage in interactive and task based activities, exploring AI tools guided through practice.

Enquire for eligibility and concession rates*

Tuesday
1pm - 3.30pm



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.

Enquire for eligibility and concession rates*

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

Thursday
5.30pm - 8pm



Workshops

AI Essentials for Career Success

Join our interactive beginner-friendly course designed to help professionals harness the power of AI to boost productivity, improve communication, and accelerate career growth. This course will equip you to confidently apply AI at work and stay ahead in a rapidly changing job market.

Thursday
5.30pm - 8pm

\$250 (7 weeks)

The Italy you don't know about

Discover the hidden islands of the Mediterranean. Join us for a captivating talk exploring the natural beauty, rich culture and resilient communities of the Aeolian and Tremiti Islands. From crystal clear waters to centuries old traditions and even a surprising connection to Melbourne. Uncover a side of Italy most travelers never see.

Sunday
1.30pm to 3pm
April 19th

\$10

Beginners French

Say bonjour to a fun and welcoming introduction to the French language! Learn everyday phrases, simple conversations, and essential vocabulary through interactive activities that build confidence from the very first class. Perfect for absolute beginners ready to explore French language and culture in a supportive environment.

Wednesday
6.30pm - 8pm

\$225 (8 weeks)

Wellbeing through Art Therapy

Discover how art can support emotional awareness and wellbeing in this hands-on workshop. Participants will explore feelings, reflect on personal challenges and experience the benefits of art therapy.

Expression of Interest

Online

Online Classes for 18 and Under.

Inspire young minds with our engaging online classes, designed specifically for 18s and under. From visual arts to creative writing, our programs are designed to inspire self-expression, build skills, and connect young learners through fun, hands-on activities in a supportive environment.

Contact for more information

Workshops

Ceramics Hand Building Course

This hand building ceramics course introduces basic clay techniques through guided instruction and independent making. Participants will create functional and decorative pieces while working at their own pace in a supportive group setting. All levels welcome; materials, firing, and glaze firing are included.

Wednesday
1pm - 3pm
June 3rd, 10th,
24th

\$250 (3 sessions)

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 dialogues and much more. This four week writing workshop will allow you to develop your writing and editing skills.

\$180 (4 weeks)

Thursday
6.30pm to
8.30pm
June 25th to July
16th

Children

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. Children will experience play in an unstructured, open-ended way with a large variety of toys and equipment.

Mondays
9.30am - 11.30am
20th April to 29th
June

Thursdays
9.30am - 11.30am
9th April to 25th
June

From \$22 per term (11 x 2hr sessions) Or \$2 per session

Japanese Playgroup

This unstructured playgroup provides a relaxed, welcoming space for families where at least one parent has a Japanese background. It is designed to support children with Japanese heritage and their families by offering opportunities to connect, share culture, and encourage early exposure to the Japanese language in a natural, everyday setting.

Monday
11.45am - 2.45pm
20th April to 22nd
June

Expression of Interest

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.



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.

