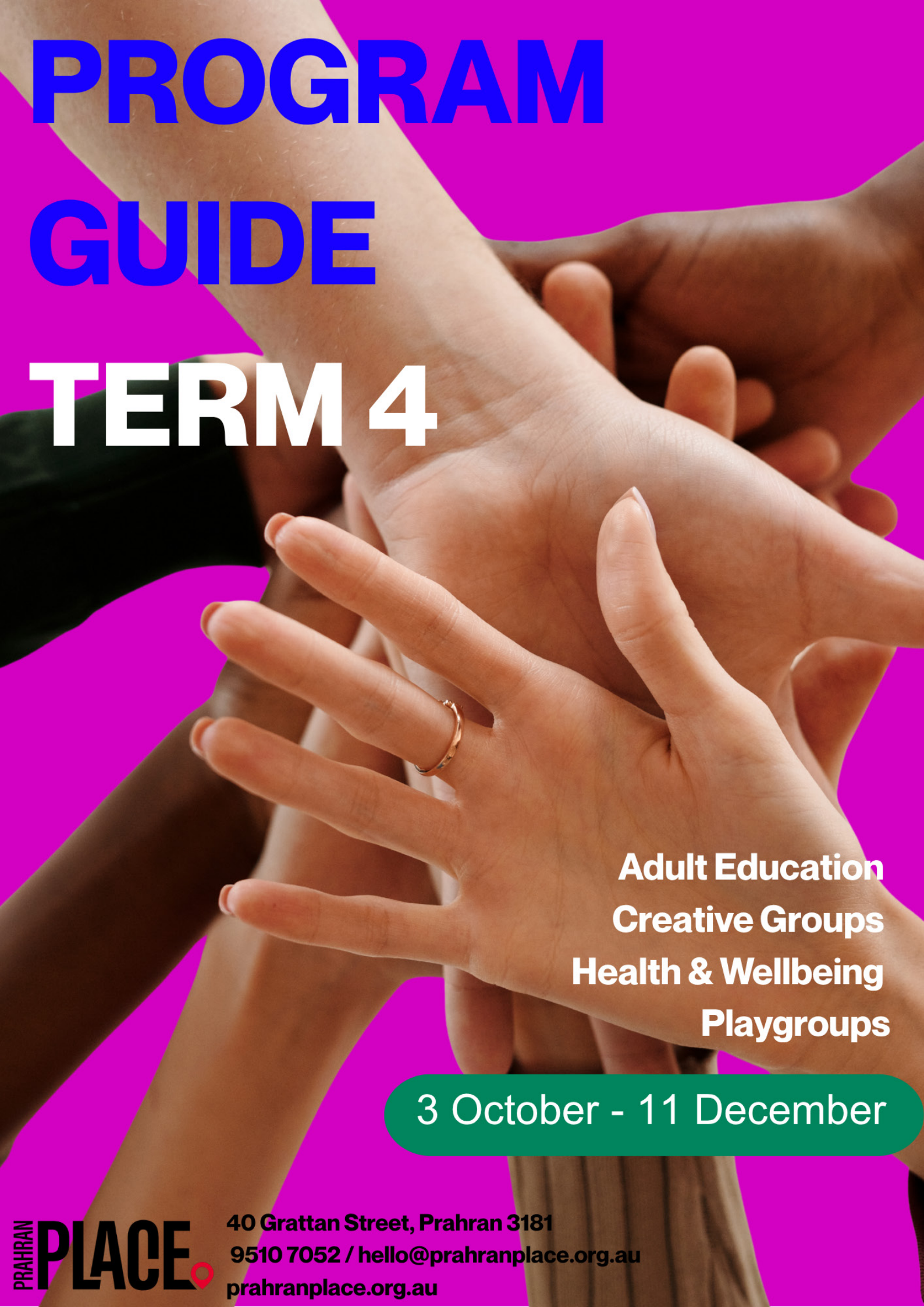
PROGRAM GUIDE

TERM 4



Adult Education
Creative Groups
Health & Wellbeing
Playgroups

3 October - 11 December

PRAHRAN PLACE

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

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

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 pace approximately 5km per hour.

Friday
9.30am - 12pm

Meditation on Twin Hearts FREE

Join us for a gentle 60-minute guided group meditation designed to reduce stress, improve focus and increase overall wellbeing. Practised in more than 120 counties, Meditation on Twin Hearts helps clear negative thinking, enhance innner 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 - 12pm

Sound Meditation

Let the sound do the work. This calming session uses the science-backed benefits of sound to ease stress, restore emotional balance and leave you feeling renewed. Simply arrive, receive and let go.

$15

Friday Sept 25th
12.30pm - 1.30pm

Thursday Dec 10th
12.30pm - 1.30pm

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.

$125 - $150 per term*
$17 per class (casual rate), subject to availabilty

Wednesday
Yin
9.30am - 10.30am

Friday
Krishnamacharya
2.30pm - 3.45pm

Mat Pilates

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.

$125 - $150 per term*
$17 per class (casual rate), subject to availabilty

Monday
9.30am - 10.30am

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.

$125 - $150 per term*
$17 per class (casual rate), subject to availabilty

Friday
9.15am - 10am

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

Community

Frozen meals and pantry items FREE

Prahran Place receives donations of frozen meals. 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 to 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, plan activities and go out for a day trip. Newcomers welcome!

Gold coin per session or $10 per term

Wednesday
1.30pm - 3pm

Women's Social Hub NEW

Join our new Women's Social hub, a weekly get-togther for women to chat, connect and enjoy each others company over coffee, conversation. Everyone is welcome, come along and be yourself.

Gold coin per session or $10 per term

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

Enquiries to kgove@ozemail.com.au

2nd Wednesday of the month
6pm - 7.30pm

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.

$12 per term (3 sessions)

Mondays
2pm - 3.30pm
Oct 26th
Nov 23rd
Dec 14th

Connect and Crochet FREE

Come along to our monthly get together at Pran 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

My Aged Care 1-on-1 session

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

Seniors Outing Program

Once a month, we take our seniors out for a fun day trip, from local lunches to a bigger outing. It is run through My Aged Care, so eligible seniors can come along at low or no cost.

Wednesdays
11am - 2pm
Oct 28th, Nov 18th & Dec 9th

Contact to register Interest

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

FREE

Pop into 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. Find it hard to break the ice? Every first Monday of the month, bingo has been added for some fun and to ease you in.

Monday
11am - 12.30pm

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 $11 per term

Friday
12.30pm - 2.30pm

Oct 2nd to Dec 11th

(11 weeks)

Kindred Minds

NEW!

A relaxed, welcoming social group for neurodivergent adults to meet others who get it, chat, share interest and connect without pressure to mask or fit in. Whether diagnosed, self-identified or still exploring, everyone is welcome to come along as they are.

$2 per session or $10 per term

Tuesday
10am - 11am

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

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.

From $24 per term (12 x 2hr sessions) Or $2 per session

Mondays

9.30am - 11.30am

Thursdays

9.30am - 11.30am

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.

Expression of Interest

Monday
11.45am - 2.45pm

Sept 24th - Dec 10th

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

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 Local

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

Learn Local

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)

This Level 2 pre-accredited program will help you understand your computer, build email skills, create documents, connect devices and find information online. Suitable for anyone wanting to learn computer basics in a safe and friendly space.

Office Skills (Level 3)
Build your skills and confidence for a modern office environment. This module covers PowerPoint, Excel, Zoom, scheduling, and how to create professional documents. Suitable for anyone wanting to learn more advanced skills in common office software.

Bring your computer (Mac or Windows), or use one of our Windows laptops.

Enquire for eligibility and concession rates*

L1: Tuesday
1pm - 3.30pm

2: Tuesday
9.30am - 12pm

L3: Thursday

12.30pm - 3.30pm

Learn Local

Introduction to AI

Through this pre-accredited program, discover how AI can simplify everyday tasks, boost your digital skills and support you at work and beyond. Suitable for anyone who has wondered "Is AI for me?" All you need is a computer, phone, or tablet, plus some healthy curiosity and skepticism. Together, let's experiment and discover AI's capabilites, limitations and quirks.

Enquire for eligibility and concession rates*

Tuesday
1pm - 3.30pm or

Thursday
9.30am - 12pm

Learn Local

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*

Thursday
5.30pm - 8pm

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

Learn Local

Be Creative

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

Inclusive Arts - NDIS Friendly

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.

$355 (9 weeks)

Tuesday
9.30am - 12pm

or

12.30pm - 3pm

Ceramics Hand Building Course

This 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.

$250 (3 weeks)

Wednesday

1pm - 3pm

Sept 30th, Oct 7th & 21st

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 potrait.

$250 (8 weeks)

Tuesday

6pm - 8pm

Oct 13th to Dec 8th

Animation & Stop Motion For Beginners

NEW

Have you ever wanted to bring your ideas to life? Join our new program for beginners and learn to create characters, tell stories and explore animation using free tools like FlipaClip and Stop Motion Studio. No exprience needed, just bring your imagination, devices can be provided.

$180

Thursdays
Nov 5th to 26th

6pm - 8pm

Be Creative

HandHeld Loom Weaving

Discover the joy of weaving in this creative hands-on workshop, where you will craft your own loom and turn everyday materials into a colourful woven artwork. Using yarn, natural fibres, fabric scraps and recycled materials, every piece is unique to you. Suitable for all levels.

$20

Friday

Nov 13th

10am - 12pm

Community Mural Workshop

NEW

Learn to paint a mural guided by an experienced artist. The final piece will be professionally installed at Pran Central Shopping Centre as part of a new community book exchange. No experience required.

$350 per term (7 weeks)

Saturdays
10am - 1pm

Oct 17th to Nov 28th

Japanese Ink Painting

Join renowned artist Junko Azukawa and discover the ancient art of Japanese sume-e ink painting. Learn traditional bursh technique and ink tones to create your own simple expressive paintings on Japanese Washi paper, with sessions exploring both playful cat design and serene landscape. All materials provided.

$75

Saturday

Oct 18th

Cats
10am - 12.30pm

OR

Landscapes
1pm - 3.30pm

Languages

French Language

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.

$225 per term (8 weeks)

Thursdays

Oct 8th to Dec 3rd

10am - 11.30am

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:

Victoria State Government

Australian Government

City of Stonnington

Learn Local

Neighbourhood Houses
The Heart of Our Community

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