

# Coonara Community House

Course & Activity Guide  
Term 2 2025

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## Open Times

9am - 4pm  
Monday - Friday

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## Get In Touch

(03) 9758 7081  
[enquiries@coonarahouse.org.au](mailto:enquiries@coonarahouse.org.au)  
[www.coonarahouse.org.au](http://www.coonarahouse.org.au)

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## Address

22 Willow Road,  
Upper Ferntree Gully VIC 3156



# School Holiday Fun!



## Wooden Toy Workshop

*For children aged 5 - 12*

Come and join our toy making workshop! Yep you heard that right! We will be assembling, painting and decorating our own wooden toy! Choose from a dinosaur, truck, car, trinket box, teddy bear, helicopter or cradle. Let us know which one you have chosen when you book!

**Tuesday 10.00am - 11.30am**

**8th April**

**Cost: \$28 per child**

## Easter Cooking Extravaganza!

*For children aged 5 - 12*

Join us for a fun-filled Easter Baking day! We will make and bake our very own Easter Bunny cookies from scratch. You'll also get to decorate your cookies with icing and sprinkles. Everyone will get to take home some cookies at the end of the session.

**Thursday 10.00am - 11.30am**

**10th April**

**Cost: \$30 per child**

## Easter Egg Hunt

*For children aged 3 - 10 but not limited*

The Easter Bunny is coming to Coonara! It's time for some hopping mad fun as you use your chocolate seeking skills to hunt for eggs in our Early Learning Centre yard!

- Visit from Easter Bunny
- Mini chocolate egg hunt
- Carrot toss game
- Easter arts & crafts

**Thursday 10.00am - 11.30am**

**17th April**

**Cost: \$15 per child**

## Mother's Day Gemstone Bracelets

*For children aged 8+*

Give a special gift to Mum this Mother's Day with a heartfelt, creative gift at our school holiday workshop! Come along and craft a stunning Gem Power Bracelet for your mum (or yourself!). Using beautiful crystals and semi-precious gems, you'll create a one-of-a-kind bracelet that carries a unique energy and positive vibrations.

**Monday 9.30am - 11.30am**

**14th April**

**Cost: \$40 per child (includes all materials)**



## Learn Local Endorsed Courses

Coonara Community House is proudly a Learn Local provider. We can help you get the skills you need for study, work and life. All Learn Local courses are funded by Adult Community Further Education. Eligibility criteria apply.

# Education



## Business & Work Skills

### Basic Accounting Skills & XERO

Xero is an online cloud accounting software, which means it's accessible through the internet rather than physically installing it on your computer. You will learn basic accounting skills and how to use Xero. Topics will include:

- Accounts receivable
- Accounts payable
- Reconciling
- Producing invoices
- Credit notes
- Purchase orders & BAS

#### Online only

**Mondays 7.00pm - 9.00pm**

**5th May - 30th June (8 weeks)**

**No class on 9th June**

**Cost: \$60**

#### Face to face

**Tuesdays 9.30am - 12.30pm**

**6th May - 3rd June (5 weeks)**

**Cost: \$60**

*Online joining option available*

## Pathway to Peer Work/Study in Mental Health Industry

Statistics show 30% of us suffer from Mental Health. How do we recognise and support each other? Join us for a 5 week workshop designed to empower individuals with lived experience in mental health to explore the world of peer support. In these sessions participants will look at:

- Fundamental principles of mental health peer support
- Gaining insights into the impacts of mental health
- The importance of informed care
- The value of volunteering
- The journey of recovery

**Mondays 9.30am - 12.30pm**

**19th May - 23rd June (5 weeks)**

**No class on 9th June**

**Cost: \$50**

*Face to face & online joining option available*

### Starting a Microbusiness for Makers

Do you want to convert your hobby to an income? This introductory course will help you gain the skills and knowledge to set up and start running a micro business. This course covers:

- Defining your business purpose, mission, vision and goals
- Business requirements and registration
- Managing financials and setting pricing
- Building an online presence through websites and social media
- Marketing your business via digital platforms

**Wednesdays 6.00pm - 8.30pm**

**14th May - 11th June (5 weeks)**

**Cost: \$80**

*Face to face & online joining option available*

## Discovering Your Strengths to Return to Work

Discover the transformative power of art therapy combined with proven stress management techniques as you prepare to return to the workplace. This course includes:

- Rebuilding confidence
- Reigniting your professional purpose
- Mindfulness practices with creative outlets
- Using creative expression to manage stress and more.

Perfect for individuals transitioning back into professional roles, this course provides a supportive environment to explore personal growth and develop a refreshed outlook on career and life challenges.

**Thursdays 9.30am - 12.30pm**  
**15th May - 19th June (6 weeks)**  
**Cost: \$60**

## Food Preparation in the Community Kitchen

Learn the skills to work in a commercial kitchen or hospitality venue. Includes learning about food preparation and safety procedures, serving, portion control, time management and preparing our weekly community lunch. This course is a part of our Coonara Volunteer Program and has additional requirements to participate\*.

*\*Working with children's check and police check is mandatory. Contact us for more info.*

**Wednesdays 9.00am - 1.00pm**  
**Register Your Interest**

## Training for Administration Roles

Learn the digital basics of reception duties to return to work or gain experience through volunteering in administration roles. This course will cover using email apps, google docs, phone etiquette and Canva (an online graphic design platform for creating email signatures, flyers etc).

**Mondays 9.30am - 12.30pm**  
**12th May - 16th June (5 weeks)**  
**No class on 9th June**  
**Cost: \$80**

## Introduction to Commercial Cleaning

This course is designed to provide skill development in a range of cleaning activities. You will be learning from an experienced cleaning business owner and trainer who will introduce you to cleaning methods, tools and workplace health and safety principles. This course could be informative and valuable in helping you decide if a cleaning career is right for you.

**Mondays 6.00pm - 8.00pm**  
**12th May - 23rd June (6 weeks)**  
**No class on 9th June**  
**Cost: \$65**

## Introduction to Barista/Hospitality

Learn how to use a commercial coffee machine to make all types of coffee. You will also learn the skills needed to work in hospitality including taking orders, serving customers, OH & S and food handling practices.

**Wednesdays 10.00am - 12.30pm**  
**7th May - 4th June (5 weeks)**  
**Cost: \$80**



## Computers & Technology



### Digital Skills - Beginners Level

Join this course to refresh your skills and get confident in:

- Browsing the internet safely
- Virus protection
- Storing your documents and files
- Insert and send pictures and more!

**Wednesdays 12.30pm - 3.00pm**

**7th May - 18th June (7 weeks)**

**Cost: \$70**

### Digital Skills - Next Step

In this course you will be introduced to:

- Organising and saving files/folders
- Network folders, cloud storage
- Setting up online meetings
- Microsoft Word

Prerequisite: A basic understanding of computers.

**Wednesdays 9.30am - 12.00pm**

**7th May - 18th June (7 weeks)**

**Cost: \$70**

### Tablet & Smartphone Basics

NEW

Bring along your iPad, phone or tablet and be guided through setting your device up, downloading and using apps, setting up emails and understanding scams.

**Thursdays 9.30am - 12.00pm**

**15th & 22nd May (2 weeks)**

**Cost: \$40**

### Introduction to Digital Drawing & Illustration

NEW

Discover the world of digital art with your iPad! This course will teach you how to navigate and use the Procreate app to create drawings and animations. You will also cover drawings skills and how to use colour, lines and brushes to bring your ideas to life.

Requirements include: iPad, Apple Pencil & Procreate App.

**Tuesdays 6.00pm - 8.00pm**

**20th May - 17th June (5 weeks)**

**Cost: \$60**

### Photography with Digital Camera

NEW

This course aims to provide novice photographers with the information and skills to gain a working understanding of how photographic images are produced and to apply that to help students become comfortable producing their desired images with a digital camera. Topics covered include:

- How a digital camera works
- Basic camera set up and handling
- Controlling, focus, exposure, depth of field and colour
- Lens characteristics and selection
- Basic composition tips
- Basic image editing

**Tuesdays 6.30pm - 9.00pm**

**13th May - 10th June (5 weeks)**

**Cost: \$60**



## Design & Textile Skills



### Learn to Sew - Beginners & Next Step

Our trainer Effie, has 30 years of experience working with leading brands in the Australian fashion industry. You will learn to read a commercial pattern and master skills to finish a skirt with a zip and waistband.

New students will learn to create a simple tote bag to practice using your sewing machine.

Material list will be given on enrolment.

**Tuesdays 1.00pm - 3.30pm**  
**29th April - 24th June (9 weeks)**  
**Cost: \$80**

### Learn to Sew - Next Step

Our trainer Effie, has 30 years of experience working with leading brands in the Australian fashion industry. She will teach you how to use a sewing machine with confidence.

This term participants will learn to make cargo pants with a fly front and pockets.

Material list will be given on enrolment.

**Wednesdays 9.00am - 12.00pm**  
**30th April - 25th June (9 weeks)**  
**Cost: \$80**

### Sewing Class - Using A Pattern

Do you know how to sew but need confidence with commercial patterns and skills to make quality clothing? Join Effie, our trainer with over 30 years experience in the clothing industry.

This term we will be working on denim materials. You will learn to make jean style pants with a fly front, waistband and pockets.

Material list will be given on enrolment.

**Wednesdays 12.30pm - 3.30pm**  
**30th April - 25th June (9 weeks)**  
**Cost: \$80**

### Upcycled Textiles & Clothing Program

Our project this term will be upcycling shirts - be creative, upcycle as many shirts as you like to create a new garment.

We have all the equipment needed to complete your project including sewing machines and overlockers.

Material list will be given on enrolment.

**Mondays 1.00pm - 3.30pm**  
**5th May - 30th June (8 weeks)**  
**No class on 9th June**  
**Cost: \$80 (some materials included)**

### Using Power Tools to Repair & Restore Furniture

Learn the basics of using power tools to restore your furniture back to its former glory. Our experienced trainer will teach you tips and tricks to help you save your loved or antique furniture and bring it back to good condition.

**Thursdays 12.30pm - 3.00pm**  
**8th May - 19th June (7 weeks)**  
**Cost: \$75**

## Introduction to Working with Tools & Woodwork - New Students

Tasman will help you to create simple woodwork projects like garden benches and planters using recycled pallets and woods. Sustainability at its best. You will be able to take home your creations.

**Mondays 1.00pm - 3.00pm**  
**5th May - 30th June (8 weeks)**  
**No class on 9th June**  
**Cost: \$60**

## Introduction to Watercolours

Would you like to learn about watercolour painting? This class will introduce you to some easy techniques and skills to begin painting! We will learn about different materials, how to use them and how to care for them to get the most out of them and be successful in your artistic journey. You will learn how to create paintings using simple brush and colour mixing skills that will help develop your artwork and confidence going forward as a beginner artist.

To bring list will be given on enrolment.

**Tuesdays 1.00pm - 3.30pm**  
**6th May - 24th June (8 weeks)**  
**Cost: \$70 (includes some materials)**

## Introduction to Mosaic Skills

Dive into the colourful world of glass and tile as you create your own one-of-a-kind mosaic! You will learn how to compose a picture, cut and paste the tiles, apply grout and then polish the piece to finish it off.

To bring list will be given on enrolment.

**Thursdays 10.00am - 12.30pm**  
**8th - 29th May (4 weeks)**  
**Cost: \$60**

## Introduction to Art Mixed Media

Come, join in and have fun whilst creating a masterpiece with our vastly-experienced teacher, Neloo. She will guide you through the basic principles of sketching and drawing in pencil, charcoal, watercolour and acrylics. Neloo is an enthusiastic, award-winning artist who is keen to pass on her skills and experience and to answer all your questions.

To bring list will be given on enrolment.

**Mondays 10.00am - 12.30pm**  
**19th May - 23rd June (5 weeks)**  
**No class on 9th June**  
**Cost: \$60**

## Literacy Education



## Introduction to Creative/Professional Writing - Next Step

In this practical course, you will explore various forms of writing, including journaling, workplace writing, improving literacy (grammar) skills, poetry, fiction and non-fiction. You will also learn about publishing options, how to set up an author marketing platform, and how to understand the editing process. You will be supported by our trainer Leanne Margaret to produce and edit a piece of writing.

**Thursdays 1.00pm - 3.30pm**  
**8th May - 26th June (8 weeks)**  
**Cost: \$60**

*Face to face & online joining option available*



## Introduction to Creative/Professional Writing - Publishing

This course is for continuing students who have completed the Introduction to Creative Writing. Students will continue refining their work from previous terms, as well as enhance their skills with practise in new styles of writing including content writing and copywriting. Writers will also explore how to set up an author platform, and find pathways towards publication in print and/or digital formats. This course suits writers who would like to learn more about both independent and traditional publishing.

**Thursdays 10.00am - 12.30pm**

**8th May - 26th June (8 weeks)**

**Cost: \$60**

*Face to face & online joining option available*

## Jumpstart Playgroup - New & Returning Students

An interactive, hands on and relaxed playgroup for parents and children. Parents are encouraged to interact and explore their own learning needs in relation to their roles as teachers of their children.

**Mondays 10.00am - 12.00pm**

**28th April - 23rd June (8 weeks)**

**No class on 9th June**

**Cost: \$80**

## Short Courses



### Staying Safe Online: Essential Tips for Computers, iPads & Phones

NEW

Do you ever feel unsure about using your computer, iPad or phone safely? Join us for this easy-to-understand, practical workshop where we'll cover:

- Recognising and avoiding online scams
- Protecting personal information
- Safe browsing, email and social media practices
- Simple security settings for your devices
- Q & A - ask anything about staying safe online!

This workshop is designed for beginners and non-technical users, so no prior computer skills are needed - just a willingness to learn.

**Monday 10.00am - 12.30pm**

**26th May**

**Cost: \$30**

### Introduction to Art Therapy

Art Therapy is a gentle way to rebalance yourself. A variety of curated activities will allow you to connect to your inner creative self, develop mindfulness and gain new perspectives with different aspects of your life.

**Mondays 1.00pm - 3.00pm**

**26th May - 23rd June (4 weeks)**

**No class on 9th June**

**Cost: \$45**



## Meditation to Manage Stress

Stress is an inevitable part of daily life, but one of the most effective ways to manage it is through regular meditation. Meditation is a proven method for reducing stress and anxiety while calming the nervous system. Be introduced to various styles and techniques, with each class featuring a unique approach.

**Thursdays 7.30pm - 8.30pm**  
**1st May - 3rd July (10 weeks)**  
**Cost: \$55**

## Introduction to Canva - Marketing Workshop

Learn how to use Canva (a free graphic design platform) to design social media posts, videos, presentations and documents.

**Session held at Knox Library**  
**Wednesday 9.30am - 11.30am**  
**7th May**  
**Cost: \$30**

## Resume Writing

Are you ready to apply for work but you are struggling with writing your resume or you don't know how to put one together? In this three hour workshop, we will cover:

- The basics of resume writing
- How to articulate your experience and skills
- Tailoring your cover letter to a job ad
- Tie it all together by creating a resume in Microsoft Word

**Monday 9.30am - 12.30pm**  
**5th May**  
**Cost: \$30**

## Building Resilience

Learn strategies to build your resilience. Resilience is the ability to bounce back from adversity, and be flexible. It is like a muscle you can build up.

**Thursdays 1.00pm - 3.00pm**  
**5th - 26th June (4 weeks)**  
**Cost: \$45**

## Weaving Connections

This program will offer participants new connections within a group of women, the joy of learning a new skill and the opportunity to find peace and positive wellbeing through creativity. Facilitated by a trained art therapist, the workshop includes all materials and skills to complete a piece of woven art in an environment where art for wellbeing is the focus.

**Fridays 9.30am - 11.00am**  
**30th May - 20th June (4 weeks)**  
**Cost: \$85 (all materials included)**

## Sustainable Living

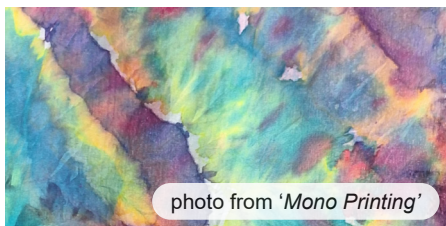


photo from 'Mono Printing'

### Mono Printing with Upcycled Paper

Explore Gel Plate Printing to create a collage.

Material list will be discussed in class.

**Tuesdays 9.30am - 12.30pm**  
**13th May - 17th June (6 weeks)**  
**Cost: \$90 (some materials provided)**

NEW

NEW

NEW

NEW

## Guide to Preserving Lemons Indian Style

NEW

Learn the art of preserving lemons with simple ingredients and techniques. Our expert instructor will guide you through the preparation, fermentation, and culinary uses of this versatile condiment. Enjoy a hands-on experience and discover delicious recipes to elevate your cooking. Perfect for beginners and food enthusiasts alike!

**Saturday 9.30am - 11.30am**

**14th June**

**Cost: \$30 (includes all ingredients)**

## Building Immunity Workshop

NEW

Winter is coming and it's time to think about how we can build a strong, natural defense against the colds and flu that tends to pop up. Join our empowering workshop on the power of plant-based medicine and essential oils to support your immune health and wellness. You'll discover:

- Natural ways to build immunity
- A powerful home remedy tea to knock out a cold and support recovery
- The ultimate natural antibiotic drink
- Powerful essential oils that cleanses germs and toxins from your home
- DIY natural medicine cabinet so you'll have your own holistic toolkit to fight off illness naturally

**Monday 6.00pm - 8.00pm**

**12th May**

**Cost: \$45**

**Tuesday 11.30am - 1.30pm**

**20th May**

**Cost: \$45**

## Sustainable Gardening for Winter

NEW

Explore the unique aspects of winter gardening including selecting cold-hardy plants, protecting plants from frost, and optimising indoor and outdoor garden spaces for the winter season.

**Wednesday 6.00pm - 8.00pm**

**28th May**

**Cost: \$30**



## Health & Wellbeing



## Finding Calm in your Day to Day Living through Emotional Freedom Techniques (EFT)

NEW

Emotional Freedom Techniques (EFT), also known as "Tapping", is a fast and simple evidence-based self help tool. Combining ancient Chinese acupressure with modern psychology, this technique helps to achieve freedom from emotional issues that are creating stress, and preventing us from leading happy and fulfilled lives. In these workshops you will:

- Be given a brief overview of EFT/ Tapping
- Be introduced to the Tapping Points
- Participate in at least 3 hands on experiences of EFT/Tapping
- Receive a copy of the Tapping Points
- Receive a Tapping script for individual use at home

**Thursdays 10.00am - 11.30am**

**29th May & 5th June (2 weeks)**

**Cost: \$80**

### **Kinesiology: Your DNA is not your destiny - Epigenetic Healing Cycles**

**NEW**

New epigenetic science reveals that your perceptions control your biology. This places you in the driver's seat because if you can change your perceptions, you can shape and direct your own genetic readout. We can turn on the genes of longevity, wellness and vitality. In this workshop, you will learn five different healing cycles, each with its own special features.

**Mondays 10.00am - 12.00pm**

**5th May - 26th May (4 weeks)**

**Cost: \$105 + \$40 for manual**

### **Kinesiology: Tibetan Energy & Vitality**

**NEW**

Low energy, fatigue, pain and loss of motivation are all signs that our body is functioning at less than its best. This workshop teaches a number of techniques originally developed by the people of Tibet to aid healing and improve energy and vitality. Topics include figure 8 energy flows, whole body self testing and accurate muscle testing, nutrition and supplements.

**Mondays 1.00pm - 3.00pm**

**19th May - 16th June (4 weeks)**

**No class on 9th June**

**Cost: \$105 + \$35 for manual**

### **Yoga**

Join the guided yoga sessions with Nat. She will guide you in Hatha Yoga and finish with meditation. *BYO yoga mat.*

**Mondays 10.30am - 12.00pm**

**28th April - 30th June (9 weeks)**

**No class on 9th June**

**Cost: \$135**

**Fridays 9.30am - 11.00am**

**2nd May - 4th July (10 weeks)**

**Cost: \$150**

### **Chair Yoga**

We invite you to join us at our **NEW** location at the Westfield Community Space outside the Knox Library! The session is all about gentle, slow body movements while seated in a chair. Facilitated by Nat who will go through a sequence of yoga moves at a manageable pace. Wear comfy clothing and BYO drink bottle.

**Location: Westfield Community Space outside the Knox Library**

**Fridays 11.30am - 12.30pm**

**2nd May - 4th July (10 weeks)**

**Cost: \$150**

### **Sound Bathing**

Crystal singing bowls can transform our brainwave patterns through their resonant tones, guiding us into a state of profound relaxation. Be guided through a journey of sound therapy as you practice stillness and surrender, the sound will penetrate all levels of your being, fostering deep relaxation and promoting both mental and physical restoration. For added comfort, please bring a yoga mat, cushion, and throw blanket.

**Thursdays 6.00pm - 7.00pm**

**1st May - 3rd July (10 weeks)**

**Cost: \$150**

### **Flow Chi & Flow Dance**

Flow Chi & Flow Dance blends the holistic power of Flow Chi with the free-form self-expression of Flow Dance, offering a transformative experience for body, mind, and spirit. Together in one session, Flow Chi & Flow Dance guides you toward deeper presence, emotional balance, and a sense of connection with yourself and others.

**Tuesdays 10.00am - 11.00am**

**6th May - 1st July (9 weeks)**

**Cost: \$135**

### Meditation for Care Givers

We understand that as a caregiver, finding time for yourself can be challenging. To support your well-being, we offer an evening online meditation class that focuses on self-care, relaxation and unwinding.

**Tuesdays 7.00pm - 8.00pm**  
**6th May - 1st July (9 weeks)**

**Cost: \$120**

**Online only**

## Cooking Classes



### Thai Yummy Cooking with Oddie

Learn to make three tasty dishes with Chef Oddie - Laarb Gai (Thai chicken salad), Pad See Yew (Thai flat rice noodle stir fry) and Sweet Corn Sago with Coconut Milk. BYO takeaway container.

**NEW**

**Saturday 10.30am - 1.00pm**

**24th May**

**Cost: \$65 (includes all ingredients)**

### Vietnamese Cooking with Oddie

Join Chef Oddie in another unique cooking workshop. Learn how to make Vietnamese Rice paper Rolls with peanut dipping sauce and Vietnamese meatballs with vermicelli and mixed salads. BYO takeaway container.

**NEW**

**Saturday 10.30am - 1.00pm**

**7th June**

**Cost: \$65 (includes all ingredients)**

### Making Mochi Dessert (Daifuku Mochi): Japanese Sweets

**NEW**

Learn how to make the famous and simple sweet Daifuku mochi.

Daifuku is a sweet and soft Japanese dessert. It is naturally free from wheat, eggs, milk and butter so it is a handy recipe to entertain a group with dietary restrictions. In this 90 minute workshop, you will receive hands-on experience of how to make two kinds of Daifuku, the recipe and the confidence to make them at home. At the end of the workshop, you will enjoy Daifuku with a cup of hot green tea.

**Saturday 10.00am - 11.30am**

**28th June**

**Cost: \$35 (includes all ingredients)**

## Workshops

### Sierra's Writing Class

This course analyses different books and novels to identify writing styles. Students then produce a piece of writing to develop their own creative writing skills. Some basic writing experience required.

New students are eligible for a funded rate of \$60 for this class.

**Thursdays 9.30am - 11.30am**

**1st May - 19th June (8 weeks)**

**Cost: \$120**

**Online only**

### Woodwork with Tasman - Returning Students

Join our qualified cabinet maker and learn to use different hand and power tools to work on specific projects. Projects will be discussed in the first class and a second project (to be decided) will be based on interest.

**Fridays 11.30am - 2.30pm**

**16th May - 20th June (6 weeks)**

**Cost: \$150**

## Dog Wellbeing Workshop

Come and join our qualified Canine Myofunctional Therapist in this two part workshop on dog wellbeing. You learn how to read their bodies, identify discomfort/pain and discover how to use massage as a natural way to rebalance their bodies.

Session One (Theory) - *no dogs*

- Identifying pain and discomfort
- Benefits and effects massage has on the canine body
- Strategies to promote good mobility and muscular health

Session Two (Practical) - *bring your dogs!*

- Learn how and when to use two key massage techniques

**Saturday 10.00am - 12.00pm**

**14th & 21st June (2 weeks)**

**Cost: \$75**

## Upcycled Textiles & Clothing - Returning Students

Our project this term will be creating upcycled shirts - be creative, upcycle as many shirts you like to create a garment.

To bring list will be given on enrolment.

**Mondays 9.30am - 12.30pm**

**5th May - 30th June (8 weeks)**

**No class on 9th June**

**Cost: \$120 (some materials included)**

## Introduction to Working with Tools & Woodwork - Returning Students

Tasman will help you to create simple woodwork projects like garden benches and planters using recycled pallets and woods. Sustainability at its best. You will be able to take home your creations.

**Mondays 9.30am - 12.30pm**

**5th May - 16th June (6 weeks)**

**No class on 9th June**

**Cost: \$150**

## Mother's Day Special Workshops



### Dried Floral Arrangement Workshop: Mother's Day Exclusive

NEW

Join us for a fun, hands-on workshop where you'll create a stunning, unique dried flower arrangement. Choose from a variety of beautiful dried flowers to design your own mini or small arrangement, while learning expert tips and tricks for perfect placement and design. Your finished piece would make a thoughtful gift for Mother's Day or someone special!

**Wednesday 6.00pm - 7.30pm**

**7th May**

**Cost: \$65 for mini or \$95 for small (all materials included)**

### Mother's Day Hamper Workshop

NEW

Learn to create a delightful assortment of homemade chutneys, pickles, salad dressings, and aromatic tea masala. This collection of goodies can be used to craft a special Mother's Day hamper to show love and appreciation.

**Saturday 9.30am - 12.30pm**

**3rd May**

**Cost: \$65 (includes all ingredients)**



## Information Sessions

### Safe Driver Program

NEW

Do you have a family member or friend that would be interested in learning about staying safe on the roads as we age? This road safety awareness presentation is designed for older drivers. Topics include how to keep older drivers safe and mobile, road rules, potential impacts of medical conditions, medications and strategies for safe mobility.

**Wednesday 6.30pm - 7.30pm**

**14th May**

**FREE**

**Bookings are essential**

## Teens & Young Adults Dance Class

### Ecstatic Flow Dance

Flow Dance is an invitation to experience the freedom of movement in its purest form. Set to uplifting, rhythmic music, this practice encourages you to let go of structure and simply be in your body. There are no steps to follow, no choreography - just the opportunity to express yourself fully and authentically, allowing your body to move in whatever way feels natural. No prior dance experience required: Flow Dance is open to everyone—whether you're an experienced dancer or someone new to movement.

**Thursdays 5.00pm - 5.45pm**

**15th May - 19th June (6 weeks)**

**Cost: \$96**

## Children's Activities



### Preschool Music & Dance Classes

*Suitable for children 2.5 to 5 years old.*

Choreographed by an experienced dance trainer to encourage children to develop: confidence, musical appreciation, improve coordination skills. Classes are full of fun and enjoyment with props supplied by the teacher such as ribbons, octopus skirts, fireman helmets and more.

**Mondays 9.15am - 10.00am**

**5th May - 30th June (8 weeks)**

**No class on 9th June**

**Cost: \$96**

### Drawing & Painting for Kids

*For children aged 8+*

If your child loves drawing and wants to work on developing their skills, this class is for them! We will be drawing, painting and experimenting to create fun artworks that put into practice artistic skills. We will learn to draw things step by step from cartoons to animals and things around us, all using a mixture of materials.

**Tuesdays 4.00pm - 5.30pm**

**13th May - 17th June (6 weeks)**

**Cost: \$120 (includes all materials)**

## Junior Chef

*For children aged 8 - 12*

Does your child enjoy cooking? In this class, they will learn how to prepare and cook a range of dishes including mains and desserts. They will also learn hygiene / food safety practices. Participants will get to take home what they make. Places are limited.

**Thursdays 4.00pm - 5.30pm**  
**15th May - 3rd July (8 weeks)**  
**Cost: \$150 (includes all ingredients)**

## Sewing for Children

*For children aged 8 - 12*

Come and join us for a sewing class designed to teach children sewing skills. This term we are making a skirt. We will learn how to take measurements and then draft the pattern accordingly to make a skirt of your preferred length with special features such as an elastic waistband and pockets.

To bring list will be given on enrolment.

**Mondays 4.00pm - 5.30pm**  
**5th May - 23rd June (7 weeks)**  
**No class on 9th June**  
**Cost: \$115 (includes some materials)**

**Wednesdays 4.00pm - 5.30pm**  
**7th May - 18th June (7 weeks)**  
**Cost: \$115 (includes some materials)**

## The Lab

*Suitable children aged 10 to 16*

Gaming and coding for children with high functioning Autism.

**Tuesdays or Wednesdays during school terms**

**4.00pm - 6.00pm**  
**\$35 per session (\$30 concession)**  
**NDIS funded \$46.60 per session.**

**Waiting list only.**

Register online at [www.thelab.org.au](http://www.thelab.org.au)

## Community Events



photo from 'The Biggest Morning Tea'

### The Biggest Morning Tea

NEW

Join us for an inspiring and heartwarming Biggest Morning Tea event as we come together to raise funds for the Cancer Council and support those affected by cancer. Share in a cup of tea/coffee and some delicious cakes as we chat and simply enjoy some togetherness.

Make a donation and spin our winning wheel for your chance to win a prize. EFTPOS and cash accepted.

Bookings essential for catering purposes.

**Wednesday 10.00am - 12.00pm**  
**21st May**  
**FREE to attend the event or stay on for community lunch at a cost of \$6**

### Community Lunch

On Wednesdays, volunteers prepare a low cost, delicious two course lunch for the community. For catering purposes, booking is essential. Please contact reception the Friday before, to let us know you are attending.

**Wednesdays 12.30pm**  
**Starting from 23rd April**  
**Cost: \$6**

## Social Groups

Please contact us to book into a social group



### Coonara Bee Club

Contact Coonara as membership is subject to vacancies.

**2nd Wednesday of the month**

**7.00pm - 8.30pm**

**Annual membership: \$45 single or \$65 family**

### Mahjong (Western Rules)

Mahjong is a great game for all ages and has been shown to be beneficial for brain acuity, manual dexterity and social interaction. It is best played with 4 people but 2 or 3 can also play together. It is played with tiles and racks at a card table or similar. Booklets and printouts will be provided for beginners. Coffee and tea provided.

**Tuesdays 10.00am - 12.30pm**

**Starting 22nd April**

**During school terms**

**Cost: \$10 annual membership fee**

### Coffee with Friends

A friendly social group for semi-retired and retired individuals. People from all walks of life sharing together in Coonara's historic cottage and gardens.

**Wednesdays 11.00am - 12.30pm**

**Starting 23rd April**

**During school terms**

**Cost: \$10 annual membership fee**

### Out & About

A social group for semi or newly retired people. We will use public transport or our own cars to visit places of interest to the group. You are welcome to join for lunch at your own expense. Be aware of entrance fee requirements for certain places we visit.

Visit our website for a list of excursion dates and locations planned for Term 2. Please register your attendance the Tuesday prior to the excursion by booking online or contacting us on 9758 7081.

**Every 2nd Tuesday 10.30am - 12.00pm**

**Starting 29th April**

**During school terms**

**Cost: \$10 annual membership fee**

### Knitters/Crochets Group

Do you like to knit or crochet? Do you want to help those in need stay warm during the cold months? New knitters with experience always welcome. Materials supplied.

**Wednesdays 10.30am - 12.30pm**

**Starting 23rd April**

**During school terms**

**Cost: \$10 annual membership fee**

### Walk, Coffee & Chat

Meet at Coonara and do a leisurely walk to the local cafe for a coffee and chat. Head back to Coonara around 11am for social games such as Rummikub and stay on for lunch at a local venue.

**Every 2nd Tuesday 9.15am - 1.30pm**

**Starting 22nd April**

**During school terms**

**Cost: \$10 annual membership fee**

**Thursdays 9.15am - 1.30pm**

**Register Your Interest**

# Coonara Early Learning Centre

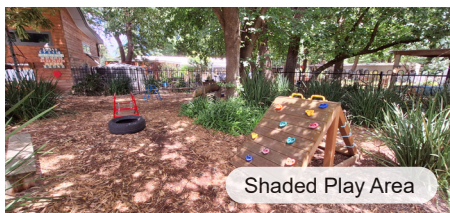
## Combined 3 & 4 Year Old Kindergarten & Occasional Care

We offer a sessional funded kindergarten program for children aged 3 and 4 years old. We also run a three hour occasional care program for children aged 18 months to 5 years of age.

Our indoor and outdoor facilities include a messy mud kitchen, large sand pit, bike pathway, shaded picnic area, undercover hut, vegetable gardens as more!

We have a wonderful team of qualified and experienced educators who are passionate about Early Childhood Education.

For more information or to register for 2025, call us on 9758 7081 or email [enquiries@coonarahouse.org.au](mailto:enquiries@coonarahouse.org.au)



# Volunteer



## Volunteering Expo

**NEW**

Looking to volunteer in 2025? Join us for our FREE Volunteering Expo where you will have the opportunity to meet and talk with our 40 not-for-profit organisation stallholders. You will learn about the many wonderful causes, meet representatives and see what volunteer roles interest you!

Following on from our successful 2024 Volunteering Expo where we had over 350 people through the door we can't wait to showcase and share these inspiring and passionate organisations with you!

Activities, prizes, tea/coffee and more!

One stop for all your volunteering questions! Volunteering has never looked so good!

**Friday 1.00pm - 5.00pm  
16th May**

**Location: Knox City Council Civic Centre - 511 Burwood Hwy, Wantirna South**

**Register your interest via: <https://www.facebook.com/share/1849Y13TT3/>**

## Growing & Propagating Food

Join other volunteers to keep our fresh food growing which is utilised for our community lunches and our Grow Free Cart.

**Tuesdays 9.30am - 12.30pm  
During school term**

**Register Your Interest**

## What's on in Term 3

### Qi Gong for Back Health

Many health benefits are to be found in regular Qi Gong practice, including improved balance and reduced risk of falling, reduction in low back pain and disability, and greater muscle strength. In this short course we will work with a set of Qi Gong exercises which exercise the back – upper and lower – to promote flexibility and strength. Most of these exercises can be adapted to seated position.

**Mondays 6.00pm - 7.00pm**  
**4th Aug - 8th Sept (6 weeks)**  
**Cost: \$120**

## Expression of Interest

### Fitness Class for Seniors

Come and join our seniors fitness class as delivered by our qualified fitness trainer! This one hour session focuses on strengthening both the upper and lower body, all set to music for an engaging experience. Exercises are modified according to individual needs.

### Register Your Interest

### Point of Sale for Retail & Hospitality

Discover digital platforms that are used in hospitality and retail. You will be introduced to point of sale applications such as Square so you can confidently navigate, use and troubleshoot the program effectively.

### Register Your Interest

### Photography for Children

A photography class designed to teach children the basics of photography.

### Register Your Interest

## Opportunities at Coonara

### Interested in being a trainer or running a workshop with us?

Are you a trainer that would like to teach people a new skill or topic? Or would you like to facilitate your own workshop or course for educational or recreational purposes? We are always keen for new and exciting courses that can be shared with our community.

If you have an area of specialty or would like to offer a new class with us, we would love to hear from you!

### Brochure Deliveries

Would you like to volunteer a little of your time and get some fresh air in the process? We are looking for individuals that are interested in collecting and distributing our brochures throughout the local streets. A great way to walk with a purpose!

### Walking Group Leader Needed

We are currently looking for a volunteer walking group leader for our Walk, Coffee and Chat social group. It is run every Thursday from 9.15am to 1.30pm during school terms only.

The group requires a leader to meet and greet participants at Coonara then lead the casual walk to the local cafe for a coffee and chat. The group then heads back to Coonara for social games and then out to lunch at a local venue (at own expense).

It's social, healthy and full of fun!

**If you are interested in any of the opportunities at Coonara please get it touch: phone 9758 7081 or email [enquiries@coonarahouse.org.au](mailto:enquiries@coonarahouse.org.au)**



## Room Hire

If you are looking for a space to inspire, celebrate achievements and occasions or use as a training/work base that is warm and welcoming, then Coonara is for you!

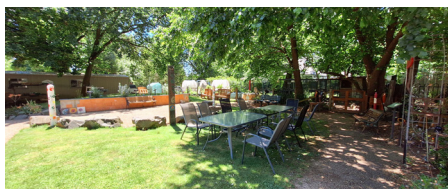
Our historic building is surrounded by beautiful gardens, sounds of birds and wildlife with a wide variety of rooms to suit any occasion from corporate hire in meeting rooms to creative clubs and workshops.

We have ten warm and welcoming rooms for hire! Our rooms include:

- Community kitchen
- Computer training room
- Arts & crafts room
- Small office
- Large long room for events and more!

With a capacity for 1 - 50 guests, we have something for everyone.

To enquire or make a booking for a guided tour please give us a  
Call: (03) 9758 7081  
Email: [hire@coonarahouse.org.au](mailto:hire@coonarahouse.org.au)



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## How to Enrol

Enrolments in Coonara courses are confirmed by payment of course fees or the arrangement of a payment plan. We accept EFTPOS, credit cards, cash, direct payment into our bank account and online payment. Please contact us for more details.

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## Refunds & Concessions

Courses require minimum numbers to proceed. If we cancel a class you will receive a full refund. If you withdraw from a class, more than 5 business days before the start date you will be eligible for a refund less a \$10 administration fee. No refunds will be issued for withdrawals made within 5 business days of the class start date.

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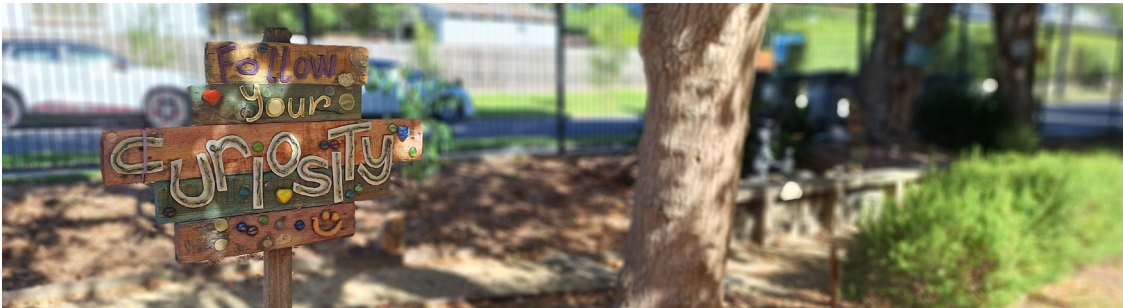
## Coonara Membership

Purchasing a membership to Coonara Community House will assist us in funding our future programs and events which are always focused on the local community and its members. Memberships pay just \$10 per year to support the operation of the House. Only members are entitled to nominate for Committee and vote at the AGM.

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## How To Get Here

Closest Bus Stop: 732 or 693 - Forest Oak Dr / Burwood Hwy  
Closest Train Station: Upper Ferntree Gully Station



We gratefully acknowledge the support of these funding bodies, peak organisations and partnerships:



Proudly supported by



Proud supporter of Volunteer for Knox, the volunteer resource centre:

