

We are offering free computer access with support from our tutor Peter to assist you with any computer concerns, revision and practicing of course training, as well as iPad/Tablet advice in a friendly and relaxed environment.

Mondays 9:30am – 11:00pm
5 February- 25 March
Free - Computer Room

Colour and Chat

This inclusive group welcomes the opportunities of friendship and creativity while exploring Colours, Art and Mindfulness.

Mondays 12:45pm – 2:45pm
5 February- 25 March
Long Room
\$40

Yoga – Tuesday

Wendy has been teaching Yoga for nearly 30 years at The Basin Community House. She runs more advanced yoga classes which involve more in depth stretches than a gentle yoga class does.

Tuesdays 7:30pm – 9:00pm
6 February to 26 March
Long Room
\$96

Yoga – Friday

Plenty of gentle stretches, which are adapted from yoga principles.

Learn how to breathe correctly and become aware of your posture both standing and sitting, then the classes will close with a calming relaxation.

Fridays 9:30am – 11:00am
9 February to 22 March
Long Room
\$84

“ The Basin Community House is a proud member of the Knox Learning Alliance”



Card Making

Learn to make beautiful cards for family and friends. You will be provided with a pack to make two beautiful cards using a variety of techniques.

Fridays 12:00pm – 2:30pm
9 February, 1 March, 22 March
\$30 (\$10 per class)
Craft Room

Patchwork and Sewing

Join in with our experienced and enthusiastic patchwork expert, Sue. Have a cuppa, and bring along your own project to work on.

Thursdays 7:30pm – 9:30pm
15 February, 21 March
\$40 total (\$20 per class)
Craft Room

Craft and Chat

Join us for a craft afternoon and a cuppa while working on your own project.

2nd & 4th Thursday of the month 12:00pm – 2:30pm
8 February, 22 February, 14 March, 28 March
\$5 per class Craft Room

Charity Group

Suitable for participants who are skilled in: crochet, sewing & knitting. All items made during the Charity Group are to be donated to the group. These items are sent to 5 different local community groups.

3rd Friday of the month
12:00pm – 2:30pm
16 February, 15 March
\$2 per class
Craft Room

Craft - Monthly

Participants can bring any craft that they have, unfinished projects that are sitting around the house, new projects to begin. Come along and have a chin wag with others in a relaxed environment.

Friday 12:00pm – 2:30pm
2 February, 8 March
\$2 per class
Craft Room

Beginners Art - Drawing

Surprise yourself by exploring your creative side in the beginners Art Class. An experienced Artist & Teacher will guide you to sketch out, then paint at your own pace.

Tuesdays 9:30am – 11:00am
6 February to 26 March
The Craft Room
\$130 Includes Materials

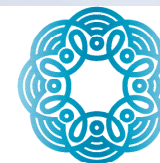
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(03) 9761 0209 | info@tbch.org.au

 [@thebasincommunityhouse](https://www.facebook.com/thebasincommunityhouse)

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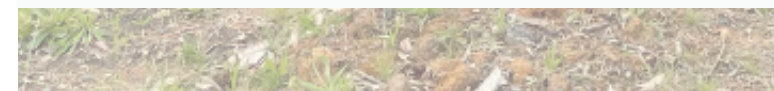
Open hours: Monday to Friday 9:15am to 3:00pm



The Basin
Community House



Course Guide
Term 1 2024





Introduction to Microsoft Word and Excel

Increase your skills and confidence by using a range of these Microsoft Programs. Highly sought for employment and useful for personal use for writing letters, journals, budgets, slide shows, cards, emails and calendars. Small classes with friendly tutor, non threatening environment.

Wednesdays 9:30am– 12.00pm

7 February to 27 March

\$50 - Computer Room



Digital Essentials Level 2

Learn to utilise your devices to edit photos, send and receive emails with attachments, use bluetooth devices, use Siri, utilise maps, search the internet and save websites to favourites and clear search history. Scan documents and sign and email them. Download free books and other free apps. Course content subject to change based on students' questions and needs. Small classes with friendly tutor, non threatening environment.

Wednesdays 12:00pm - 2.30pm

7 February to 27 March

\$50 - Computer Room



Introduction to Outlook and Email

This course also allows for students to use PCs or their own laptops for emails and surfing the web, creating My Gov account etc.

Fridays 12pm - 2:30pm

9 February to 22 March

\$50 - Computer Room



Digital Essentials Level 1

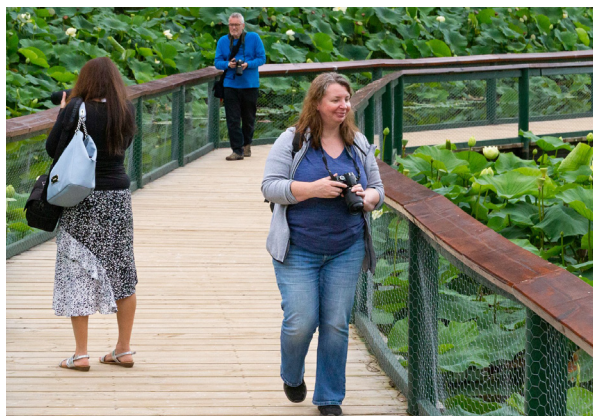
Need help using smartphones and tablets? Small classes with friendly tutor, non threatening environment. Learning what your devices can do besides text and call people. Take photos, update Apps, send and receive emails, blocking phone calls and emails. Creating a My Gov account, learn about internet banking and scam awareness, linking Centrelink or ATO to My Gov. Using Service Vic app for more than signing in.

Friday 9:30 am- 12:00pm

9 February - 22 March

\$50 - Computer Room

The Basin Community House is proudly a Learn Local Provider. Contact us for more details about Learn Local endorsed courses.



Fun & Friendly Cooking

Over the 8 weeks you will learn various basic cooking skills, cook along in the class to make family friendly meals, meals for one, cuisines from different countries, baking and desserts.

Thursdays 10:30am - 12:30pm

8 February to 28 March

\$100 (Includes Food Levy)

Tai Chi

Tai Chi is slow, focused movement, based in traditional Taoist (Chinese indigenous) philosophy and medicine; and using the Chinese martial arts for direction. It is a preventative art for maintaining and improving our health, used to balance body, mind and soul.

Wed Morning 9:30am – 11:00am

31 January to 27 March

\$117 - Long Room

Conversation & Friendship Group

This group has been created to meet new people, form friendships and enjoy the company of others in a relaxed and welcoming environment. This is a flexible group that will meet at the Basin Community House, but may also enjoy outings depending on the week. If you have been wanting to get out of the house and meet new people, this group could be perfect for you.

Fridays: 10.00am to 12.00pm

2 February and 1 March

Gold coin donation

These subsidised courses are for those looking for a new career, return to study, volunteer or upskill regardless of prior training, employment status or income.

Exercise Right for Active Aging

We have partnered with Innovate Exercise Physiology to deliver professionally guided classes held at our Community House to connect like-minded people in a fun and friendly setting. Move your body through affordable exercise. Classes led by university qualified professionals. Improve your quality of life and overall health.

Thursday 10:00am to 10:45am

8 February to 28 March

Cost: \$80 (\$10 per class x 8 classes)

