

## 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 |  
26th April / 10th May / 7th June  
\$30 (\$10 per class) | Craft 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 |  
22nd April - 17th June  
\$40 | Long 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  
9th May / 23rd May / 13th June / 27th June  
\$5 per class | Craft Room

## 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 |  
16th April - 25th June  
\$132 | Long Room

## 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 |  
19th April - 28th June  
\$132 | Long 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 |  
3rd May / 24th May / 14th June  
\$2 per class | Craft Room

## Patchworking and Sewing

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.

Thursdays 7:30pm – 9:30pm |  
18th April / 16th May / 20th June  
\$40 total (\$20 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 |  
23rd April - 11th June  
\$128 Includes Materials | The Craft Room

## Tech Support Drop In

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 |  
22nd April - 24th June  
Free | Computer Room | This program is Learn Local endorsed

## 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  
19th April / 17th May / 21st June  
\$2 per class | Craft Room

Term 2 2024

# Course and Activity Guide

21 Liverpool Rd, The Basin VIC 3154  
(03) 9761 0209 | [info@tbch.org.au](mailto:info@tbch.org.au)  
Open hours: Monday to Friday 9:15am to 3:00pm



Enrolments now open for Term 2



**We provide a welcoming space for people to connect, learn, and participate in a wide range of educational, recreational, and social activities.**



**The Basin**  
Community House



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

### 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.

Wednesday morning 9:30am – 11:00am |  
17th April - 26th June  
\$143 | Long Room

### Conversation and 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 |  
3rd May / 7th June  
Gold coin donation

## Enrolments Now Open for Term 2



### 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 MyGov 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 |  
26th April - 21th June ( No class 7th June )  
\$50 | Computer Room | This program is Learn Local endorsed

### 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 |  
24th April - 19th June ( No class 5th June )  
\$50 | Computer Room | This program is Learn Local endorsed

### 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 |  
2nd May - 20th June  
\$80 (\$10 per class x 8 classes) Long Room

### Fun and 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 |  
2nd May - 20th June  
\$100 (Includes Food Levy) | This program is Learn Local endorsed