

PROGRAM GUIDE

TERM 1 2023

30th January - 6th April

Participate .
Learn .
Develop.

What's On

Community Lunch

A tasty and healthy 2 course lunch for all of Kyneton! \$7 donation appreciated.
Good Food @KCH - 35 High St, Wednesdays during school term from 12:30 pm.
If you have produce to donate contact: admin@kynetoncommunityhouse.org.au

Small Bites

Students from our Hospitality courses are running a pop-up café each Tuesday at the Good Food Hub during School term.

12 - 1:30pm

Come along for a small bite for lunch. Menu changes weekly with seasonal bites, and kid friendly bites available for young children.
Cost \$5. Eat in or take-away option available!

Whole Town Garage Sale

A chance to support fellow community members and give your unwanted items a new home!
Saturday 18th March
Maps on sale between 8am - 12pm on the day, \$5
Registration opens Monday 6th February. Registration \$5

Follow our
socials

for the latest
news &
updates
throughout the
term.



@kynetonch

Occasional Child Care

Open from Monday to Friday
Sessions (9am - 2pm)

Waiting lists may apply

Contact the House for further info.

Room Hire

7 days a week. Registered Kitchen, Small & Large Meeting Rooms, Equipment Hire & Wi-Fi can be arranged.
Community rate available.
Bookings essential.

Food Relief

We have frozen meals available to anyone that finds themselves a little short or unable to cook. No explanations required, just get in touch and we can help out.

Get Smart on your Smart Phone

Have a curly computer, phone, tablet question or problem? Our digital mentor is available to help you out!

Wednesdays 1-3pm

Gold coin donation appreciated.

Become a member!
Receive 10% off one course each semester.
Receive updates about what's on and gain voting rights at AGM's and Special General Meetings. Apply online or visit the house.

Exhibition space

We have some gorgeous blank walls just waiting for some local art work to be displayed!

If you have art you'd like exhibited, or would like your own art show get in touch!

Catering

Need a meeting or small function catered? We can help! Get in touch for further information.

Volunteer!

Join our team as a volunteer! We currently have vacancies in IT, Gardening, Childcare, Projects and Community Lunch.



admin@kynetoncommunityhouse.org.au



5422 3433



www.kynetoncommunityhouse.org.au



34 Mollison Street, Kyneton



Good Food Hub - 35 High Street Kyneton



**KYNETON
COMMUNITY HOUSE**

Special Interest

Qi Gong

The 7 week Qi Gong course introduces simple breath and movement practices to rebalance body, mind and spirit.

Suitable for all abilities.

Try a free intro class on Tue 7th Feb or Thur 9th Feb.

7 - 8pm, 14th Feb—28th Mar
9:30-10:30am 9th Feb - 30th Mar
Cost: \$165 (7 weeks)

Contact Michelle on 0408 081 455 to book

Dancercise

The aim of Dancercise is not to learn & perform the routines perfectly. Sessions are designed to encourage you to get active and have lots of fun with friends, while improving your overall flexibility, coordination & balance. Sessions are fully inclusive and customised to suit your level, from beginners to advanced, everyone is welcome!

Mondays 30th Jan - 3rd April 7-8pm
Cost: Term \$162 or \$19.50 per class

Contemporary Watercolour

Local artist Lucinda will help you to find joy in the discovery of this medium through a variety of projects, exploring an intuitive approach to making beautiful paintings.

Learn new skills in a relaxed environment and connect with like-minded people - this weekly class will help you to unwind and let your inner artist take control

Date: 12th Feb - 26th Mar
Time: 1 - 3pm Cost: \$280

Rainbow Voices Community Choir

Sundays during term 4 - 6pm

Term fee \$140

Location: Good Food Hub, 35 High St

Enquiries and booking:

sunbury.cantare@gmail.com

Perfectly Nourished Mothers and Daughters

Strategies to balance hormonal challenges through nutrition in adolescence and later years.

Cost: \$140 or \$40 per class

Wednesdays 8th Feb - 1st Mar, 7-9pm

Perfectly Nourished 40 and Beyond

Feel like you're 30 again, use the wisdom of your gut microbiome to strengthen your bones, alleviate brain fog and boost your immune system.

Cost: \$140 or \$40 per class

Wednesdays 8th - 29th Mar, 7-9pm

Learn Local Courses

Art Foundations

An introductory course in visual art practice. Develop techniques and skills in a variety of mediums such as painting, drawing, collage and printmaking. Students will learn to express their ideas and experiences in a visual form, and contribute to a group exhibition at the conclusion of the course. All materials supplied.

Date: Wednesdays from 15th Feb - 21st June
Time: 1:00 - 3:30pm Cost: \$120

Community Art Project

Explore your creative abilities under the guidance of practicing artists and create a collaborative large scale artwork displayed in a public space.

Date: Mondays 6th Feb - 21st June
9:30am - 12:30pm Cost: \$100

Hospitality Basics

Gain hospitality skills from industry experts. Learn the ins and outs of professional customer service, food handling, using digital point-of-sale systems and food preparation all while running a real lunch service for our Community Lunches and Small Bites pop up café. Learn both front and back of house skills for work in the hospitality industry.

Date: Tuesdays 14th Feb - 20th June
Time: 10am - 2pm @ Good Food Hub Cost: \$100

Carpentry Basics

Come along and learn the basics of carpentry in this 9 week course. Students will work on their own projects including making a mallet, chopping board and nesting box. With local superstar Emily Dellios.

Tuesdays 7th Feb - 4th April 9:30am - 2:00pm
Cost: \$250 & \$200 conc.

Making Preserves

In this two day workshop, learn how to make the most of your seasonal produce, transforming it into delicious jams and preserves. Learn the basics of the preserving process and delight your family and friends with your home produce all year round.

Start date TBD. Express interest now!

Gardening Basics

Join in on the fun of being involved in the development of KCH's Community Garden. Learn all about designing a garden, selecting plants, working with the seasons, gardening maintenance, composting, propagation and basic landscaping.

Date: Fridays 3rd Feb - 23rd June
Time: 9:30am - 12:30pm Cost: \$100

Become a Small Biz Whiz!

This short course delivers the skills and knowledge for people wishing to set themselves up as a subcontractor or sole trader. It assists students with the logistics of: Registering for an ABN, registering for GST, registering a business name, applying for checks and licenses (such as WWCC, Police Checks), finding the right insurance and accounting options.

Start date TBD. Express interest on website!

Home Propagation

Learn different propagation methods over 3 sessions to grow your own plants for free!

Saturdays 18th Feb - 4th March, 10am - 2pm
Cost: \$120

Youth Programs

After School Rancho Relaxo

Need somewhere to hang out afterschool?

Head down to Good Food @ KCH
35 High St Thursdays 3:45 - 6pm.

We'll supply the snacks! Lots of fun activities to join in on! Or simply just sit and eat chips! Bring your knitting or whatever you're into!
Suitable for high-school aged humans!

Let's Dance!

A fun dance class suited to 4yo kinder, prep and grade 1 aged children.

(Parents not required to stay)

Fridays 3 Feb - 31 March 4 - 4:45 pm
Term Fee: \$135 Trial Class: \$16.50

First Steps Pre-school Movement & Dance Classes

Build foundations for your child in dance and movement in a safe & fun environment! Suitable for children 2.5 - 4 years old. (Parents not required to stay)

Fridays 3 Feb - 31 March 3- 3:45 pm
Term Fee: \$135 Trial Class: \$16.50

Job Readiness

Responsible Service of Alcohol (RSA)

An essential qualification if you serve alcohol

Date: 16th Feb or 16th March

Time: 5-9pm

Cost: \$85

Provide First Aid (HLTAID011) & Provide CPR (HLTAID009)

To enrol: <https://www.its.vic.edu.au/hltaid011-provide-first-aid-courses/>

Sat 4th Feb or 14th Apr 9am - 3:45pm
Cost \$147

CPR Component only \$95

Educator's First Aid (HLTAID012) & CPR

To enrol: <https://www.its.vic.edu.au/hltaid012-provide-first-aid-in-an-education-and-care-setting/>

Friday 4th March 9am - 4:30pm

Cost: \$185 CPR Component only \$95

Book courses here



Minimum numbers are required for programs and activities to run.

