

Selby Community House

Victoria's longest serving Community House

Term 3 2022

11th July
16th Sep

Thursday Social Group

Come and sit by our cosy inside fire while getting to know people in your community and reconnecting with old friends. Enjoy a cuppa and chat about anything that interests the group. This get together is unfacilitated, casual, and friendly. Attend casually or come each week.

Thursdays 10am-12pm. FREE.



Selby Folk Club is back!

Currently in its 44th year, it showcases musical talent to our community on the first Friday of every month at 7.30pm. Selby Folk Club sets the stage, where musicians perform to an attentive crowd capturing a sense of intimacy.

Tickets available <https://www.eventbrite.com/e/selby-folk-club>

Drinks and snacks available for purchase.

Public Forum

Building and Renovating a Net-Zero House on a Budget

Whether you're saddled with an old Hills weatherboard or you're planning to build from scratch, saving on energy bills while saving the planet must be a priority. Our presenter, Daniel Wurm, will focus on the practicalities he has experienced building his Upwey home with a slideshow to illustrate. Daniel is the managing director of the Green Building Institute and runs the Energy Smart builders' program. Plenty of time for Q&A. Gold coin donation to cover cost of light supper.

Wednesday 17th August at 7pm. All warmly welcome.

ARTSPACE SELBY

'Dark Arts' the Exhibition will showcase photography and fine artwork created by the senior students at Monbulk College in the depths of a Dark Hills winter. The young artists will display imagery produced by channelling their darker inner monologue, darker traditions and subjects which are so popular with the younger generation. This Exhibition is fully funded and supported by Yarra Ranges Council. Tickets are free but must be booked on the Selby Community House website.

**Exhibition Opening
Friday 22nd July 6-7pm**

**Exhibition Dates
22nd July-22nd August 2022**

Artspace Selby Gallery,
Selby Community House, 1 Minak Road, Selby.
(Open during office hours, closed school holidays)
www.selbyhouse.org.au



Selby Folk Club:

Selby Folk Club meets the first Friday in the month at Selby Community House.

Checkout our website:
www.selbyfolkclub.com.au

1st July
Tim Woodz
& Sadie Mustoe

5th August
Moonshine Coalition

2nd September
Riley Catherall

1 Minak Road via Charles Street,
Selby VIC 3159
T 03 9754 2039
E programming@selbyhouse.org.au
W www.selbyhouse.com.au
ABN 23 553 499 345

Opening Hours:
Mon~Thurs 9am~3pm & Fri 9am~1:30pm
To book into courses and activities please call, come in or check our website
We are closed on school and public holidays and Total Fire Ban days.



Education and Training



Pre-Accredited Training



Enhance your skills or learn new ones. These quality Short courses are designed to help reach your goals with face to face support to keep you on track. They provide pathways to Employment. Funded by Adult, Community and Further Education (ACFE) and Learn Local.



IPADS AND TABLETS FOR BEGINNERS (22DSEO209001)

For those new to or wanting to develop iPad fluency skills. Covers basic set up and usage, Apps, emails, calendar, iTunes, cloud storage & more. Hands on experience in real life scenarios to improve communication, listening & goal setting. No experience required.

Fridays 12.45-3.15pm 15th July-2nd September (8 weeks) Cost \$90 / \$50 Conc.



IPADS AND TABLETS ~ INTERMEDIATE SKILLS (22DSEO209002)

For those who are already familiar with using iPad/tablets, you will gain more in depth skills including how to manage software and system updates, split screen and other advanced capabilities. Learn how to use Editing functions in photos, Create and share slideshows, using iCloud, Dropbox and Google Drive and use apps designed to build on creative skills.

Fridays 9.30am-12pm 15th July-2nd September (8 weeks) Cost \$90 / \$50 Conc.



FLEXIBLE COMPUTER TRAINING ~ INTERMEDIATE SKILLS (22DSEO209004)

Update your computer skills or learn something new. This course allows you to learn at your own pace, with tutor support. Choose from Microsoft Office, Word, Excel, PowerPoint, Windows, Publisher, or software accounting Quickbooks, Xero or MYOB or let us know what you would like to learn. Basic computer skills recommended.

Mondays 12.30-3pm 11th July-12th September (10 weeks) Cost \$90 / \$50 Conc.



Creative Arts



VEGAN & PALM OIL FREE SOAP MAKING ~ With Sharnn Watts

Learn how simple it is to make your own handmade cold process soap in a hands-on fun class. Learn about the safety requirements, equipment and ingredients needed- all supplied.

Handouts given & everyone will take home approx.5 bars of soap. BYO essential oils and container to take soap home in.

Saturday 13th August 1-3pm Cost \$95 Includes materials.



NEW



AUSSIES KNITTING FOR WAR-AFFECTED KIDS

& crocheters, sewers, quilters etc.

Join this craft group who use their skills to warm kids who are the victims of conflict in the Middle East. Everyone welcome, and welcome to work on their own project.

First Wednesday of the month. 6th July, 3rd August, 7th September 10am-12.30pm. Gold coin Donation for tea/coffee.



ADVANCED BOTANICAL DRAWING & PAINTING ~ With Susie Parry

These One Day Workshops will allow students the opportunity to explore chosen topics in more depth with an emphasis on observation skills, understanding tonal values, pen & ink rendering, composition, colour, water colour & gouache painting techniques.

Explore, develop and understand a variety of techniques to produce your own detailed Botanical Studies.

Prerequisite Intro to BD&P Part 1 & 2.

Tuesdays 9.30am-2.30pm

19th July, 9th August, 30th August (3 workshops)

Cost \$200





Health and Wellbeing



STRETCH AND STRENGTHEN ~ With Rachelle Hayes -Massage & Thai Therapist 24yrs. Increase your flexibility, strength and body awareness with gentle techniques. Promotes joint range of movement, coordination & decreased muscle tension. Suits all ages.
Wednesdays 10-11am 13th July-14th September (10 weeks) Cost \$135



HATHA YOGA ~ With Spyros Topalis
Yoga improves health, fitness & tones the whole body. Increase your vitality and quality of life while gaining strength, flexibility and balance- physically, mentally and emotionally. Suits all ages, beginner or experienced.
Mondays 7-8.15pm 11th July-12th September (10 weeks) Cost \$150
Wednesdays 7-8.15pm 13th July-14th September (excl. 17/8) (9 weeks) Cost \$135



NEW

PILATES ~ With Sammy Klodzinsky
Pilates is an exercise of movement therapy which aims to improve or build physical strength, flexibility, alignment, posture, and is also an enhancement to mental awareness. Pilates focuses on building and supporting core strength, which in turn supports the rest of the body. It's a great exercise to assist in rehab, injury or pre/ post- natal. With a big focus on breath and improvement on coordination and balance, Pilates can be accessed by all levels! Bring mat or borrow ours. All levels welcome.
Fridays 11.30-12.30pm 27th July-31st August (6 weeks) Cost \$140



Workshops and Short Courses



NEW

MIDDLE EASTERN COOKING
Learn the basics of Middle Eastern (Ottoman) cuisine! 'Sheikh Glen' brings you the (not so) secrets of the far East. He'll demonstrate simple techniques and use of products while making and sharing some lamb filo bastille and various mezze. Includes drink on arrival and a bottle of pomegranate molasses to take home.
Sunday 31st July 5.30-7.30pm Valued at \$89 but pay as you feel.



NEW

CAD FOR ABSOLUTE BEGINNERS & ADVANCED
Computer Aided Design has been around since the 90's however powerful computers were needed to run the program and it was expensive! Nowadays computers/laptops are powerful enough and the program is FREE. It runs on Windows or Mac and you'll be guided to install the app. We'll use a program to make 2D drawings and 3D views for building, extension/renovation, shop layout or interior design. You will focus on measuring with pen & paper, making a 2D map and 3D model, and print your drawing to a PDF. In the advanced course you will add more interior components, extend the program with plug ins and create your own textures and 3D walk-through tours.
Mondays 9.30-12pm
Beginners ~ 25th July & 1st August Cost \$80
Advanced ~ 8th & 15th August Cost \$80 (some CAD experience required)



WRITING YOUR LIFE STORY OR FAMILY HISTORY ~ With Imelda Cribbin
Everyone has a story or history to share, and researching it can be fun. But have you wondered how to shape your research into something readable so your family and friends can also enjoy it? This 6 week informative and practical course will provide you with the tools and guidance to get started. In a supportive group we will work out who your audience is, try various writing techniques, and discuss what images & data to include. We will cover copyright, privacy & permissions, referencing techniques & publishing. Imelda is a Board Member of Life Stories Australia and a Professional Member of the Institute of Professional Editors (IPEd).
Fridays 10-11.30am 29th July-2nd September (6 weeks) Cost \$145



Children's Activities

WOMBALANA WILD PLAY DATE!

Meet other local families at our very own Wombalana Wild Garden here at Selby Community House. Children can play in our unique bushland setting while you get to know each other. You are welcome to stay longer and enjoy the garden.

Wednesdays 27th July, 17th August, 7th September 2.30-3.30pm. FREE

SELBY FACILITATED PLAYGROUP with Chloe

Parents stay and meet other families while the children play and explore various age - appropriate activities assisted by a qualified childcare worker. Indoor and outdoor play in a beautiful setting. Belgrave Library are visiting for Storytime on 10th May! *Ages 0-5*

Tuesdays 10-12pm 12th July- 13th September Cost \$10 per session, \$5 for siblings



SELBY CHILD CARE CENTRE

Our Occasional Childcare program provides your child with a fun, social and playful outlet allowing you some well earned time to recharge, attend an appointment, or just be hands free to do other things.

9.30am-2.30pm Monday, Wednesday & Friday Cost \$60

8.30am-4.30pm Thursday Cost \$110

Try first hour parent/child transition **FREE**

Please email occ@selbyhouse.com.au for enquiries and bookings.

*Licensed with the Dept. of Education & Early Childhood Development. Financial support for this service by the Australian government under the Childcare Subsidy.



Services:

PLAYGROUPS ~ New Members always welcome!

We currently have vacancies in our new Playgroups. If you would like to bring your parents/carers group, please call to discuss days and times that would suit your group.

MATERNAL CHILD & HEALTH SERVICE

Local Maternal and Child Health Nurse, Ann Ferguson is available on the 2nd and 4th Tuesday of every month.

(Closed in school holidays and fire danger season).

Please call 1300 368 333 for an appointment.

VOLUNTEER OPPORTUNITY ~ Please call 9754 2039

We are currently looking for Volunteers to join our exciting new volunteers program! If you have a spare couple of hours and an interest in your community, we would love to match you up with little jobs you already have skills for and/or new skills you would like to gain.

HOUSE HIRE

Selby Community House is available for community events, meetings and functions at the discretion of the Committee of Management. With a main lounge area, fully equipped kitchen, Children's room, Meeting room, Art/ multipurpose Studio and numerous outdoor areas available.

Please call for details on cost and availability.

FRIENDS OF MINAK

Planting and weeding to care for the reserve.

Meets at 10am-12pm on the 1st Sunday of the month.

Stay for a cuppa. No experience needed.

Please email: programming@selbyhouse.com.au for more information.

This brochure was printed on recycled paper

Selby Community House Inc., founded in 1975 as a community initiated focal point, is an incorporated not-for-profit association, run by a Voluntary. Board of Governance and operates in a Yarra Ranges Council building co-located with the Maternal and Child Health Service. All are welcome regardless of religion or cultural preference. All feedback or suggestions about new programs is encouraged.

Committee meetings are held bi-monthly on a week night at 7.30pm. New members are always welcome and anyone interested in being involved in the management of the house should call for further information about nomination. Annual General Meeting is held in September and Annual Report is available after that date.

Privacy Policy: Selby Community House respects your rights to information privacy. Information collected and held is kept in accordance with information privacy regulations.