

POWER PALS STRENGTH TRAINING

Live Longer Live Stronger™

Is it hard to get out of your lounge chair, bend down to the bottom cupboard, to put your shoes on?

Has your stride length shortened, walk pace slowed, or are you apprehensive about walking on uneven surfaces?

Is it difficult to climb stairs, stand erect, to raise your hands above your head?

If you answer 'YES' to any of these questions, then strength based training is your answer.

Come and join in and find out why, how and where to do strength training.

Days (5 classes per week)
Tuesdays & Thursdays
8am and 9am
Saturdays 8am

Cost \$2 a session

Venue Yea Pioneer Reserve
(located behind the Community House)

Tutors Sandra Hanley, Jan Coonan, Barbara Guttridge, Helen Dean & Nola Jackson

Contact Community House on 5797 3070

SERVICES

The Yea Community House offers the following Services:

- Public access to computers, available at the house at \$2 per half hour. Book on 5797 3070.
- Public Internet Access, available at the Community House at \$2 per half hour. To make a booking phone 5797 3070
- **Photocopying Black 25 cents a sheet. Colour photocopying will depend on colour saturation, from \$1 to \$5 (please ask).**
- Faxing at \$1 per item
- A FREE fax Service for Centrelink customers who need to supply fortnightly figures
- Laminating at \$4 per A4 sheet.
- Book/Document Binding at \$4 per item.
- Room Hire. Please enquire for room booking availability at the Community House or the Community Shed on 5797 3070
- Parents Returning To Work Program. Yea Community House is a provider for the Parents returning to Work Program. If you are interested please contact the house on 5797 3070.

NOTES FOR COURSES FOR TERM 3, 2009

If any of the courses interest you but the times and dates listed are unsuitable, please contact the House on 5797 3070 to register your interest such that other options can be considered. Bookings can be made in person, by phone and email, but must be substantiated by payment within two weeks or the booking will be lost. (And please note that courses may be cancelled or deferred if class numbers are insufficient, and class numbers will be based on the PAID enrolments)

POTTERY GROUP

A self help group for people of all ages. Activities include hand building, wheel work through to final glazing and firing. Most recently this group has been responsible for the beautiful work being attached to the Yea Community Conveniences. If you want to have an input, contact the Yea Community House.

Time 10am-12 noon every Wednesday
Venue Yea Community Shed
Cost Annual fee of \$30, plus joining fee of \$5
For details ring Margaret Mahon on 5797 2661
Or Contact; Community House on 5797 3070

COURSES AVAILABLE WITH CEACA IN ALEXANDRA

- Fibreglass/spray painting
- White card (was red card)
- Course in construction (OH&S Induction)
- Accredited chainsaw use^
- Barista class
- Spicy foods with Jacki in Thornton
- Introduction to Photoshop Elements 5.0 ^
- Photo mosaics
- Pastry making in Thornton
- Food safety
- Supervisor's certificate
- Implement food safety procedures
- Responsible serving of alcohol

ENROLMENT & FEES

- Course enrolments can be made by contacting the Yea Community House on (03)5797 3070, by Fax on (03)57972860 or via email to yeacom2@virtual.net.au or in person at the House 5 Semi Circle, Yea, 3717.
- Enrolment is required for all courses and fees must be paid promptly to ensure a place.
- All course fees are to be paid up to one week prior to commencement of the course.
- Payment can be made by cash or cheque. (EFTPOS is not available)
- If a class is cancelled due to insufficient numbers, those enrolled will be informed and the full fee will be refunded.
- If a student cancels with less than one week's notice to the commencement of the course, an administration cost of \$5 will apply.
- Refunds after commencement of the course are not available except in exceptional circumstances.

PRIVACY STATEMENT

Yea Community Services Group Inc. respects the right to information privacy. It is a condition of funding that certain information be attained and this will be kept in accordance with information privacy laws and will not be disclosed except where we are required by law to do so. Please contact us if you require further information on privacy.

Courses for Term 3 - 2009



Yea & District Community House
15 The Semi Circle, Yea, 3717
Postal Address: PO Box 78
Phone: (03)5797 3070 Fax: (03)5797 2860
Email: yeacom2@virtual.net.au
For all our information and this course guide visit our web page
www.yea.com.au

OPENING TIMES -The Community House office is open Mondays, Tuesdays, Thursdays and Fridays 9am to 3.30pm, on all school weeks as well as the 2nd week of the school term holidays



Supported by the Victorian Government

The Yea Community House provides services for the **WHOLE** community. It provides educational, social and recreational activities for everyone.

It is a centre for
Adult Community Education
for Yea and the surrounding areas

It also provides referrals and community information as well as public access for Computer and Internet usage.

It can be found in the Yea Civic Centre next to the Library.

The House is supported with funding made available by the Victorian Department of Planning and Community Development (DPCD) and Adult, Community and Further Education (ACFE).

TAKE A BREAK: OCCASIONAL CHILDCARE

The Yea Community House offers a Take-A-Break service for Term 3, 2009; Take-A-Break is occasional childcare. It is available on Fridays only, from 9.30am to 2.30pm on all school weeks.

Registered with the Department of Human Services, it provides a safe, secure environment with numerous activities and fun for children between the ages of 9 months and 6 years.

The program aims to offer stimulating and interactive play, encouraging social,

emotional and physical development in the young child, and staff are trained and experienced in Early Childhood Development.

Fully supervised at all times, booking is advised and must be accompanied with payment or the booking will not be valid.

Booking early will ensure your child a place.

COST: \$6 per hour or part thereof per child
\$30 for the 5 hour session, per child

For more information; call 57973070.

PLEASE NOTE, the Yea Community House works in partnership with CEACA. Many of the courses that CEACA run in Alexandra can be run in Yea if there is sufficient interest. Please look up the CEACA website www.ceaca.com.au for their detailed course list, or drop into the Yea Community House for a copy of their program to see if there are courses of interest to you.

COURSES IN YEA FOR TERM 3

FIRST AID - CPR* HLTCP201A

Perform CPR Refresher Course. Cardio pulmonary resuscitation update.

Tutor Peter Savage
Date 5th September 2009
Time 9am-12pm
Venue Yea Community House
Cost \$60

FIRST AID - LEVEL 1* HLTFA201A

Provide Basic Emergency Life Support. Pre-requisite: nil. Instruction in emergency life support procedures in those vital few minutes after a life-threatening incident.

Course Topics: Occupational Health and Safety Act 1985; Safety at the Scene; Cardio Pulmonary Resuscitation; Managing the unconscious person; controlling external bleeding; recording and reporting, summoning medical assistance, personal hygiene techniques.

Tutor Peter Savage
Date 5th September 2009
Time 9am-5pm
Venue Yea Community House
Cost \$100

FIRST AID - LEVEL 2* HLTFA301B

Apply First Aid. Pre-requisite: nil. Basic First Aid requirements for the work place or at home. Course Topics. All of Level 1 plus, assessment of the patient; care of wounds; fractures, soft tissue injuries; shock; burns; eye injuries; bites and stings; lifting and moving a patient; medical emergencies.

Tutor Peter Savage
Date 5th & 12th September 2009
Time 2 sessions of 9am-5pm
Venue Yea Community House
Cost \$185

FIRST AID LEVEL 2 UPDATE

This is for those requiring an update of their Level 2 qualification to remain current. This is now available as a single session and at a reduced cost.

Tutor Peter Savage
Date 12th September
Time 9am-5pm
Venue Yea Community House
Cost \$115



FIRST AID EPI PEN TRAINING OR UPDATE

This course is for those who require this qualification in working with children. It deals with the recognition and emergency management of allergic reaction and anaphylaxis, and includes training in the use and administration of the epi-pen.

Tutor Peter Savage
Date 5th September 2009
Time 9am-12pm
Venue Yea Community House
Cost \$60



FOLLOW WORKPLACE HYGIENE PROCEDURES * THHGH501B

(FOOD HANDLERS) Accredited training that meets the Legislative requirements for all members of the Hospitality and Food Retail industries.

Duration 1 session
Date Monday 20th July
Time 6pm-9pm
Cost \$70

COMPUTERS MADE EASY

Designed for people with little or no computer experience - work at your own pace. John will show you how easy it is as you gain a basic understanding of how the computer works with an introduction to word-processing, database, spreadsheets and the internet.

Duration 8 sessions
Date Tuesdays starting 28th July
Time 9.30am-12 noon
Venue Yea Community House
Cost \$60

COMPUTERS ~ THE NEXT STEP

A basic understanding is assumed as John shows you how to extend your skills with word-processing, file management and an introduction to Desktop Publishing, with time for all those questions you wanted to ask but have been afraid to.

Duration 8 sessions
Date Tuesdays starting 28th July
Time 1pm-3.30pm
Venue Yea Community House
Cost \$60

DIGITAL CAMERAS & PICASA (PHOTO EDITOR)

The course will cover different camera specifications and what they mean, software installation, how to take a great picture, downloading to a computer, readying your photo for printing e.g. cropping, red eye, dark and lightening. You will leave with a disk of your photos. Bring camera, charged battery, manual, leads. Please note, depending on numbers this course may be run either in Yea or Alexandra.

Tutor John Cannon
Date 3 Sessions 8th 15th & 29th August
Time Saturdays 1pm-5pm
Venue Yea Community House
Cost \$60



KNITTING

Join Sandra in learning this great old skill. Pick a project to suit your skill level, and you will be guided and supported in creating your garment or accessory.

Tutor Sandra Hanley
Date 6 Sessions
Time Tell us what suits you
Venue Yea Community House
Cost \$40



CROCHET

This craft is experiencing a revival. Come and learn the stitches so you can create your own conversation piece. Start with a scarf or baby's matinee jacket.

Date 6 sessions, starting 4th August
Time Tuesdays 3.30pm-5.30pm (or ask for another time)
Venue Yea Community House
Cost \$60



3 MINUTE PAVLOVA

Need dessert in a hurry? Need a quick sweet dish to take for a community/family get together? Learn how you can quickly make a pavlova in just 3 minutes which, after cooling, can be decorated and served up in quick succession. Class will get to see the pavlova made from scratch and to sample the results.

Date Saturday 1st August
Time 11am
Venue Yea Community House
Cost \$20



5 MINUTE CHOCOLATE MUD CAKE FOR 1

Have no kitchen? No proper cooking facilities but do have a microwave and a mug suitable to go into it. Find out how to make yourself a mud cake in a jiffy and take home the recipe.

Date Saturday 22nd August
Time 11am
Venue Yea Community House
Cost \$20



POTTERY

Both advanced and beginners are catered for. Classes will be formal and structured. Participants will be involved in; how to process clay and prepare it for work; throwing on the wheel; slab work, ie boxes; sculptures; coil pots and other basic skills. Students will also decorate and glaze their own work. Advanced students will proceed to learn glaze testing and formulation, and different forms of firing.

Tutor Coral Robben
Date Start to be advised.
Venue Yea Community Shed
Cost \$110 + clay + firing

EFT SELF HELP GROUP

This is a group that looks to deal with personal issues of both a mental and physical nature, using the Emotional Freedom Techniques. Sharing resources and ideas, the group offers fellowship and support for discovering therapies that assist in living effectively.

Date Fridays 1pm
Venue Yea Community House
Cost \$2 a session

GARDEN AND PLANT FORUM

In the bushfire's aftermath and a long extremely hot and dry summer, this will be an opportunity to discuss and talk over how people's gardens survived and how they were affected by the last summer season. If gardens coped with the conditions, what species suffered, what died or fried. In the fire affected areas, what role gardens played, what species helped or hindered, and just what people were able to observe and experience in the gardens of the district.

This is a forum to hear what were the experiences of those who went through the tribulations. It could offer ideas on what to plant for the future.

Cost \$2 each
Date Saturday 19th September
Time 10.30am
Venue Yea Community House



POWER OF ATTORNEY MEDICAL & FINANCIAL

We are looking for expressions of interest to run an information session on the Power of Attorney. If numbers are sufficient, a session will be booked.

Venue Yea Community House
Cost TBA but minimal



YEA COMMUNITY HOUSE GROUPS

YEA MEN'S SHED GROUP

This is a group of local men looking to promote skills training and activities as well as men's related health and social matters in a fellowship group. There are wood working facilities and the group is active in providing community services such as minor repairs or refurbishments, and assisting with projects. All men are welcome to join and they can contact the spokesperson as to meeting times and activities

Venue Yea Community Shed
Contact John Czerny 5797 2899

YEA INDOOR SPORTS GROUP

Anyone interested in soccer, volleyball, table tennis and other sports can join this group. Sports cater to both juniors and seniors and will be run at various locations.

Starting dates to be advised as they may be dependent on weather conditions.

For further information contact Terry Redding on 5797 2710 or Yea Community House on 5797 3070