



Vermont South Neighbourhood House

What's on!

Semester 1 2025

Program Guide



03 9803 2335
info@vsnh.org.au
www.vsnh.org.au
1 Karobran Drive
Vermont South VIC 3133

Vision, Mission & Values

VISION - A community where all people belong and thrive

MISSION - Vermont South Neighbourhood House is an inclusive hub that engages the community in social and learning opportunities that enhance wellbeing

VALUES - Collaboration, Inclusive, Equity, Life-long Learning, Optimism

Membership

Help us to fulfil our Vision and Mission by becoming a valued member of VSNH. Membership of VSNH entitles you to:

- Attend General Meetings, including the AGM
- Apply to become a Board member
- Voting rights at the AGM
- Opportunities for your voice to be heard in the local community
- Member discounts when participating in some VSNH Events

Volunteering

We are currently seeking enthusiastic volunteers. Volunteering is a great opportunity to brush up on skills in readiness for the workforce or to simply be with others in your community. No matter the reason, we would welcome you to become one of our volunteers.

Volunteer Roles include:

- Assistance with Community Events
- Café
- Community Gardening
- Computers & IT
- General Administration

Call us on 9803 2335 or send us an email to info@vsnh.org.au

We gratefully acknowledge the support of the following funding bodies:



Vermont South Neighbourhood House respectfully acknowledges the Aboriginal people as the traditional custodians of the land that we live, work and play on. We pay our respects to them and their cultures and to the Elders past and present.



Semester 1 2025

Welcome to our program overview covering February to July 2025. We hope it will allow you to plan ahead and come along to join us at one or more of our activities.

As always, we welcome our current community members but love it when we meet those new to the area or new to our House.

We have many things available for you to participate in such as social activities, learning a new skill or begin a new journey of discovery. You can become involved as a volunteer, exchange books in our Street Library, join in on community projects and events— we have something to suit everyone.

Please visit our website www.vsnh.org.au for information about all of our courses and activities.

As always, should you have any questions about our courses, room hire, membership, café, or just want to have a chat, please feel free to contact us via email, phone or in person.

There is never a better time to start something new.

Come and say hello!

Enrolments

Enrolments are confirmed by payment of course fees via EFTPOS, credit card, cheque, cash, or direct debit.

- Fees are to be **paid in full** prior to commencement of the course
- If a course is cancelled by the House, a full refund will be provided
- Refunds will not be provided **once your place has been confirmed** and the course is confirmed to commence by the House.

Learn Local courses are educational courses for adult learners seeking to build current skills for work, volunteering, or further study.

These courses are funded by The Adult Community & Further Education (ACFE) Board.

Eligibility criteria

Applies to all people who enrol in these funded courses, and applicants must be Australian residents seeking training.

Ineligible applicants who wish to study Learn Local courses will be charged full fee prices - manuals & materials extra.

English for Everyday Living 25SBDLAN002

Monday 10 Feb—31 Mar 9:30am—1pm (7 weeks) **\$70**

No class 10 Mar Last class finishes 12:30pm

Monday 28 Apr—23 Jun 9:30—12:30pm (8 weeks) **\$70**

No class 9 Jun

Creating Digital Media using CANVA 25EDCSCDM

Wednesday 12 Feb—12 Mar 9:30am—1:30pm (5 weeks) **\$65**

Wednesday 7 May—4 Jun 9:30am—1:30pm (5 weeks) **\$65**

Microsoft Word & Excel—The Basics 25SBDEDC009

Wednesday 12 Feb—2 Apr 6pm—8:30pm (8 weeks) **\$65**

Wednesday 30 Apr—18 Jun 6pm—8:30pm (8 weeks) **\$65**

Point of Sale for Retail & Hospitality 25SBDEDC012

Wednesday 19 Mar—26 Mar 9:30am—2:30pm (2 weeks) **\$40**

Wednesday 11 Jun—18 Jun 9:30am—2:30pm (2 weeks) **\$40**

Art as Therapy—Creative Community Connections 25EMPDESTA

Tuesday 4 Feb—25 Mar 10am—12:30pm (8 weeks) **\$65**

Tuesday 29 Apr—1 Jul 10am—12pm (10 weeks) **\$65**

Micro Business for Makers 25SBDLIT024

Tuesday 29 Apr—1 Jul 1pm—4pm (10 weeks) **\$75**

Introduction to Barista & Coffee Making 25ENGBCM

Wednesday 26 March (1 day) 9:30am—3:30pm **\$45**

Wed / Thu 11 & 12 June (2 days) 4pm—7pm **\$45**

Intro to Hospitality 25SBDLIT027

Wednesdays **Week 1:** Wed 18 Jun & Thu 19 Jun 10am—3pm **\$90**

& **Week 2:** Wed 25 Jun & Thu 26 Jun 10am—3pm

Thursdays **Week 3:** Wed 2 Jul 10am—3pm &
Thu 3 Jul 9:30am—3:30pm

General Interest

Advance Care Planning (ACP)—1 Day Workshop

Wednesday 12 March 10am—4pm

\$75

Thursday 22 May 10am—4pm

\$75

Ayurveda in Daily Life—Presented by Dr Kusum Lata

Wednesday 12 March 10am—12pm

\$15

Wednesday 11 June 10am—12pm

\$15

French Conversation Classes—Intermediate Level

Friday 7 Feb – 4 Apr 10am—12pm (9 weeks)

\$207

Friday 2 May – 4 Jul 10am—12pm (10 weeks)

\$230

Get your Groove on with Guitar

Tuesday 4 Feb—1 Apr 1:30pm—2:30pm (9 weeks)

\$180

Tuesday 22 Apr—1 Jul 1:30pm—2:30pm (11 weeks)

\$220

Healthy Eating Habits & Wellbeing—Presented by Dr Mitra Zarati

Friday 14 Mar 4pm—6pm—Health Eating for Busy Lives

\$15

Friday 21 Mar 4pm—6pm—Boost Your Brain with Nutrition

\$15

Friday 13 Jun 4pm—6pm—Nutrition and Immune Health

\$15

Friday 20 Jun 4pm—6pm—Nutrition for Stress & Mental Well-being

\$15



We Want to Hear From You!

Have a brilliant idea for a new activity?

A fun event that could bring our community together? We're inviting YOU to step forward and share your creativity with us!

Call us on 9803 2335 or email info@vsnh.org.au

*We're eager to hear from everyone –
all ideas are welcome!*

Art & Craft

Drawing & Painting

Thursday 6 Feb – 3 Apr 7:30pm—9:30pm (9 weeks) (BYO materials)	\$189
Thursday 24 Apr – 3 Jul 7:30pm—9:30pm (11 weeks) (BYO materials)	\$231

Mosaics—Self Directed Group—No Tutor

Friday 7 Feb – 4 Apr 9am—2pm (9 weeks) (BYO materials)	\$90
Friday 2 May – 4 Jul 9am—2pm (10 weeks) (BYO materials)	\$100

Patchwork & Applique

Wednesday 5 Feb – 2 Apr 9:30am—12pm (9 weeks) (BYO materials)	\$207
Wednesday 23 Apr – 2 Jul 9:30am—12pm (11 weeks) (BYO materials)	\$253

Health, Fitness & Wellbeing

*Please note: No classes on 10 Mar / 21 Apr / 9 Jun

Meditation

Wednesday 5 Feb – 2 Apr 7:30pm—8pm (9 weeks)	\$90
Wednesday 23 Apr – 2 Jul 7:30pm—8pm (11 weeks)	\$110

Strength Training

Monday *3 Feb – 31 Mar 1pm—2pm (8 weeks)	\$128
Monday *28 Apr – 30 Jun 1pm—2pm (9 weeks)	\$144
Wednesday 5 Feb – 2 Apr 12pm—1pm / 1pm—2pm (9 weeks)	\$144
Wednesday 23 Apr – 2 Jul 12pm—1pm / 1pm—2pm (11 weeks)	\$176

Tai Chi

Monday *17 Feb – 31 Mar 9:30am—10:30am (6 weeks)	\$96
Monday *28 Apr – 30 Jun 9:30am—10:30am (9 weeks)	\$144

陈氏太极拳18精要 18 Essentials of Chen Style Tai Chi

週三 Wednesday 5 Feb – 9 Apr 7:30pm—9:30pm (10 weeks)	每学期 20 美元 /
週三 Wednesday 23 Apr – 25 Jun 7:30pm—9:30pm (10 weeks)	\$20 per term

Yoga & Relaxation

Monday *3 Feb – 31 Mar 8pm—9:15pm (8 weeks) (BYO yoga mat)	\$144
Monday *28 Apr – 30 Jun 8pm—9:15pm (9 weeks) (BYO yoga mat)	\$162

Yoga & Relaxation

Wednesday 5 Feb – 2 Apr 5:30pm—6:45pm (9 weeks) (BYO yoga mat)	\$162
Wednesday 23 Apr – 2 Jul 5:30pm—6:45pm (11 weeks) (BYO yoga mat)	\$198

Children & Tweens

Painting for Children/Tweens (Ages 8+)

Tuesday 4 Feb – 1 Apr 4pm—5:30pm (9 weeks) (BYO materials)	\$189
Tuesday 22 Apr – 1 Jul 4pm—5:30pm (11 weeks) (BYO materials)	\$231

Sketching for Children/Tweens (Ages 8+)

Thursday 6 Feb – 3 Apr 4pm—5:30pm (9 weeks) (Materials included)	\$189
Thursday 24 Apr – 3 Jul 4pm—5:30pm (11 weeks) (Materials included)	\$231

Social & Community Activities

Community Lunches

We offer an affordable and delicious lunch on the last Tuesday of the month. Meet with friends & make some new ones!

Our next lunch is on **February 25 @ 12:30pm** (future dates to be advised)

Bookings are essential—please call 9803 2335. \$10 per person—pay on arrival.

Knitting Group *Please note: No group on 10 Mar / 21 Apr / 9 Jun

Monday *3 Feb—31 Mar 1pm—3pm (8 weeks) **\$2 per week**

Monday *28 Apr—30 Jun 1pm—3pm (9 weeks) **\$2 per week**

Paper Crafting Social Circle

Tuesday 4 Feb—1 Apr 2pm—3pm (9 weeks) **\$2 per week**

Tuesday 29 Apr—1 Jul 2pm—3pm (10 weeks) **\$2 per week**

Walking Group

Thursday 6 Feb—3 Apr 9:30am—10:15am (9 weeks) **FREE**

Thursday 24 Apr—3 Jul 9:30am—10:15am (11 weeks) **FREE**

FREE TECH HELP!

Get **FREE HELP** with computers, phones, or tablets

Each **Monday from 10am—11am** Just call us on **9803 2335** to book in!

Other Services:

Hamro Nepali Pathshala (HNP)

(Nepalese Community School of Language, Heritage and Culture)

For further information please contact: Sharmila — 0450 434 083

nepali.pathshala100@gmail.com

Pilates

For further information please contact Jenny—0410 404 419

jennymargeridis9@gmail.com

Quantum Socials—Facilitated social interaction for NDIS participants

For further information please contact Fizah—0490 904 008

info@quantumsocials.com.au www.quantumsocials.com.au

Shekinah Church Melbourne-Indonesian Church

For further information please contact Dave-0430 507 119

admin@shekinahmelbourne.com www.shekinahmelbourne.org

St Andrews Greek Playgroup

For further information please contact: Helen—0412 958 300

helenlambris@gmail.com

Tatkaar Kathak Institute—Indian Dancing

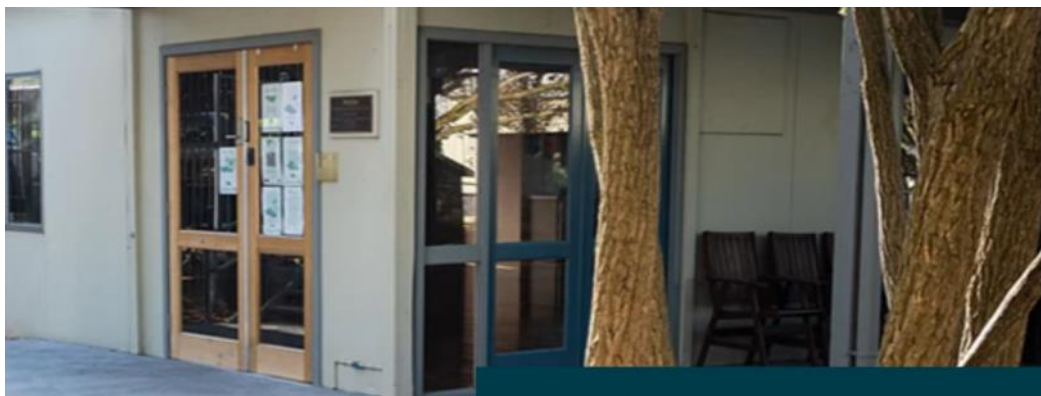
For further information please contact Shikha—0450 228 954

schhangani.sc@gmail.com

The Math Prospector—Tutoring

For further information please contact Shubham—0477 557 656

math.prospector@gmail.com



OUR SPACES



VENUE HIRE

We have a variety of rooms available to hire for meetings, family gatherings, parties, educational programs, conferences, and most types of events (with the exception of teenage and 21st parties). For all enquiries, please contact us on 9803 2335 or email info@vsnh.org.au



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