

TERM 3 2024 PROGRAMS AND EVENTS

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

46 CITY VISTA COURT, FRASER RISE, 3336



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Neighbourhood Houses
The Heart of Our Community



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TUESDAYS
16 JULY - 17 SEPT
10 SESSIONS

5 MINUTES TO MUSIC: GUITAR FOR BEGINNERS

TIME: 7pm - 8pm

COST: FREE

Learn how to play beginner guitar in just 9-weeks guided by a local resident, Alan! In a group setting and building on previous weeks structured lessons you will learn practice drills, basic guitar chords and scales to a point where you can play a range of simple songs. Suitable for ages 12 through to adult. BYO guitar, guitar pick and tuner.

TUESDAYS
16 JULY - 17 SEPT
10 SESSIONS

TAI CHI BEGINNERS

TIME: 11:45am - 12:45pm

COST: \$50

Relax both your mind and body through gentle exercises and poses suitable for beginners to improve their balance and well-being. Please note that this class runs at Springside Pavilion.

TUESDAYS
16 JULY - 17 SEPT
10 SESSIONS

TAI CHI INTERMEDIATE

TIME: 1pm - 2pm

COST: \$50

Unwind your mind and rejuvenate your body through gentle exercises. Suitable for those who have prior experience in Tai Chi practice. Please note that this class runs at Springside Pavilion.

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WEDNESDAYS

17 JULY - 18 SEPT

10 SESSIONS

FITNESS TRAINING FOR SENIORS

TIME: 1:30pm - 2:30pm

COST: \$5 per session (pay online)

Designed for seniors, our circuit-style workouts improve strength, mobility, and well-being that is led by an experienced trainer.

WEDNESDAYS

17 JULY - 18 SEPT

10 SESSIONS

ONLINE YOGA

TIME: 7pm - 8pm

COST: \$70

Our online Zoom yoga program is designed to extend, stretch, unwind, and release tension while strengthening and promoting flexibility in the body.



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WEDNESDAYS

17 JULY - 18 SEPT

10 SESSIONS

YOGA FOR SENIORS

TIME: 10am - 11am

COST: \$5 per session (pay online)

Join sanctuary for stretching, relaxation, and tension release while simultaneously enhancing strength and flexibility. From standing to seated postures, balancing to bending, our diverse range of movements targets various areas of the body, adaptable to suit your individual needs.

THURSDAYS

18 JULY - 19 SEPT

10 SESSIONS

YOGA FOR SENIORS

TIME: 5pm - 6pm

COST: \$5 per session (pay online)

Be guided by an experienced and passionate yoga instructor through a series of poses, postures and breathing practices that will release tension while strengthening and promoting flexibility in your body.

FRIDAYS

19 JULY - 20 SEPT

10 SESSIONS

TAI CHI QIGONG FOR BEGINNERS

TIME: 10am - 11am

COST: \$50

Learn to relax your mind and body through gentle exercise and meditation. Tai Chi can help reduce fragility and likeliness of trips and falls as well as improving pain levels.

BEGINNER HAND-BUILDING POTTERY WORKSHOPS

THURSDAY 15 AUGUST

10AM - 12:30PM OR 6PM - 8:30PM

COST: \$65

Learn how to shape clay into a one-of-a-kind platter that you can then personalise to your own taste and aesthetic with clay paint. At the end of the session, we'll fire your hand-built ceramic pieces before you can then collect them after 2 weeks.

No previous experience is required, so don't worry if you're a beginner - we're here to guide you every step of the way. Our experienced instructor will provide all the materials and tools needed for the class.



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FRASER RISE CHILDREN'S & COMMUNITY CENTRE

BEGINNER HAND-BUILDING POTTERY SERIES

THURSDAYS: 22 AUGUST - 12 SEPTEMBER (4 SESSIONS)

10AM - 2PM OR 6PM - 8PM

COST: \$185

Dive into the wonderful world of clay and discover the joy of creating your own unique pieces in our new hand-building pottery program. Over 4 weeks you will learn a variety of building techniques including the pinch pot, slab building and coil techniques to craft your own bowl, platter and mug before ending the program by decorating your creations ready for firing.



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CITY OF
MELTON

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SUPPORTED PLAYGROUPS

To find out about locations and to register contact the playgroups team:
9747 7136 | playgroups@melton.vic.gov.au

3 & 4 YEAR OLD KINDERGARTEN

For all 3 & 4 year old kindergarten enquiries please contact BPA Children's Services on 8348 2998. For all general kindergarten enquiries please contact Melton City Council on 9747 7284.

MATERNAL & CHILD HEALTH

Melton City Council provides a free health service for all families with young children. To book an appointment please contact 9747 7287.

IMMUNISATIONS

Melton City Council provides a range of free immunisation services for infants, children and secondary students as well as any catch up vaccines for eligible individuals. Booking is essential and can be made via the Melton City Council website. Fraser Rise sessions:

- Fourth Thursday of the month - 10am - 12pm OR
- First Tuesday of month - 5:30pm - 7:30pm

LIBRARY LOUNGE

Our library access points are located in the lounge space at Fraser Rise Children's & Community Centre and features a shelf with smart technology which houses a range of adult and children's items including books, DVD's and magazines to browse. A self-checkout station is available to borrow and a library locker to collect library reservations.

Library assistance available on site every Monday, 2pm to 3pm during school terms.



ENROLMENTS

Enrolments for all programs are now online at our website (unless specified).

REFUNDS

Please refer to the refund policy on our website.

ROOM HIRE

For information on available rooms to hire at this centre, visit the 'Venues for Hire' page on Council's main website.

CONTACT US

For more information about this centre or any of the programs on offer, contact us via phone or email or visit us during business hours.

PHONE

9747 5738

EMAIL

fraserrisecc@melton.vic.gov.au

ADDRESS

46 City Vista Court, Fraser Rise, 3336

WEBSITE

meltonlearning.com.au

FACEBOOK

facebook.com/meltonlearning

YOUTUBE

bit.ly/MLDYouTube



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