



**Clota Cottage**  
Neighbourhood House

February – April 2019

## Course & Activity Guide

### Social and Community Activities

#### Find Us

**Address:** 31 Clota Ave Box Hill

**Phone:** 98990062

**Email:** admin@clotacottage.org.au

**Website:** www.clotacottage.org.au



#### Finnish Language Class

*Wednesdays 7.30pm – 8.30pm*

Join this informal conversation class to learn Finnish and make new friends

*Gold Coin*

#### Chinese Meditation Group

*Wednesdays 7.30pm – 8.30pm*

A meditation group for Chinese speaking adults with a very experienced and qualified leader

*Gold Coin*

#### Lunch and Learn Thursdays

Join us for a light lunch guest speaker.

*February 21, 1.00pm – 2.30pm*

Guest speaker – Home Care Packages made simple  
*March 21, 1.00pm – 3.00pm* Harmony Day – cross-cultural cooking

*Gold Coin.*

#### Computer Troubleshooting

*Fridays 10.30am -11.30am*

Bring your computer problem for a one on one session with our computer whizz and we will try to help you work it out.

*\$5 non-members \$2 members*

#### Cuppa and a Chat

*Wednesdays 9.30am-10.30am.*

Time some time out. Meet you people. Chat with our staff and find out what is going on at your local community house

*Gold Coin*

### Expressions of Interest

#### Health and Wellbeing

Clota is seeking expressions of interest in a Men's Tai Chi class on Thursday or Friday mornings

#### Gardening group.

Clota is looking for interested to work on a project to develop our garden beds into a community garden

#### Mothers Social Group

Clota is seeking expressions of interest for young Mums to form a social group based at the house. Activities could include pram walking, mum and bubs movies, mum and bubs exercise class or guest speakers



### Childcare

#### Clota Cottage is enrolling now for 2019.

We are a small friendly centre with highly qualified staff and individualised programs.

Sessions are 5 hours from 9.30am – 2.30pm on Monday, Tuesday and Wednesday.

**Cost \$55 per session.** (Clota is applying for CCS funding and hope to be approved from January 2019.)

## Social Activity Group

Funded through the Commonwealth Home Support program the Social Activity Group program offers a variety of opportunities to meet people, chat and enjoy yourself. Activities include exercise classes, day trips, movies, concerts, morning teas and lunches.

Weekly activities include:

- Tai Chi for Arthritis – Thursday 10.30am – 11.30am
- Morning Tea – Thursday 11.30am – 12 noon
- Gentle Exercise – Thursday 12.05pm -1.05pm
- Social cards and board games – Monday 1.00pm -3.00pm

Cost: \$5 per activity or \$10 per week



## Learn Local Training Courses

### Office Skills



*Wednesdays 9.30am - 12.30pm*

*Next Course February 2019 (8 weeks)*

Learn the skills needed to work in a modern office, such as word processing, basic Excel, business communication, basic marketing etc.

### Next Step Computers



*Wednesdays 1.00pm - 3.00pm*

*Next Course February 2019 (10 weeks)*

Develop advanced skills in Word, Google Docs and other Word Processing tools such as Publisher, gain more advanced skills in Excel and improve your ability to solve problems when dealing with technical issues.

### Funding and Eligibility

*Learn Local courses are subsidised through the Department of Education and Training Participation Branch and eligibility rules apply.*

*On enrolment participants will be asked to show their green Medicare card as proof of eligibility.*

*Participants with a current Pension Card or Health Care Card, may be entitled to a discount.*

### Fees and Charges

Funded \$30

Funded (Concession) \$15

### Refresh your Computer Skills



*Tuesdays 12.30pm -3.30pm*

*Next Course February 2019 (8 weeks)*

Learn how to navigate Windows 10, produce documents in Word, as well as using the Internet and Email. There will also be opportunities to learn more about how to use smart phones and tablets.

### Expressions of Interest



#### Introduction to Practical Gardening

*Wednesdays 9.30am -12.30pm (10 weeks)*

Learn the basic skills needed to grow you own vegetables, work or volunteer in the Horticultural field or get a taste of the Industry before training at TAFE.

Skills taught include growing from seed, potting up, preparation of garden beds and OH&S for tools and chemicals.

#### English

Improve your English for work and further study with an experienced tutor. Class includes reading, writing and speaking activities and is for people who wish to brush up on their professional or workplace English Skills.

*We are taking expressions of interest for a Monday or Tuesday night course starting February 2019.*

*Clota Cottage wishes to acknowledge the support of:*

