



TERM
02
2024

Community Centre Program Guide

15 April - 28 June

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Outlook
an inclusive society for all

How to enrol in a program

Online

www.outlookaust.org.au

In Person

24 Toomuc Valley Road, Pakenham, 3810

Email

communitycentre@outlookaust.org.au

Telephone

03 5940 4728

Payment

Online with PayPal (using your PayPal account or credit card).

Bank transfer (contact the Community Centre to initiate transfer), EFT, Cash.

Funding acknowledgement

We would like to acknowledge financial support from Adult, Community and Further Education Board, Cardinia Shire Council and Department of Health and Human Services.



Community Centre membership

It is Centre policy that everyone who takes part in programs and activities becomes a member of the Centre.

The membership is an annual fee from January to December, and assists with Centre expenses. Membership is payable upon your first enrolment for the calendar year. Obtain by visiting the Centre or via our website.

Individuals
\$10 per annum

Families
\$15 per annum

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24 Toomuc Valley Road

Pakenham VIC 3810

P 03 5940 4728

E communitycentre@outlookaust.org.au

outlookaust.org.au



Some Outlook Community Centre courses are payable as a full cost of their duration on enrolment. The cost is listed in the Term Program Guide. Only in exceptional circumstances will the Centre management consider an application for casual payment or reduced term fees where classes will be missed.

Cancellations and refunds

If the Centre cancels a class because minimum numbers are not met, students will be advised and all fees refunded in full. If you withdraw from a class more than 7 days before the advertised commencement date, a refund less an administration charge will be made. No refund will be given if you withdraw from a class less than 7 days before the advertised class commencement date.

Outlook Community Centre is an inclusive and accessible organisation with disability access, including hoists.



Centre closed Thursday 25 April and Monday 10 June

Personal Development

www.outlookaust.org.au/personal-development

Introduction to Ukulele

**A very simple instrument to learn
- perfect for the lazy potential
musician**

No need for the ability to read music. A relaxed, happy group where we can sing and strum away, making magical music together. Bring a love of music, a sense of fun and a ukulele.

**Fridays commencing
26 April for 9 sessions
12.30pm - 2.00pm
Cost \$58**

Guitar - Beginners

**Ever wanted to learn how to play the
guitar?**

Come learn how to strum a few chords and learn the basics of the world's most popular instrument. Heaps of fun.

**Thursdays commencing
2 May for 8 sessions
10.30am - 12.30pm
Cost \$80**

U-Bute Ukulele Group

**Increase your repertoire and jam with
this happy group**

For those who have previously completed a ukulele course, or with previous experience. BYO ukulele.

**Mondays commencing
22 April for 9 sessions
(No session 10 June)
12.30pm - 2.30pm
Cost \$58**

Guitar Group

**Do you know a few guitar chords?
Want to learn more and sing along?**

Guitar can be used as a creative outlet, sharpen your concentration and have a calming therapeutic experience. Your tutor Paul has over 30 years experience.

**Thursdays commencing
2 May for 8 sessions
12.30pm - 2.30pm
Cost \$80**



Cancer Council
Australia's Biggest
Morning Tea



We have all been touched by Cancer in some way.
Join us for morning tea and help raise money for cancer research,
prevention and support services.

Join us for Morning Tea and Entertainment.

**Wednesday 22 May
10.00am - 12.00pm
Donation \$20**

RSVP for catering purposes

Book and make your donation online www.outlookaust.org.au/book-online

Book Club - Discussion Group

Do you love to read?

Share your love of reading by joining this group with friendly like minded people to discuss books. Books supplied.

Monday once per month

8 April, 6 May, 3 June

7.00pm - 9.00pm

Cost \$5 per session

Card Games Social Group

Exercise your brain and have some fun!

Join others that love playing. This group is informal, friendly and non competitive.

Every Tuesday

1.00pm - 4.00pm

Cost \$5 per session

Fun Fridays

Would you like to get out and about with others?

Visit local and further afield cafes, attractions and entertainment.

Make new friends and have some fun.

Meets every 2nd Friday

26 April, 10 May, 24 May, 7 June, 21 June

Time of each outing to be confirmed

Outing cost varies.

Knit and Knatter

Learn how to knit or crochet

New and more experienced knitters welcome.

Saturday once per month

20 April, 18 May, 15 June

10.00am - 2.00pm

Cost \$5 per session

Creative Writing Part 1 -

NEW

Begin writing from life and fiction

Includes creative writing techniques for beginning writing and sources of inspiration. Also the building blocks of fiction: conflict and change, characterization and plotting. There will be a strong focus on creativity and its role in not only creating new work, but finding endless sources of inspiration. (Please note: this course provides the tools to shape and continue current projects and submit work for publication)

Thursdays commencing

23 May for 6 sessions

6.00pm - 9.00pm

Cost \$90

Scrabble

Do you like a bit of healthy competition?

Join this friendly group and give your brain a good workout.

Every Monday

(No session 1 April, 10 June)

1.00pm - 4.00pm

Cost \$5 per session

Garden Club

Learn about plants and how to make them grow

All you need is a love of gardening to join this group. Enjoy sharing your knowledge, learning new tips, swapping cuttings or listen to one of our guest speakers. Enjoy a cuppa and a chat.

1st Friday of the month

5 April, 3 May, 7 June

10.30am - 12.00pm

Cost \$5 per session

(Excursions arranged throughout the term)

Women's Friendship Group for Over 60s

Enjoy a coffee and a chat and want to make friends?

This friendly group comes together for activities, guest speakers and outings.

Tuesdays commencing

16 April for 11 sessions

10.00am - 12.00pm

Cost \$5 per session

(Some weeks the group is out so prior bookings are essential)

All Together Choir

Singing can improve health, happiness and confidence

Come and join our fun inclusive choir. If you enjoy singing and want to meet new people then this is the group for you.

Thursdays commencing

18 April for 10 sessions

(No class 25 April)

10.30am - 12.00pm

Cost \$7 per session

Recreational Boat Licence

Obtain a general Victorian Boating and PWC licence

Meets the requirements of the State Authorities. No pre study required. You will receive a certificate on the day to take to VicRoads to purchase your licence.

**Cost \$150 for 1 session
(choose one date)**

Wednesday

5.30pm - 9.00pm

10 April, 5 June

OR

Saturday

8.30am - 12.00pm

6 April, 11 May, 18 May, 8 June

Men's Discussion Group for Over 60s - OM:NI

Meet for a coffee and a chat

Discuss issues of interest and concern, with plenty of laughs. Meet new people in a friendly welcoming atmosphere.

1st Wednesday of the month

1 May, 5 June, 3 July

7.00pm - 9.30pm

OR

2nd Wednesday of the month

8 May, 12 June, 10 July

9.15am for a 9.30am start - 12.00pm

Cost \$5 per session



First Nations History Course

Learn about the history of Australian Indigenous people from first contact through to 2024.

Offered by U3A Cardinia (University of the Third Age) at Outlook Community Centre.

Discuss the impact colonisation has had on First Nations people and how we can create a better future that everyone can enjoy, share and protect a healed and healthy country.

**Fridays commencing
3 May for 8 sessions**

10.00am - 12.00pm

Cost \$10 (Free for U3A members in Cardinia, \$5 for all other U3A members)



Mindful Mandala Dot Painting

Looking for something relaxing to do?

Unwind and get lost in the dots in this mandala painting workshop. This workshop is something a little different, enjoyable and is for beginners. Each painting will work out completely different from the next and you never know how it will go!

You will create a personal piece of artwork to take home.

Tuesday 18 June

10.00am - 12.00pm

Cost \$45

(Materials provided)

EXPRESSION OF INTEREST

Card Making Class for Seniors in Term 3

Mondays

29 July, 26 August, 23 September

10.00am - 12.00pm

Cost \$10 per class

plus \$15 materials per class.

**Phone 03 5940 4728 to register
your interest.**

Get creative and learn to make customised gifts and home decor.

Classes run by Priti Gune, a local artist

Check out our display at the Centre.

Bottle Art

Upcycle your glass bottles into attractive home decor or gifts for your loved ones.

No experience necessary. At the end of the session you will take away an attractive piece of home décor with string lights. BYO wine bottle.

Wednesday 26 June

10.00am - 12.00pm

Cost \$50 plus \$10 materials

Acrylic Art Flow

Indulge yourself in this colourful session of pour painting and learn the basics of acrylic flow art and use of flip cup technique. Also get an overview on how to embellish it. At the end of the session you will take home a unique piece of abstract art to hang on your wall.

Tuesday 28 May

1.00pm - 2.30pm

Cost \$50 plus \$15 materials

Terracotta Plant Pot Painting

Another creative way to brighten up your space! Learn how to create colour designs on terracotta pots to match up your decor.

Wednesday 19 June

12.30pm - 2.30pm

Cost \$50 plus \$15 materials

Mixed Media Art

Open that tap of imagination and create a stunning piece of art by mixing media. Learn to use different mediums and materials like clay, mirrors, thread, wooden sticks etc. to create unique visual art. Take home your creation which you will love.

Tuesday 4 June

10.00am - 12.00pm

Cost \$55 plus \$15 materials

Supported Classes

www.outlookaust.org.au/supportedclasses

These programs are specifically designed for people with a disability to learn practical life skills while developing confidence and social skills in a supportive group

Digital Essentials

Improve your understanding of technology

Expand your understanding and skills of digital devices and technology.

**Wednesdays commencing
17 April for 10 sessions
10.00am - 1.00pm**

Cost \$20

Location: Narre Warren



Literacy, Numeracy and Real Life Money Skills

Improve literacy and numeracy skills through hands on learning

Enjoy practical and fun activities whilst reinforcing the key concepts through repetition.

**Mondays commencing
15 April for 10 sessions
(No session 10 June)
9.00am - 3.00pm
Cost \$20**



Work and Life Success for People with a Disability

NEW

Primary focus will be on individual development of social skills in personal and real-life context.

Includes: communication development, relationship building and meeting new people, goal setting, managing stress, assertiveness training, nutrition and exercise, money management.

**Thursdays commencing
18 April for 10 sessions
(No session 25 April)
9.30am - 3.00pm
Cost \$20**



Literacy and Numeracy in the Kitchen

This course focuses on numeracy and literacy skills needed in the kitchen

Engage in a variety of hands-on cooking activities which can assist with everyday life skills. Eat afterwards with class.

Contact the Centre for details.



Introduction to Hospitality

The course is designed to introduce learners to the hospitality industry.

It will cover general employability skills of food handling, customer service, communication and safe work practices.

Contact the Centre for details.



Computer Training

Cardinia Shire Council Volunteer Subsidy may apply.

www.outlookaust.org.au/computers

Understanding Digital Devices - Part Two

This course continues from Understanding Digital Devices Part one and is an opportunity to consolidate and expand skills and knowledge

The course covers mobile phones, tablets/iPads and a Windows based laptop. (Apple Mac Books can be accommodated where needed)

Topics covered:

- Internet, browsers and search engines
- Providers/servers
- Search criteria
- Security and maintenance
- Email
- Archiving and cloud storage
- Back up

Tuesdays commencing

7 May for 8 sessions

9.30am - 12.30pm

Cost \$50 (Includes course notes)



Tech Club

Stay connected and informed about the digital world

Covers Phones, Ipads, Computers and Tablets.

- Share your knowledge and skills with others
- Learn new skills and improve your confidence in using technology.
- Access a range of resources and support
- Complete online tech training

This is a relaxed group which focuses on topics of interest.

Please bring your own device: laptop, iPad/Tablet and smart phone.

Wednesdays commencing

1 May for for 8 sessions

(No class 19 June)

10.00am - 12.00pm

Cost FREE



Be Connected

Every Australian online.

Computer Maintenance, Internet Safety and File Management

Keep your PC running smoothly and your data secure

Covers maintenance tools and options, managing your files and folders (including backups), staying safe on the internet, avoiding online scams, managing passwords and much more.

BYO USB stick. (Note: some of the course content is specific to computers running Microsoft Windows - ie. not Apple/Mac/iPad).

Fridays commencing

14 June for 3 sessions

9.30am - 1.00pm

Cost \$20 (includes course notes)



Computer Training

Cardinia Shire Council Volunteer Subsidy may apply.

www.outlookaust.org.au/computers

Xero Accounting

Accounting software for small businesses

This simple cloud based accounting system will let you manage your finances and cash flow on the go.

Please bring a working email address and smart phone to the class.

**Mondays commencing
29 April for 8 sessions
(No class 10 June)**

6.00pm - 9.00pm

Cost \$85 (Includes course notes)



Introduction to Digital Art for Adults

Learn the basics of using the Procreate App.

Includes layers, brushes, pencil sensitivity, canvas settings, smudging and much more. Create an artwork, putting various tools into practice.

BYO USB. iPad and pencil supplied or BYO (will need the Procreate App).

**Tuesday 28 May
12.30pm - 2.30pm**

Cost FREE

Canva

Free online graphic design platform

Learn to create professional social media posts, business cards, invitations, flyers.

Make the most of this attractive platform to utilise for business and personal needs.

**Wednesdays commencing
19 June for 2 sessions**

9.30am - 12.30pm

Cost \$35



Microsoft Office - Beginners

Learn the basics of Microsoft Office to aid in your work and personal life

The digital age is upon us so now is the time to embrace it and gain an understanding of Word, Excel, PowerPoint, Outlook, Publisher, One Drive and more.

**Mondays commencing
29 April for 7 sessions**

(No session 27 May and 10 June)

1.00pm - 4.00pm

Cost \$50 (Includes course notes)



Digital Art Exploration for Adults

Follows on from the Introduction to Digital Art

Refresh skills and explore more complex tools. Learn different ways to generate ideas. Create mood boards, understand colour theory and develop compositions. Explore different exporting and printing options, animation and more.

BYO USB. BYO iPad and pencil (will need Procreate App) or use ours.

**Tuesdays commencing
4 June for 4 sessions**

12.30pm - 2.30pm

Cost \$88

For individual session cost please contact the Centre.

Outlook Community Centre will also be running the following classes at Beaconsfield Neighbourhood Centre:

iPad for Beginners

Digital Essentials Level 2

**For further information please contact
BNC 03 8768 4400**

Professional Training

Cardinia Shire Volunteer Subsidy may apply.

www.outlookaust.org.au/professional-training

Training and assessment provided by CFT International - RTO provider No. 21120
Nationally recognised. USI number required.

Food Safety Level 1

Choose one of the following certificates:

- **Hospitality and Retail** SITXFSA005
- **Community and Health** HLTFFSE001

Online any time

Please contact us for further details.

Food Safety Supervisor

Online any time

Please contact us for further details.

- **Hospitality and Retail**
SITXFSA005, SITXFSA006
- **Community and Health Services**
HLTFSE001, HLTFFSE005, HLTFFSE007
- **Food Processing Industries**
FBPSY1002, FBPSY2002

Food Safety Supervisor - Community and Health Services Refresher

HLTFSE001, HLTFFSE005, HLTFFSE007

Online any time

Please contact us for further details.

Provide Responsible Serving of Alcohol (SITHFAB021)

Increase your opportunities for employment in the hospitality industry. Once you complete your training, you will receive the Liquor Control Victoria RSA Certificate (required for working in Victoria) as well as the National Statement of Attainment for SITHFAB021

Online any time

Please contact us for further details.

Training and assessment provided by Livcor/APL Health - RTO provider No. 3586
Some homework prior to classes. USI number required.

Cardiopulmonary Resuscitation (HLTAID009)

This course provides the skills and knowledge to be able to handle cardiac emergency situations.

Wednesday 22 May OR

Saturday 15 June

9.30am - 11.30am

Cost \$70 per session

Provide First Aid (HLTAID011)

This course provides the skills and knowledge required to provide a first aid response, life support and management of the casualties until the arrival of medical or other assistance.

Wednesday 22 May OR

Saturday 15 June

9.30am - 2.30pm

Cost \$175 per session

Provide an Emergency First Aid Response in an Education and Care Setting (HLTAID012)

For educators, support staff and carers working within an education and care setting who are required to respond to a first aid emergency, including asthma and anaphylaxis.

Wednesday 22 May OR

Saturday 15 June

9.30am - 3.00pm

Cost \$175 per session



NATIONALLY RECOGNISED
TRAINING

Professional Training

Cardinia Shire Volunteer Subsidy may apply.

www.outlookaust.org.au/professional-training

Employment Support Session for Women 50 - 70

Are you aged 50+? Are you looking for support in finding employment, a volunteer position or training opportunities?

Support available includes: getting the right services and support, resume review and refresh and/or building interview skills, assistance navigating the education and training space which includes finding out what free or low-cost programs are available, linkage to a mentor and strengths-based re-engagement with employment training.

Tuesday 7 May

1.00pm - 2.15pm

OR

Thursday 20 June

11.00am - 12.15pm

Cost FREE

COTA programs are not job-outcome focused so they are happy to help anyone regardless of where they are at in their employment or training journey.



Health and Wellbeing

www.outlookaust.org.au/health-and-wellbeing

These sessions are facilitated by **Gabriella Gelo; Weight Management Practitioner specialised in Weight Loss & Nutrition, Personal Trainer, Les Mills Body Pump Instructor & Vinyasa Yoga Instructor.**

Nutritional Science Information Session

NEW

Live life with increased energy and vitality

Are you:

- Overweight and must lose weight as advised by your doctor?
- Not overweight, but are experiencing a metabolic condition and need to take action?

Come along to this information session to understand how you can improve your health and lifestyle.

Friday 28 June

9.30am - 12.00pm

Cost FREE

Nutritional Science Course

NEW

A holistic approach to improving your health and wellbeing

Follows on from Nutritional Science Information session and includes:

- How to choose foods and shop wisely to cook delicious healthy meals
- Fad diets
- Supplements and medications; when we need them and their side effects
- Mindfulness, stress and pineal gland activation
- Skin care through nutrition
- Exercise for all ages
- A cooking workshop and much much more

Fridays commencing

19 July for 7 sessions

9.30am - 12.30pm

Cost \$225

Hatha Yoga

Yoga isn't all head stands and pretzel moves

Strengthen your body with yoga stretches and postures.
BYO mat, blanket and drink bottle.

Tuesdays commencing

16 April for 11 sessions

(No session 23 April)

7.00pm - 8.15pm

OR

Wednesday commencing

17 April for 11 sessions

(No session 24 April)

10.00am - 11.15am

Cost \$165

Meditation

Rejuvenate and relax

This guided meditation journey will be calming and insightful.
Wear comfortable clothing.
A journal, pen and blanket are optional.

Mondays commencing

15 April for 10 sessions

(No session 10 June)

9.30am - 10.30am

Cost \$140

Line Dancing

Join in the boot scooting fun!

Starts with Upper Beginner level and moves onto Improver/Early Intermediate level.

Fridays commencing

12 April for 12 sessions

10.00am - 12.00pm

Cost \$96

\$11 per session casual

Laughter Yoga

Laughter is the best medicine

Laughter boosts your immune system, improves circulation, reduces anxiety, decreases stress and depression.
A fun social class for all round health and wellness. A sense of humour is not required, but you will develop one.

Tuesdays commencing

9 April for 13 sessions

6.00pm - 7.00pm

Cost \$26



Tai Chi

Through slow, gentle movements, Tai Chi improves focus, relaxation, balance, co-ordination, strength and sense of wellbeing.

Beginners/Intermediate/Advanced

Come along to learn the Beijing 24, a worldwide recognized Tai Chi form.

Mondays commencing

15 April for 10 sessions

(No session 10 June)

7.00pm - 8.00pm

Cost \$115

\$14 per session casual

OR

Beginners/Intermediate

You will be learning the Yang Style 10 (Standardised) form.

Wednesdays commencing

17 April for 10 sessions

(No session 8 May)

10.30am - 11.30am

Cost \$115

\$14 per session casual

Pilates/Low Impact Strength Training for Over 50s

Builds strength and balance

Gentle exercises to enhance your life and assist you to regain the strength you once had. Suitable for all levels of fitness. BYO mat and drink bottle.

Please bring your own hand weights if possible (loan weights are available).

Thursdays commencing

18 April for 10 sessions

(No session 25 April)

9.00am - 10.00am

Cost \$110

Carer's Group

Offering carers of people with a disability, mental illness or elderly people a chance to get together and learn more about news, services and support available to them whilst having a cuppa and a chat.

1st Thursday of the month

4 April, 2 May, 6 June

10.00am - 12.00pm

Cost FREE



Functional Fitness

Improve balance, agility and muscle strength

Train your body to make it easier and safer to perform everyday activities. Suitable for all ages and abilities.

Chair-based and standing options available. BYO mat and drink bottle.

Please bring your own hand weights if possible (loan weights are available).

Thursdays commencing

18 April for 10 sessions

(No session 25 April)

10.30am - 11.30am

Cost \$110

Care Finder Program

This federally funded program provides free intensive support for vulnerable older members of our community in their endeavour to navigate and access the aged care system and support services.

Thursday 20 June

1.30pm - 2.30pm

Cost FREE

To be eligible to attend a person must be eligible for government funded aged care and have no carer or support person who can help/assist.



Forget-Me-Not Café

This Café style program aims to bring together people living with dementia and their loved ones in Pakenham and surrounding areas.

The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia. Come along to enjoy activities, entertainment and refreshments.

Tuesdays once per month

16 April, 21 May, 18 June

10.00am - 12.00pm

Cost FREE

Home Schooling Art Club

For 6 - 17 Year Olds

This term we will explore Zentangling, collage, mixed media and watercolour painting

Zentangling projects develop creativity through doodling and media projects, engaging students in techniques by using a variety of materials. What would an art program be without a dabble with watercolour paints? Join in the creative fun.

Wednesdays commencing

15 May for 5 sessions

1.00pm - 2.00pm

Cost \$60

(Please contact the Centre for project and materials list)

Home Schooling - Digital Art Introduction

Learn to use the Procreate App.

BYO USB. iPad and pencil supplied or BYO (will need Procreate App).

Tuesday 28 May

10.00am - 11.30am

Cost FREE

Create and Learn

NEW

For 3 - 5 year olds

Benefits of this program include:

- Develops active listening skills
- Fine motor skills are enhanced
- Pre-Literacy skills are developed
- Promotes concentration and problem solving skills
- Promotes school readiness

Wednesdays commencing

15 May for 5 sessions

11.00am - 12.00pm

Cost \$70 (includes materials)

Home Schooling - Digital Art Exploration

Develop your skills further on the Procreate App.

BYO USB. iPad and pencil supplied or BYO (will need Procreate App).

Tuesdays commencing

4 June for 4 sessions

10.00am - 11.30am

Cost \$88 for 4 sessions

For individual session cost please contact the Centre.

Cuisine

Meatball Curry with Jeera Rice

NEW

Join our cooking class and master the art of preparing Indian style Kofta Curry accompanied by fragrant basmati jeera rice.

Kofta curry features spiced meatballs (koftas) made from minced meat varieties like beef, lamb, or chicken. Dive into the vibrant world of Indian cuisine as you learn to infuse every bite with the exotic flavours of the subcontinent.

Saturday 22 June

9.00am - 12.00pm

Cost \$80

Walking Groups

www.outlookaust.org.au/walking-groups

Toomuc Valley Walkers

Walk your way through local parklands

This group caters for walkers of all levels.

Tuesdays

Meet at rotunda on highway opposite

Toomuc Valley Road

9.30am - 10.30am

Cost FREE

Marketplace Walkers

Take the first step

Pakenham Central Marketplace is a great place to walk because it is a sheltered indoor space, free from traffic and bad weather. Suitable for all ages and abilities.

Fridays

Meet at Pakenham Central Marketplace (near escalators)

8.00am - 9.00am

Cost FREE



Heart Foundation
Walking

Cardinia Wanderers

A walk that is a bit more challenging

Get some exercise whilst exploring different places each week. Look after your health and wellbeing whilst making new friends along the way. These walks are over 5km.

Wednesdays

Meet at Outlook at 9.30am

Cost FREE

(Bring own lunch or buy your own)

Services

www.outlookaust.org.au/services

FREE Legal Advice

Do you have a legal issue that you would like some advice on?

- Not sure which is the best way to proceed?
- Expert advice available from local Lawyers.

FREE 15 minute phone appointments

Bookings essential

Wednesdays

17 April, 15 May, 19 June

5.30pm - 7.00pm

Please call 03 5940 4728 to book.

Be Connected

There's never been a better time to get online and build your confidence

We offer free access to computers, iPads and the internet, free support and free 1 hour appointment for one-on-one training with an expert volunteer tutor. Learn the basics of getting online safely.

Please phone 03 5940 4728 to arrange an appointment.



Australian Government

Be Connected

Every Australian online.



Need a venue for your next meeting or special occasion?

Outlook
community centre

Outlook Community Centre has two large function rooms available to hire for your special occasion. Our Function Centre comes with a fully equipped kitchen and our Multipurpose Room has a kitchenette within the room. Both rooms can hold from 50-150 guests with external or self-catering allowed.

Small and medium training rooms are also available for businesses or community groups.

More details of our rooms and facilities can be found on our website

www.outlookaust.org.au under Community Centre/Room and Venue Hire.

Learn How to Save a Life

NEW

CPR/AED: Call push shock.

Learn how you can save a life with this hands on presentation from Ambulance Victoria.

Stroke Awareness: Act FAST! Stroke recognition and what to do about it. Learn how you can help someone having a stroke.

All ages and abilities are welcome.

Tuesday 30 April
10.00am – 12.00pm
Cost FREE



Ambulance
Victoria

Start your dance adventure today

Pre-School and Junior dance classes

0434 199 549
expanse.ds@gmail.com
expanseschoolofdance.com

Expanse SCHOOL OF DANCE