



TERM
03
2025

Community Centre Program Guide

21 July - 19 September

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Our **NEW**
phone number is
1300 617 649



Outlook
an inclusive society for all

How to enrol in a program

Online

www.outlookaust.org.au

In Person

24 Toomuc Valley Road, Pakenham

Email

communitycentre@outlookaust.org.au

Telephone

1300 617 649

Payment

EFT, cash, online, bank transfer
(contact the community centre to
initiate transfer),
NDIS participants can be invoiced
(contact the community centre)

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.

About Outlook Australia

Outlook Community Centre is all-inclusive, welcoming all members of the community. The centre is part of Outlook Australia, a registered charity and social enterprise supporting the Cardinia community for over 50 years. Outlook operates across two divisions, Social Enterprise Division and Community Services Division, which includes the community centre.

Outlook's purpose is to create meaningful opportunities for people living with disability and members of our community facing social disadvantage, such as those experiencing mental health challenges or long-term unemployment, indigenous, migrant and refugee workers, and older residents. To do this, we deliver a range of programs and initiatives across Victoria, New South Wales and Queensland.

Outlook operates Australia's largest waste management social enterprise which provides opportunities for work and training for priority workers, as well as sustainability outcomes for the community. Learn more about Outlook on pages 18 and 19 or visit the website:

www.outlookaust.org.au

Outlook 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

Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

www.outlookaust.org.au/event-category/computer-training/

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 smartphone to the class.

Wednesdays commencing

6 August for 7 sessions

(No session at Outlook

3 September- drop in zoom session from 7pm instead)

1pm - 4pm Cost: \$85

(Includes course notes)



Canva - Online Design Made Easy

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

10 September for 2 sessions

1pm - 4.30pm Cost: \$25



Computer Maintenance and Internet Safety

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.

Tuesdays commencing

26 August for 3 sessions

9am - 1pm Cost: \$25

(includes course notes)



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. BYO USB stick

Thursdays commencing

24 July for 8 sessions

(No session 28 August)

9.30am - 12.30pm Cost: \$50

(Includes course notes)



Artificial Intelligence

Unlock the power of AI to enhance your life!

Join us to explore the fascinating world of AI and embrace its potential to enhance your daily life safely and effectively.

This course will provide you with the skills and hands on experience you need to confidently navigate and use AI in society.

Suitable for Windows and iPad 8th Gen and above

Mondays commencing

11 August for 6 sessions

10am - 12pm Cost: \$30



Our computer courses

- Designed for Microsoft Windows computers and Apple iPads/phones
- Small classes
- Qualified and professional teachers
- Tailored to participants needs
- Subsidised costs
- NO TESTS

Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

www.outlookaust.org.au/event-category/computer-training/

Digital Literacy for Adults

NEW

Do you want to feel more comfortable on a computer?

Have you lost the confidence you once had and need to keep up with technology?

Come along and learn how technology can benefit you for personal and work use. This course covers Word, Excel, PowerPoint, emails, online searching and staying safe online.

Mondays commencing

21 July for 9 sessions

9.30am - 12.30pm Cost: \$50

Location: Beaconsfield Neighbourhood Centre



Digital Art

NEW

Create your own digital picture book using Procreate

Learn how to build mood boards, develop your story, and get to know the ins and outs of multi-page documents in Procreate. You will be able to create your own illustrated story for sharing with your family, querying publishers, or uploading to self-publishing platforms like Amazon! Guided by Figgy O'Connell, a self-taught and award-winning digital artist, this course is suitable for all skill levels.

Wednesdays commencing

20 August for 5 sessions

10am - 11.30am Cost: \$100

(\$35 for one session. Please contact the centre to book)

Get Tech Savvy - with Edie

Keep up to date with the digital world

Ask your questions about computing technology which frustrate or make you curious. As we learn much from each other, these sessions are for beginners or those with some experience. You will build your confidence to use technology for socialising, accessing important services or organising your life. Includes computers, phones and tablets. Use your own devices or use ours.

Tuesdays commencing

22 July for 9 sessions

9.30am - 12pm Cost: FREE



Be Connected

Every Australian online.

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 one hour appointment for one-on-one training with an expert volunteer tutor. Learn the basics of getting online safely.

Please phone 1300 617 649 to arrange an appointment.



Be Connected

Every Australian online.

Professional Training

Cardinia Shire Council Volunteer Subsidy may apply

www.outlookaust.org.au/event-category/professional-training/

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

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. Includes CPR.

Tuesday 26 August OR
Saturday 20 September
9.30am - 2.30pm Cost: \$175 per session

Cardiopulmonary Resuscitation (HLTAID009)

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

Tuesday 26 August OR
Saturday 20 September
9.30am - 11.30am Cost: \$70 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. Includes CPR.

Tuesday 26 August OR
Saturday 20 September
9.30am - 3pm Cost: \$175 per session



Cuisine

www.outlookaust.org.au/event-category/cuisine/



Follow us on Facebook

www.facebook.com/OutlookCommunityCentre/



Follow us on Instagram

[@outlookcommunitycentre](https://www.instagram.com/outlookcommunitycentre)

South Indian Cooking for Beginners

Every spice has a story to tell and every dish is a journey

Taste the magic of South Indian home cooking. This is a hands - on class where you will taste unforgettable flavours by experiencing the art of making dosas, lentils, chutneys and simple desserts.

Thursdays commencing
14 August for 2 sessions
5.30pm - 8.30pm Cost: \$80

Special Events

www.outlookaust.org.au/event-category/special-events/

Carers Morning Tea

Do you care for someone elderly, disabled or with mental illness?

Join us for a morning tea celebration of the amazing job you do. A morning to relax and enjoy. There will be refreshments and entertainment

Wednesday 15 October
10am - 12pm Cost: FREE

Please book for catering purposes



Join us for Morning Melodies

Featuring:
Frankie Stevens
and Linda Reid

Tuesday 12 August
10.30am - 1pm
Cost \$25

Light lunch included

Please book for catering purposes
Book online or
by phone: 1300 617 649



Cardinia Dementia Connections

NEW

Nobody can do it alone

To coincide with Dementia Action week, Care Connect - Care Finder Program is hosting an event in conjunction with local community organisations, to raise awareness of dementia.

Learn about services and supports available to people living with dementia and their carers, in the Cardinia Shire.

Tuesday 16 September

10am - 12pm Cost: FREE (a light morning tea will be provided)



Australian Multicultural
Community Services



Carer
Gateway



AlfredHealth



Services
Australia

Carers Group

Supporting those who support others

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

7 August, 4 September, 2 October

10am - 12pm Cost: FREE

(Gold coin donation welcome)



CarersVIC
Australia

Forget-Me-Not Café

This café style program brings together people living with dementia and their loved ones

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

15 July, 19 August, 16 September

10am - 12pm Cost: FREE

(Gold coin donation welcome)

Aged Care Information Session

You are invited to attend an informative session

hosted by Care Connect - Care Finder Program, where you will learn about:

- How to register for aged care services
- The assessment process for aged care services
- The various funding options available to help you continue living at home
- The Care Finder Program – who is eligible and the support it offers

Thursday 4 September

1pm - 2pm Cost: FREE



Maintaining your Independence after 60

NEW

Discover why balance is the one skill you can't afford to lose

Learn how to stay confident on your feet, reduce your risk of falling and keep doing the things you love-for life. This session shares the secrets behind safe, strong movement and what your body truly needs as you age.

Tuesday 7 October

10.30am - 11.30am Cost: FREE

Facilitated by:

Inez Musgrove - movement specialist

Movement Snapshots

NEW

Attend before Steady Strong and Stable to see if it's for you

Discover what's possible when you move well. We'll explore how your body moves right now and uncover small areas that may be limiting your confidence. Learn how tiny changes can lead to lasting improvements in balance, strength and mobility.

Tuesday 14 October

Group 1: 10am - 10.30am

Group 2: 10.30am - 11am

Group 3: 11am - 11.30am

Cost: FREE

Steady, Strong and Stable for Over 60s

NEW

Ready to feel more confident on your feet – and in your life?

This hands on course will give you simple, proven strategies to improve your balance, coordination and strength. Learn how to reduce your risk of falls, move more easily and maintain your independence so that you can enjoy life on your terms.

Tuesday 21 & 28 October, 18 November: 10.30am - 12pm,

Tuesday 25 November: 2.15pm - 3.45pm

Cost: \$99

 **FREE TO MOVE®**



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

24 July for 9 sessions

8.45am - 9.45am Cost: \$104

Hatha Yoga

Strengthen your body with yoga stretches and postures

A gentle combination of physical postures, breathing techniques, and meditation to balance the body and mind. Improve your flexibility, reduce stress, enhance strength and boost mental clarity.

BYO mat, blanket and drink bottle

Wednesdays commencing

23 July for 9 sessions

10am - 11.15am Cost: \$144

Laughter Yoga

'Laughter is the best medicine'

Laughter Yoga is a fun and effective program that is beneficial for your wellbeing. It is not traditional yoga but involves deep breathing exercises, which turn into laughter which can reduce stress, anxiety, depression and strengthens the immune system. We all feel better when we laugh.

Tuesdays commencing

15 July for 11 sessions

6pm - 7pm Cost: \$22



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 drink bottle. BYO hand weights if possible (loan weights are available)

Thursdays commencing

24 June for 9 sessions

10am - 11am Cost: \$104

Line Dancing

Join in the boot scooting fun!

Enjoy some fun dancing to all genres of music. The class starts with upper beginner level and moves onto improver/early intermediate level.

Fridays commencing

18 July for 9 sessions

(No session 5 September)

10am - 12pm Cost: \$72

\$11 per session casual

Meditation

This guided meditation journey will be calming and insightful

Join our meditation class to reduce stress, improve focus, and nurture your wellbeing in a supportive space.

Wear comfortable clothing.

A journal, pen and blanket are optional

Mondays commencing

21 July for 9 sessions

9.30am - 10.30am Cost: \$135

SENIORS WEEK EVENT Laughter Exercises

**Come and try something different
and have some fun**

**‘Laughter is the best form of
medicine’**

Laughter exercises can have great benefits to your wellbeing by reducing stress, anxiety and depression and is something you can practice at home. Lots of fun and gentle movements. Stay for a cuppa and bikkie afterwards.

Wednesday 29 October

10.45 am - 11.45 am Cost: FREE

Victorian
Seniors
Festival
2025



Prostate Cancer Support Group

NEW

Support when you need it most

If you have been impacted by prostate cancer, this group will connect you with others who have been through a similar experience. A safe space to share experiences with diagnosis, treatments and managing side effects. You will learn evidence-based information in a friendly environment.

‘Joining a support group after my diagnosis has been invaluable’ - Matt D

1st Thursday of the month

4 September & 2 October

7pm - 8.30pm Cost: FREE

(Gold coin donation welcome)

Walking Groups

www.outlookaust.org.au/event-category/walking-groups/

Toomuc Valley Walkers

**Walk your way through local
parklands**

This group caters for walkers of all levels. Enjoy a cuppa after the walk if you like.

Tuesdays

**Meet at rotunda on highway opposite
Toomuc Valley Road**

9.30am - 10.30am Cost: FREE

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 your own lunch or buy your own)

Marketplace Walkers

Walk in comfort on a flat surface

Enjoy an indoor walk that is free from traffic and bad weather. Suitable for all abilities and ages.

Fridays

**Meet at Pakenham Central
Marketplace (in front of Reject Shop)**

8am - 9am Cost: FREE



**Heart
Foundation**
Walking

Senior Safe Driver Program

Topics covered include:

- How ageing can affect driving
- Tips to enhance your safety when driving
- How to manage driving with a medical condition
- Planning for the future and
- Where to get information

Wednesday 24 September

11.30am - 12.30pm

OR

1.30pm - 2.30pm Cost: FREE

(Includes refreshments and cakes)

Community
Road Safety Grants



Caravanning for Newbies

Interested in getting into caravanning or just bought a van and have a lot of questions?

The topics covered below could save you time, making your holidaying easier and more enjoyable:

- Trying before you buy
- Types of caravans
- Buying new vs used
- What to look for in a tow vehicle
- Towing on the open road
- Essential modifications, accessories and tools and what to take with you
- Reversing a caravan
- Packing up and setting up
- Maintenance, storage, and planning your holidays

Thursday 25 September

6pm - 9pm Cost: FREE

Senior Safe Driver Expo

NO TEST INVOLVED

- Free confidential vehicle check of your car
- Health and driving
- Medicines and driving
- Road laws
- Free confidential driving assessment
- Free confidential VicRoads road worthy check on your car
- Tyre maintenance presentation
- Highway patrol Q & A session

Tuesday 9 September

9.45am - 2.30pm Cost: FREE

(Includes BBQ lunch and refreshments)

Community
Road Safety Grants



Metro Community Education Session

Metro's Community Education Team's insightful and informative information session brings to life the Metro Tunnel Project, the largest rail project in Melbourne since the City Loop was built more than 40 years ago! The Metro Tunnel will provide people with more choice and better connections to parts of Melbourne not previously serviced by trains. The presentation will focus on the Metro Tunnel Project – including the new stations, trains, systems, and technological innovations.

Wednesday 3 September

11am - 12pm Cost: FREE



All Together Choir

Are you passionate about singing and looking for a welcoming community?

- No prior singing experience is necessary, just bring your enthusiasm.
- A supportive and inclusive environment.
- Join in and have some fun!

**Thursdays commencing
24 July for 9 sessions
11.15am-12.30pm
Cost: \$8 per session**

Garden Club

Are you passionate about gardening?

Share your love for plants, exchange gardening tips, and cultivate new friendships. Whether you're a seasoned gardener or just starting out, our group welcomes all levels of experience.

**1st Friday of the month
1 August, 5 September, 3 October
10.30am - 12pm Cost: \$6 per session**
(Excursions arranged throughout the term)

Card Games Social Group

Join others who love playing card games

Have some fun and make new friends playing games such as 500, Solo and Bridge.

**Tuesdays
1pm - 4pm Cost: \$6 per session**

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
21 July for 8 sessions
12.30pm - 2.30pm Cost: \$56**

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
31 July for 8 sessions
11am - 12pm Cost: \$100**

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 be a calming therapeutic experience. Your tutor Paul has over 30 years experience.

**Thursdays commencing
31 July for 8 sessions
12.30pm - 2.30pm Cost: \$100**

Scrabble Social Group

Do you enjoy getting the last word in?

Join this friendly group for a bit of healthy competition and get your brain thinking.

**Mondays
1pm - 4pm Cost: \$6 per session**

Chit Chat Tuesdays (For Women Over 60)

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

This friendly group comes together for activities and occasional outings.

Tuesdays commencing

22 July for 9 sessions

10am - 12pm Cost: \$6 per session

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

Midweek Mingle

This group enjoys in-house activities, lunches and visiting local places

The group is open to everyone to attend.

Meetings at Outlook

Wednesdays commencing

23 July for 9 sessions

10am - 11.30am Cost: \$6 per session

(Some weeks the group goes on an outing and will be offsite - cost, dates and times vary)

Puzzle Group

NEW

Do you like Jigsaw Puzzles?

Did you know Jigsaw puzzles can help reduce anxiety, assist in improving memory and can spark creativity?

This group is perfect for the puzzle enthusiast to have some fun and complete puzzles with others whilst forming friendships.

Enjoy a cuppa and a chat and feel a sense of accomplishment.

Day and time to be confirmed

Cost: \$6 per session

Contact the centre to express your interest in joining this group.

Mens Discussion Group - OM:NI (For Men Over 60)

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

6 August, 3 September,

1 October

7pm - 9.30pm



OR

2nd Wednesday of the month

13 August, 10 September

9.15am for a

9.30am start - 12pm

Cost: \$6 per session



Book Club - Discussion Group

Are you a book lover looking to share your passion for literature?

Engage in lively discussions and explore a wide range of books. Books provided.

Monday once per month

7 July, 4 August, 1 September

7pm - 9pm Cost: \$6 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

1, 15 & 29 August, 12 & 26 September

(Time and cost of each outing to be confirmed)

Indian Tribal Art Decor Craft

NEW

Celebrate the raw beauty and storytelling traditions of Indian tribal art in this hands on craft session

You'll learn to design geometric shapes that depict daily life and rituals of the Indian tribal community. By the end of the session, you'll have a beautifully handcrafted art décor piece perfect for adding an ethnic aesthetic to your home or gifting to an art lover.

Tuesday 16 September

12.45pm - 2.45pm

Cost: \$45 plus \$15 materials

Creative Healing

A four week grief art therapy group

A supportive space to explore loss through visual art-based expression. Led by a masters-qualified, registered art therapist, you'll have the opportunity to channel your emotions into creative art that promotes healing and self-discovery. For anyone navigating grief of any sort. No art experience is required; just an open heart and a willingness to explore.

Mondays

8 & 22 September, 6 & 20 October

10am - 12pm

Cost: \$120 plus \$50 materials

Texture Art on Canvas

Create your own abstract art with textures/ patterns on canvas using texture paste, mixed media and color.

Monday 8 September

10am - 11.30am

Cost: \$60 plus \$15 materials

Visual Journalling

Join us for the continuation of Art Journalling, a group exploring self-expression through both written word and visual art.

Guided by a Masters-qualified, registered art therapist, this group offers a creative and reflective space to explore thoughts, emotions, and personal narratives.

This program features all-new content, making it perfect for both new participants and those returning from the previous group. No art experience is needed—just a willingness to explore and create in a supportive environment.

Mondays

14 & 28 July, 11 & 25 August

10am - 12pm

Cost: \$120 plus \$50 materials

Knit and Knatter

Learn how to knit or crochet

Join this group to have a chat and spend time doing what you love with others. Perhaps you have always wanted to learn how to knit. New and more experienced knitters welcome.

Saturdays once per month

19 July, 16 August, 13 September

10am - 2pm Cost: \$6 per session

Get your Boat and Jet Ski Licence

Training provided by Australian Boating College – who have been training for 30 years

No pre-study required. Complete your in-class course and test on the same day. Course covers Victorian marine regulations, collision avoidance rules, safety equipment regulations, buoyage system and reading the weather. Present your certificate to Vic Roads to purchase your licence. No further testing is required at Vic Roads.

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

Wednesday 5.30pm - 9pm
30 July, 13 & 27 August, 17 & 24 September

Saturday 8.30am - 12pm
16 & 30 August, 13 & 27 September



Spanish Language Support Group

Join this friendly group to help improve your Spanish conversational skills

This is not a class, but a support group to help expand your existing knowledge in a relaxed and friendly environment. All levels welcome.

Meets 2nd & 4th Tuesday of the month: 8 & 22 July, 12 & 26 August, 9 & 23 September
5pm - 6.30pm
Cost: \$6 per session or \$36 for term

First Nations History Course

Learn about the history of Australian Indigenous people from first contact through to 2025

Discuss the impact colonisation has had on First Nations people and how supporting the 'Uluru Statement from the Heart' will provide a pathway to reconciliation for a better future.

Fridays commencing 25 July for 9 sessions
10am – 12pm Cost: \$10
(Free for U3A members in Cardinia Shire, \$5 for all other U3A members)



Supported Classes

www.outlookaust.org.au/event-category/supported-classes/

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 Literacy for Adults

Improve your understanding of technology

Expand your understanding, skills and use of different programs using digital devices.

**Tuesdays commencing
22 July for 9 sessions
9.30am - 12.30pm Cost: \$30**



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.

**Thursdays commencing
24 July for 9 sessions
9.30am - 12pm Cost: \$30 plus
\$5 per week for ingredients**



Preparing for your Driver's Test

Gain skills to prepare for and undertake the practice learner permit test. Based on the Road to Solo Driving handbook. Also covers how to safely get around as a pedestrian.

**Mondays commencing
21 July for 8 sessions
9.30am - 12.30pm Cost: \$30**



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
21 July for 9 sessions
9.30am - 2.30pm Cost: \$30
Location: Guides Hall, Narre Warren**



Work and Life Success for People with a Disability

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

**At Outlook Community Centre
Thursdays commencing
24 July for 9 sessions
9.30am - 2.30pm Cost: \$30
OR
At Guides Hall Narre Warren
Wednesdays commencing
16 July for 10 sessions
9.30am - 2.30pm Cost: \$30**



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

16 July, 20 August, 17 September

5.30pm - 7pm

Please call 1300 617 649 to book

Hearing Health Awareness

Always Hear -

FREE Hearing Assessment

- Free hearing assessment
- Hearing devices
- Hearing device maintenance
- Micro suction wax removal (fees apply)
- Government funding for eligible clients

**Monday 28 July, 25 August OR
29 September**

Cost: FREE

**Call 1300 617 649 to book your
appointment.**



Always Hear
PERSONALISED HEARING CARE

Outlook

NOW ACCEPTING ENROLMENTS!

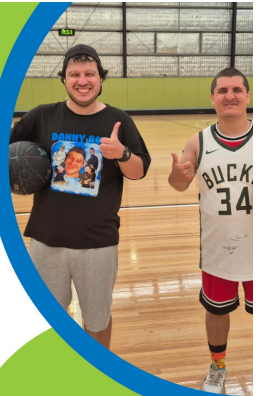
Flexible disability service options to help you thrive in work and life.

From skill building and work training, social outings and special interest groups, to tailored 1:1 support and respite - **Outlook Horizons** and **Outlook Beyond** can help you build the life that you want.

HOW CAN WE HELP?

- **Outlook Horizons - Group Programs**
- **Outlook Beyond - Tailored 1:1 Support**
- **High-Intensity Support**

**disabilityvic@outlookaust.org.au
1300 137 140**



SCAN FOR MORE

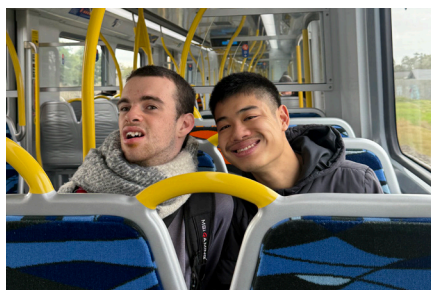


Learn More About Outlook Australia

Outlook Australia operates across two distinct but complementary divisions; Social Enterprise and Community Services. Outlook Support Office is based in Pakenham, along with the community centre, and provides a range of support functions across the organisation.

Community Services

Delivering life skills, in-home care and community access support as an NDIS registered disability service provider to help our customers build independence and enrich their lives. Our disability and homecare support services in Victoria and NSW offer a range of programs designed to enhance the quality of life for people with disability, including daily living support, community engagement programs, and tailored therapeutic interventions.



Social Enterprise

Outlook operates the largest waste management social enterprise in Australia, creating employment opportunities across the resource recovery sector. We proudly share that around 70% of our social enterprise workforce come from disadvantaged backgrounds or identified priority workforce cohorts. This innovative model not only provides essential services to the community but also offers employment opportunities to people who might otherwise be excluded from the workforce.



Container Deposit Scheme

Part of Outlook's Social Enterprise Division, Outlook operates the Bayswater depot of Victoria's Container Deposit Scheme (CDSVic), as well as a fleet of reverse vending machine (RVM) cleaning crews. This is a drive-thru facility where community members can return eligible containers in any quantity for a 10c refund for every container. They can choose to receive their refund in cash, bank deposit or donate to a CDSVic donation partner - such as Outlook Australia.

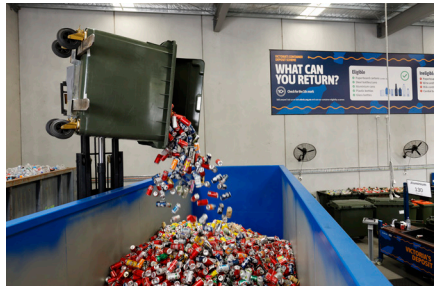
CDS Commercial Partnerships

Outlook can work with local businesses, community groups and sporting clubs to arrange a bin collection and delivery service that meets your needs. Our cost neutral framework means you can create a passive revenue stream while contributing to a more sustainable and green community.

Scan to learn more or enquire about commercial collection:

No time to wait in line?

*Take advantage of our
bag drop service!*



Outlook Recycled Goods Shops

Outlook Recycled Goods Shops are part of Outlook's commitment to diverting waste from landfill. Profits from our recycled goods shops are invested back into funding opportunities across the priority workforce – including members of our community experiencing social disadvantage such as long-term unemployment, mental health challenges, migrant and refugee workers and workers with disability – to upskill and gain meaningful mainstream employment externally or within one of Outlook's social enterprise teams.

Victorian Locations

Hampton Park - 274 Hallam Rd

Mornington - 337 Racecourse Rd

Melton - 33 Ferris Rd

Ballarat - 119 Gillies St



**Scan to learn more
about Outlook Recycled
Goods Shops**

Each store has a free drop off area where customers donate pre-loved goods to be sold in store. There is a wide range of stock available for purchase, including building materials and fixtures, furniture and tools, clothes, books, bikes, toys and nursery plants. No matter who you are, you're bound to find a bargain at an Outlook Recycled Goods Shop.

Interested in Volunteering?

**Volunteer opportunities are available across Outlook's
Community Services and Social Enterprise Divisions.**

Contact our volunteer coordinator if you are aged 18+ and keen to support your community, learn new skills, meet new people and have some fun - volunteering@outlookaust.org.au



Need a venue for your next meeting or special occasion?

Outlook
community centre

Outlook Community Centre has a large function centre available to hire for your special occasion. Our function centre accommodates from 50 - 150 people and comes with a fully equipped kitchen. 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

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.



**Start your
dance adventure
today**

Pre-School and Junior dance classes

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

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

