



TERM  
**04**  
2025

# Community Centre Program Guide

7 October - 19 December

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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](http://www.outlookaust.org.au)

### In Person

24 Toomuc Valley Road, Pakenham

### Email

[communitycentre@outlookaust.org.au](mailto: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](http://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		Families
<b>\$10 per annum</b>		<b>\$15 per annum</b>

# Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

[www.outlookaust.org.au/event-category/computer-training/](http://www.outlookaust.org.au/event-category/computer-training/)

## Animal Mandala Digital Art Workshop

**Join us for a creative hands-on and unwinding art session, where you will also gain digital skills to enhance your projects.**

- Learn how to design your own animal themed mandalas using simple drawing techniques and your imagination
- We'll guide you through the process of creating your own mandala masterpiece and show you how to explore the internet safely to find craft supplies and even use AI tools to spark new ideas
- Whether you're just starting out or love getting crafty, this session is perfect for curious minds of all ages
- Take home a framed art piece you will be proud of, as well as being introduced to the Be Connected online training website so that you can confidently continue learning from home
- Refreshments and all materials included

**Monday 20 October**

**9.30am - 12.30pm**

**Cost: FREE**



**Be Connected**

Every Australian online.



## 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

**Tuesdays commencing  
21 October for 8 sessions  
(No session 4 November)**

**9.30am - 12.30pm Cost: \$50  
(Includes course notes)**



## Microsoft Office - Intermediate

**Take a deeper dive into Microsoft 365 Apps (MS Office)**

Ideal for those with some experience or who have completed the beginners Microsoft Office course. These sessions go beyond the basics to uncover handy tips and options in Excel, Word, Sway, Forms, Outlook, OneDrive, PowerPoint and more. It covers real-world examples using both desktop and web-based versions.

**Tuesdays commencing  
21 October for 8 sessions  
(No session 4 November)**

**1pm - 4pm Cost: \$50  
(Includes course notes)**



# Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

[www.outlookaust.org.au/event-category/computer-training/](http://www.outlookaust.org.au/event-category/computer-training/)

## 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.

**Thursdays commencing  
20 November for 3 sessions  
9am - 1pm Cost: \$25  
(includes course notes)**



## Digital Literacy for Adults

**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  
13 October for 9 sessions  
(No session 20 October)  
9.30am - 12.30pm Cost: \$50  
Location: Beaconsfield  
Neighbourhood Centre.  
To book phone 03 8768 4400**



## 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.

**Thursdays commencing  
6 November for 2 sessions  
9.30am - 1pm Cost: \$25**



## Create Your Own Picture Book with Digital Art

**Build mood boards, develop your story, and get to know the ins and outs of multi-page documents in Procreate**

Create your own illustrated story for sharing with your family, querying publishers, or uploading to self-publishing platforms like Amazon! You'll also learn how to create your own colouring books, journals, and workbook templates to better familiarise yourself with the format.

Guided by Figgy O'Connell, a self-taught and award-winning digital artist.

**Wednesdays commencing  
5 November for 5 sessions  
10am - 11.30am Cost: \$100  
(\$35 for one session. Please contact the centre 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 one hour appointments 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/](http://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 - these courses are blended delivery with a combination of  
online and face-to-face learning. 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.

**Friday 31 October OR**

**Saturday 22 November**

**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.

**Friday 31 October OR**

**Saturday 22 November**

**9.30am - 11.30am Cost: \$70 per session**

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

This certificate is a requirement for those working in the early childhood education sector including daycare and kindergarten. Includes CPR.

**Friday 31 October OR**

**Saturday 22 November**

**9.30am - 3pm Cost: \$175 per session**



## Cuisine

[www.outlookaust.org.au/event-category/cuisine/](http://www.outlookaust.org.au/event-category/cuisine/)



**Scan QR Code  
with your  
smartphone/tablet  
to book programs**

## Middle Eastern Cooking

**Join Mary in recreating the aromatic flavours and delights of the Middle East**

You will learn to make roasted eggplant dip, kofta baked with vegetables, zucchini and stuffed grape leaves served with lamb and Middle Eastern rice pudding and knafeh, Middle Eastern pastry. Enjoy eating what you make with your fellow classmates.

**Tuesdays commencing**

**11 November for 3 sessions**

**10.30pm - 1.30pm Cost: \$95**

## SENIORS FESTIVAL EVENTS

### Dementia Friendly Games Day

Victorian  
Seniors  
Festival  
2025



#### Take a trip down memory lane

Join us for a games morning for people with dementia and their carers. This will be a chance to relax, socialise, reminisce and have some fun. The morning will feature a variety of games tailored for individuals with dementia. We invite you to share some wonderful refreshments and a morning of laughter and camaraderie in a supportive environment.

**Tuesday 21 October**

**10.30am - 1pm Cost: FREE**

### Laughter Exercises

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

**'Laughter is the best 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- 11.45am Cost: FREE**

### 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*





## Carer's Group

### Supporting those who support others

Offering carers of people with 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

**2 October, 6 November, 4 December**

**10am - 12pm Cost: FREE (Gold coin donation welcome)**



## Prostate Cancer Support Group

### Support when you need it most

If you or a loved one has or is being impacted by prostate cancer, this group will provide a connection to others who have or are going through a similar experience. This is a safe space to share experiences with diagnosis, treatments and managing side effects. You will gain evidence based information in a friendly environment.

Partners, friends and family welcome.

#### 1st Thursday of the month

**6 November, 4 December**

**7pm - 8.30pm Cost: FREE (Gold coin donation welcome)**

## 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

**21 October, 18 November,**

**16 December**

**10am - 12pm Cost: FREE (Gold coin donation welcome)**

## Maintaining your Independence after 60

### 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.**



## Women's Group for Over 40s NEW

### A group to help you transition through middle life

A facilitated group where you can explore life transitions – from menopause and identity shifts to relationships, reinvention and beyond. Sessions begin with education around a relevant topic and flows into open, optional sharing, all within a safe and supportive space.

Facilitated by Lavender Haze – root cause therapy practitioners/ counsellor

**Mondays fortnightly**  
**6 & 20 October, 10 & 24 November,**  
**8 December**  
**7pm - 8.30pm Cost: \$75**

## 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**



## Aged Care Information Session NEW

### 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

**Wednesday 19 November, 1pm - 2pm**

**Cost: FREE**

Call the centre for further information.



## 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.

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

**2.15pm - 3.45pm**  
**25 November**  
**Cost: \$99**





## 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  
9 October for 10 sessions  
8.45am - 9.45am Cost: \$115**

## 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  
15 October for 10 sessions  
10am - 11.15am Cost: \$160**

## 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  
30 September for 10 sessions  
(No session 4 November)  
6pm - 7pm Cost: \$20**



## 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  
9 October for 10 sessions  
10am - 11am Cost: \$115**

## Line Dancing

### **Join in the boot scooting fun!**

Enjoy some fun dancing to all genres of music. This mid-level class will suit dancers with good general experience.

**Fridays commencing  
3 October for 8 sessions  
(No session 7 November)  
10am - 12pm Cost: \$64  
\$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  
6 October for 9 sessions  
(No session 3 November)  
9.30am - 10.30am Cost: \$162**

## Walking Groups

[www.outlookaust.org.au/event-category/walking-groups/](http://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**

**(No session 4 November)**



### 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**

### 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)**

## Languages

[www.outlookaust.org.au/event-category/language/](http://www.outlookaust.org.au/event-category/language/)

### 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: 14 & 28 October,**

**11 & 25 November, 9 December**

**5pm - 6.30pm**

**Cost: \$6 per session**

### Italian for Beginners Support Group

**Do you want to learn some basic Italian?**

Muddle through with us and let's support each other to learn some basic Italian. This group is not a class, but is an informal support group hoping to support each other through this journey.

**Mondays commencing**

**20 October for 7 sessions**

**(No session 3 November)**

**10.30am - 12pm Cost \$6 per session**

## 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.

**Wednesday 19 November**

**10am - 12pm**

**Cost: \$45 (materials provided)**

## Make your Own Terrarium

NEW

### Great as a gift for someone or for yourself

Learn the elements of terrarium design, from selecting the right plants to creating visually stunning landscapes with glass containers.

**Sunday 26 October**

**11am - 12pm**

**Cost: \$70 (materials provided)**

**If there is a special glass vessel you would like to use, you are welcome bring it.**

## Mixed Media

NEW

### Discover your creativity

These playful classes invite you to explore painting, collage and drawing whilst building confidence in your artistic voice. No experience needed. Just curiosity and a willingness to create. Move out of your head and into your heart as you find space to create.

Guided by creative coach Stephanie Brown.

**Fridays commencing**

**21 November for 3 sessions**

**10am - 12pm**

**Cost: \$75 plus \$25 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**

**18 October, 15 November,**

**20 December**

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

## Volunteer or Paid Tutors Needed to Facilitate Classes and Activities

Do you want to share your passion and skills with others?

Do you need to fulfill your Services Australia obligations? OR want to keep your brain active and enjoy sharing your time with others?

Join us as a valued tutor to assist our community members with their learning.

### We are seeking assistance for the following programs

Computer Training, Carers Group, Cooking, Arts/Crafts

**Contact the centre for more information:**

**phone: 1300 617 649 or email: [communitycentre@outlookaust.org.au](mailto:communitycentre@outlookaust.org.au)**

## 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  
9 October for 10 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  
7 November, 5 December  
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  
(No session 4 November)  
1pm - 4pm Cost: \$6 per session**

## Puzzle Group

**Do you like jigsaw puzzles?**

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

**Sundays fortnightly  
19 October, 2 & 16 & 30 November  
9am - 10am 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  
6 October, 10 November, 1 December  
7pm - 9pm Cost: \$6 per session**

## 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  
(No session 3 November)  
1pm - 4pm 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  
10 & 24 October, 7 & 21 November,  
5 & 19 December**  
(Time and cost of each outing to be confirmed)

## 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**

**7 October for 10 sessions**

**(No session 4 November)**

**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**

**8 October for 10 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)

## Men's 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**

**5 November, 3 December**

**7pm – 9.30pm**

**OR**

**2nd Wednesday of the month**

**15 October, 12 November,**

**10 December**

**9.15am for a 9.30am start - 12pm**

**Cost: \$6 per session**



## 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

**Wednesday 22 October, 9.45am - 2.30pm**

**Cost: FREE (Includes BBQ lunch refreshments)**

Community  
Road Safety Grants



RoadSafe South East

## 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**

**6 October for 9 sessions**

**(No session 3 November)**

**12.30pm - 2.30pm Cost: \$63**

## 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.

**Choose one session. Cost: \$150**

**Tuesday 5.30pm - 9pm**

**23 December**

**Wednesday: 5.30pm - 9pm**

**8 or 22 October, 12 or 26 November, 10 December**

**Saturday: 8.30am - 12pm**

**11 or 25 October,**

**8 or 15 or 29 November,**

**13 December**

## Guitar

**Your tutor Paul has over 30 years experience.**

**Beginners Guitar**

**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**

**16 October for 8 sessions**

**11am - 12pm Cost: \$100**

**Intermediate Guitar**

**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 enjoy the calming therapeutic experience.

**Thursdays commencing**

**16 October for 8 sessions**

**12.30pm - 2.30pm Cost: \$100**

## 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**

**10 October 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/](http://www.outlookaust.org.au/event-category/supported-classes/)

These programs are specifically designed for people with 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**

**7 October for 10 sessions**

**(No session 4 November)**

**9.30am - 12.30pm Cost: \$30**

**Location: Outlook Community Centre**



## 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**

**9 October for 10 sessions**

**9.30am - 12pm Cost: \$30 plus**

**\$5 per week for ingredients**

**Location: Outlook Community Centre**



## Road Safety

In this class you will be able to strengthen your understanding of everyday road and traffic rules so that you can move about safely. Gain more confidence in recognising road signs and signals. Feel more prepared as a pedestrian, cyclist or passenger. You will also gain some skills needed to prepare for the practice learner permit test.

**Mondays commencing**

**10 November for 6 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**

**6 October for 10 sessions**

**(No session 3 November)**

**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**

**Wednesdays commencing**

**8 October for 10 sessions**

**9.30am - 2.30pm Cost: \$30**

**OR**

**At Guides Hall Narre Warren**

**Wednesdays commencing**

**8 October for 10 sessions**

**9.30am - 2.30pm Cost: \$30**



NEW

# \$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS



Outlook Community Centre receives \$12 per application submitted through us

## VISIT US FOR FREE ASSISTANCE:

### BOOKINGS ESSENTIAL

To book your appointment please phone 1300 617 649

FIND OUT MORE:

[NHVIC.ORG.AU/PSB](http://NHVIC.ORG.AU/PSB)



Neighbourhood Houses Victoria™



## 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**

**Wednesdays 5.30pm - 7pm**

**15 October, 19 November,**

**10 December**

**Please call 1300 617 649 to book**

## FREE Library

The community centre has a wonderful collection of books available for you to explore. We encourage you to drop in and browse the shelves. Feel free to borrow or donate books for others to share and enjoy. No need to return the books, you are welcome to keep what you take home with you.

**Monday to Friday**

**9.00am - 4.00pm**

## What would you like to see at the centre in 2026?

This is your Community Centre. We are always open to ideas on what courses we offer and we would love to hear from you. Is there a course which you would like us to provide, be it something we have offered in the past or something completely new? If you think it's a good idea, others will too!

**Please phone us: 1300 617 649**

**or email: [communitycentre@outlookaust.org.au](mailto:communitycentre@outlookaust.org.au)**

# 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](mailto:disabilityvic@outlookaust.org.au)  
1300 137 140



SCAN FOR MORE



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Pre-School and Junior dance classes

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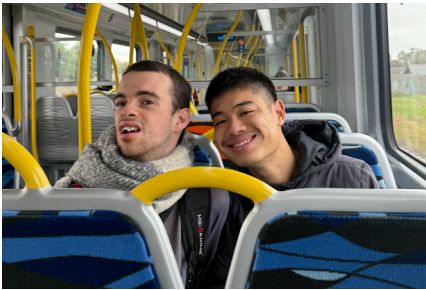
Expanse  
SCHOOL OF DANCE

## 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!



## Refindit by Outlook Shops

Refindit by Outlook reuse shops are part of Outlook's commitment to diverting waste from landfill. Profits from our 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 Refindit by  
Outlook

Each shop 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 Refindit by Outlook.

## 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](mailto: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](http://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.



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

