



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



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2026

# Community Centre Program Guide

5 January - 4 April

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**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>

**WHEN THE CFA DECLARE A CATASTROPHIC DAY THE CENTRE WILL BE CLOSED**

**Centre closed Monday 26 January, Monday 9 March, Friday 3 April and Monday 6 April**

# 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/)

## Microsoft Office - Beginners

### Build confidence with every click

Learn the basics of OneDrive, Publisher, Word, Excel and PowerPoint. Understand everyday computer tasks, and practise new skills with guidance on hand. Perfect for beginners who want to feel capable, independent and connected using Microsoft Office or those who would like to use the online version to say goodbye to desktop apps. BYO USB stick.

**Fridays commencing**  
**30 January for 9 sessions**  
**9.30am - 12.30pm Cost: \$45**  
**(Includes course notes)**



## Artificial Intelligence

### Artificial intelligence is reshaping our world and is the way of the future

Learn to navigate AI with a balanced approach through real life examples that show how to use it to your advantage, while becoming aware of its flaws and the risks that come with this new emerging technology.

**Fridays commencing**  
**6 March for 4 sessions**  
**9.30am - 12.30pm Cost: \$25**



## Xero Accounting

### Accounting software for small business

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.

**Tuesdays commencing**  
**10 February for 7 sessions**  
**6pm - 9pm Cost: \$80**  
**(Includes course notes)**



Learn Local computer courses are ACFE funded and are subsidised.

## Microsoft Office - Intermediate

### Broaden your horizons and become a Microsoft Office whizz. Take a deeper dive into Microsoft Office 365 apps (MS Office)

Do you know the basics of Microsoft Office but want to know how to maximise it to use for personal and work life? There is so much that Microsoft Office can do. Ideal for those with some experience or who have completed the Microsoft Office - Beginners 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. BYO USB stick.

**Wednesdays commencing**  
**28 January for 9 sessions**  
**9.30am - 12.30pm Cost: \$45**  
**(Includes course notes)**



## Canva - Online Design Made Easy

### Free online graphic design platform

This free platform offers users the opportunity to get creative online. Canva can be used to create professional looking flyers, invitations, business cards, newsletters and much much more.

**Thursdays commencing**  
**12 March for 3 sessions**  
**12 March: 10am - 12pm**  
**19 & 26 March: 10am - 12.30pm**  
**Cost: \$20**



# 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/)

## Essential Online Communications

NEW

### Connect Confidently

- Unlock effective online communication
- Learn to select the right tool, practice proper etiquette, and communicate using Microsoft Teams
- Gain vital skills in finding and sharing reliable information, ensuring your messages are always clear, appropriate, and trustworthy

### Mondays

**9 February: 9am - 12pm**

**16 February & 2 March:**

**9am - 12.30pm**

**Cost: \$30**

**(includes course notes)**



## Taking Better Photos on Your Phone

NEW

- Learn how to use your phone camera to take sharper photos and gain an understanding of the camera settings
- Improve lighting and composition for taking better photos
- Find, edit and delete photos in the gallery/photos app
- Organize photos to share with friends and family

Bring your own device (Android or iPhone) and work at your own pace in a supportive, jargon free environment.

Hand outs and one-on-one support provided.

### Mondays commencing

**23 March for 2 sessions**

**9.30am - 11.30pm Cost: \$10**

## Digital Essentials Level 2

### Would you like to improve the way you use technology?

Explore the use of different digital devices and how they can assist you every day. This course will improve your confidence to connect with others and in the day-to-day use of technology.

- Build your email skills
- Expand your online search skills
- Be safe and secure online
- Managing your social media platforms
- Connecting to devices
- File management
- Day to day technology

### Mondays commencing

**2 February for 8 sessions**

**(No session 9 March)**

**9am - 12.30pm Cost: \$45**

**Location: Beaconsfield Neighbourhood Centre. To book phone 03 8768 4400**



## Smart Phone Basics

NEW

### You'll be a whizz in no time!

- Feel comfortable with your phone and understand its layout and learn how to customise it
- Learn how to make, receive calls and texts confidently and how to attach photos
- Build up a contact list
- Recognise and avoid common scams

### Mondays commencing

**23 February for 2 sessions**

**9.30am - 11.30am Cost: \$10**

# 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/)

## 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 from each other, these sessions are for beginners or those with some experience. Includes computers, phones and tablets. Use your own devices or use ours.

**Tuesdays commencing**

**3 February for 9 sessions**

**9.30am - 12pm Cost: FREE**

**Supported by Be Connected**

## 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.

**Wednesdays commencing**

**4 March for 4 sessions**

**1pm - 4pm Cost: \$25**

**(includes course notes)**



# 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.**

**You do not get a second chance to save a life. Don't compromise.**

## 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.

**Saturday 7 February OR**

**Monday 16 March**

**9.30am - 2.30pm Cost: \$175 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.

**Saturday 7 February OR**

**Monday 16 March**

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

## Cardiopulmonary Resuscitation (HLTAID009)

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

**Saturday 7 February OR**

**Monday 16 March**

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



NATIONALLY RECOGNISED  
TRAINING

## Strong, Steady and Independent for Life After 50

Facilitated by Inez Musgrove - movement specialist

### Gentle Movement Masterclass Series



A welcoming five session series designed to improve balance, stability, coordination, and flexibility while building simple movement skills you can use every day. Learn gentle, practical ways to feel steadier, stronger, and more confident in your body.

#### Fridays fortnightly

23 January, 6 & 20 February,

6 & 20 March

10am - 11am Cost: \$80

### Movement Snapshots

Where you are today is just the beginning, let's explore what's next. In this complimentary movement check in, small habits that can quietly limit confidence are explored. Learn how simple, practical changes can protect your balance, mobility, and independence for years ahead.

#### Tuesday 17 March

Choose 1 session: 1pm - 1.30pm,

1.30pm - 2pm or 2pm - 2.30pm

Cost: FREE

### Up from the Floor Program



Learn methods to get down and up safely from the floor. Participants must have completed either the Balance or Strength Programme or both.

**Scheduled for Term 2, 2026.**

**Dates, times and costs TBC.**

**Contact the centre to book.**

**Limited places available.**



### Three Simple Skills to Protect your Independence

Independence rarely disappears overnight. It slips away through small losses of balance and confidence. In this free one hour talk, movement specialist Inez Musgrove explains why balance matters more than you think and what you can do now to stay steady, active, and independent.

#### Tuesday 10 March

10.30am - 11.30am Cost: FREE

### Balance Program

Loss of balance rarely starts with a fall. It starts with small changes in confidence and movement. This course teaches the practical skills that help you stay steady, calm, and in control so you can reduce fall risk and continue living life on your terms.

#### Tuesdays commencing

31 March for 4 sessions

10.30am - 12pm Cost: \$99

### Strength Program



In our later years, if we are not proactive about strength, independence is quietly affected by its decline. This course focuses on building the practical strength you use every day, helping you move safely, feel capable, and reduce your risk of falls so you can live life the way you choose.

#### Tuesdays commencing

31 March for 4 sessions

1pm - 2pm Cost: \$65

## 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**

**5 February & 5 March**

**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 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**

**5 February, 5 March & 2 April**

**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**

**20 January, 17 February & 17 March**

**10am - 12pm Cost: FREE**

**(Gold coin donation welcome)**

## Women's Group for Over 40s

### Assisting women with mid-life challenges

When life throws you lemons and you're left wondering where to go for support.

This group is an alternative to expensive therapy and looks at issues such as identity shifts in yourself and relationships, menopause, navigating becoming an empty nester, retirement etc.

Sessions begin with education around a relevant topic and flow into open optional sharing all within a safe and supportive space.

Facilitated by Lavender Haze – Root Cause Therapy Practitioners/ Counsellors.

**Mondays fortnightly**

**2 & 16 February, 2 & 16 & 30 March**

**7pm - 8.30pm Cost: \$75**

## Stroke Safe Information Session

In Australia, a stroke occurs every 11 minutes. In 2023 more than 34,000 Australians, of all ages, experienced stroke for the first time. But the good news is that it doesn't have to be this way. Up to 80% of strokes are preventable.

Join us and the Stroke Foundation to hear:

- What stroke is and how to recognise the signs of stroke
- What to do if someone is having a stroke
- How to prevent stroke in you or the people you love

**Wednesday 25 March**  
**10.00am - 10.45am Cost: FREE**



**Follow us on Facebook**

[www.facebook.com/OutlookCommunityCentre/](http://www.facebook.com/OutlookCommunityCentre/)



**Follow us on Instagram**  
**@outlookcommunitycentre**

## 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

**Wednesday 25 February**  
**1pm - 2pm Cost: FREE**



## 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 to reduce stress, anxiety, depression and strengthen the immune system. We all feel better when we laugh.

**Tuesdays commencing**  
**27 January for 11 sessions**  
**6pm - 7pm Cost: \$22**



## 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  
29 January for 10 sessions  
8.45am - 9.45am Cost: \$115**

## Tai Chi

### **Create harmony between your mind and body**

A gentle, low impact, slow-motion form of exercise that can help maintain strength, flexibility and balance. It is one of the most effective exercises for health of mind and body and gives a sense of wellbeing through slow gentle movements.

### **Beginners/Intermediate/Advanced**

Learn the Beijing 24 style.

**Mondays commencing  
2 February for 8 sessions  
(No session 9 March)  
7pm - 8pm Cost: \$96**

### **Beginners/Intermediate**

Learn the Yang Style 10 (standardised) form.

**Wednesdays commencing  
28 January for 10 sessions  
10.30am - 11.30am  
Cost: \$120 OR \$15 per session casual  
for both styles**

## 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  
29 January for 10 sessions  
10am - 11am 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  
28 January for 10 sessions  
10am - 11.15am Cost: \$160**

## 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  
2 February for 8 sessions  
(No session 9 March)  
9.30am - 10.30am Cost: \$144**

# Walking Groups

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

Whether you are looking for a parkland walk, something a bit more challenging, or an accessible indoor stroll, Outlook Community Centre has a walking group just for you.

## Toomuc Valley Walkers

### Social and scenic

Enjoy walking through local parklands, getting fresh air and socialising. Finish with an optional cuppa and chat. Suitable for walkers of all levels.

**Tuesdays commencing 6 January**

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

**9.30am - 10.30am Cost: FREE**

## Cardinia Wanderers

### Challenge and exploration

A longer and more challenging walk. Explore different scenic locations each week. Walks are over 5 km. For fit and experienced walkers.

**Wednesdays commencing 28 January**

**Meet at Outlook at 9.30am**

**Cost: FREE**

(Bring your own lunch or buy your own)

## Marketplace Walkers

### Comfort and accessibility

Walk on a flat, air-conditioned surface inside the shopping centre. No traffic, no weather concerns, and totally safe. Ideal for beginners or those wanting an easier stroll.

**Fridays commencing 9 January**

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

**8am - 9am Cost: FREE**



## Language

[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.

**1st and 3rd Tuesday of the month**

**20 January, 3 & 17 February,**

**3 & 17 March, 7 April**

**5pm - 6.30pm Cost: \$6 per session**

## Cuisine

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

### Middle Eastern Cooking

**Join Mary in recreating aromatic flavours and delights**

You will learn to make a roasted eggplant dip. You'll prepare kofta baked with vegetables, as well as zucchini and stuffed grape leaves served with lamb. You will make Middle Eastern rice pudding and knafeh, (a traditional pastry). Share and eat what you make with your classmates after.

**Fridays commencing**

**6 March for 3 sessions**

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

## A Journey with Drawing

NEW

**Discover the joy of drawing in a relaxed, supportive class**

Learn to see like an artist as you explore line, tone, shading and perspective. Build your confidence each week and create a final piece that reflects your own unique style.

**Mondays commencing  
2 February for 7 sessions  
(No session 9 March)**

**10.30am - 12.30pm Cost: \$95  
Contact the centre for materials list.**

## Acrylic Painting

NEW

**Ready to develop your painting skills?**

**Join local artist Criss Chaney (you can see her work at [crisschaney.com](http://crisschaney.com)) for a five-week exploration of acrylic painting that blends technical skill with personal expression**

You'll learn how to mix vibrant, harmonious colours, create depth through layering, and develop a confident, intuitive painting process. Each week builds on the last – from monochrome studies and colour harmony exercises, to your own multi-layered final piece. Whether you're new to painting or looking to reconnect with your creative spark, this class offers a supportive space to experiment, learn and grow.

**Fridays commencing  
27 February for 5 sessions**

**12.45pm - 2.45pm Cost: \$130  
Contact the centre for the materials list.**

## A Journey with Watercolour

NEW

**Discover the joy of painting with watercolour in this relaxed, hands-on class**

Step by step, you'll learn essential techniques such as washes, blending, layering, and creating texture – then bring them together in your own finished artwork. Whether you're a complete beginner or rediscovering your creative side, this class is about exploring, experimenting, and enjoying the process as you find your own artistic voice.

**Thursdays commencing  
5 February for 8 sessions  
1pm - 3pm Cost: \$110  
Contact the centre for materials list**

## Customise your Easter with Digital Art

NEW

**Join award-winning digital artist Figgy O'Connell in creating a range of creative and fun designs that are uniquely you this Easter**

You'll learn how to create colouring pages, mandalas, patterns, Easter baskets, egg cups, and an array of other decorations to share with your loved ones - all while learning about the digital art app Procreate as you go!

Suitable for all ages and skill levels.

iPad, with Apple Pencil and Procreate provided, or BYO.

**Fridays commencing  
27 February for 5 sessions  
10am - 11.30am Cost: \$100  
(\$35 for one session. Please contact the centre to book)**

## Board Games

NEW

**This group is friendly and focussed on fair play and fun**

We meet weekly to play, chat and have fun. All skill levels welcome.

**Tuesdays commencing  
3 February for 9 sessions  
6pm - 9.30pm Cost: \$6 per session**

## 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 commencing 6 January  
1pm - 4pm Cost: \$6 per session**

## Senior Safe Driver Expo

**NO TEST INVOLVED - Join this session to stay safe in your car**

- Health, medicines and driving
- Road laws and free confidential driving assessment
- Free confidential VicRoads roadworthy check on your car
- Tyre maintenance presentation
- Highway patrol Q & A session

**Tuesday 24 March  
9.45am - 2.30pm Cost: FREE**



## 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 commencing  
18 January, 1 & 15 February,  
8 & 22 March  
9am - 11am 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 commencing 12 January  
(No session 26 January or 9 March)  
1pm - 4pm Cost: \$6 per session**

## 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  
17 January, 14 February & 21 March  
10am - 2pm 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.

**1st Monday of month  
2 February & 2 March  
7pm - 9pm 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**

**13 January for 12 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**

**14 January for 12 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)

## Garden Club

**Dig in! Your new gardening community awaits**

All levels welcome. Learn and grow with us! Exchange tips and discover new techniques from fellow enthusiasts. Cultivate new friendships while you cultivate your green space.

**Meetings**

**1st Friday of the month**

**6 February & 6 March**

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

**Excursions**

**3rd Friday of the month**

**20 February, 20 March & 17 April**

Times and costs 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**

**4 February & 4 March**

**7pm - 9.30pm**



**OR**

**2nd Wednesday of the month**

**14 January, 11 February & 11 March**

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

**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.

**Taking expressions of interest for Term 1. Please phone 1300 617 649 if you would like to join.**

## Volunteering Information Session

**NEW**

**Have you ever thought about volunteering?**

Volunteering can help give you a sense of purpose and belonging by being part of a team. It's a great way to meet new people and engage in meaningful activities.

Did you know that volunteering can also be used to help fulfil your Centrelink obligations? Find out more at this Information session.

**Thursday 19 March**

**11am - 12pm Cost: FREE**

## All Together Choir

**Ready to sing and find your community?**

- Join our warm, supportive, and inclusive all abilities choir program
- Come, sing, connect and have fun
- No experience? No problem. Passion is all you need
- If you love to sing, you belong here - just bring your enthusiasm

**Thursdays commencing  
5 February for 9 sessions  
11.15am-12.30pm  
Cost: \$8 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.

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

**Wednesday: 5.30pm – 9pm**

**14 January, 4 or 25 February**

**Saturday: 8.30am – 12pm**

**3 or 17 January, 7 or 14 or 28 February**

## 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  
2 February for 8 sessions  
(No session 9 March)  
12.30pm – 2.30pm Cost: \$56**

## 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  
5 February for 8 sessions  
11am – 12pm Cost: \$110**

### 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  
5 February 8 sessions  
12.30pm – 2.30pm Cost: \$110**

# 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 Essentials Level 2

**Improve your understanding of technology**

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

**Tuesdays commencing  
20 January for 11 sessions**

**10am - 12.30pm Cost: \$35**  
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  
22 January for 10 sessions**

**10.30am - 1.30pm Cost: \$35**  
plus \$7 per week for ingredients  
Location: Outlook Community Centre



## Road Safety and Licence Preparation

NEW

**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  
2 February for 8 sessions**

**(No session 9 March)**  
**10am - 1pm Cost: \$35**  
Location: Guides Hall, 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.

**Tuesdays commencing  
3 February for 9 sessions**

**10am - 2pm Cost: \$35**  
Location: Guides Hall, Narre Warren



## Life Skills for People with a Disability

Improve your social skills and health/wellbeing. Activities will also focus on building literacy and numeracy for everyday life

**Wednesdays commencing  
21 January for 11 sessions**

**10am - 2pm Cost: \$35**  
Location: Guides Hall, Narre Warren



## Creative Ability

NEW

**Express yourself through art**

Designed for individuals with additional learning needs, this supportive art class uses creativity to build essential skills. Learn diverse mediums while fostering basic literacy, communication, and social skills. Join "Creative Ability" to boost resilience, confidence, and express your unique imagination in a fun, inclusive environment.

**Tuesdays commencing  
20 January for 10 sessions**

**11am - 2pm Cost: \$35**  
plus \$10 materials per week  
Location: Outlook Community Centre



## 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**

**18 February & 18 March**

**Please call 1300 617 649 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.



Enjoy  
entertainment  
and lunch

## Morning Melodies with Marty Rose

*Get ready for a truly special morning of music!*

Join us to experience this local legend whose daily appearances on the Bert Newton Show made him a household name.

With a remarkable resemblance to Paul McCartney and a voice to match – Marty brings Beatles favourites to life, along with his own unforgettable repertoire.

After a long-running residency at Crown Casino, he's now in high demand across the state. His talent, warmth and incredible piano skills will absolutely blow you away.

**Tuesday 3 March, 11am - 1pm**

**Cost: \$25**

### FLEXIBLE SCHEDULES

Support options that unlock the lifestyle you aspire to and the goals you dream to achieve



### ENGAGED AND ACTIVE

Opening doors to local events and programs that foster genuine connection



### YOUR SUPPORT YOUR WAY

Directly influencing your quality of life through personalised support that meets your unique needs



### BUILD SKILLS FOR LIFE

Workshops and group sessions focused on building skills and confidence to expand your independence



### YOU AT THE CENTRE

We partner with your existing team or help you build a new one to ensure your supports drive holistic wellbeing



**Outlook**  
disability services

### Contact us today

- 📞 1300 137 140
- ✉️ [disabilityvic@outlookaust.org.au](mailto:disabilityvic@outlookaust.org.au)
- 🌐 [www.outlookaust.org.au](http://www.outlookaust.org.au)
- 🔗 [www.bit.ly/OutlookAgedDisability](http://www.bit.ly/OutlookAgedDisability)

### Or scan here



Tailored group-based and 1:1 supports for NDIS participants aged 18+. Work with Outlook to shape a life around what matters to you.

Registered NDIS Provider

## Join the Golden Girls

We are a group of ladies who get together once a month for a meeting and also enjoy outings to op shops!!, luncheons, cinema - you name it we visit it.

- We donate a gold coin each month and this goes towards our not-for-profit cause, or perhaps the CFA etc - whatever the girls decide
- We donate goodies to worthwhile causes locally
- We help each other when needed. i.e. Transport to appointments if we can, etc.

For further details contact:  
Rhona 0407 440 472

**Start your dance adventure today**

Pre-School and Junior dance classes

0434 199 549  
[expanseschoolofdance.com](mailto:expanseschoolofdance.com)

Expanseschoolofdance.com

Facebook Instagram

## Learn More About Outlook Australia

Outlook Australia operates across two divisions; Social Enterprise and Community Services. Outlook Support Office (head 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, domestic and gardening support.

### Social Enterprise

Outlook operates the largest waste management social enterprise in Australia, creating employment opportunities across the resource recovery sector. We proudly share that over 70% of our social enterprise workforce have experienced barriers to employment. Our 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 (CDS). Customers can return eligible containers in any quantity at our Bayswater depot for a 10c refund for every container. They can choose to receive their refund in cash, bank deposit or donate to a CDS donation partner - such as Outlook Australia.

**Scan to enquire about commercial collection:**



## Celebrating two years of CDS!



## Refindit by Outlook

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 to support members of our community experiencing barriers to employment, such as mental health challenges, migrant and refugee workers, older workers and workers with disability.

### Victorian Locations

- Hampton Park - 274 Hallam Rd
- Mornington - 337 Racecourse Rd
- Melton - 33 Ferris Rd
- Ballarat - 119 Gillies St

Each shop has a donation area where customers donate preloved goods to be sold in store. There is a wide range of stock available for purchase, including building materials, 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.



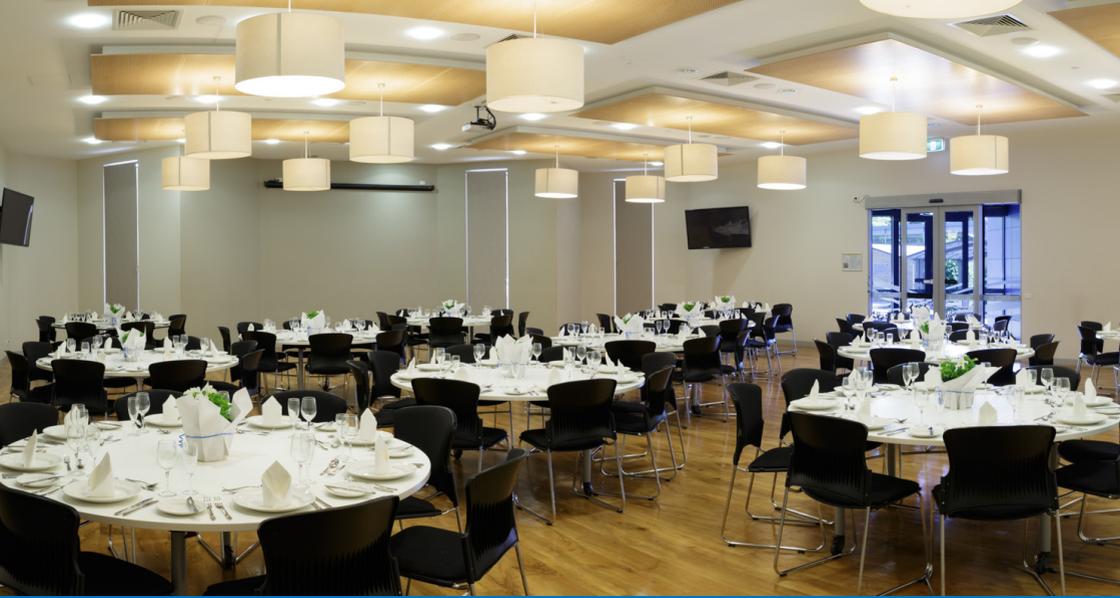
**Scan to learn more about Refindit by Outlook**

## Volunteering at Outlook

Outlook has a wide range of volunteering opportunities to suit a variety of skills and interests. No specific skills or experience is required, just a genuine interest in supporting your community and giving things a go! If you are interested in being part of our community services or social enterprise, please contact our volunteer coordinator:

**[volunteering@outlookaust.org.au](mailto:volunteering@outlookaust.org.au)**

Or visit our website for more information.



## 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
- Comes with a fully equipped kitchen
- External or self catering

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.

