



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



TERM  
02  
2026

# Community Centre Program Guide

Monday 13 April - Friday 3 July

## ▼ Inside

- 3 Computer Training
- 5 Professional Training
- 6 Health and Wellbeing
- 9 Walking
- 10 Personal Development
- 15 Supported Classes
- 16 Services
- 18 Outlook Australia



**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 (select option 2)

### Payment

EFT, cash, online, bank transfer (contact the community centre to initiate transfer),

NDIS participants can be invoiced (contact the community centre)

## 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**

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)

# 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.

**Thursdays commencing  
7 May for 7 sessions  
9.30am - 1pm 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 emerging technology.

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



### Our computer courses

- Designed for Microsoft Windows computers and Apple iPads/iPhones
- Small classes
- Qualified and professional teachers
- Tailored to participants needs
- Certificate on completion
- NO TESTS



Learn Local computer courses are ACFE funded and are subsidised.

## 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 for 3 sessions  
4 June - 9.30am - 11.30am  
11 & 18 June - 9.30am - 12pm  
Cost: \$20**



## Essential Online Communications

### 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

**Tuesdays for 3 sessions  
2 & 9 June - 9.30am - 12.30pm  
16 June 9am - 12.30pm  
Cost: \$30 (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/)

## Artificial Intelligence and Online Communications

NEW

- Learn to select the right tools and proper etiquette whilst communicating online
- Gain vital skills in finding and sharing reliable information, ensuring your messages are always clear, appropriate and trustworthy
- Learn to navigate AI with a balanced approach
- Understand how to use AI to your advantage and become aware of its flaws and risks

**Mondays commencing**

**4 May for 7 sessions**

**(No session 8 June)**

**9.30am - 12.30pm**

**Cost: \$45**

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



## 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**

**13 May for 4 sessions**

**9.30am - 12.30pm Cost: \$25**



## Take Control of Your Smartphone

NEW

**Are you feeling overwhelmed?**

**Make your phone simple, clear and easy to use**

Many smartphones become cluttered with apps, alerts and settings that make them confusing to use.

**In this hands-on session:**

- We will clean up your phone and remove apps you don't need
- Organise your home screen
- Adjust text and sound settings
- Reduce unnecessary notifications

By the end of the workshop your phone will feel simpler, calmer and much easier to enjoy every day.

**Mondays commencing**

**11 May for 2 sessions**

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

## 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 iPads and computers or use ours.

**Tuesdays commencing**

**21 April for 6 sessions**

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

**Supported by Be Connected**



Australian Government

**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.

**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 casualties until the arrival of medical or other assistance. Includes CPR

**Monday 25 May OR**

**Saturday 20 June**

**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.

**Monday 25 May OR**

**Saturday 20 June**

**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.

**Monday 25 May OR**

**Saturday 20 June**

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



We have all been touched by cancer in some way.

Join us for morning tea and entertainment to help raise money for cancer research, prevention and support services.

**Tuesday 5 May**

**10.30am - 12.30pm**

**Donation \$20 for Cancer Council**

Please bring a plate of food to share

**RSVP for catering purposes**

Book and make your donation online:

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

OR in person at Reception

## 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 April, 7 May, 4 June**

**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 been 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**

**7 May & 4 June**

**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 April, 19 May & 16 June**

**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**

**13 & 27 April, 11 & 25 May, 15 June**

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

## Hearing Australia

**Hearing Australia is coming to Outlook Community Centre!**

- Join us as Belinda from Hearing Australia shares insights on the importance of hearing health and provides free 15 minute hearing checks for our local community.
- Take this opportunity to prioritise your hearing health – we look forward to seeing you!

**Friday 29 May**

**10am - 12pm**

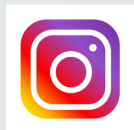
**Cost: FREE**

**Call 1300 617 649 (select option 2) to book your appointment**



**Follow us on Facebook**

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



**Follow us on Instagram**

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

## Aged Care Information Session

**You are invited to attend an informative session hosted by Mentis Assist - 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

**Friday 26 June**

**10.30am - 11.30am 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  
14 April for 12 sessions  
6pm - 7pm Cost: \$24**



## 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  
23 April 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  
20 April for 8 sessions  
(No session 4 May or 8 June)  
7pm - 8pm Cost: \$96**

### **Beginners/Intermediate**

Learn the Yang Style 10 (standardised) form.

**Wednesdays commencing  
22 April for 10 sessions  
10.30am - 11.30am  
Cost: \$120  
\$15 per session casual**

## 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  
23 April 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  
22 April 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  
20 April for 9 sessions  
(No session 8 June)  
9.30am - 10.30am Cost: \$162**

[www.outlookaust.org.au/event-category/health-and-wellbeing/](http://www.outlookaust.org.au/event-category/health-and-wellbeing/)

## **Strong, Steady and Independent for Life After 50**

Facilitated by Inez Musgrove - movement specialist



### **Get Down and Up from the Floor**

A practical program that teaches you how to safely get down to and up from the floor. In a supportive setting, you'll build the skills and confidence so you know you can get up if you need to, reducing your fear of falling.

**Tuesdays**

**12 May, 2 & 9 June, 23 June**

**10.30am - 12pm Cost: \$99**

### **Steady for Life**

Steady for Life classes are ongoing guided movement sessions that help you keep building strength and balance. They support you to continue moving confidently and safely in everyday life.

**Fridays**

**10 & 24 April, 1 & 15 May, 5 & 12 June**

**10am - 11am Cost: \$90**

## 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**

**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**

**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**

**Meet at Pakenham Central**

**Marketplace in front of the**

**Reject Shop**

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



## Wiser Driver

### NO TEST INVOLVED

Join us for an informative, informal and friendly refresher course, to upgrade your knowledge and build your experience to keep you driving safely

#### Topics covered include:

- Safety tips for wiser driving
- Safety rules
- Car safety features
- Being roadworthy
- Planning for the future
- Receive VicRoads: Road to Solo Driving Handbook


#### Wednesdays commencing

**10 June for 3 sessions**

**10am - 12.30pm Cost: FREE**

## BRING YOUR BILLS DAY

GET HELPTO SAVE ON ENERGY BILLS




Neighbourhood Houses Victoria and the Energy Assistance Program can help you to:

- Apply for the \$100 Power Saving Bonus for eligible concession card households
- Make sure you're receiving energy concessions (if you have a concession card)
- Find a cheaper energy offer
- Get support with payment difficulty or overdue bills


Please bring a recent electricity and gas bill and your concession card, if you have one

**Tuesday 26 May**  
**9am - 1pm**  
**Cost: FREE**

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



Neighbourhood Houses Victoria



VICTORIA State Government

## 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 holiday

**Tuesday 12 May**

**6.30pm - 9.30pm Cost: FREE**

## Victorian Law Week

NEW

### This session will cover:

What each of the documents below are and the advantages of having them to protect both the person and their families.

- Last Will and Testament
- Enduring Powers of Attorney
- Advance Care Directives
- General Powers of Attorney

The talk will also discuss a Statement of Wishes, and that although it is not a legal document, how it can be beneficial when viewed in conjunction with the above documents.

Presented by Duffy & Simon Lawyers

**Wednesday 20 May**

**12.30pm - 2.30pm Cost: FREE**

## A Journey with Watercolour

**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**

**7 May for 8 sessions**

**1pm - 3pm Cost: \$110**

**(Contact the centre for materials list)**

## Acrylic Painting

**Ready to develop your painting skills?**

**Join local artist Criss Chaney ([www.crisschaney.com](http://www.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**

**1 May for 5 sessions**

**12.45pm - 2.45pm Cost: \$130**

**(Contact the centre for the materials list)**

## A Journey with Drawing

**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.

**Wednesdays commencing**

**6 May for 7 sessions**

**1pm - 3pm Cost: \$95**

**(Contact the centre for materials list)**

## Digital Art

**Curious about \*REAL\* digital art? (No AI here.) Don't know where to start? Intimidated by the idea of putting pen to screen?**

Join Figgy O'Connell, a self-taught and award-winning digital artist, and learn the basics of using Procreate on an iPad.

You'll learn the important foundational skills to build on in your digital art journey and mindfulness exercises to relax and connect with your screen.

Whether you've never touched digital art before, or are looking for new ways to get the most out of the software, this workshop is for you!

BYO iPad with Procreate and an Apple Pencil, or borrow one of ours.

**Fridays commencing**

**22 May for 5 sessions**

**(No session 29 May)**

**1pm - 2.30pm Cost: \$100**

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

## 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**

## 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.

**Mondays once per month**

**30 March, 4 May & 1 June**

**7pm - 9pm 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. Everyone welcome.

**Saturdays once per month**

**18 April, 16 May & 20 June**

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

## Spanish Language Support Group

**Join this friendly group to help improve your 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**

**21 April, 5 & 19 May, 2 & 16 June**

**5pm - 6.30pm 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**

**26 April, 10 May, 24 May,**

**7 June & 21 June**

**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**

**(No session 8 June)**

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

## 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**

**1 May & 5 June**

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

**Excursions**

**3rd Friday of the month**

**17 April, 15 May & 19 June**

**(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**

**1 April, 6 May & 3 June**

**7pm – 9.30pm**



**OR**

**2nd Wednesday of the month**

**8 April, 13 May & 10 June**

**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 2. Please phone 1300 617 649 (select option 2) if you would like to join.**

## Ladies Over 60s Friendship Group

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

This friendly group comes together for activities and occasional outings.

**Tuesdays commencing**

**21 April for 10 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 out and visiting local places

The group is open to everyone to attend.

**Meetings at Outlook**

**Wednesdays commencing**

**22 April 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)

## Volunteering Information Session

### Have you ever thought about volunteering?

#### Join us for this informative session

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. Whether you'd like to volunteer at Outlook or have something else in mind this session could open the door for you to take the first step.

You may be able to meet your Centrelink mutual obligation requirements through approved voluntary work (your mutual obligation requirements depend on your age and circumstances).

Everyone is welcome, tell your friends.

**Thursday 21 May**

**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  
23 April for 10 sessions  
11.15am - 12.30pm  
Cost: \$8 per session**

## Get your Boat and Jet Ski Licence

**Training provided by Australian Boating College**

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**

**15 April, 29 April or 13 May**

**Saturday: 8.30am - 12pm**

**18 April, 2 May & 16 May**



## 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 enjoy the calming therapeutic experience.

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

**Thursdays commencing  
30 April for 8 sessions  
12.30pm - 2.30pm Cost: \$110**

## Beginners Ukulele Group

**Simple instrument to learn - perfect for the lazy potential musician**

No need for the ability to read music, practice endless scales or devour a whole heap of theory. A relaxed, happy group where we can sing and strum away, making magical music together. Bring a love of music, a sense of fun and a ukulele.

**Fridays commencing  
24 April for 10 sessions  
10.30am - 12pm Cost: \$53**

## 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  
20 April for 9 sessions  
(No session 8 June)  
12.30pm - 2.30pm Cost: \$63**

# 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 an intellectual disability to learn practical life skills while developing confidence and social skills in a supportive group.

## Digital Essentials

**Improve your understanding of technology**

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

**Mondays commencing  
20 April for 9 sessions  
(No session 8 June)**

**10am - 12.30pm Cost: \$35  
Location: Outlook Community Centre**



## 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  
21 April for 12 sessions**

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



## 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  
23 April for 10 sessions**

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



## 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  
22 April for 12 sessions**

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



## Road Safety and Licence Preparation

**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  
20 April for 8 sessions  
(No session 8 June)**

**10am - 1pm Cost: \$35  
Location: Guides Hall, Narre Warren**



## Creative Ability

**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  
21 April 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

15 April, 20 May & 17 June

Please call 1300 617 649 (select option 2) to book

## Be Connected

There's has 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 (select option 2) to arrange an appointment.



Be Connected

Every Australian online.

## BRING YOUR BILLS DAY



GET HELPTO SAVE  
ON ENERGY BILLS

*Neighbourhood Houses Victoria and the Energy Assistance Program can help you to :*

- Apply for the \$100 Power Saving Bonus for eligible concession card households
- Make sure you're receiving energy concessions (if you have a concession card)
- Find a cheaper energy offer
- Get support with payment difficulty or overdue bills

Please bring a recent electricity and gas bill and your concession card, if you have one

Tuesday 26 May

9am - 1pm

Cost: FREE

FIND OUT MORE:

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



### 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:**



## 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**

## Upcycle Champions

As part of our efforts to build a culture of sustainability and reuse among our communities, Outlook Australia recently held its second annual Upcycle Champions competition. The competition encourages upcyclers from across Australia to share their creations for a chance to WIN.

To see our finalists and winners for 2026, visit:

[www.outlookaust.org.au/upcycle-champions](http://www.outlookaust.org.au/upcycle-champions)

Or head to our Facebook page.



## 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
- Welcomes 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.

