



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



TERM
03
2026

Community Centre Program Guide

Monday 6 July - Friday 25 September

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Outlook
an inclusive society for all

How to enrol in a program

Online

www.outlookaust.org.au

In Person

24 Toomuc Valley Road, Pakenham

Email

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

Centre closed Friday 25 September

Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

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



Learn Local computer courses are ACFE funded and are subsidised.

Microsoft Office - Beginners

Build confidence with every click

Learn the basics of Microsoft 365 (Microsoft Office): OneDrive, Word, Excel, PowerPoint and more. Understand everyday computer tasks and practise new skills with guidance on hand. Perfect for beginners who want to feel capable, independent and connected using Office/365, and those who would like to use the online version to say goodbye to desktop apps. BYO USB stick. Includes course notes.

At Outlook Community Centre

Fridays commencing

24 July for 9 sessions

9.30am - 12.30pm Cost: \$45

OR

At Beaconsfield Neighbourhood Centre - phone 03 8768 4400

Mondays commencing

13 July for 10 sessions

9.30am - 12.30pm Cost: \$45



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. Includes course notes.

Mondays commencing

3 August for 7 sessions

6pm - 9pm Cost: \$80



Microsoft Office - Intermediate

Get more from Microsoft Office with practical skills you can use every day

Take your Microsoft Office skills further with practical tips for Excel, Word, Outlook, PowerPoint and more. Explore useful features across desktop and web versions using real-world examples. Ideal for people with some experience or those who completed the beginners course. BYO USB stick. Includes course notes.

Mondays commencing

20 July for 9 sessions

9.30am - 12.30pm Cost: \$45



Canva - Intermediate

Ready to move beyond posts and flyers?

NEW

This course is for users who already know their way around the platform but want to explore some of its more powerful and creative tools.

Depending on group needs and interests some topics we may cover include:

- Creating a social media video
- Making a website
- Collaborating with other users
- Building a presentation or scrollable document
- Exploring some of Canva's AI features

This course aims to bridge the gap between casual use and confident, purposeful production.

Thursdays for 3 sessions

27 August 9.30am - 11.30am

3 & 10 September 9.30am - 12pm

Cost: \$20



Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

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

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.

Thursdays commencing

27 August for 4 sessions

9.30am - 12.30pm Cost: \$25



Introduction to Artificial Intelligence for Seniors

Curious About AI?

Join us for a relaxed introduction to artificial intelligence (AI). No technical experience needed – we'll explore practical tools, ask questions, and see how AI can help with everyday tasks, hobbies, learning, and staying connected.

Monday 26 October

10am - 12pm Cost: FREE

Location: Pakenham Library

Managing the Mess

NEW

Take control of your computer with confidence

This friendly, hands-on course for seniors helps you feel more organised, independent, and secure using technology at home. Learn practical skills to:

- Organise files and folders
- Save and manage documents and photos
- Improve computer speed and storage
- Use simple maintenance tools
- Recognise scams and stay safer online
- Protect passwords and personal information

Build confidence to use technology every day with less stress and more peace of mind.

Tuesdays commencing

25 August for 4 sessions

9.30am - 12.30am Cost: \$25

Ready to Build your Digital Banking Confidence?

NEW

Whether you are brand new to online banking or just want to make sure you're doing it safely, we're hosting this digital banking masterclass designed just for you!

Join us for these interactive, hands-on sessions where we'll explore:

- Banking in your pocket – the benefits, addressing your worries and step-by-step set up
- Your digital shield – how to spot scams, secure your accounts and browse safely
- Banking for everyone – inclusive app features, accessibility tools and protecting vulnerable loved ones.

Bring your smartphone, tablet or laptop, and we'll guide you through it all in a friendly, supportive environment! Facilitated by Bendigo Bank.

Tuesdays commencing 25 August for 3 sessions, 10am – 11.30am Cost: FREE

Strong, Steady and Independent for Life After 50



Start anywhere along the pathway depending on your needs or goals

How to Protect your Independence

Practical strategies to maintain 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 4 August

10.30am - 11.30am Cost: FREE

A Personal Movement Snapshot

A simple way to understand how your body is moving today and what will help you stay strong and confident

You will leave with greater clarity about your strengths, your challenges, and the next step that is right for you.

Tuesday 8 September

Choose 1 session:

10am - 10.45am OR 10.45am - 11.30am

OR 11.30am - 12.15pm

Cost: FREE



Balance Program

How to confidently be steady on your own feet

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

22 & 29 September, 6 & 20 October

10.30am - 12pm Cost: \$99

Move Well for Life

Maintain ongoing progress

The abilities that support independence need regular practice. Move well for life provides ongoing movement, encouragement and support to help you maintain strength, balance, confidence and keep doing what matters most.

Holiday Program

Fridays 26 June & 10 July

10am - 11am Cost: \$30

Term 3 Program

Fridays

24 July, 7 & 14 August,

4 & 18 September

10am - 11am Cost: \$75

Term 4 Program

Fridays

9 October 10am - 11am

23 October 12pm - 1pm

13 & 20 November 10am - 11am

Cost: \$60

Carer's Games Day for Seniors Festival

Join us for a games morning for carers and people they care for

- This will be a chance to relax, socialise and have some fun
- The morning will feature a variety of games
- A morning of laughter and camaraderie in a supportive environment
- Enjoy a scrumptious morning tea

Tuesday 20 October

10am - 12pm Cost: FREE

Please book for catering purposes

Carer's Morning Tea

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

- Join us for a morning tea celebration of the amazing job you do
- Take some time out for a morning to relax and enjoy
- There will be entertainment and refreshments

Wednesday 14 October

10am - 12pm Cost: FREE

Please book for catering purposes



Carer's Group

Supporting those who support others

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

1st Thursday of the month

2 July, 6 August, 3 September

10am - 12pm 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 July, 18 August, 15 September

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

2 July, 6 August, 3 September

7pm - 8.30pm Cost: FREE

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 11 September

10.30am - 11.30am Cost: FREE



Women's Group for Over 40s

Assisting women with mid-life challenges

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 July, 10 & 24 August,

7 September

7pm - 8.30pm Cost: \$75

Hearing Australia Visit

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!

Thursday 17 September

10am - 12pm Cost: FREE

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



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

7 July for 12 sessions

6pm - 7pm Cost: \$24



Scan this QR code to book Outlook Community Centre programs on our website

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

13 July for 10 sessions

9.30am - 10.30am Cost: \$180

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 July for 10 sessions

10am - 11.15am Cost: \$160

Enjoy Entertainment and Lunch

THE CROONERS SHOW

ISSI DYE

PERFORMING

- Dean Martin
- Frank Sinatra
- Bobby Darin
- Michael Buble and more.....



CHRISTMAS IN JULY MORNING MELODIES

You are invited to join us for a morning of entertainment featuring the talents of Issi Dye and a two course meal

Tuesday 28 July
11am - 1.30pm
(Doors open 10.45am)
Cost: \$25

Outlook
community centre



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

16 July 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

13 July for 10 sessions

7pm - 8pm Cost: \$120

OR

Beginners/Intermediate

Learn the Yang Style 10 (standardised) form.

Wednesdays commencing

15 July for 10 sessions

10.30am - 11.30am Cost: \$120

\$15 per session casual

Dancing for Fitness for Over 50s

NEW

Stay active, have fun, and enjoy moving to music in a friendly and supportive class designed for over 50s.

Improve fitness, balance, flexibility, and wellbeing while meeting new people in a relaxed community atmosphere.

No dance experience needed!

Wednesdays commencing

15 July for 10 sessions

1.30pm - 2.30pm Cost: \$95

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

16 July for 10 sessions

10am - 11am Cost: \$115

Walking Groups

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

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

(BYO 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

(No walk 25 September)



Cuisine

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

Thai Cooking

Discover the flavours of Thailand

Join our hands-on Thai cooking class and learn how to make: Thai red chicken curry, coconut rice and chicken tom yum soup.

Perfect for beginners and food lovers alike. Learn authentic techniques and aromatic spices.

Sit with your classmates and enjoy eating your creation at the end of the session.

Tuesdays 4 & 11 August

10.30am - 1.30pm Cost: \$95

NEW

South Indian Street Food

You'll make the following dishes accompanied with sambar and fresh chutneys:

Dosa – A crispy, golden savoury rice and lentil pancake

Idli – Soft, fluffy steamed rice cakes

Vada – Crispy savoury lentil doughnuts

This class offers an authentic taste in a fun and welcoming environment.

Enjoy eating what you make with your classmates.

Tuesdays 1 & 8 September

10.30am - 1.30pm Cost: \$85

NEW

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

13 July for 10 sessions

12.30pm - 2.30pm Cost: \$70

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

23 July for 8 sessions

12.30pm - 2.30pm Cost: \$110

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

16 July for 10 sessions

11.15am - 12.30pm Cost: \$8 per session

Beginners Ukulele Group

Back by popular demand!

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 July for 9 sessions

10.30am - 12pm Cost: \$48

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 VicRoads.

Choose one session Cost: \$150

Wednesday: 5.30pm - 9pm

1 OR 29 July, 5, 19 OR 26 August, 16 September

Saturday: 8.30am - 12pm

4,18 OR 25 July, 8 August, 12 September



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
- Reversing a caravan
- Essential modifications, accessories and tools and what to take with you
- Packing up and setting up
- Maintenance, storage and planning your holiday

**Tuesday 21 July, 6.30pm – 9.30pm Cost: FREE
BYO USB stick**

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
14 July for 10 sessions
10am – 12pm Cost: \$6 per session**

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
15 July 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
1 July, 5 August, 2 September
7pm – 9.30pm**

OR

**2nd Wednesday of the month
8 July, 12 August, 9 September
9.15am for a 9.30am start – 12pm
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

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

6 July, 3 August, 7 September

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 July, 15 August & 19 September

10am - 2pm 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 July, 2, 16 & 30 August,

13 September

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

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

3 July, 7 August & 4 September

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

Excursions

3rd Friday of the month

17 July, 21 August & 18 September

(Times and costs vary)

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

7 & 21 July, 4 & 18 August,

1 & 15 September

5pm - 6.30pm

Cost: \$6 per session or \$36 for term

Retirement Village Contracts

NEW

Retirement Village Contracts can be complex and difficult to navigate. This session provides a practical overview of the key contractual, financial, and legal considerations involved when entering retirement village contracts.

Attendees will gain:

- A clearer understanding of contract terms
- Insight into fees and payment options
- Knowledge of resident rights and protections
- Practical tips for reviewing agreements with confidence

Perfect for residents, families, carers, and anyone seeking greater clarity about retirement village contract arrangements.

Presented by Duffy & Simon Lawyers.

Wednesday 26 August, 11am - 12.15pm Cost: FREE

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. It's a great way to meet new people and engage in meaningful activities. 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).

**Monday 7 September
10am - 11am Cost: FREE**

Women on the Tools

NEW

Join Michelle from Ryobi as she shares insights into the range of products available and explains their different uses in everyday projects and home tasks.

**Tuesday 18 August
10.30am - 11.30am Cost: FREE
Location: Bunnings - 855 Princes
Highway, Pakenham**



Personal Development

www.outlookaust.org.au/event-category/personal-development/
Floristry and Art classes: [contact the centre for materials list](#)

Creative Ikebana (Floristry)

NEW

Utilise natural forms and found objects

Explore the Japanese art of flower arranging, using natural and unconventional vessels. Creatively use flowers, branches, foliage, driftwood, handmade bases, ceramic vessels, bowls, and found objects. Focus on simplicity, line, balance, negative space, and connecting floral materials with the chosen container or base.

Friday 11 September, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$50 flowers & foliage supplied

Dried & Pressed Flower Creations (Floristry)

NEW

Transform flowers and foliage into lasting botanical artwork. This workshop explores techniques for drying and pressing plant materials, using them to create decorative pieces including framed art, greeting cards, bookmarks, gift tags, and small home décor projects. Learn how to preserve seasonal blooms and create timeless keepsakes that celebrate nature.

Friday 28 August, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$45 flowers & foliage supplied

Winter Flowers & Foliage (Floristry)

NEW

Discover the beauty of winter gardens and the abundance of seasonal flowers, foliage, branches, seed pods, berries, and natural textures available during the cooler months. Learn how to harvest, condition, and arrange garden-grown materials into decorative displays using your own vases or containers. This class encourages sustainable floristry while developing an eye for seasonal design.

Friday 14 August, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$70 flowers & foliage supplied

A Journey with Watercolour

Join local artist **Leanne Beyer**
(www.cheekybirdartstudio.com.au)

This class is designed for beginners and also more experienced water-colourists. Discover the magic of watercolour and the basics you need to paint your own, or for the more experienced painter, develop your paintings further and learn new techniques. A relaxed hands-on class.

Thursdays commencing

16 July for 8 sessions

1pm - 3pm Cost: \$110

Acrylic Painting

Join local artist **Criss Chaney**
(www.crisschaney.com)

Learn how to mix vibrant, harmonious colours and create depth through layering. Each week builds on the last – from monochrome studies and colour harmony exercises, to your own multi-layered final piece. This class offers a supportive space to experiment, learn and grow.

Fridays commencing

14 August for 5 sessions

12.45pm - 2.45pm Cost: \$130

Supported Classes

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.

iPads

Improve your understanding of technology

Expand your understanding, skills and use of different apps.

**Mondays commencing
13 July for 10 sessions**

10am - 1pm Cost: \$35

**Location: Foundation Learning
4A Malcolm Crt, 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
16 July for 10 sessions**

10.30am - 1.30pm Cost: \$35

plus \$70 for ingredients

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
14 July for 10 sessions**

10am - 2pm Cost: \$35

**Location: Foundation Learning
4A Malcolm Crt, 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
15 July for 12 sessions**

10am - 2pm Cost: \$35

**Location: Foundation Learning
4A Malcolm Crt, 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
7 July for 9 sessions**

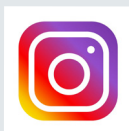
11am - 2pm Cost: \$35

plus \$90 for materials



Follow us on Facebook

www.facebook.com/OutlookCommunityCentre/



Follow us on Instagram

www.instagram.com/outlookcommunitycentre

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 July, 19 August & 16 September

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

Be Connected

There 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.

Free Internet and Computer Access

Access your emails, do internet banking, create your resume or research on the internet. Internet access is available for your use at no charge.

**Available Monday to Friday
9.00am - 4.00pm**

Free Library

The Community Centre has a wonderful collection of books available for your use. We encourage you to drop in and browse. Feel free to borrow/keep books or donate books for others to share and enjoy.

**Available Monday to Friday
9.00am - 4.00pm**

**FREE
PADS &
TAMPONS.
PERIOD.**

**AVAILABLE
HERE.**

We're proud to offer free pads and tampons at Outlook Community Centre thanks to the Victorian State Government initiative supporting better access to period products. Access to period products is essential, and initiatives like this help create more inclusive, supportive and accessible community spaces for everyone.



Outlook
community centre



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
- www.outlookaust.org.au
- 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
expanse.ds@gmail.com
expanse.schoolofdance.com

Expanse
SCHOOL OF DANCE

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

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.



Refindit by Outlook

Refindit by Outlook reuse shops are part of Outlook's commitment to diverting waste from landfill. Profits are invested back into funding opportunities to support members of our community facing barriers to employment, such as mental health challenges, migrant and refugee workers, older workers and workers with disability.





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

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