



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



TERM
04
2026

Community Centre Program Guide

Monday 28 September - Saturday 19 December

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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 at 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 Monday 2 November and Tuesday 3 November



Training and assessment delivered on
behalf of Allens Training Pty. Ltd.
RTO 90909

Provide First Aid - HLTAID011

Be prepared for any medical emergency

This is the standard first aid certificate required by most Australian workplaces. Acquire the knowledge and practical skills to step up, take control, and save a life when an injury or illness occurs.

You will gain: skills in CPR & AED, trauma & injury care, medical emergency response including how to spot the signs of and manage asthma attacks, anaphylaxis, choking, and strokes, and also scene management by mastering the DRSABCD plan to keep yourself safe while managing a crisis. Includes CPR.

**Saturday 31 October OR
Wednesday 18 November
9.30am - 11.30am Cost: \$150**

Provide Cardiopulmonary Resuscitation - HLTAID009

Learn the ultimate lifesaving skill

Gain the confidence and hands-on training to rescue someone in sudden cardiac arrest. Designed for workplaces, community members, and volunteers.

You will gain: skills in the DRSABCD protocol by learning the exact action plan used by professionals to manage medical emergencies, hands-on CPR, AED training and real-world scenarios.

**Saturday 31 October OR
Wednesday 18 November
9.30am - 10.10am Cost: \$70**

Provide First Aid in an Education and Care Setting - HLTAID012

The essential qualification for childcare professionals

You will gain skills in adult and paediatric CPR & AED. You will also learn asthma & anaphylaxis management, including how to rapidly identify and treat severe allergic reactions and breathing crises using auto-injectors and spacers.

You will learn about child-specific illnesses, including how to spot and respond to choking, febrile convulsions, severe bleeding and fractures.

You will also develop reporting and compliance skills by learning how to properly complete incident reports and communicate effectively with parents or emergency services. Includes CPR.

**Saturday 31 October OR
Wednesday 18 November
9.30am - 11.30am Cost: \$170**



Carers Morning Tea

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

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

Wednesday 14 October

10am - 12pm Cost: FREE

Please book for catering purposes



Carer's Group

Supporting those who support others

Caring for someone can be rewarding, but it can also be challenging. This friendly group offers carers of people who are elderly, have a disability or experience mental illness the opportunity to get together, enjoy a cuppa and a chat, and learn more about the latest news, services and support available to them.

1st Thursday of the month

1 October, 5 November & 3 December

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

20 October, 17 November

& 15 December

10am - 12pm Cost: FREE

(Gold coin donation welcome)

Carer's Games Day

for Victorian Seniors Festival

Join us for a games morning for carers and people they care for. This is a chance to relax, socialise and have some fun. The morning will feature a variety of games. Enjoy a scrumptious morning tea.

Tuesday 20 October

10am – 12pm Cost: FREE

Please book for catering purposes



Aged Care Information Session

You are invited to attend an informative session hosted by Mentis Assist - Care Finder Program,

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 and the Care Finder Program – who is eligible and the support it offers

Wednesday 11 November

10.30am – 11.30am Cost: FREE



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

1 October, 5 November

7pm – 8.30pm Cost: FREE

Meet Jennifer Prince

Jennifer Prince is a qualified and registered holistic counsellor and wellness coach. Jennifer offers a wide range of expertise to the community. Her sessions are designed to support and empower participants through mindful practices and creative exploration. Jennifer will be facilitating our mindful movement class which is designed to be a restorative and restful experience. The class is delivered in a calm, safe and fun manner with the aim of promoting positive thinking and enhancing overall health and wellbeing.

NEW



Mindful Movement with Jennifer Prince

NEW

A gentle program to promote positive thinking, relaxation and overall wellbeing. This course focuses on mindfulness, body awareness and mental clarity through a structured outline that includes exercises like grounding, visualisation, meditation and gentle stretching. Designed to be a supportive, judgement-free space rather than a traditional fitness class, it helps participants reduce stress, boost energy levels, improve posture and cultivate emotional balance.

Fridays commencing

16 October for 8 sessions

10am - 11am Cost: \$130

Strong, Steady and Independent for Life After 50



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.

Fridays

9 October 10am - 11am

23 October 12pm - 1pm

13 & 20 November 10am - 11am

Cost: \$60

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

Pilates/Low Impact Strength Training for Over 50s

Build 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
8 October 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. This 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
5, 12, 19 & 26 October
7 & 14 December
(No sessions in November)
7pm - 8pm Cost: \$72
OR**

Beginners/Intermediate

Learn the Yang Style 10 (standardised) form.

**Wednesdays
7, 14, 21 & 28 October
2, 9 & 16 December
(No sessions in November)
10.30am - 11.30am Cost: \$84
\$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
8 October for 10 sessions
10am - 11am Cost: \$115**

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
5 October for 9 sessions
(No session 2 November)
9.30am - 10.30am Cost: \$162**

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
7 October for 11 sessions
10am - 11.15am Cost: \$176**

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
29 September for 11 sessions
(No session 3 November)
6pm - 7pm Cost: \$22**



Coming in Term 1 2027

Safety Awareness for Seniors

Topics that will be included are:

- Safety in the home and community
- Identifying unsafe situations
- Online safety
- Personal protection and situational awareness
- Identifying and mapping personal safety networks

**Register your interest for this
FREE 4 session course:
Phone 1300 617 649
(select option 2)**

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

**5 October, 19 October, 16 November &
30 November, 14 December
(No session 2 November)
7pm - 8.30pm Cost: \$75**



Follow us on Facebook

www.facebook.com/OutlookCommunityCentre/



Follow us on Instagram

@outlookcommunitycentre

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

(No walk 3 November)

**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

**(No walk 25 September)
Meet at Pakenham Central
Marketplace in front of the
Reject Shop
8am - 9am 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 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.

**Monday 16 November
10am - 11am Cost: FREE**

Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

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

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.

At Outlook Community Centre

Fridays commencing

16 October for 8 sessions

9.30am - 12.30pm Cost: \$45

OR

At Beaconsfield Neighbourhood

Centre - phone 03 8768 4400

Mondays commencing

19 October for 8 sessions

9.30am - 12.30pm Cost: \$45



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

12 November for 4 sessions

9.30am - 12.30pm Cost: \$25



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

6 October for 8 sessions

(No session 3 November)

10am - 12pm Cost: FREE

Supported by Be Connected



Australian Government

Be Connected

Every Australian online.

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

Computer Training

Cardinia Shire Council Volunteer Subsidy may apply

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

Armchair Garden Tour: Explore The World's Most Beautiful Gardens Online - 'Gardens Across Continents'

Travel the world without leaving your chair! Join us for a relaxing three hour online journey through some of the world's most spectacular gardens, from England and Japan to Singapore and Australia. Along the way you'll discover beautiful flowers, fascinating plants and inspiring landscapes, while also learning simple internet search skills to find more gardens, virtual tours and gardening information at home. A friendly, enjoyable session designed especially for seniors—no gardening or technology experience needed.

There will be refreshments and door prizes.

Friday 23 October

9.30am - 12.30pm

Cost: FREE



Smartphone Basics

Would you like to feel more confident using a smartphone?

This friendly, practical course will help you make the most of your phone at a comfortable pace. Learn everyday skills including calls, messages, photos, email, internet browsing, video calls, maps and apps. Designed specifically for seniors, sessions include clear explanations, patient guidance and hands-on practice. No previous experience is required, and there are no silly questions!

Cost: \$10

Apple Phones

Thursdays commencing

22 October for 2 sessions

9.30am - 11.30am

Android Phones

Thursdays commencing

12 November for 2 sessions

1pm - 3pm

Volunteers Needed We Want YOU!

- Do you have time and skills to share with your community?

Join the Outlook Community Centre team in an administration or tutor role to start your journey with us.

Email Julie :

volunteering@outlookaust.org.au

Tutor Opportunity

- Do you have the skills and experience to facilitate a Literacy & Numeracy in the Kitchen class for those with intellectual disabilities?

This Thursday 3 hour position during school term is now open. Involves hands on cooking and numeracy and literacy.

Email for more information:

communitycentre@outlookaust.org.au

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

5 October for 10 sessions

(No session 2 November)

12.30pm - 2.30pm Cost: \$70

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

8 October for 10 sessions

11.15am - 12.30pm Cost: \$8 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

6 & 20 October, 17 November,

1 & 15 December

5pm - 6.30pm

Cost: \$30

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

15 October for 8 sessions

12.30pm - 2.30pm Cost: \$110

Book Club - Discussion Group

Love books and enjoy sharing your thoughts with others? Come along and join our friendly book club!

Explore a variety of interesting books and take part in lively, relaxed discussions. Discover new authors, share your ideas and enjoy connecting with fellow book lovers. Books are provided, and everyone is welcome!

Mondays once per month

5 October, 9 November & 7 December

7pm - 9pm Cost: \$6 per session

Knit and Knatter

Love knitting, crochet or simply enjoy a good chat? Come along and join us!

Spend time doing something you love in a friendly and welcoming environment. Whether you're an experienced knitter or have always wanted to learn, you'll have the opportunity to develop your skills, share ideas and make new friends. Everyone is welcome!

Saturdays once per month

17 October, 21 November

& 19 December

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

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
6 October for 10 sessions
(No session 3 November)
10am - 12pm Cost: \$6 per session**

Midweek Mingle

Looking for a fun way to spend your midweek? Come along and join us!

Enjoy a variety of activities, friendly get-togethers, lunches out and visits to local places. It's a wonderful opportunity to get out, meet new people, enjoy good company and try something different.

**Meetings at Outlook
Wednesdays commencing
7 October for 10 sessions
10am - 11.30am Cost: \$6 per session**
(Some weeks the group goes on an outing and will be offsite - cost, dates and times vary)

Card Games Social Group

Enjoy card games and good company? Come along and join our friendly social group!

Have fun, meet new people and enjoy a relaxed game of 500, Solo or Bridge. Whether you're an experienced player or simply looking to get involved, everyone is welcome. Come along for some cards, a cuppa, conversation and community connection.

**Tuesdays
(No session 3 November)
1pm - 4pm Cost: \$6 per session**

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
7 October, 4 November
& 2 December
7pm - 9.30pm**

OR

**2nd Wednesday of the month
14 October, 11 November
& 9 December
9.15am for a 9.30am start - 12pm
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 2 November)
1pm - 4pm Cost: \$6 per session**

Puzzle Group

Do you like jigsaw puzzles?

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

**Sundays fortnightly
4 October & 18 October,
1 November & 15 November &
29 November, 13 December
10.30am - 12.30pm Cost: \$6 per session**

Mixed Media Art

NEW

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

Explore the beautiful possibilities of combining watercolour with drawing mediums in this relaxed and creative class. Experiment with line, texture, colour and layering as you discover how different materials can work together to create unique artworks.

Wednesdays commencing

14 October for 8 sessions

1pm - 3pm Cost: \$110

Centre will provide materials list

Caravanning for Newbies

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

The topics covered could save you time, making your holidaying easier and more enjoyable. Learn about trying before you buy, the different types of caravans, and the pros and cons of buying new versus used.

Discover what to look for in a tow vehicle, tips for towing on the open road, and essential modifications, accessories and tools. You'll also learn what to take with you, how to reverse a caravan, and tips for packing up and setting up.

The session also covers caravan maintenance and storage, along with planning your holiday so you can travel with greater confidence.

Tuesday 27 October
6pm - 9pm Cost: FREE
BYO USB stick

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

23 October for 5 sessions

12.45pm - 2.45pm Cost: \$130

Centre will provide materials list

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

Tuesday: 5.30pm - 9pm

22 December

Wednesday: 5.30pm - 9pm

**7 October OR 21 October,
4 OR 25 November, 9 December**

Saturday: 8.30am - 12pm

**10 OR 24 October, 14 OR 28 November,
12 December**



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 - 2 October, 6 November & 4 December

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

Excursions

3rd Friday of the month - 16 October & 20 November (Times and costs vary)

Floral Arranging with Friends

NEW

A fun, informal floristry workshop, where you can enjoy a relaxed morning of snipping flowers and foliage while enjoying a cuppa. Be creative and have conversations while learning the fundamentals of floral arranging to create a beautiful seasonal arrangement to take home using fresh flowers and foliage.

All participants BYO: vase or container, secateurs, gloves and apron.

Friday 30 October, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$75 flowers & foliage supplied

Wreath Making

NEW

Create your own beautiful handmade wreath using traditional floristry techniques and beautiful natural foliage. Suitable for displaying on doors, walls. This workshop encourages individual creativity.

All participants BYO: secateurs, gloves and apron. You will need to bring a wreath frame if selecting the BYO materials option.

Friday 27 November, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$85 flowers & foliage supplied - we supply wreath frame, wire, ribbon, flowers and foliage

Christmas Table Centrepieces

NEW

Celebrate the festive season by creating a beautiful Christmas-inspired table centrepiece using fresh flowers, foliage and natural decorative elements. Participants will learn how to design a low arrangement suitable for entertaining, incorporating seasonal textures, berries, seed pods, pine cones and festive foliage.

All participants BYO: low bowl or decorative container, secateurs, gloves and apron.

Friday 11 December, 10am - 12pm

Cost: \$30 BYO flowers & foliage OR \$80 flowers & foliage supplied - we supply seasonal flowers, foliage and decorative natural elements will be provided

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 programs using digital devices.

**Mondays commencing
5 October for 7 sessions
(No session 2 November)**

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
8 October for 9 sessions**

10.30am - 1.30pm Cost: \$35 plus \$63 for ingredients

Location: Outlook Community Centre



Tutor Opportunity

- Do you have the skills and experience to facilitate a Literacy & Numeracy in the Kitchen class for those with intellectual disabilities?

This Thursday 3 hour position during school term is now open. Involves hands on cooking and numeracy and literacy.

Email for more information:
communitycentre@outlookaust.org.au

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
6 October for 9 sessions
(No session 3 November)**

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
7 October for 11 sessions**

10am - 2pm Cost: \$35
Location: Foundation Learning
4A Malcolm Crt, Narre Warren



Creative Ability (Art)

Express yourself through art

For individuals with additional learning needs, this supportive class uses creativity to build essential skills. Learn diverse mediums while fostering basic literacy, communication, and social skills. Boost resilience, confidence, and express your unique imagination in a fun environment.

**Tuesdays commencing
6 October for 9 sessions
(No session 3 November)**

11am - 2pm Cost: \$35 plus \$90 materials
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

21 October, 18 November

& 16 December

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.

Start your dance adventure today

Pre-School and Junior dance classes

0434 199 549
expanseschool@gmail.com
expanseschoolofdance.com

Facebook and Instagram icons

Expanseschoolofdance logo

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**



Be Connected

Every Australian online.

Free Library

Outlook 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**

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 support people to build independence, connect with their community and pursue their goals. 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.



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.

Scan to enquire about commercial collection:



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.



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.

Scan to see our Refindit locations:





Our vision is 'An Inclusive Society for All'

Through community services and inclusive employment, Outlook helps people build skills, independence, meaningful connections and career pathways.



10,000+ Annual volunteer hours



400+ Employees



70+% Social enterprise team experienced barriers to employment

There are many ways to be part of Outlook.

Get Support | Work with Us | Volunteer | Partner with Us - www.outlookaust.org.au



Need a venue for your next meeting or special occasion?

Outlook
community centre

Outlook Community Centre has a large function centre that is 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 to 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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