

OTHER PROGRAMS

BROADBAND FOR SENIORS

FREE!!!

Volunteers provide 1-2 guided sessions.

More information call 9645 1476

Venue MPCC

MINI MAESTROS Music program for pre-school children. Builds confidence and fosters a love of music. Classes for age groups from 6 months to 5 yrs. Contact Janet on 0425 806 037

WATERFRONT WELCOMERS If you're passionate about Port Melbourne and love meeting new people, the Waterfront Welcomers are keen to welcome you aboard as a volunteer. For more information contact us on 9645 1476

apply now!

Port Melbourne Neighbourhood Centre Inc.

Corner Nott and Liardet Streets

Office Hours: **Monday - Friday 9.30 am - 4.30 pm**

Phone: **9645 1476**

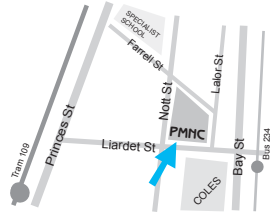
Fax: 9645 4539

Email: admin@pmnc.org.au

Web: www.pmnc.org.au

Postal Address: **PO Box 721**

Port Melbourne, VIC 3207



VENUES

Port Melbourne Neighbourhood Centre (PMNC) Corner Liardet & Nott Sts (Melway Ref: 2J E4-E5)

Port Melbourne Community Rooms (PMCR) (above old library) Upstairs, 147 Liardet St (Melway Ref: 2J E4-E5)

Elwood St Kilda Neighbourhood Learning Centre (ESNLC) 87 Tennyson Street, Elwood (Melway Ref: 67 D2)

Sol Green Recreation Centre (SGRC) Corner Coventry & Montague Sts, South Melbourne (Melway Ref: 2J K2)

Dig In Community Garden (DICG) Murphy's Reserve, Williamstown Rd, Port Melbourne (Melway Ref: 2J B2)

Fishermans Bend Community Garden (FBCC) Corner Dunstan Pde & Centre Ave, Garden City (Melway Ref: 56/H2)

Sandridge Trugo Club (STC), 1 Tucker Ave, Garden City (Melway Ref: 56 K2)

Middle Park Community Centre (MPCC) 254 - 256 Richardson St Middle Park, (Melway Ref: 2K / E11)

ROOM HIRE

Looking for a space to run a course or hold a meeting or a function?

We have well equipped community spaces which can cater for small groups to large workshops. www.pmnc.org.au
Contact: Deb King, ph. 9645 1476, email: finance@pmnc.org.au

PAYMENTS: You need to pay when you enrol to guarantee your place. CASH or CHEQUE or ELECTRONIC TRANSFER ONLY. Please see enrolment form for instructions.

DONATIONS: Donations over \$200 are tax deductible. Please contact us for more information. **Incorp. No. A0011788B**

Port Melbourne Neighbourhood Centre reserves the right to alter, cancel or otherwise modify the information, which is correct as of August 2018.

We gratefully acknowledge the support of our funders:



Printed on 50% recycled paper and Certified Carbon Neutral



Port Melbourne Neighbourhood Centre Inc.

work skills

computers

fitness

art

+

TERM 4 2018
October - December

Port Melbourne Neighbourhood Centre Inc. is a non-profit community-based organisation.

Visit our website www.pmnc.org.au or call **9645 1476**

COMPUTERS

Learn IT skills in a friendly and stimulating atmosphere with our experienced teacher.



COMPUTERS LEVEL 1 (basics) Mondays 1 - 3.30 pm
Computers for beginners with intro to the pc, email and Internet.
20 hours over 8 weeks. Cost: \$50 conc.*/ \$80** Venue: PMNC

INTRO TO iPad Thursdays 2 - 4 pm
Learn to navigate, customise, download apps, email and more.
6 hours over 3 weeks. Cost: \$50 conc.*/ \$80** Venue: PMNC

HEALTH & WELLBEING

EXERCISE FOR ALL AGES Cost: \$5 per session
Mondays 9.15 - 10 am Venue: SGRC
Fridays 9 - 9.45 am Venue: PMNC

STRETCH CLASS Cost: \$10 per session
Tuesdays 9.15 - 10 am Venue: SGRC

TAI CHI Cost: \$5 per session
Tuesdays 9.30 - 11 am Venue: MPCC

ACCESSIBLE YOGA for participants with mobility issues.
Gentle guidance through simple stretches, breathing and relaxation.
Thursdays 10 - 11 am Cost: \$5 per session Venue: PMNC

BARRE Developing strength, flexibility and balance through
your Hips and Core. Everyone is welcome. Venue: PMNC
Wednesdays 9.15 - 10 am Cost: \$5 per session

ALIVE AND AWARE We design and bring our wellbeing
workshops to you! Workshops include, yoga, meditation, men's
health and more. We can link you into other programs.
Various times and locations.
Free to disadvantaged groups. Call for more info on 9645 1476



ART & PERFORMANCE

CITY OF VOICES COMMUNITY THEATRE
Learn performance skills & participate in theatrical productions.
All welcome. Contact us for details on how to become involved.
Wednesdays 4.30 - 7 pm Venue: SGRC

DROP IN ART Mondays 1.30 - 3 pm
Relaxed environment. No artistic skills needed. Materials supplied.
Cost: \$5 or \$2.50 conc. Venue: PMNC

SHARE & CARE ENTERTAINERS Wednesdays 12.30 - 2pm
We tap dance and entertain the community. All ages group.
New members & beginners welcome. Cost: \$7 per session
Contact Carol on 9645 2369 Venue: FBCC

ROARHOUSE A vibrant, socially inclusive live showcase of
music, spoken word, poetry & performance arts. Events at
various venues. Please join us! www.roarhouse.org

SOUTHSIDE VOICES This is a brand new choir for people who
sing for enjoyment. You'll learn to sing in a variety of styles and
develop skills in songwriting, harmonising, breathing techniques,
confidence, projection and much more. Tuesdays 1.30 - 3.30 pm
Cost: FREE Venue: TBC
Contact us for more details on 9645 1476



RECREATION GROUPS FOR PEOPLE WITH MENTAL HEALTH ISSUES

MONDAY DROP IN Mondays 11 am - 3 pm
Cost: Donation for meal and activity. Venue: SGRC

WOMEN'S ACTIVITY GROUP every 2nd Friday 12.30 - 3.30 pm
Cost: \$5 per session. Requires booking. Venue: PMNC



EDUCATION FOR LIFE

SPEAKING OUT A communications & leadership course for
people living in public or social housing.
9 weeks. Cost: Free Wednesdays 11 am - 3 pm

ENGLISH AS A SECOND LANGUAGE
Improve skills in reading, writing, listening and speaking.
Grammar, pronunciation, conversation, current affairs and more!
Beginners / Intermediate Tuesdays 9.30 am - 12.30 pm
10 weeks. Cost: \$35* / \$50 / \$90 Venue: PMNC

READING AND WRITING Tuesdays 1 - 4 pm
Improve your literacy and numeracy skills. Venue: PMNC
10 weeks. Cost: FREE / \$50 / \$90**

STORIES OF THE SOUTH SIDE
14 weeks x 3 hrs. Cost: FREE Wednesdays 1.30 - 4.30 pm
More info on 9645 1476 or admin@pmnc.org.au

ARCS (Applied Reception & Customer Service) Training
Innovative learning program in a **small group setting** teaching
real-life work skills in on-the-job environment, combined with
classroom & project based learning. 6.5 hrs per week over 6 mths
Req: Australian Citizenship or PR Venues: PMNC & ESNLC
Thursdays 12 - 3 pm + practical training shift
More on www.pmnc.org.au, 9645 1476 or training@pmnc.org.au

MAKE YOUR MARK Young artists - learn business
skills from successful creative industry experts & start your own
creative enterprise. Thursdays 6.30 - 9 pm
8 weeks. Cost: FREE***/ \$15 per session Venue: PMNC

New exciting MURAL PROJECT!

Coming in September - December



ACTIVITIES

DIG IN COMMUNITY GARDEN Community garden plots
Cost: \$30 - \$70 p/y. Call us for more info.
Working Bee 1st Sunday of month 11 am Venue: DICG

FISHERMANS BEND COMMUNITY GARDEN
Community garden plots. Call us for more information.
Cost: \$20 p/y Venue: FBCC

BEGINNERS BRIDGE CALL US FOR MORE INFO ON 9645 1476
FREE!!! Donation for refreshments. Venue: PMNC

BRIDGE - SUPERVISED COURSE Thursdays 1.30 - 4 pm
Cost: \$5 per session Venue: PMNC

DUPLICATE BRIDGE For experienced duplicate Bridge players
Clinic and refreshments included. Wednesdays 1 - 4 pm
Cost: \$10 per session Venue: PMNC

SCRABBLE Wednesdays 2 - 4 pm
Donation for refreshments. Venue: PMNC



FAMILY FRIENDLY

GET OUT OF TOWN

School holiday family program. Great free activities for concession
card holders. 3 day activities per term.
Call us for more info on 9645 1476

VOLUNTEER

WANT TO RUN A GROUP OR HELP YOUR COMMUNITY?

We have plenty of opportunities. For more information contact
Denise on 9645 1476 or email: volunteer@pmnc.org.au

* Please enquire about our fee structure for ACFE funded courses

** Non-permanent Australian resident price is \$100

*** PMNC free for concession card holders and unemployed