

TERM 04 2024

Community Centre Program Guide

7 October - 20 December

Inside

3 Special Events
4 Personal Development
9 Professional Training
9 Supported Classes
10 Computer Training
11 Health and Wellbeing
14 Children and Youth
15 Walking Groups
15 Services

New-look website coming soon!
(web address will remain the same)
www.outlookaust.org.au

Outlook
an inclusive society for all

How to enrol in a program

Online
www.outlookaust.org.au

In Person
24 Toomuc Valley Road, Pakenham, 3810

Email
communitycentre@outlookaust.org.au

Telephone
03 5940 4728

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	Families
$10 per annum	**$15 per annum**

Outlook
an inclusive society for all

24 Toomuc Valley Road
Pakenham VIC 3810
P 03 5940 4728
E communitycentre@outlookaust.org.au

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.

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.

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

Centre closed Monday 4 November and Tuesday 5 November

Age Pension and Your Choices

NEW

Join us to discuss:
Planning for retirement choices at age pension age, superannuation options, age pension eligibility, pension income and asset assessment, deeming, work bonus/concessions, taxation and going overseas, new claim procedure and self-service, your rights and obligations.

Friday 15 November
10.30am – 12pm. Cost: FREE
Presented by Services Australia

Planning for Retirement - Accommodation Options

NEW

We'll cover:
Options for the family home, staying in your home, reverse mortgages and home equity access scheme and selling your home rules. Also downsizing (into super contributions), renting and retirement villages, lifestyle resorts, granny flats, and home care packages

Friday 15 November
1pm – 2.30pm. Cost: FREE
Presented by Services Australia

Carer's Morning Tea

Have a morning tea of indulgence and fun
Do you help look after an elderly family member, friend, child or parent with an illness, addiction, disability or mental health condition?

Join us for a high tea and entertainment.

Bring your loved ones if you wish.

Tuesday 15 October
10am - 12.30pm. Cost: FREE

CarersVIC Australia



Indian Cooking with Neda

NEW

Savour the unforgettable flavours of Kashmir
Learn to make Chicken Korma Masala in this hands on class. Discover how technology can assist when making culinary delights. Learn to access recipes online, QR codes, online shopping.

Receive a complimentary show bag. Enjoy what you have made with the group afterwards.

Wednesday 16 October
11.30am - 2.30pm. Cost: FREE

get online week

Wooden Christmas Wreaths



Learn to make your own wreath
Use a round wood piece, wire edged ribbons, baubles, paints, stencils, faux leaves and red berries. All materials are provided for in the price. You will get to choose your own ribbons and baubles to make your wreath.

Tuesday 19 November
9.30am - 12.30pm
Cost: $50 plus $25 materials

Christmas Bows



Learn to make your own unique Christmas bows
Use them on your Christmas tree, home decor or for gift wrapping. Choose from 10 to 15 different designs and colours of wire edged ribbons. Take home a box of 8 handcrafted Christmas bows (15cmx15cm).

Thursday 14 November
12.30pm - 2.30pm
Cost: $25 plus $10 materials

Mindful Mandala Dot Painting

Looking for something relaxing to do?
Unwind and get lost in the dots in this mandala painting workshop. Each painting will work out completely different from the next and you never know how it will go! You will create a personal piece of artwork to take home.

Wednesday 23 October, 10am - 12pm. Cost: $45

48,000 tonnes of furniture are discarded at the kerb side per year in Australia. This translates to 800,000 three-seater sofas, 1.65 million dining tables, 3.4 million coffee tables, and a whopping 6.85 million chairs disposed of annually

Upcycling Home Decor

NEW

Bring your own piece to paint
Learn the techniques and bring your piece back to life. Examples include candle stands, wooden picture frames, lamp shades, cheeseboards.
Annie Sloan chalk paint, clear wax, brushes, apron, drawstring bag and light snacks provided.
Additional Annie Sloan chalk paint available to purchase.

Saturday 26 October
2pm - 4pm
Cost: $50 plus $25 materials

Upcycling Furniture

NEW

Learn the techniques and watch your old piece of furniture come back to life
Bring your own piece of furniture**.** After this class you will have completely transformed your piece, eg. wooden chair, bedside table, small coffee table.
Annie Sloan chalk paint, clear wax, brushes, apron, drawstring bag and light snacks provided.

Saturday 16 November
12pm - 3pm
Cost: $85 plus $40 materials
(If you would prefer a demonstration please contact the Centre - fees apply)
Wooden chair available to purchase at an additional $15. Additional Annie Sloan chalk also available to purchase.

Centre closed Monday 4 November and Tuesday 5 November

Creative Visible Mending

NEW

Lovingly restore or mend a hole or stain

Bring an item of clothing (holey jeans, jumper or stained clothes), and learn how to mend it creatively. If you don't have anything to mend right now, we will show you how to make some patchwork mending squares to use on your clothes.

Monday 11 November
10.30am - 12.30pm
Cost: $45 plus $10 materials

Lovable Softies

NEW

Make an adorable oddball softie toy from scraps and offcuts

You can bring any old clothes that you are happy to cut up or choose fabrics you like, decide on the features of your creation, add buttons and a quirky expression to complete the look. All sewing completed by hand. Plenty of examples and sewing expertise to support your creation.

Wednesday 4 December
10am - 12.30pm
Cost: $65 plus $10 materials

Make and Take Home your own Clay Santa!



This Christmas come together and make your own colourful clay Santa on a panel board, paint and decorate it to gift it to someone you love!

Sunday 15 December
10am - 12.30pm.
Cost: $45 plus $15 materials
(If booking in 2 or more participants receive a 10% discount)

Slow Stitching

NEW

Learn how to use Japanese slow stitching techniques of Boro and Sashiko as well as freestyle miniature patchworking to make a slow stitched pouch or bag. Other project options too!

Thursday 21 & 28 November
10am - 12pm
Cost: $45 plus $10 materials

Art Journalling Workshop

NEW

Gain insight through self reflection, creative writing and art

You will be taken through some breath work exercises to settle your nervous system, see examples of creative journalling , get a selection of prompts to guide you and experiment with visual expression, lettering and art materials. Have support and make new friends. Materials provided. No experience needed.

Mondays commencing
18 November for 4 sessions
11am - 1pm
Cost: $120 & $50 materials
Facilitated by Anita, Masters qualified art therapist and owner of Veritas Art Therapy.

Paint your own Christmas Tote Gift Bag



Join us with your friends and family to create a personalised beautiful Christmas tote bag.

Wednesday 11 December
1.30pm - 3.30pm
Cost: $40 plus $10 materials
(If booking in 2 or more participants receive a 10% discount)

Scrabble

Do you like a bit of healthy competition?
Join this friendly group and give your brain a good workout.

Mondays
1pm - 4pm. Cost: $5 per session

Card Games Social Group

Exercise your brain and have some fun!
Join others that love playing. This group is informal, friendly and non competitive.

Tuesdays
1pm - 4pm. Cost: $5 per session

All Together Choir

Are you passionate about singing and looking for a welcoming community?
No prior singing experience is necessary, just bring your enthusiasm. A supportive and inclusive environment.

Thursdays commencing
10 October for 10 sessions
11.15am-12.30pm. Cost: $7 per session

Guitar

Beginners

Ever wanted to learn how to play the guitar?
Thursdays commencing
17 October for 8 sessions
10.30am - 12.30pm. Cost: $80

Guitar Group

Do you know a few guitar chords? Want to learn more and sing along?
Thursdays commencing
17 October for 8 sessions
12.30pm - 2.30pm. Cost: $80

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.

Monday once per month
7 October, 11 November, 2 December
7pm - 9pm. Cost: $5 per session

Garden Club

Are you passionate about gardening and looking to connect with like minded individuals?
Share your love for plants, exchange gardening tips, and cultivate new friendships. Whether you're a seasoned gardener or just starting out, our group welcomes all levels of experience.

1st Friday of the month
4 October, 1 November, 6 December
10.30am - 12pm. Cost: $5 per session
(Excursions arranged throughout the term)

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
7 October for 9 sessions
12.30pm - 2.30pm
Cost: $58

Centre closed Monday 4 November and Tuesday 5 November

Chit Chat Tuesdays (Women Over 60)

Enjoy a coffee, a chat and want to make friends?
This friendly group comes together for activities and occasional outings.

Tuesdays commencing
8 October for 10 sessions
10am - 12pm. Cost: $5 per session
(Some weeks the group is out so prior bookings are essential)

Midweek Mingle

NEW

This group enjoys inhouse activities, lunches and visiting local places.
The group is open to everyone to attend.

Wednesdays commencing
9 October for 11 sessions
Includes:
Meetings at Outlook
10am – 11.30am. Cost: $5 per session
AND
Offsite outings (cost, dates and times vary)

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.

Meets every 2nd Friday
11 October, 8 & 22 November,
6 & 20 December
Time and cost of each outing to be confirmed.
A morning tea will be at Outlook Community Centre 25 October

Men's Discussion Group for Over 60s - OM:NI

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
2 October, 6 November, 4 December
7pm – 9.30pm
OR
2nd Wednesday of the month
9 October, 13 November, 11 December
9.15am for a 9.30am start - 12pm
Cost: $5 per session

OLDER MEN NEW IDEAS OM:NI COTA VICTORIA

Knit and Knatter

Learn how to knit or crochet
New and more experienced knitters welcome.

Saturday once per month
19 October, 16 November,
14 December
10am - 2pm. Cost: $5 per session

Spanish Language Support Group

Would you like to practice your Spanish conversational skills in a relaxed and friendly environment?
All levels welcome.

Tuesdays
8 & 22 October, 12 & 26 November,
10 December
5pm - 6.30pm. Cost: $5 per session

Recreational Boat Licence

Obtain a general Victorian Boating and PWC licence

Meet the requirements of the State Authorities. No pre study required. You will receive a certificate on the day to take to VicRoads to purchase your licence.

Cost:$150 for 1 session (choose one date)
Wednesday 5.30pm - 9pm
2, 16 & 23 October,
6, 13 & 27 November

Thursday 5.30pm - 9pm
19 December

Saturday 8.30am - 12pm
5 & 12 October, 16 & 30 November
14 December

Egyptian Cooking

NEW

Come with Mary and experience the culinary delights that Cairo has to offer.

In this hands on class you will learn to make Kibbeh both baked and fried and also meat and rice stuffed cabbage. After the class enjoy eating with your classmates the tasty dishes you have created.

Tuesday 22 & 29 October
10.30am - 1.30pm. Cost: $60

Bulk Buying 101

NEW

Bulk buying, if done properly, can save you money, reduce your waste and increase your emergency preparedness.

There are pitfalls though; it can be easy to spend too much or waste food due to poor storage and planning. You will get some tips and tricks for how to keep track of it all, take advantage of good prices, and how to store food.

Wednesday 30 October
10.30am - 12pm. Cost: FREE

First Nations History Course

Learn about the history of Australian Indigenous people from first contact through to 2024

Discuss the impact colonisation has had on First Nations people and how we can create a better future that everyone can enjoy, share and protect a healed and healthy country.

Fridays commencing
18 October for 8 sessions
10am – 12pm. Cost: $10
(Free for U3A members in Cardinia, $5 for all other U3A members)

U3A

Carer's Group

Supporting those that 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
3 October, 7 November, 5 December
10am - 12pm. Cost: FREE

Carers VIC Australia

Centre closed Monday 4 November and Tuesday 5 November

Professional Training

Cardinia Shire Volunteer Subsidy may apply.

Training and assessment provided by Livcor/APL Health - RTO provider No. 3586
Some homework prior to classes. USI number required.

Provide First Aid (HLTAID011)

This course provides the skills and knowledge required to provide a first aid response, life support and management of the casualties until the arrival of medical or other assistance.

Friday 25 October OR
Saturday 23 November
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.

Friday 25 October OR
Saturday 23 November
9.30am - 11.30am. Cost: $70 per session

Provide an Emergency First Aid Response in an Education and Care Setting (HLTAID012)

For educators, support staff and carers working within an education and care setting who are required to respond to a first aid emergency, including asthma and anaphylaxis.

Friday 25 October OR
Saturday 23 November
9.30am - 3pm. Cost: $175 per session

Nationally Recognised Training

Supported Classes

These programs are specifically designed for people with a disability to learn practical life skills while developing confidence and social skills in a supportive group.

Understanding Digital Devices

Improve your understanding of technology.

Wednesdays commencing
25 September for 10 sessions
10.30am - 1.30pm. Cost :$25

Learn Local

Work and Life Success for People with a Disability

Primary focus will be on individual development of social skills in personal and real-life context.

Thursdays commencing
10 October for 9 sessions
9.30am - 2.30pm. Cost: $25

Learn Local

Literacy, Numeracy and Real Life Money Skills

Improve literacy and numeracy skills through hands on learning.

Mondays commencing
14 October for 9 sessions
9am - 2pm. Cost: $25

Learn Local

Literacy and Numeracy in the Kitchen

This course focuses on numeracy and literacy skills needed in the kitchen.

Thursdays commencing
10 October for 9 sessions
10.30am - 1.30pm. Cost: $25

Learn Local

Annual Memberships are payable from 1 January: $10 Single, $15 Family

Our Computer courses

- Small classes
- Qualified and professional teachers
- Tailored to participants needs
- Subsidised costs
- NO TESTS

Microsoft Office - Beginners

Learn the basics of Microsoft Office to aid in your work and personal life

The digital age is upon us, so now is the time to embrace it and gain an understanding of Word, Excel, PowerPoint, Outlook, Publisher, One Drive and more. BYO USB.

Mondays commencing 21 October for 8 sessions 9.30am - 12.30pm. Cost: $50 (Includes course notes)

Learn Local

Android Phones and Tablets Support Group

Is there anything you need help with or want to learn about?

Join this informal group that helps:

- Gain a good understanding of what your device can do
- Operate your device confidently
- Access a range of resources and support
- Complete online tech training

BYO device.

Wednesdays commencing 23 October for 7 sessions 10am - 12pm. Cost: FREE

Australian Government | Be Connected Every Australian online.

Artificial Intelligence

NEW

Unlock the power of AI to enhance your life!

Join us to explore the fascinating world of AI and embrace its potential to enhance your daily life safely and effectively. Our course will provide you with the skills and hands on experience you need to confidently navigate and use AI in society.

Fridays commencing 15 November for 4 sessions 10am - 11.30am. Cost: FREE

Funded by Good Things Foundation

Computer Maintenance, Internet Safety and File Management

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.

(Note: some of the course content is specific to computers running Microsoft Windows - ie. not Apple/Mac/iPad).

Fridays commencing 22 November for 3 sessions 9.30am - 1pm Cost: $20 (includes course notes)

Learn Local

Outlook Community Centre will also be running the following class at Beaconsfield Neighbourhood Centre:

Understanding Digital Devices

For further information please contact BNC 03 8768 4400

How to Customise your Christmas Through Digital Art for Adults



Put that personal touch on Christmas and Birthdays with your own wrapping paper and greeting card designs!
Guided by award-winning digital artist, Figgy O'Connell, you will learn an introduction to the basics of creating digital art in Procreate. You will then work to develop various greeting cards and wrapping paper designs that you can have printed in time for Christmas! (Suitable for all levels)
iPad and Apple Pencil provided, or BYO (will need Procreate App).
Thursdays commencing
7 November for 5 sessions
1pm - 2.30pm. Cost: $100 for 5 sessions OR $35 for 1 session

Health and Wellbeing

Nutritional Science Course

A holistic approach to improving your health and wellbeing
These sessions include: how to choose foods and shop wisely to cook delicious healthy meals, fad diets, supplements and medication, mindfulness, stress and pineal gland activation, skin care through nutrition and exercise for all ages.
Facilitated by Gabriella Gelo; weight management practitioner specialised in weight loss & nutrition.

Saturdays commencing
26 October for 7 sessions
9.30am – 12.30pm. Cost: $225

Prenatal Nutrition

NEW

It is important for a woman to focus on eating well during preconception, throughout pregnancy, and postpartum.
Hormonal changes are happening and the body is nurturing a growing baby which is why being informed about how to support your pregnancy journey and your growing baby's health with nutrition is essential.
Join accredited practising dietitian Joanna Aaron as she guides you through a checklist of essential tips and practical advice on food and nutrition during pregnancy.

Tuesday 29 October
10am - 11am. Cost: $30
OR
Monday 11 November
6pm - 7pm. Cost: $30
(Handouts supplied)

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
10 October for 10 sessions
8.45am - 9.45am. Cost: $110

Hatha Yoga

Strengthen your body with yoga stretches and postures
BYO mat, blanket and drink bottle.

Tuesdays commencing
8 October for 9 sessions
(No class 29 October or 5 November)
7pm - 8.15pm. Cost: $135
OR
Wednesdays commencing
9 October for 10 sessions
(No class 30 October)
10am - 11.15am. Cost: $150

Line Dancing

Join in the boot scooting fun!
Enjoy some fun dancing to all genres of music. The class starts with upper beginner level and moves onto improver/ early Intermediate level.

Fridays commencing
4 October for 8 sessions
(No session 15 November)
10am - 12pm. Cost: $64
$11 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 mat and drink bottle. Please bring your own hand weights if possible (loan weights are available).

Thursdays commencing
10 October for 10 sessions
10am - 11am. Cost: $110

Tai Chi

Improve focus, relaxation, balance, co-ordination, strength and sense of wellbeing through slow gentle movements

Beginners/Intermediate/Advanced
Learn the Beijing 24 style.

Mondays commencing
7 October for 9 sessions
7pm - 8pm. Cost: $104

Beginners/Intermediate
Learn the Yang Style 10 (standardised) form.

Wednesdays commencing
9 October for 10 sessions
10.30am - 11.30am. Cost: $115

$14 per session casual for both styles

Meditation

This guided meditation journey will be calming and insightful
Wear comfortable clothing.
A journal, pen and blanket are optional.

Mondays commencing
7 October for 8 sessions
9.30am - 10.30am. Cost: $112

Centre closed Monday 4 November and Tuesday 5 November

Resistance Training

NEW

Full body workout with weights and resistance band etc.
Burn fat, increase muscle mass and lose weight.
All ages and level of fitness welcome.
BYO mat and weights.

Mondays commencing
7 October for 7 sessions
(No session 28 October)
5.30pm - 6.30pm. Cost: $77

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
15 October, 19 November,
17 December
10am - 12pm. Cost: FREE

Care Finder Program

This federally funded program provides free intensive support for vulnerable older members of our community in their endeavour to navigate and access the aged care system and support services.

Tuesday 12 November
2pm - 3pm. Cost: FREE
To be eligible to attend a person must be eligible for government funded aged care and have no carer or support person who can help or assist.

Carers VIC Australia

Laughter Yoga

Laughter for wellness
Come along to this fun social class and get your daily dose of laughter medicine. Laughter yoga boosts your immune system and reduces anxiety and depression. The class is not traditional yoga, it involves deep breathing exercises, which turn into laughter.

Tuesdays commencing
1 October for 10 sessions
6pm - 7pm. Cost: $20



Carer's Group

Supporting those that 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
3 October, 7 November, 5 December
10am - 12pm. Cost: FREE

Carers VIC Australia

Always Hear - FREE Hearing Assessment

- Free hearing assessment
- Hearing devices
- Hearing device maintenance
- Microsuction wax removal (fees apply)
- Government funding for eligible clients

Tuesday 29 October
OR Monday 25 November
Call 03 5940 4728 to book your appointment.

Always Hear
PERSONALISED HEARING CARE

How to Customise your Christmas Through Digital Art



(for 6 - 17 year olds)

Put that personal touch on Christmas and birthdays with your own wrapping paper and greeting card designs!

Guided by award-winning digital artist, Figgy O'Connell, you will learn an introduction to the basics of creating digital art in Procreate. You will then work to develop at least one greeting card and wrapping paper design that you can have printed in time for Christmas! (Suitable for all levels)

iPad and Apple Pencil provided, or BYO (will need Procreate App).

For Children - General

Sundays commencing
10 November for 5 sessions
10am - 11.30am
Cost: $100 for 5 sessions
OR $35 for 1 session (please contact the centre to book 1 session)

For Children - Homeschooled

Wednesdays commencing
13 November for 5 sessions
1pm - 2.30pm
Cost: $100 for 5 sessions
OR $35 for 1 session (please contact the centre to book 1 session)

Follow us on Facebook
www.facebook.com/OutlookCommunityCentre/

Drama Fun Activities and Christmas Play



(Ideal for grades 4 - 6)

Do you love to act and take on different characters?
Do you also love to play fun drama games and create funny roles and situations with others in improvisation sketches? Do you love to sing? Then this is the course for you!
You will get to do all of the above and use these skills to create a fantastic Christmas play based on your favourite characters! You will get to perform this play at special events in front of delighted audiences. You will also make heaps of friends and have lots of fun along the way! Hope to see you there!

Sundays commencing
20 October for 8 sessions
(No session 3 November)
4.30pm - 6.30pm. Cost: $115

Carer's Morning Tea

Have a morning tea of indulgence and fun
Do you help look after an elderly family member, friend, child or parent with an illness, addiction, disability or mental health condition?

Join us for a high tea and entertainment.

Bring your loved ones if you wish.

Tuesday 15 October
10am - 12.30pm. Cost: FREE

Carers VIC Australia



Centre closed Monday 4 November and Tuesday 5 November

Walking Groups

Toomuc Valley Walkers

Walk your way through local parklands
This group caters for walkers of all levels.

Tuesdays
Meet at rotunda on highway opposite Toomuc Valley Road
9.30am - 10.30am. Cost: FREE

Cardinia Wanderers

A walk that is a bit more challenging
Get some exercise whilst exploring different places each week. Look after your health and wellbeing whilst making new friends along the way. These walks are over 5km.

Wednesdays
Meet at Outlook at 9.30am
Cost: FREE
(Bring your own lunch or buy your own)

Marketplace Walkers

Walk in comfort on a flat surface
Enjoy an indoor walk that is free from traffic and bad weather. Suitable for all abilities and ages.

Fridays
Meet at Pakenham Central Marketplace (near escalators)
8am - 9am. Cost: FREE

Heart Foundation Walking

Services

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

Bookings essential

Wednesdays
16 October, 20 November, 18 December
5.30pm - 7pm
Please call 03 5940 4728 to book.

Be Connected

There's never been a better time to get online and build your confidence

We offer free access to computers, iPads and the internet, free support and free 1 hour appointment for one-on-one training with an expert volunteer tutor. Learn the basics of getting online safely.

Please phone 03 5940 4728 to arrange an appointment.

Australian Government | Be Connected
Every Australian online.



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 accomodates from 50 - 150 people and comes with a fully equipped kitchen. External or self catering alllowed.

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 under Community Centre/Room and Venue Hire.

KUMON



A love of maths and English can start before school

Kumon Maths and Kumon English develop

- calculation ability and reading ability
- concentration
- a daily study and reading habit
- the confidence to learn independently.

Preschoolers welcome!

Join us! Contact your local Kumon Centre to hear how we can support your child's learning.

KUMON PAKENHAM CENTRE
Meeting Room, Outlook Community Centre
24 Toomuc Valley Road Pakenham VIC 3810
Instructor: Ishani Bhowmick
tel: 0413 295 191

http://au.kumonglobal.com

Expanse School of Dance

Start your dance adventure today

Pre-School and Junior dance classes



0434 199 549
expanse.ds@gmail.com
expanseschoolofdance.com

Centre closed Monday 4 November and Tuesday 5 November