

Jan-March 2008

DISCOVER



Art • Book Clubs • Cooking • Fitness • Natural Therapies • Community Groups & Services • Music • Social Groups • Playgroups • Yoga



Community Qld

is an established community organisation that has provided a diverse range of services for over 25 years.

We are a multi-service organisation that provides a range of programs and activities for families and individuals in the community to enhance their quality of life.

Our primary concern is the welfare and wellbeing of socially, physically, intellectually and emotionally disadvantaged and vulnerable people.

We work with local people to promote a diverse, socially just and inclusive community.

- Aged and Disability Services
 - Childcare
 - Community Development
 - Community Education
 - Emergency Relief
 - Family and Individual Support
 - Home Assist Secure (Inner West)
 - Lady Cilento Parenting Centre
 - Mental Health Services
 - No Interest Loans Scheme
 - Recreation
 - Venues for Hire
 - Volunteers
- 

creative workshops

ART CLASSES - ADULTS

Inspiration is drawn from working directly with nature and the contemporary urban landscape. Principles of drawing and painting are explored within a modern context. This course will include a group visit to an art gallery.

When: Monday 4 Feb (9 weeks) OR
Tuesday 5 Feb (10 weeks)
Time: 10am-12pm
Where: Ithaca Hall
Cost: \$100/\$90 or \$60/54 conc

ART CLASSES - CHILDREN

The artistic development of children is nurtured and their confidence developed in this eight week course in drawing and painting that explores themes in traditional and contemporary art.

When: Tuesday 4 Feb (8 weeks)
Time: 3.15pm-4.30pm
Where: Ithaca Hall
Cost: \$80/\$48 conc

COLOURGANG ART THERAPY

This supported craft group provides accessible art activities for people with intellectual and/or physical disabilities.

When: 2nd & 4th Friday of month
Time: 10.30am-12.30pm
Where: Ithaca Hall
Cost: \$5

NEW CREATIVE CLASS ... FELTING

Make beautiful nuno felted textiles. Felt wool onto cotton or silk fabrics to create unique lightweight fabrics. All kinds of colourful threads and other textiles can be incorporated into the felt. These fabrics can then be dyed to enhance your design.

When: Wed 13 Feb (4 weeks)
Time: 9.30am-12.30pm
Where: Ithaca Hall
Cost: \$60/\$40 conc + \$12 materials

health & fitness

GENTLE EXERCISE

Join our specialist instructor who has received the Sport and Recreation Qld Community Service Award. This class will improve your balance and flexibility and will suit all levels of fitness and even those recovering from injuries or illness.

When: Thursdays
Time: 10am-10.45am
Where: Ithaca Hall
Cost: \$5

LOW IMPACT AEROBICS

Build your fitness in this friendly class. Work at your own level to build your fitness and strength.

When: Thursdays
Time: 9am-9.45am
Where: Ithaca Hall
Cost: \$8/\$6 conc

NATURAL THERAPIES

Our clinic is staffed by practitioners who volunteer their time to provide affordable homeopathy and Bowen Therapy for concession card holders.

When: Thursdays
Time: By appointment
Where: The Cottage
Cost: \$10 per consultation

PEACEFUL YOGA

Stretching and strengthening Hatha Yoga for harmony and well-being. You will leave this wonderful class feeling centred and serene.

When: Fridays
Time: 9.15am-10.15am
Where: Jubilee Hall
Cost: \$10

RAW (REAL ADVENTURE WOMEN)

Get out, get active and put the energy back in your life. Let loose and roar with over 50 fabulous activities on offer this season. Pick up your new season RAW brochure at your local library or log on to our website for more information about RAW activities.



in the kitchen

You'll become an angel in the kitchen at our hands-on workshops with our very own domestic goddess. (All class fees include the cost of ingredients.)

AUTUMN ENTERTAINING

It's a lovely time of year to have friends around for dinner but it's far too hot to cook. Entertaining without steaming up the kitchen? Yes it can be done. Come along and learn how to prepare a beautiful three course dinner of Vietnamese rice paper rolls, green mango salad with seared tuna and a refreshing fruit granita while staying cool, calm and serene.

When: Monday 21 April
Time: 7pm-9.30pm
Where: The Basement
Cost: \$25

EASTER DELIGHTS

Easter always means beautiful chocolate things to give and enjoy. At this workshop you will make some gorgeous chocolate filled eggs and we will also do a little traditional Easter baking. And there will be goodies to take home.

When: Tuesday 11 March
Time: 7pm-9.30pm
Where: The Basement
Cost: \$25

creative workshops



health & fitness



GOLD N' KIDS CUPCAKE CLASS

This is a special activity for kids and their grandparents. You will bake and decorate cupcakes in this lovely class. All ingredients are supplied in this class that is sponsored by the Brisbane City Council's Gold N' Kids program. Will yours be a delicate pink with crystallised violets or a bright blue with jaffas?

When: Tuesday 8th April

Time: 10am-11.30am

Where: Jubilee Hall

Cost: \$5



families & children

LADY CILENTO PARENTING CENTRE

Offering courses, and drop-in and teacher led playgroups, during the school term for families with babies and young children. Playgroups are offered at different times to suit different families, we even have a lunchtime one.

Our groups offer an opportunity for parents to get to know one another.

(Annual membership fee of \$25 applies.) Phone Jo on 07 3368 1578 for more details.

TRIPLE P PARENTING

Well-known highly regarded program that assists families to find positive ways to guide children's behaviour. **To register your interest, phone 07 3368 1578.**



social groups

BOOKCLUBS

Read and discuss new books and revisit old favourites with a relaxed and friendly group.

DAYTIME

When: 2nd Tues of Month

Time: 9.30am-11.30am

At: Mary Ryan Bookshop
Latrobe Tce, Paddington

Cost: \$7/\$5 conc

EVENING

When: 4th Tues of Month

Time: 7.30pm

At: Jubilee Hall,

Cost: \$6/\$4 conc

COFFEE & CHAT

Listen to interesting guest speakers and enjoy a lively discussion over morning tea. Please contact us if you are unable to arrange your own transport.

When: 1st Thursday of each month

Time: 10am-12pm

At: The Basement

Cost: \$5

SUPPER CLUB

Would you be interested in joining a dinner club? Choose a different restaurant every month or even catch a movie. This is a diverse group of local people who love to get out and get to know new friends.

Cost: Free to Community Members

Contact us for more details.

WRITERS' CIRCLE

A new informal discussion group for aspiring and more experienced writers. Get together on Friday evening to workshop your writing, exchange ideas and information and connect to the world of writers and writing.

Contact us to register your interest.

COMMUNITY CHOIR...

FOR CRYING OUT LOUD

Don't sing by yourself in the shower! Come and enjoy making harmony with our Community Choir. We explore a range of unaccompanied vocal styles including popular, gospel and world and have a lot of fun. There are no auditions, you'll learn a bit about singing technique, how to blend your voice with a bunch of others and even have time for a cup of tea! Come on, it's good for your soul! Join us.

When: Mondays

Time: 7pm

At: Ithaca Hall

Cost: \$10 per session

BRISBANE CELTIC FIDDLE CLUB

A Community music group that meets once a month to learn and play Celtic fiddle music. Anyone of any age with some prior violin/fiddle playing experience in any style can come. Tunes are taught by ear and after supper we have a session where people can enjoy making music together.

Contact: fiddlesticks@fiddlesticks.co.nz

When: 3rd Friday of the month

Time: 6.30pm-9.00pm

At: Bardon Hall

Cost: \$10 per session

SELF HELP GROUPS

A number of Self Help Groups meet at Community to support each other, share experiences and knowledge, and work together to improve their quality of life.

For further information about Self Help Groups in your community contact our Family and Individual Support Worker.



how to enrol

T 07 3510 2700

E info@communify.org.au

W www.communify.org.au

Confirm your booking by forwarding payment to:
Communify, 180 Jubilee Tce, Bardon Qld 4065

VENUES

Jubilee Hall, 180 Jubilee Tce, Bardon

The Basement (under our main building), 180 Jubilee Tce, Bardon

The Meeting Place, 180 Jubilee Tce, Bardon

Ithaca Hall, Cnr Enoggera and Kennedy Tce, Red Hill

Bardon Hall, 247 Simpsons Rd, Bardon

The Cottage, 300 Waterworks Rd, Ashgrove



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