

Marrar Woon

Activity Guide

Feb/March
2010



Community Courses and Activities

To book any of these courses please call into Community Services at 4 Pengilley Ave or call 03 5237 8500

Reiki Level 1 Workshop

Introduces participants to the concept and practice of hands on energy healing. This weekend will be an experiential process with practical exercises commencing at the beginning of the course. A handbook will be given to all participants and a Certificate for Reiki 1 on completion of the weekend. The facilitator is Peter Mackie, a Reiki Master and wellness practitioner who also has training in various other complimentary therapies.

When: Sat & Sun 13 & 14 March, 9am-5pm

Where: Marrar Woon

Cost: \$160 maximum of 10 participants

Please bring lunch to share

Learn to Dance

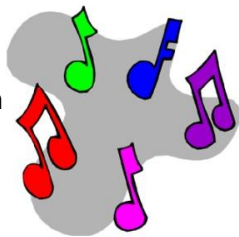
During this 6 week course Eddie Rennick will teach you how to foxtrot and rumba with the best of them! Bring your partner and enjoy dancing in a fun and relaxed atmosphere.

When: 18 Feb-25 March

Thursdays 7pm-8pm

Where: Senior Citizens

Cost: \$50



Introduction to Tarot

What is Tarot?

Why would you use Tarot?

How do you use Tarot?

What is a Tarot spread?

All this including a brief history will be covered in this workshop along with sample spreads. Increase your awareness and intuition in this self development course. Handouts will also be provided, it is recommended that you bring a note book, and if you wish your own Tarot deck.

When: Saturday 20 February 10am-4pm

Cost: \$85 max 6 participants

Please bring lunch to share.

Workshop with Josh White Junior

Josh White Jr. is celebrating his 65th Anniversary in show business, performing and recording with his legendary father Josh White. An original Carolina Piedmont blues player who pioneered the blues and spirituals to New York's folk, nightclub, Broadway and concert stages in the 1930s and 1940s. Josh White Jr. is a living link to 20th Century African-American history, including the history of the blues and of being an artist/activist. This workshop will involve singing and songwriting strategies along with techniques for group based singing. Whether you're in a choir or not come and enjoy what's sure to be a special workshop.

When: Thursday 25 March 7:30pm-9pm

Where: Catholic Church Apollo Bay

Cost: \$15

Start your Own Blog

Ever wondered what a Blog is? Is there something you want to share with the World Wide Web? Claire Coleman will show you how to set up and customise your own page. Today there are Blogs about anything you can think of, it can be either personal or business and you can be sure that someone out there will be interested in what you've got to say.

When: Tuesday 23 March 12:30pm-3:30pm

Where: Marrar Woon

Cost: \$20

Kim Richey Workshop

Kim Richey made her name as a hit making Nashville songwriter. In 2009 she came to Australia, predominantly to write with many of Australia's finest including female country artist of the year Felicity Urquhart. Richey's songs have been recorded by Trisha Yearwood, Mary Chapin Carpenter, Patty Loveless, James Morrison and many others. In addition to two Grammy nominations Kim's songs have appeared on television in Angel, Buffy the Vampire Slayer, Grey's Anatomy, and Alias to name a few. This will be a workshop around songwriting and singing and offers a great opportunity for any budding artists.

When: Monday 22 March 1pm-3pm

Where: Marrar Woon

Cost: \$15

Storytelling with Annabel

Our favourite children's author will be delighting us with another one of her stories accompanied by guitar and lots of laughter. Children and adults of all ages welcome, singing optional.

When: Thursday 4 March
11am-12pm

Where: Marrar Woon

Free of charge



Hip Hop Dancing for Boys

Enjoy music and dance in a fun and safe environment with Abbey Roberts. She has a passion for dance and under her careful guidance ensure this will be a great experience for all participants. Dance assists in development of co-ordination and motor skills while increasing levels of fitness. These classes are suitable for boys between the ages of 6 to 9 years old, no experience necessary!

When: Thursdays 18 Feb-25 Mar 4pm-5pm

Where: Senior Citizens

Cost: \$50 for 6 sessions Conc: \$30

Ok! Do Yoga

Dynamic, relaxing, fun, challenging. Responsive to the changing needs of participants, this yoga lead by Andrew Hack balances strong and soft. Come along and stretch your mind and body. Suitable for everyone, wear loose and comfortable clothing.

When: Wednesdays Feb 3 – Mar 24

(not Mar10 or 24) 5:45pm to 7pm

Where: Snr Citizens

Cost: \$79.45 Conc: \$48

Bar Class

These classes are accompanied by music and are a fun way to increase your overall strength and fitness. You can adjust the bar to work at your own level and feel every muscle move. Cheryl Biddle is a qualified physiotherapist and will guide you in these classes held at the Senior Citizens

When: Thursdays February 11 to March 25
5pm to 6:30pm

Cost: Move it! Card \$60 Conc: \$36

Radio station for Apollo Bay?

A local radio studio would enable community members and organisations to publicly address issues of local or regional significance, and also highlight programs and/or projects being conducted by

specific groups or organisations. If you or your group find this of interest please come along and have your say on **Thursday, February 11th at 6pm at Marrar Woon.** For further information Please contact Bryan Dwyer on 52371205



How can I help my neighbour/friend/partner with Dementia?'

This session will provide useful information and practical advice about issues you may be facing when someone you know has Dementia. This term is used to describe the symptoms of a large group of illnesses, which cause a progressive decline in a person's mental functioning. Alzheimer's Australia will be running this free session at Marrar Woon in March - date to be advised.

Afternoon tea will be included

Project Update

By the
Eco Living
Project
Worker

Andrew Lucas.

Imagine a place in your town or neighbourhood that provided an inspiring, ongoing example of how to live more sustainably?

Working across the Surf Coast and Colac Otway Shires, the Eco Living project aims to improve the environmental performance of nine Neighbourhood Houses, as well as enabling them to become sustainability beacons in their communities. Officially launched on December 9 at Fig Tree Community House (Lorne), the first stage of the project will be to professionally audit each of the Neighbourhood Houses to determine where water, energy and waste savings can be made. Facilitating the project is the Eco Living Community Development Worker Andrew Lucas



Making your Home More Sustainable

Facilitated by our Eco-Living Project Worker Andrew, come along to this free information session. Hear about our energy saving plans for the future at Marrar Woon with practical demonstrations on how we can all make a difference. Pick up some simple new tips on sustainability and apply them to your own home and lifestyle.

When: Wednesday 3 March 1:30pm to 3pm

Where: Marrar Woon

Gospel Singing Workshop

Don't miss this opportunity to learn from a world-renowned teacher. **Tony Backhouse** has a long history in the music business. Since the late 80s he has sung, written and taught acapella – his favourite form being gospel singing. The weekend workshop is open to people of all levels of experience and ability – attend all or some of the sessions. There will be a short public performance (optional for workshop attendees) at the end of the workshop on the Sunday night. Don't miss this opportunity.

When: 7pm - 8pm Friday 23 April; 10am - 3pm Saturday 24 April; 10am - 3pm Sunday 25 April;

Where: Apollo Bay Youth Club Hall

Cost: \$80 for the whole weekend (ABCC members will be subsidised)

For bookings call **Magaer Lennox on 5237 9248** to ensure your place.



Barwon South-Western
Regional Women's Health

Adult Education in the Community



Adult Education
in the Community

Computers for the Terrified

Don't be afraid! By the end of the course you and your pc will be best friends. You will be given the basic tools to demonstrate how to get the best out of your pc. These classes will go at your own pace and aim to increase your confidence with today's technology. Magaer Lennox is an experienced facilitator who will guide you through this journey.

When: Feb 17-Mar 24 Wednesdays 1pm-3pm

Where: Marrar Woon

Cost: \$65 incl \$10 amenities fee

Creativity with Microsoft Word & PowerPoint

You will be shown how to simply create symbols, illustrations and animations for your own personal or business needs. Once started you will be surprised at how easy this is with only basic computer skills required under Rosemary Kidd's careful guidance.

When: Feb 16-Mar 23 Tuesdays 7pm-9pm

Where: Marrar Woon

Cost: \$55

Build your own Webpage

This course shows you the How, Why, Where and When of constructing your own website. Claire Coleman is a skilled IT instructor and will be able to steer you through this creative process.

When: Feb 18-Mar 25 Thursdays 1pm-3pm

Where: Marrar Woon

Cost: \$75 incl \$20 for amenities & materials

Introduction to Digital Photography

Rosemary Kidd will show you how to get the best out of your digital camera, be it point and shoot or digital SLR. We'll look at the camera equipment plus transferring your images to the computer, along with editing of images. Composition will also be discussed, including an outdoor excursion.

When: Feb 17-Mar 24 Wednesdays 7pm-9pm

Where: Marrar Woon

Cost: \$60 incl materials

Subsidised childcare is available for students who enrol in ACFE funded courses, enquire on booking. For bookings call into Community Services or phone 03 5237 8500. All courses must be prepaid prior to commencement, or to discuss payment options please call us or visit.

How to Use a Chainsaw

This two day course will comprise of two units

FPICOT2206A

Cross cut materials with a hand held chainsaw

FPICOT2204A

Maintain chainsaws

Participants will receive a Statement of Attainment upon successful completion of these units. Cost of this is \$180 and will be delivered in March sometime. If you are interested please contact Karen on **5237 8590** to gauge if there are at least five participants for this course to go ahead.

Cert II in Visual Arts & Contemporary Crafts

This course commenced in 2009 at Forrest as part of a 2 year qualification. However places are available for this year for those who may want to start working towards this certificate.

When: Fridays at Forrest NHH (school terms)

Where: Forrest Hall

Cost: \$390 per semester or Conc: \$55

Responsible Serving of Alcohol

This is an accredited course approved by the Liquor Licensing Commission. The course aims to provide liquor services staff with the knowledge and awareness necessary to responsibly serve alcohol in licensed premises.

When: Wednesday 17 Feb

Where: Marrar Woon

Time: 6pm to 10pm

Cost: \$90

Minimum of 8 participants



NATIONALLY RECOGNISED
TRAINING

Safe Food Handler, Food Hygiene HLTF5270B

This course will give you the knowledge and tools in safe food preparation, whether it's working in a kitchen or as a volunteer in a community group this will provide essential information. This may also assist participants to gain employment in the hospitality industry.

When: Thursday 25 Feb

Where: Marrar Woon

Time: 9am to 4pm

Cost: \$153

Minimum of 8 participants



NATIONALLY RECOGNISED
TRAINING

Safe Food Handler Refresher Course

For those who have successfully completed this course and need a refresher this is the workshop for you.

When: Monday 22 March

Where: Marrar Woon

Time: 9:30am-12:30

Cost: \$35

If you want to be a
Part of our mailing list,
to save paper and our
environment, please email
www.otwayhealth.com.au

