



# 2025 – CLASS DESCRIPTIONS (Term 4)

## **ART CLASSES with Margaret (\$12 per lesson)**

Want to get out of your head space for a few hours? Come and join my art class where we will explore various art techniques and mediums in a relaxed, friendly environment with like-minded people. *Beginners very welcome.* **TEACHER:** Margaret Nigro Wed 9.45 – 11.45am and 12.15 – 2.15pm

## **BASIC SEWING, DRESSMAKING, MENDING AND UFOs (UNFINISHED OBJECTS) (\$5 per lesson)**

Learn basic sewing techniques, dressmaking using patterns, making your own patterns, how to alter and mend clothes or create new ones. This is also a good opportunity to complete unfinished objects with guidance available should you need it. Perfect for all levels.

**TEACHER:** Carol McKay Tues 9.45 – 11.45am

## **BEADING & JEWELLERY MAKING (DESIGN & CREATION) (\$6 per lesson)**

Learn traditional and modern beading techniques as well as how to design and make your own earrings, necklaces etc. using beads, crystals, etc. Also learn design/study of various projects including crazy wiring. **TEACHER:** Yani Moediman Tues 9.45 – 11.45am and 12.15 – 2.15pm Wed 9.45 – 11.45am

## **BOBBIN LACE (\$8 per lesson)**

Bobbin Lace is a traditional handmade lace. The lace is made on a pillow using bobbins. Equipment is available for beginners to borrow.

**TEACHER:** Elizabeth May Tues 12.15–2.15pm

## **BOOK CLUB (\$15 per year)**

Do you love reading books and talking about them with like-minded book lovers? Join the Contact Book Club now. Books will be provided by the YPRL (Yarra Plenty Regional Library) and is on the first Thursday of each month.

*This class is full, email your details to be recorded on a waiting list.*

**FACILITATOR:** Rita Hawkins Thurs 10.30–11.45am

## **CAKE DECORATING (\$10 per lesson)**

Learn a variety of techniques including how to cover and decorate a cake. Turn your ordinary cake into a work of art! Learn to decorate your cakes for all occasions in a fun and friendly environment Create sugarcraft flowers, model characters and animals.

**TEACHER:** Irene Williams Tues. 9.45 – 11.45am

## **CARD MAKING (\$10 per lesson)**

This class will teach you how to make your own wonderful and personal greeting cards. Using a variety of mediums such as stamps, inks, die cuts, ribbons, embellishments and embossing. The class will cater for all levels, starting at beginner, progressing to advanced levels.

**TEACHER:** Sue Johnson Wed 12.15–2.15pm

## **COUNTED CROSS STITCH (\$5 per lesson)**

Learn this delightful counted stitch embroidery in a variety of projects. Kits and patterns available.

**TEACHER:** Ken Foggie Tues 12.15 – 2.15pm, Thurs 9.45 – 11.45am

## **CREATIVE CORNER – Drop in Group**

Come along and join this small and friendly group with a cuppa and work on your own creative projects.

**FACILITATOR:** Pauline Middelveld Tues 12.15 – 2.15pm

## **EMBROIDERY GROUP with Jan (\$8 per lesson OR \$10 ALL DAY)**

Join Jan and her friends over a cuppa in this friendly group. Bring your own embroidery or ask Jan to help you learn something new. We can help you learn basic embroidery, 3D, blackwork and goldwork. **TEACHER:** Jan Hashman Wed 9.45 – 11.45am and 12.15–2.15pm

### **KNITTING & CROCHET including Tunisian Crochet (\$5 per lesson)**

All aspects of knitting and crochet including entrelac, lace, colourwork, broomstick and basic hairpin crochet, incorporating beads and embellishments. This class also covers Tunisian crochet, ie basic Afghan stitch plus other common Tunisian stitches, textured ad lace stitches, colour work and shaping. Ideal for beginners to advanced. **TEACHER:** Beverley Parry Tuesday 9.45 – 11.45am and 12.15 – 2.15pm, Wed 12.15 – 2.15pm, Thurs 9.45–11.45am

### **LADIES OF THE ROUND TABLE – Drop in Group**

Join a cheerful group over a cuppa while knitting and crocheting. Bring own knitting or crocheting and share knowledge, designs and ideas with like-minded people. **FACILITATOR:** Betty Walten Wed 12.15 – 2.15pm

### **MAHJONG FOR BEGINNERS (\$5 per lesson)**

Learn a game of skill which will help to keep your brain stay active as you go through life. We are a welcoming group who love to meet new people and look forward to showing you how to play this intriguing game.

**TEACHER:** Judith Pauwels Wed 12.15 – 2.15pm

### **MOSAICS WITH ANNA (\$10 per lesson)**

Learn the basic art of mosaics, creating masterpieces using tiles, glass, crockery and other mediums. **TEACHER:** Anna Barto Tues 12.15 – 2.15pm Wed 9.45 – 11.45am and 12.15 – 2.15pm

### **OM:NI (Older Men: New Ideas) – Drop in Group**

If you are retired or over 50 and looking for new connections, we have the group for you. They provide a friendly, safe environment for older men to get together, to make new friends, and to talk about what is important to them. Meetings are confidential and non-judgemental. All men aged 50 plus, retired, or near retirement are supported. If you wish to enhance your wellbeing and lifestyle, then the OM:NI Contact men's discussion group may be the right place for you. The group provides: comfortable and relaxed atmosphere, laughter and like-minded discussion, diverse and interesting discussion topics, friendly and mateship meeting format, opportunity to develop leadership and community skills, advocate healthy men and communities, light refreshments provided.

**FACILITATOR: To be advised** 2nd & 4th Thursday each month, 9.45am – 11.45am (meet fortnightly)

### **PAPER TOLE (\$10 per lesson)**

Paper tole is an ancient art form of turning beautiful paper images into 3D so that the picture looks lifelike. This is achieved by using a scalpel and some simple tools. It is a very easy craft after you have learnt a few simple basics and enables you to make framed pictures or magnificent cards. Kit available.

**TEACHER:** Jeanie Handsaker Tues 9.45 – 11.45am

### **PATCHWORK MADE FUN – Drop in Group**

No matter what your experience is, come along and join the group to learn and polish up your skills. Bring along your unfinished projects. There is always something to learn.

**FACILITATOR:** Janine Winchcombe Tues 12.15 – 2.15pm

### **PATCHWORK, QUILTING, TEDDY BEAR MAKING & UFO (Unfinished Objects) (\$5 per lesson)**

All aspects of creating patchwork quilts, using hand or machine sewing, and techniques in quilting are covered in this class, OR learn to make a classical style fully jointed bear. This is also a good opportunity to complete unfinished objects with guidance available should you need it. Perfect for all levels. Own machine necessary

**TEACHER:** Carol McKay Tues 12.15 – 2.15pm

### **PATCHWORK WITH ROSE (\$7 per lesson)**

Experience the challenge of this craft, using a sewing machine and/or hand stitching. Learn how to create traditional Patchwork squares as well as how various patchwork patterns and blocks are achieved. Techniques such as cutting fabric, applique, basting, paper piecing, hand/machine quilting and binding are also covered. Make delightful quilts and other articles that will become family heirlooms. This class is suitable for someone with intermediate sewing skills.

**TEACHER:** Rose Zappelli Wed 9.45 – 11.45am and 12.15 – 2.15pm

### **PILATES MIND & BODY MOVEMENT (\$15 per lesson)**

This is a Pilates based class that involves focus on breathing and graceful, controlled movements that strengthen and stretch the entire body and connect body, mind and spirit. You will need to wear comfy clothes, bring a water bottle and your own mat.

**TEACHER:** Sue Kent Wed 9.30 – 10.45am

**This class is full, email your details to be recorded on a waiting list.**

### **PILATES GENTLE (\$15 per lesson)**

This is a Pilates based movement class that is suitable for aging bodies. The focus is on improving posture, standing, balance and core strength. You will need to wear comfy clothes, bring a water bottle and your own mat.

**TEACHER:** Sue Kent Wed 11.00 – 12.15pm

**This class is full, email your details to be recorded on a waiting list.**

**PORCELAIN DOLLS/REBORN VINYL DOLLS (15 per lesson)**

Enjoy the experience of creating a porcelain doll from the beginning. Learn to clean the greenware, paint the doll and then assemble the doll. Reborning is the process of taking an unpainted vinyl kit and creating a life-like work of art that resembles a real baby or toddler.

**TEACHER:** Lee-Anne Carpenter Tues 9.45 – 11.45am and 12.15 – 2.15pm

**SCRAPBOOKING (\$8 per lesson)**

This class will show you how to get your precious photos and memories organised and into creative albums so they can be shared and celebrated time and time again. The class caters for all levels from beginners to advanced scrapbookers. This will be a great time to work on your albums at your own pace whilst receiving ideas and learning techniques. You will need Photos – bring along all the photos/memorabilia you want to be included in your album. The teacher will guide you through the sorting process. Basic tools required – Acid free adhesive, paper/photo trimmer, coloured acid free/lignin free paper. These requirements are available to purchase from the teacher. Everything you use in your albums should be acid and lignin free as well as buffered - the teacher can explain further, if not they will harm your precious photos.

**TEACHER:** Christine Fitzgerald Tues 9.45 – 11.45am

**SEWING FOR CHARITY – Drop in group**

Volunteer some time and help create donations to local charities. The Contact Sewing for Charity Table receives many donations of fabric, wool etc., as well as unfinished projects. The Sewing for Charity group complete these projects ie quilts, wheelchair quilts, walker bags, sensory mats etc and donate to local nursing homes, fostering agencies, as well as various charities who support families and children in need.

**FACILITATOR:** Yvonne Wojnusz Wed 9.45 – 11.45 am

**SMOCKING – Drop in Group**

Smocking is an embroidery technique which uses pleats and smocking stitches to embellish dresses and garments. Join this very friendly group, who are very talented in the art of smocking techniques or work on a current project. This class is suitable for students with some experience and ability to work independently.

**FACILITATOR:** Bronwyn Nimmo Thurs – 9.45 – 11.45am

**SPINNERS CORNER – Drop in group**

Is your Spinning Wheel and fleece sitting there collecting dust? Come along and join this small and friendly group, have a cuppa and work on your spinning techniques or learn how to use your spinning wheel. Bring your own spinning wheel and fleece and spin away!

**FACILITATOR:** Joy Marston Wed 9.45 – 11.45am

**TAI CHI – Drop in Group**

Looking for a fun morning learning Tai Chi (Woo Choo). Come and join our informal group

**FACILITATOR:** Anne Macauley Thurs 9.45 – 11.45am

**UNLEASH YOUR CREATIVITY: No Brush Art (\$12 per lesson)**

Do you want to create contemporary art using 'no brush' techniques? Challenge your creative self by substituting your paint brush to develop many colourful, unique, intriguing and exciting artworks, styles and painting techniques using a variety of surfaces and media including: Fluid/Flow art; Pull-string/chain art; Ink techniques and more. Learn how to create marbling, lacing, cells, ribbon layers, curves, blooms, swipe, feathering, flower petals, leaf effects, shapes and so much more. All Ages, Genders & Beginners welcome!

**TEACHER:** Katherine Chouliaras Lewis Tues 12.15 – 2.15pm and Thurs 9.45 – 11.45am

**WATERCOLOUR PAINTING – Drop in Group**

This class is a drop-in class that provides an opportunity for students to explore watercolour techniques in an encouraging and respectful environment. It is suitable for students with some experience and ability to work independently.

**FACILITATOR:** Angela Dzousdanis Wed 9.45 – 11.45am

**WRITING LIFE STORIES (Memoir writing) (\$8 per lesson)**

Each life is unique and filled with experiences that shape us. Writing life stories is about preserving memories. It's a way of telling loved ones and future generations what it is like to be you, the lessons you've learned and the knowledge you've gained. Ideal for anyone wanting to begin writing their life stories. There will be some readings, discussion and writing tasks to start you on your journey.

**TEACHER:** Sue Gunningham Tues 9.45 – 11.45am and 12.15 – 2.15pm.

**YOGA (\$12 per lesson)**

A supportive friendly class to help you gently tone, improve flexibility and strengthen your body, ease mental tension and sooth the mind. Everyone can practice yoga regardless of age, experience or level of flexibility. Begin with gentle movements followed by postures to make you strong then breathing techniques.

**TEACHER:** Nalini Singam      Tues 9.30 -11.30am

**YOGA for Seniors (\$10 per lesson)**

Chair yoga: ideal for those who cannot stand for long periods or who cannot work on a floormat. Face yoga: increased circulation to help promote collagen production. **TEACHER:** Zoyia Yasin      Wed 12.30 – 1.30pm

**ZUMBA Fusion (\$10 per lesson)**

This is more than just a dance class; it's a journey towards health and happiness! Get fit dancing together and learning new steps!

Dance away your worries and get fit through this gentle yet effective workout! Connect with a community of fitness enthusiasts!

ZUMBA Fusion is a Latin-inspired dance-fitness class with motivating music and easy to follow dance moves that will tone, energise, revitalise your body, improve your memory, cognitive abilities and overall well being! Zumba Fusion is a “feel-happy” workout for both the body and the mind. Suitable for all fitness levels. In a friendly environment with a professional. Please, bring a shawl or a scarf with you! Don't forget your smile and enthusiasm!

**TEACHER:** Luda Cherstnov      Tues 12.00 – 1pm

**Drop in group** – no teacher fee – suitable for students with ability to work independently.

**Class is Full** – To add your details to a waiting list, email: [classes@contactbundooracomcen.com.au](mailto:classes@contactbundooracomcen.com.au)

*Updated October 2025*