

Education

INTRO TO CREATIVE WRITING

Day: Thursdays

22nd October - 10th December

Cost: \$50 - discount of over 40%

Turn your passion for writing into your perfect job. This 8 week pre-accredited course will pathway you into other opportunities like; editing, script writing, marketing and of course becoming the well read author you have dreamed about.

BE CONNECTED

Day: Wednesday

28th October - 18th November

Time: 10.30am - 11.30am

Cost: FREE

Computer training for over 50's who want to be confident using their PC or laptop. We'll help you get started and talk you through some topics to get you on your way to using your computer with confidence.

CANVA BASICS

Day: Monday

9th and 16th November

Time: 12.30pm - 1.15pm

Cost: FREE

Learn tips to create impressive flyers for print and online formats and learn some basic marketing ideas, tips and strategies.

Balla Balla Community Centre will be conducting programs and activities in accordance with Government guidelines.

- **Activities planned will be conducted online.**
- **Subscribe to our weekly newsletter email.**
- **Centre will re-open to the Public when Government guidelines authorises us to.**
- **Sanitization stations available.**
- **Sign in on entry required.**
- **Places may be limited for some activities**

If you wish to join our online activities and require some help using Zoom, please call us or let us know when registering your interest. Zoom links will be emailed to you once you have enrolled.



Ph: 5990 0900



Program Guide Term 4, 2020

5th October - 18th December

**Casey Indoor Leisure Complex
Building 3, 65 Berwick Cranbourne Rd
Cranbourne 3977
ABN: 49 732 059 005**

Ph: 5990 0900

E: admin@ballaballa.com.au

**www.ballaballa.com.au
www.caseyconnectlearn.com.au**

Health & Wellbeing

MEDITATION (via tele-conferencing)

Day: Monday

Time: 7.00pm - 8.00pm

Cost: FREE

Feeling stressed or anxious? You can join our meditation session from the comfort of your own home. Provided through tele-conferencing these free sessions will help you to remain calm moving forward through your life. Phone us to receive simple instructions to join. Places limited.

TAI CHI

BEGINNERS & INTERMEDIATE

Day: Wednesday Time:

Time: 10am - 11.30 am

Cost: FREE

Tai Chi is a gentle low-energy physical exercise - the slow movements strengthens muscles, conditions tendons and ligaments in the ankles, knees, hips and spine. Increase your stamina, strengthen the body and mind and ease stress. Places limited.

CUPPA AND CHAT THEME DAYS

Tuesday 10th November 10.30am - 11.30am

Tuesday 8th December 10.30am - 11.30am

Cost: FREE

Let's connect over a cuppa with friendly faces you may be missing while we are unable to meet in groups face to face.

MEN'S DISCUSSION GROUP

Day: 2nd & 4th Tuesday

Time: 10.00am - 11.00am

Cost: FREE

A relaxed and informal gathering for men to have a chat, discuss issues of interest with plenty of laughs. New men are always welcome to join. Why not join and see if it's for you.

Special Interest

NOW'S THE TIME TO GET ONLINE

GAMES MORNING

Date: Tuesday 20th October

Time: 10.30am - 12.00pm

Cost: FREE

Join us for a fun filled morning!
Enjoy *Balla Balla Bingo*,
Who Wants to Be a Balla-ionaire,
Stay At Home Treasure Hunt
Decorate your Facemask Competition
We will mail you a games pack so you are ready to play on the day!

AGEING IN YOUR OWN HOME

Session 1

Date: Monday 19th October Time: 10.30am - 11.30am

Session 2

Date: Tuesday 27th October Time: 1.30pm - 2.30pm

Cost: FREE

The Start of the Journey
The session covers the start of your journey of learning how to remain living in your own home to as you age. Maintain your independence as you get older.

SAFE SEATS SAFE KIDS

This program will provide free child car restraint fittings and safety checks that meet the highest standards of quality at Balla Balla Community Centre on Thursdays commencing at the end of October.

Pre-bookings available

<https://safeseatssafekids.com.au/>

PH: 5990 0900

Stay Healthy, Stay Well, Stay Connected

Special Interest

NBN CO VIRTUAL WORKSHOPS

Nbn '101'

Date: Tuesday 6th October

Time: 10.30am - 11.30am

Cost: FREE

- What is the Nbn and status of rollout.
- How to connect to Nbn.
- How the NBN affects existing land-line phone and medical alarms.
- Power outages

Nbn Optimisation

Date: Tuesday 27th October

Time: 10.30am - 11.30am

Cost: FREE

- How to select the best plan - speed choices.
- How working from home can affect your internet requirements and bandwidth.
- Simple steps to improve your connection inside your house using modem and wi-fi boosters.

Nbn Scams Awareness

Date: Tuesday 17th November

Time: 10.30am - 11.30am

Cost: FREE

- How to protect yourself and identify Nbn related scams.
- What common scams sound like and relevant examples.
- What to do and who to contact if you think you have been involved in a scam.

At the end of all of these presentations, there is ample time for Q&A and group discussion.