## Wellbeing

### **Gentle Exercises for over 55's**

Join this class and work at your own pace to improve balance, muscle strength and general health and wellbeing. Suitable for all abilities. No Cost. Bring a friend and have some fun. Wednesdays 9.45am-10.45am

## Art for People with a Disability

Explore the creative arts using a range of techniques and mediums. This program is a joint collaboration between Dallas Neighbourhood House and I-Help Disability Services. Mondays 10am-12pm

## Services

# Broadmeadows Residential Advisory Team

BRAT provides assistance with housing issues, bills, advocacy, referrals and more. BRAT also runs community events and forums that focus on information and awareness raising around topics of community interest. New members always welcome. Email: brat.residents@gmail.com

#### **Food Parcel Program**

Open to local residents who hold a Health Care Card, Pension Cards or ImmiCard. Contents vary each week but always include one bag of pantry items and one bag of fresh produce and dairy. Halal friendly. Cost \$7.

> By appointment only. Thursdays 11am-1pm or Fridays 10am-11am @ 22 Calivil St, Dallas

# **Social Groups**

### **Community Lunch**

Join us for fun, friendship and food. Share a meal and meet new people without blowing your budget. Bookings are essential on 9302 2131. Cost \$3. Mondays 12.30pm-1.30pm

## Coffee, Cake & Bingo

Join us coffee, cake, friendship and some bingo fun! We've got the bingo lingo and a showcase of prizes (grocery items) up for grabs. Gold coin donation. **Tuesdays 10.30am-12pm** 

## Men's Group

Join this small but friendly group for conversation and a cuppa. Make new friends in a safe and informal environment. No cost. Fortnightly Tuesdays 10.30am-12pm

## **Spanish Speaking Seniors Group**

This group meets weekly for conversation, friendship and social activities. Members are from a wide range of Spanish speaking countries and enjoy catching up over lunch and speaking in Spanish. No cost.

#### Wednesdays 9.30am-2.30pm

### Soul Soup

Enjoy a lunch of freshly cooked soup and bread that has been lovingly prepared by our wonderful volunteers. Help reduce waste by bringing your own mug. Vegetarian and halal friendly. No cost. Tuesdays 12pm-1pm





Dallas Neighbourhood House delivers programs and activities that improve lives and strengthen community connections.



180 - 182 Widford Street BROADMEADOWS VIC 3047 Phone: (03) 9302 2131 Email: coordinator@dallasnh.org.au Facebook: DallasNeighbourhoodHouse3047 Website: dallasnh.org.au

dallasnh.org.au



# **English Classes**

#### Basic English

Improve your listening, speaking, reading and writing for everyday life. Suitable for post Beginners. Mondays and Tuesdays 12.30pm-3.30pm

#### **Intermediate English**

Increase your vocabulary and employability skills. Master your listening, speaking, writing, reading and grammar skills. Mondays and Tuesdays 9am-12pm

#### **English for Vietnamese Speakers**

Build the skills and confidence to pursue volunteering, employment and further study opportunities. No cost. Wednesdays 9.30am-12.30pm

#### Learning to Read and Write

Gain the literacy skills and confidence needed in everyday situations such as filling out forms and reading and writing simple texts. Suitable for people whose first language is English. No cost. Mondays 1pm-3.30pm

## **English at Campbellfield Heights**

Mixed level class for those wanting to take their first step in their learning journey. Childcare is provided. Wednesdays 12.30pm-3pm @ Campbellfield Heights Primary, Laurel Cres, Campbellfield

### **English Conversation**

Gain the skills and confidence to have everyday conversations in English, such as going to the doctor, talking with your child's teacher and booking appointments.

Fridays 9:30am-11.30am @ St Dominics Primary, 408 Camp Rd, Broadmeadows

## **English Conversation for Mandarin speakers**

This class will give you the confidence and independence to have everyday conversations in English. Our bi-lingual Mandarin speaking teacher will ensure your language needs are met. Wednesdays 11am-12.30pm

# **Computers and Digital Literacy**

## **Digital Essentials 1.0**

Master the basics of everyday technology. We cover emailing, using social media, staying safe online, apps and software, using the internet and more.

Tuesdays 12.00pm - 3.00pm St Dominics Primary 408 Camp Rd, Broadmeadows

Wednesdays 12:00pm –3:00pm Meadows Primary 41 Gerbert St, Broadmeadows

Thursdays 9:30am – 12:30pm @ Campbellfield Heights Primary, Laurel Cres, Campbellfield

## **Digital Essentials 2.0**

If you know the basics, this course will help you build your knowledge. Learn how to use Mircosoft Word, search for jobs online, fill out online forms and find specific information, including lost files. We cover cyber safety, using anti-virus software and more. Mondays 9.30am-12.30pm

# **Vocational Classes**

## **Gardening and Maintenance**

This course provides practical skills in home gardening and basic horticulture with a focus on food production. No cost. Wednesdays 9.30am-12.30pm @ Broadmeadows Valley Primary Dimboola Road, Broadmeadows Thursdays 9.30am-12.30pm @ Meadows Primary 41 Gerbert Street, Broadmeadows

Our English, Computers and Digital Literacy and Vocational classes are funded by the Victorian State Government.



## **Vocational Classes**

#### Learn to Sew

This course will teach you sewing skills, including garment construction, as well as improve your English language and numeracy skills. Gain an understanding of fabric handling and performance, costing, measurement and modifying patterns. Suitable for beginners and those with intermediate skills. No cost Thursdays 9.30am-12.30pm

## **Introduction to Hospitality**

Learn about cooking and the different career opportunities in the Hospitality sector. Gain skills in food preparation, equipment use and safety, plus learn how to prepare healthy meals from scratch for your family. No cost.

> Tuesdays 11.30am-2.30pm @ Roxburgh Rise Primary, Lockwood Drive, Roxburgh Park

Wednesdays 9.30am-12.30pm @ St Dominics Primary 408 Camp Rd, Broadmeadows

Thursdays 9.15am-12.15pm @ Greenvale Primary 12-24 Bradford Ave, Greenvale

Fridays 9.15am-12.15pm @ Holy Child Primary 227 Blair Street, Dallas

