



NEW YEAR, NEW YOU

LOFTUS COMMUNITY CENTRE



TERM 1
FEBRUARY - APRIL
2019

Loftus Community Centre is an incorporated not for profit organisation, one of only a few “unfunded” community centres in Western Australia. Loftus Community Centre is also regarded as one of the best of its kind in Western Australia AND its conveniently located at 99 Loftus Street in the City of Vincent.

OUR VI-

A dynamic organisation, providing hubs that connect people in our community.

OUR PUR-

Foster community engagement to enhance quality of life by facilitating access to relevant activities and services.

OUR

Respectful, honest and open

Community focused and responsive

Professional and accountable

Collaborative, inclusive and embracing of diversity

Loftus Community Centre provides a venue for fostering community engagement by enhancing quality of life through facilitating access to community programs in response to identified needs and priorities of the City of Vincent and broader communities.

You can become involved and support our community by:

- Becoming a **MEMBER** of Loftus Community Centre
- **PARTICIPATING** in our programs
- **PARTNERING** with our organisations for shared benefit
- **CONNECTING** your community program

Should you be interested in any of these opportunities, we welcome you to get in touch with us: info@loftuscommunitycentre.org.au

Phone: 08 9328 3098

OFFICE HOURS

Monday - Friday

9am – 3pm



JUNIOR PROGRAMS



4-5

3 + KINDY



6

PLAYGROUPS & COMMUNITY GROUPS



7

SCHOOL HOLIDAY PROGRAMS



8

ADULT PROGRAMS



9-13

SENIOR PROGRAMS

14 - 18



BANTUS CAPOEIRA

A dynamic dance, game and sport wrapped up in one remarkable Brazilian art form.

It involves amazing acrobatics, beautiful movements and soulful singing.

Saturday 9:30am -10:45am

Contact: Fabian 0414 076 655

Email: info@bantus.asn.au

**CAROLINE STANBROOK ART CLUB**

This program aims to give an introduction to art techniques and materials for children aged 6-9 years old.

Covers drawing, painting, printing and sculpting.

Thursday 3:30pm - 4:30pm

Contact: Caroline 0420 473 549

stanbrook.caroline@yahoo.com.au

JUN Pro

CREATIVE KIDS ART CLUB

Have a great time learning about drawing, painting on canvas, craft work, new sculpture techniques and textiles.

Tuesday 3:30pm - 5:30pm

Contact: Jane 08 9367 7618

www.creativekidsartclub.com.au

AIM FUN AND LEARNING

Mandarin and Abacus Classes

Saturday 12:30pm - 3:30pm

Contact Eileen 0413 489 567

HELEN O'GRADY DRAMA ACADEMY

Our fun, self development program for 3-5 yr olds, 5-8 yr olds and 9-12 yr olds. Lessons include language activities, speech training, creative movement, improvisations and script work.

Wednesday 3:45pm - 6:30pm

Contact: Justin Lowson 08 9402 5849

Website: www.helenogrady.net.au

AUSTCHINA YOUNG ELITE

Chinese Cultural class for kids

Saturday 2:30pm - 4:30pm

Contact Vivienne 0425 666 652

MUSIC TOGETHER WITH SARAH

Music Together is a family music experience for 0-5 yr olds. Designed to engender a love of music, the program aims to encourage play of music regardless of ability

Wednesday 9:30am - 11:15am

Thursday 9:30am - 12:15pm

Contact: Sarah 0415 540 836

Web: musictogetherwithsarah.com.au

DRAMA FOR KIDS WA

Alan Blackwood is amongst Australia's most experienced drama teachers. His workshops are ideal for personal development and improving self confidence.

Saturday 11:00am - 12:30pm

Contact: Alan 0410 477 497

alanblackwood@gmail.com



JUNIOR Programs

MINDBUZZ

We are building a connected community of Minecrafters so that friendships are formed and we can all help each other grow. If your kids are playing Minecraft then you definitely want to join up with us so you can rest easy knowing that your kids are playing with other local kids who have also been to a Mind Buzz Camp.

Various days during School Holidays
please refer Mind Buzz Website
Email: sean@mindbuzz.com.au
Website: www.mindbuzz.com.au

SIGNING HANDS

Signing Hands offers baby and toddler sign classes. Key signs aid communications in preverbal babies, develops early speech and increases IQ.

Thursday 12:30pm - 3:30pm

Contact: Debbie 0437 803 978

debbie@signinghands.com.au



LOFTUS 3+ PRE-KINDY

Loftus Community Centre run a lovely community kindy for 3 - 5 year old's. A fully licenced program based on the belief that all children regardless of culture, gender, physical ability or socioeconomic background have equal right to grow and develop. Friendly, experienced, qualified and dedicated professional teachers.

Monday, Tuesday and Wednesday sessions
9.15am - 2.45pm

Please call the Centre on 9328 3098 or come in and meet the teachers and tour the facility.

PLAYGROUPS

DOWN SYNDROME WA PLAYGROUP

A morning playgroup which is run by the Down Syndrome Associations of WA.

Friday 9:00am - 12:00 noon
Contact: Julie 08 9368 4002

FRENCH SPEAKING PLAYGROUP

Do you speak French and would like your children to speak French with other French speaking families? If so, we offer a French Speaking Playgroup every Friday morning.

Friday 9:30am - 11:30am
Cost: \$190 per annum (includes membership to Playgroup WA and LCC)

JAPANESE PLAYGROUP

A friendly playgroup for Japanese speaking families to meet and play.

Monday 9:30am - 11:30am
Cost: \$190 per annum (includes membership to Playgroup WA and LCC)

PLAYGROUP OPPORTUNITY

The Loftus Community Centre has various time slots available for other playgroups. Please call the centre on 9328 3098 to check availability.



CHILD HEALTH NURSE

**Open Clinic Tuesday 9:00 - 11:00am
Monday & Thursday by appointment only**

Child Health Centres are staffed by registered nurses with qualifications in Child and family Health.

They provide a range of services in partnership with parents and carers of babies and young children up to the age of 4 years old.

For new parent groups please contact the clinic.

Contact – Marlene on

COMMUNITY

LEEDERVILLE TOY LIBRARY

Supports local families by providing affordable access to a wide range of high quality toys.

Annual Membership fees apply

Opening hours: Every Saturday
9:00am - 11:00am
1st & 3rd Tuesdays 7:30pm - 8:30pm
leedervilletoylibrary.org.au



APRIL 2019

School Holiday Program

MONDAY
15TH

9:30AM - 3:00PM

COOKING WITH HELENE

A MORNING OF ROLLING AND CHOPPING TO MAKE OUR OWN SUSHI TREATS! DON'T LIKE SUSHI? TRY MAKING AND EATING OUR YUMMY RICE BALLS! AN AFTERNOON OF COOKIE COOKING- CHOCOLATE CHIP? GINGERBREAD? ANZAC? WHAT'S YOUR FAVOURITE COOKIE TREAT?

TUESDAY
16TH

9:30AM - 3:00PM

COLLABORATIVE CREATION

TODAY WE WILL WORK TOGETHER TO MAKE A GIANT CHANDELIER FOR THE LOFTUS COMMUNITY CENTRE TO HANG IN OUR FOYER, USING COLOURED BOTTLES, LIDS, CUPS AND BEADS! BRING YOUR IMAGINATION AND SOME COLOURED PLASTIC RECYCLABLE CONTAINERS!

WEDNESDAY
17TH

9:30AM - 3:00PM

FRAME IT!

TODAY IS THE DAY TO CREATE AN AMAZING PICTURE OR A FRAMED MIRROR FOR YOUR BEDROOM WALL, USING PVA GLUE, BLACK PAPER AND SOFT PASTELS. WE WILL FINISH IT OFF WITH A FANCY GOLD FRAME TO MAKE IT LOOK WORTHY OF AN ART GALLERY.

THURSDAY
18TH

9:30AM - 3:00PM

ERIC CARLE ART + COLLAGE

WEAR YOUR OLD CLOTHES FOR A REALLY MESSY MORNING OF PAINTING IN ALL KINDS OF WEIRD WAYS.... THEN IN THE AFTERNOON GRAB SOME SCISSORS AND WE WILL CREATE AMAZING PICTURES WITH OUR PAINTED PAPERS- JUST LIKE THE PICTURE BOOKS ERIC CARLE!

COSTS: \$55 FULL DAY
\$5 EARLY MORNING SUPERVISION (FROM 8:30AM)
FOR BOOKINGS CALL THE CENTRE ON 08 9328 3098

AGES 3-8

8 WEEK FREE TAI CHI COURSE

Loftus Community Centre is collaborating with local tai chi academy principal, Master Gawain Siu.

He and his professional team will be conducting a series of community based courses in the Foundations of Chen Style Tai Chi Practical Method.

If you've been looking to reinvigorate your exercise, or even looking for something different but wanted to try it out, then here's an offer you'll find difficult to refuse.

Wednesday 20th February 2019 6:00am - 7:00am

8 WEEK COURSE

Finishing Wednesday 10th April 2019

Please note - you must be a member of Loftus Community Centre.

\$20 per annum (provides access to many other courses and activities)

Enrolments to Loftus Community Centre can be made by calling 9328 3098

For more detailed information contact the Master on 0412920002 or send him an email via Gawain.siu@gingmo.com.au



\$70

Macrame Plant Hanger

TUESDAY 26TH FEBRUARY - 6:30PM- 9:00PM

In this 2.5 hour workshop you will learn the basics of macrame and create your own plant hanger. The tips and knotting techniques learnt during this workshop will give you confidence to apply this skill to a variety of future projects.

Each participant will take home a complete hanger and instructions. This workshop is suitable for beginners.

All material are provided.

Crochet Coil Bowl

TUESDAY 9TH APRIL - 6:30PM- 9:00PM

In this 2.5 hour workshop you will learn the technique to create a crochet coil bowl. This project is perfect for adding warmth and texture to your home.

All materials are provided.



\$65

Spaces for these workshop are limited.
To book your place contact Robin at robingagedesigns@yahoo.com.au

BANTUS CAPOEIRA

A dynamic dance, game and sport wrapped up in one remarkable Brazilian artform. It involves amazing acrobatics, beautiful movements and soulful singing.

Wednesday 7:00pm - 8:00pm

Saturday 9:30am - 10:30am

Contact: Fabian 0414 076 655

Email: info@bantus.asn.au

MACRAME PLANT HANGER

In this 2.5 hour workshop you will learn the basics of macramé and create your own plant hanger. The tips and knotting techniques learnt during this workshop will give you confidence to apply this skill to a variety of future projects. Each participant will take home a complete hanger and instructions. This workshop is suitable for beginners. All materials are provided.

Tuesday 26th February 6:30pm - 9:00pm

Cost: \$70

Spaces for this workshop are limited.

To book your place contact Robin at

Robingagedesigns@yahoo.com.au

APOSTOLIC FAITH MISSION INTERNATIONAL

This group meets regularly at other times during the week and weekends

Sunday Service 9:00am - 1:00pm

CATCH MUSIC

A network of people who love music and want to build a more inclusive, supportive and friendly community

Tuesday 7:00pm - 8:30pm

Email: info@catchmusic.org.au

Website: www.catchmusic.org.au

DOLL AND TOY COLLECTORS

Join fellow collectors of Dolls and Toys, from modern to vinyls, who would like to learn more and share ideas with like minded people.

4th Saturday monthly 12:00 noon - 3:00pm

Contact Paula 0437 020 938, Betty 0417 710 936

dollandtoyclubwa@yahoo.com

THE REDEEMED CHRISTIAN CHURCH OF GOD

Sunday Service 9:00am - 12:00noon

Wednesday - 8:30pm - 10:00pm

Friday (prayer vigil) 10pm - 12am monthly

Contact: 0404 637 889 04 0470 297 889



YOGA WITH MARIE

Beginners Yoga and Guided Meditation Class
All levels welcome
Thursday 7:00pm
Contact: Marie 0416 944 802

CHESS CLUB

All levels catered for in this very social chess club. Come along meet some new friends over a cuppa and a game of Chess.

Thursday 9:00am - 12:00 noon All levels
Monday 10:30am - 2:00pm Advanced players
Cost: \$4.00 per session

I LIQ CHAUN

I liq Chuan is an internal style martial art. It is heavily influenced by Tai Chi principles but embraces many other Chinese martial arts

Sunday 9:00am - 11:00am
Contact: David 0406 713 626
Des 0429 417 949 or
Bevan 0420 245 575
Website: www.iliqchuan.org.au

CROCHET COIL BOWL WORKSHOP

In this 2.5 hour workshop you will learn the technique to create a crochet coil bowl. This project is perfect for adding warmth and texture to your home.

All materials are provided.

Tuesday 9th April 6:30pm - 9:00pm
Cost: \$65
To book your place contact Robin on
robingagedesigns@yahoo.com

MEDITATION FOR EVERYONE & ANYONE - NEW PROGRAM

Various simple meditation practises to cultivate calm & stillness.
Suitable for all levels of experience, including beginners.

Commencing Friday 8th February
Friday 9:00am - 10:00am
Cost: \$100 for a 10 week term (offer available until week 3 pro-rata)
OR \$15 casual
Contact: Casey 0452 233 066
casey.savihealing@gmail.com

BRONWYN FEWSTER - FELDENKRAIS

If you like yoga or Pilates, give these classes a try. Discover how to move intelligently with greater ease.

Monday 7:30pm - 8:30pm
Contact: Bronwyn - 9444 3401



AGELESS YOGA - CHAIR FLOW YOGA

Offering a beautiful, gentle and transformative Yoga practice, based in classical Yoga, but practices sitting in a chair, or with Standing Movement Postures: including breathing exercises and meditation.

Monday 2:00pm - 3:00pm **NEW**

Friday 10:30am - 11:30am

Contact: Shanthi 0466 480 369

Email: info@shanthibhavana.com

AGELESS YOGA - RESTORATIVE YOGA - NEW PROGRAM

A beautiful afternoon healing, rejuvenating and re-energising Yoga practise - uses Mats and other Yoga props.

Friday 2:00pm - 3:00pm

Contact: Shanthi 0466 480 369

Email: info@shanthibhavana.com

LEADLIGHTING

Beginners and experienced leadlighters welcome.

Beginners start on a small project guided by Wil and Angela.

No project too big or small. A very friendly and welcoming class, with an emphasis on the social aspect.

Wednesday during school terms 9:00am - 12:00 noon

Cost: \$6.00 per week

MOTHERSONG

Sing under a cone of harmony. The ability to read music is not necessary, just a love of singing.

Friday 4:00pm - 5:30pm

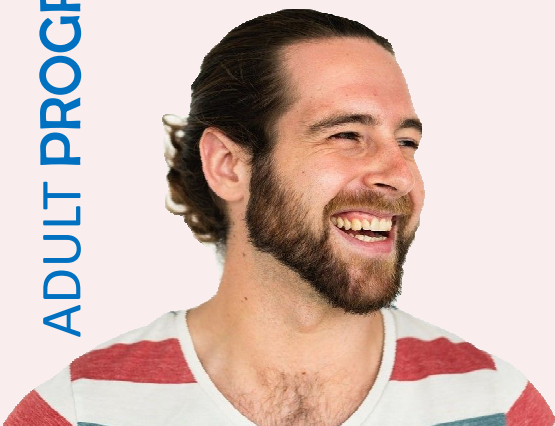
Contact: Celia 0409 202 764

PARKINSONS WA & GING MO ACADEMY - TAI CHI

For all people with a Neurological condition and their partners/carers.

Monday 10:30am - 11:30am

Contact: Gawain - 0412 920 002



PERTH LAUGHTER CLUB

Laughter Yoga is a group session of aerobic activity which turns fake laughter into real laughter. The brain cannot differentiate between fake and genuine laughter and provides the benefit of laughter anyway.

Wednesday fortnightly 1:00pm - 2:00pm

Contact: admin@laughwa.org.au

TAI CHI WITH ROBERT CHEW

A soft and gentle exercise, a moving meditation and easy to follow. Integrating deep breathing, opening energy meridian and points. Spreading energy throughout the central and peripheral nervous systems, to strengthen and energise the vitality of life force. These classes will improve body dynamics, co-ordination and balance and reduce the risk of fall injuries, whilst cultivating mind and body. All movements are explained and students are guided throughout the lesson.

Monday 9:00am - 10:00am

Cost: \$10 per class

Contact: Robert 0432 722 738

PERTH CHURCH OF CHRIST

Perth Church of Christ is a non denominational church focused on studying the bible and using it practically in our everyday lives. Family friendly, multicultural and enthusiastic about our spiritual walk with God.

Sunday 1:30pm - 4:00pm

Wednesday 7:30pm - 8:30pm

Friday 7:00pm - 9:00pm

WW (formerly Weight Watchers)

A weight loss plan with enough stretch to let you enjoy social occasions and lose weight. We don't just get you to your goal weight, we teach you how to enjoy a healthy lifestyle for life.

Thursday 6:00pm - 7:00pm

Saturday 8:00am - 9:00am

Contact: Jen Stone 0400 416 382

Email: jstone@weightwatchers.com.au

Website: www.weightwatchers.com.au





Ageless Chair Flow Yoga

A gentle, therapeutic Yoga practice, including Meditation.

Incorporates Standing and Seated routines -
is moderately aerobic and suits beginners while bringing health
and fitness benefits to all older adults.

Designed and presented by senior,
internationally certified Yoga teacher,
Sri Shanthi Bhavana - CYT / IICT.

MONDAYS 2:00PM - 3:00PM
FRIDAYS 10:30AM - 11:30AM



Sri Shanthi Bhavana Yoga Wellness

+61(0466)480-369
info@shanthibhavana.com
www.shanthibhavana.com



MEMBER
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS

AGELESS YOGA - RESTORATIVE YOGA - NEW PROGRAM

A beautiful afternoon healing, rejuvenating and re-energising Yoga practise - uses Mats and other Yoga props.

Friday 2:00pm - 3:00pm

Contact: Shanthi 0466 480 369

Email: info@shanthibhavana.com

MOVE FOR LIFE

Focusing on light movement that incorporates some light weights to increase strength, create ease of movement/flexibility and protect joints. Fun class with great people, laughter and music.

Wednesday 11:00am - 11:45am

Cost: \$5.00

Contact: Ruth 0459 708 476

PERTH LAUGHTER CLUB

Laughter Yoga is a group session of aerobic activity which turns fake laughter into real laughter. The brain cannot differentiate between fake and genuine laughter and provides the benefit of laughter anyway.

Wednesday fortnightly 1:00pm - 2:00pm

Contact: admin@laughwa.org.au

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Offering a beautiful, gentle and transformative Yoga practice, based in classical Yoga, but practices sitting in a Chair, or with Standing Movement Postures: including breathing exercises and meditation.

Monday 2:00pm - 3:00pm **NEW**

Friday 10:30am - 11:30am

Contact: Shanthi 0466 480 369

Email: info@shanthibhavana.com

BALLROOM DANCING

- Australian New Vogue
- English Modern & Classical sequence 3
- English Original Old Time

Encompassing Waltz, Quickstep, Foxtrot, Saunter, Tango, Salsa, Mambo, i.e. all types.

Monday 12:00 noon - 3:00pm

Cost: \$4

PARKINSONS WA & GING MO ACADEMY - TAI CHI

For all people with a Neurological condition and their partners/carers.

Monday 10:30am - 11:30am

Contact: Gawain - 0412 920 002



POSITIVE AGEING

MONDAY 8:45AM - 10:15AM
FEBRUARY 4TH, 11TH, 18TH & 25TH

Over four dates this mini workshop explores the themes of ageing. Using simple awareness exercises choose those themes that are important for developing a positive sense of self and identity for yourself.

\$5 FOR MATERIALS + \$15 PLATINUM MEMBERSHIP

LOFTUS COMMUNITY CENTRE

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Over four dates this mini workshop explores the themes of ageing. Using simple awareness exercises choose those themes that are important for developing a positive sense of self and identity for yourself .

February 4th, 11th, 18th & 25th

Monday 8:45am - 10:45am

Cost: \$5 for materials + \$15 Platinum membership

TABLE TENNIS

Join our very social and casual table tennis group. Catering from beginners through to the experienced table tennis player.

Tuesday 9:00am 12:00 noon

Thursday 9:00am 12:00 noon

Friday 12:00 noon - 4:00pm

Cost: \$4.00 per session

TAI CHI WITH ROBERT CHEW

A soft and gentle exercise, a moving meditation and easy to follow. Integrating deep breathing, opening energy meridian and points. Spreading energy throughout the central and peripheral nervous systems, to strengthen and energise the vitality of life force. these classes will improve body dynamics, co-ordination and balance and reduce the risk of fall injuries whilst cultivating mind and body. All movements are explained and students are guided throughout the lesson.

Monday 9:00am - 10:00am

Cost: \$10 per class

Contact: Robert 0432 722 738

CHESS CLUB

All levels catered for in this very social chess club. Come along meet some new friends over a cuppa and a game of Chess.

Monday 10:30am - 2:00pm Advanced players

Thursday 9:00am - 12:00 noon All levels

Cost: \$4.00 per session

CRAFT

A very social craft group. Bring along your own craft project, be it knitting, crocheting or embroidery and enjoy your project over a cuppa and a chat.

Wednesday 9:00am -12:00 noon

Cost: \$4.00



WW (formerly Weight Watchers)

A weight loss plan with enough stretch to let you enjoy social occasions and lose weight. We don't just get you to your goal weight, we teach you how to enjoy a healthy lifestyle for life

Thursday 6:00pm - 7:00pm

Saturday 8:00am - 9:00am

Contact: Jen Stone 0400 416 382

Email: jstone@weightwatchers.com.au

Website: www.weightwatchers.com.au

LEADLIGHTING

Beginners and experienced leadlighters welcome.

Beginners start on a small project guided by Wil and Angela. No project too big or small. A very friendly and welcoming class, with an emphasis on the social aspect.

Wednesday 9:00am - 12:00 noon

Cost: \$6.00 per week

DANCING FOR FUN - NEW PROGRAM

A fantastic new class full of a variety of dances

Wednesday 9:30am - 10:45am

Cost: \$4

MOTHERSONG

Sing under a cone of harmony. The ability to read music is not necessary, just a love of singing

Friday 4:00pm - 5:30pm

Contact: Celia 0409 202 764

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DOLL AND TOY COLLECTORS

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4th Saturday monthly 12:00 noon - 3:00pm

Contact Paula 0437 020 938, Betty 0417 710 936

dollandtoyclubwa@yahoo.com



ROOM HIRE

The Loftus Community Centre
is available for room hire

Birthday Parties , Meetings, Classes

One off room hire – functions

Tables, chairs, whiteboards, playground and kitchen
facilities all available. Fully airconditioned.

Competitive hourly rates.
A variety of rooms available.

Call the centre on 9328 3098 or come and visit us.

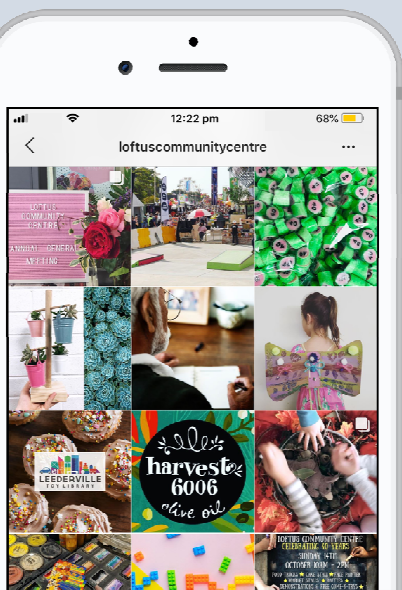
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CITY OF VINCENT

lotterywest
supported

FOYER
— OXFORD —



CITY OF VINCENT



Foyer Oxford and Loftus Community Centre working in collaboration to provide a community hub and connection

