

2021



TERM
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2021

Program Guide

Outlook Community Centre is offering a variety of face-to-face and online courses during Term 1, 2021

Outlook adheres to COVID -19 regulations and safety procedures.

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Outlook
community centre

How to enrol in a program

Online

www.outlookvic.org.au

Email

communitycentre@outlookvic.org.au

Payment

Online with PayPal using your PayPal account or credit card
Inter bank transfer (email the Community Centre to initiate transfer)
Credit Card (phone 5940 4728)

Community Centre membership

It is Centre policy that everyone who takes part in programs and activities becomes a member of the Centre. The membership is an annual fee from January to December, and assists with the day-to-day running costs and other Centre expenses. Membership is payable upon your first enrolment for the calendar year. Obtain by visiting the Centre or via our website.

Individuals	Families
\$10 per annum	\$15 per annum

Funding acknowledgement

We would like to acknowledge financial support from Adult, Community and Further Education Board, Cardinia Shire Council and Department of Health and Human Services.



Outlook
community centre

24 Toomuc Valley Road

Pakenham VIC 3810

P 5940 4728

E communitycentre@outlookvic.org.au

outlookvic.org.au



**WHEN THE CFA DECLARE A CODE RED DAY
THE CENTRE WILL BE CLOSED**

Cancellations and refunds

If the Centre cancels a class because minimum numbers are not met, students will be advised and all fees refunded in full. If you withdraw from a class more than 7 days before the advertised commencement date, a refund less an administration charge will be made. No refund will be given if you withdraw from a class less than 7 days before the advertised class start date.

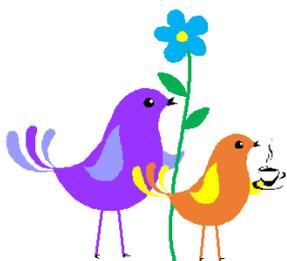
Outlook Community Centre is an inclusive and accessible organisation



Welcome to 2021!

Outlook Community Centre welcomes you back as we embrace the new beginnings that 2021 will bring. Now is the time to dust off the cobwebs and get back into the classes you love or try something new. Let's make the new year a great year; full of fun, friendship and new experiences. We have missed you all dearly and are excited to have you return so we can see your smiling faces once more.

We adhere to COVID-19 safety restrictions, so be confident we have your health and wellbeing as our priority. We look forward to helping you build your skills and make new memories with you very soon!



Forget-Me-Not Café

The Forget-Me-Not Café is an opportunity to make new friends and nurture old ones, share experiences and create new ones in an environment of support and understanding.

The Café aims to bring together people living with dementia and their loved ones in Pakenham and surrounding areas. The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia.

Wednesdays
3 February, 3 March, 24 March
10.00am - 12.00pm
Cost FREE

Computers

Cardinia Shire Council Volunteer Subsidy may apply may apply.

www.outlookvic.org.au/computers

Everyday Computers

You perhaps have used a computer occasionally but would like to know more about their workings? Gain confidence in using them by learning how they can aid you in everyday life activities.

Tuesdays commencing
9 February for 8 sessions
1.15pm - 4.00pm
Cost \$35 manual \$10

Canva - Online Design Made Easy

You will learn to quickly and easily create attractive, high impact social media and marketing designs. During the session we will create a sample Facebook post, promotional poster and business card.

Thursdays commencing
18 March for 2 sessions
10.00am - 12.30pm
Cost \$25

iPads

Getting the most out of your iPad, from beginner to beyond. Learn how to set up your iPad and use its in-built features for productivity and fun. Connect to the internet and communicate with the world. Download and manage Apps, take photos, send emails, and much more.

Fridays commencing
5 February for 8 sessions
9.30am - 12.30pm
Cost \$45

Computer Maintenance and Internet Safety

We rely more and more on technology in everyday life, therefore gaining an understanding of computer maintenance and tools is paramount. Learn how to protect yourself, your computer and privacy on the internet and discuss some security concerns when using your computer.

Fridays commencing
12 March for 2 sessions
10.00am - 12.30pm
Cost \$15

Get Tech Savvy for Seniors

Keep up to date with the digital world with these hands-on informal classes, where you can ask questions about computing technology that frustrate you or make you curious. Whether you are a beginner or already have some experience, you will gain skills and confidence to easily use technology for socialising, accessing important services or organising your life. Classes cover computers and iPads.

Wednesdays commencing
27 January for 10 sessions
Beginners
12.15pm - 1.45pm
OR
Intermediate
10.30am - 12.00pm
Cost FREE

Supported by Be Connected.



Australian Government

Be Connected

Every Australian online.

Computers

Cardinia Shire Council Volunteer Subsidy may apply may apply.

www.outlookvic.org.au/computers

Introduction to Websites and Blogs

NEW

Home-based course using Zoom.

Online Course

Learn various methods of creating and managing websites & blogs using freely available tools, software and technologies found on the internet. Set up pages, menus, place images, customise appearance and post content. Primarily based around WordPress, the course also includes practical experience with the Wix and Squarespace platforms. Participants require a working email address they can access in class.

**Mondays commencing
1 February for 8 sessions
6.00pm - 8.15pm**

Cost \$45 (includes course notes)
(No class 8 March)

Xero Accounting

Online Course

Home-based course using Zoom.

Learn the essentials of the Xero cloud-based accounting system. This hands-on course covers setup, sales and purchase functions, banking and reconciliation options, reports, plus key payroll and activity statement setting.

**Wednesdays commencing
17 February for 7 sessions
6.00pm - 8.30pm**

Cost: \$55 (includes course notes)

Microsoft Office Online Essentials

Get up and running with Microsoft's free cloud-based Office Online apps. All you need is a computer with internet connection. The course covers essential operations of titles such as Word, Excel and PowerPoint. Learn to manage files in One Drive and see what Sway, Forms and One Note are used for. The course is for people who have little to no experience with Office, but it does require them to be familiar with using a computer and the internet. It might also be of interest to those who already use the Desktop applications, but want to learn about the online versions.

**Mondays commencing
1 February for 8 sessions
9.30am - 12.30pm
Cost \$45**
(No class 8 March)

Be Connected

There's never been a better time to get online and build your confidence. We offer free access to computers, iPads and the internet, free support and one-on-one training with an expert volunteer tutor. Learn the basics of getting online safely.

**Please email
communitycentre@outlookvic.org.au
with your contact details to
arrange an appointment.**



Australian Government

Be Connected

Every Australian online.

Functional Fitness

Improve balance, agility and muscle strength. Train your body to make it easier and safer to perform everyday activities. Suitable for all ages and abilities. Chair-based and standing. BYO mat and drink bottle. Please bring own hand weights if possible, (free loan weights are available).

**Thursdays commencing
28 January for 10 sessions
10.30am - 11.30am
Cost \$90**

Pilates Low Impact Strength Training for Over 50s

Builds strength and balance to promote better health. Gentle exercises to enhance your life and assist you to regain the strength you once had. Suitable for all levels of fitness. BYO mat and drink bottle. Please bring own hand weights if possible, (free loan weights are available).

**Thursdays commencing
28 January for 10 sessions
9.00am - 10.00am
Cost \$100**

Further Fitness Classes - Taking Expressions of Interest NOW

We are looking to expand our current offering of fitness classes. To keep updated as they are added please contact the Centre to register your interest.

Tai Chi

Golden Lion Academy Tai Chi offers a gentle mind-body therapeutic exercise programme that heals the body, prevents illness and keeps you healthy for life. It soothes the nerves and calms the mind as it induces good physical and emotional conditioning. It is meditation in motion. Tai Chi incorporates breathing and meditation techniques, various strength, flexibility, balance and coordination exercises.

Beginner, intermediate and advanced barehand forms are taught, plus advanced forms that include sword and fan forms, self defence applications together with pressure points for healing and self-defence.

**Mondays commencing
1 February for 8 sessions
7.00pm - 8.00pm
Cost \$88 or \$12 per session casual
(No class 8 March)**

OR

**Tuesdays commencing
16 February for 7 sessions
10.30am - 11.30am
Cost \$77 or \$12 per session casual**

NEW

Cardinia Bicycle User Group (BUG)

Come ride with us and come back exhilarated. A recreational bike group who enjoy cycling and making friendships. Ride lengths vary so there is something to suit everyone. Beginners welcome. Rides are every Saturday morning and first Sunday of the month.

Cost \$20 per annum
(Please contact the centre or cardiniaBUG@gmail.com for further details.)

Line Dancing

Dances are taught by walking through the steps and then applying this to music. It is lots of fun. No partner required.

Easy Line Dancing

**Mondays commencing
11 January for 11 sessions
10.00am - 11.30am**

Cost \$55

(No class 8 March)

OR

Improvers Line Dancing

For more experienced dancers who enjoy improver/easy intermediate level dances.

**Fridays commencing
15 January for 11 sessions
10.00am - 11.30am**

Cost \$55

Meditation

Enjoy inner peace and personal transformation. This guided meditation journey will be calming and insightful. Wear comfortable clothing. A journal, pen and blanket are optional.

At Outlook

**Mondays commencing
1 February for 8 sessions
9.30am - 10.30am**

OR

7.00pm - 8.00pm

Cost: \$96 for 8 sessions

(No class 8 March)

Home-based using Zoom.

**Tuesdays commencing
2 February for 9 sessions
9.30am - 10.30am
Cost \$108**

Online
Course

New Vogue, Ballroom and Latin Dancing

Looking for a fun activity? Join Diane for this exciting new beginner's class where you will learn New Vogue, Ballroom and Latin Dancing in a fun and friendly environment. No partner required.

**Thursdays commencing
11 February for 8 sessions
1.00pm - 2.00pm
Cost \$80**

Easy Exercise, Relaxation and Meditation

Have you found yoga too strenuous in the past? Rejuvenate the whole of your being. In this class you will work within your own ability. Gentle flowing movements will strengthen your body, create greater flexibility, relax and calm your mind. Learn the importance of correct breathing and to take time out to relax and meditate.

At Outlook

**Wednesdays commencing
3 February for 9 sessions
10.00am - 11.30am**

OR

**Home-based using Zoom.
Tuesdays commencing
2 February for 9 sessions
7.00pm - 8.30pm**

**Cost \$117 for 9 sessions
Casual payment available on
application .**

Online
Course

Cardinia Wanderers

A walk that is a bit more challenging and longer in distance. Get some exercise whilst exploring different places each week. Look after your health and wellbeing whilst making new friends along the way. These walks are over 5km.

Every Wednesday

Commencing 3 February

Meet at Outlook at 9.30am

Cost FREE

(Bring own lunch or buy your own)

Saturday Walking Group for Seniors

This is a local walk which includes a stop at the coffee shop for a cuppa and a chat with your fellow walkers.

Every Saturday

Meet at Lakeside Lake by Cultural

Centre at 9.00am

Cost FREE

Toomuc Valley Walkers

Walk your way through local parklands to improve fitness. Group caters for walkers of all levels.

Every Tuesday

Meet at rotunda on highway opposite

Toomuc Valley Road

9.30am - 10.30am

Cost FREE

(No walk 26 January)

Marketplace Walkers

Pakenham Central Marketplace is a great place to walk because it is a sheltered indoor space, free from traffic and bad weather. Suitable for all ages and abilities.

Every Friday

Meet at Pakenham Central

Marketplace (near escalators)

8.00am - 9.00am

Cost FREE



0458 230 788
all2dance.ds@gmail.com
www.all2dance.com.au

All 2 Dance
DANCE STUDIO



Jazz/ Commercial
Hip Hop
Tap
Contemporary
Musical Theatre
Acrobatics
Ballet
Adult Dance
Performance Team

****Free trial week ****

O'Grady Drama



**'Act, Create, Communicate,
Self-development through drama!'**

Boost your child's creativity,
confidence and communication skills.

Our internationally acclaimed
program includes speech,
movement, improvisation, scripts and
productions.

Contact

melbourneoutersoutheast@ogradydrama.com.au

0407 710 335

www.ogradydrama.com.au

Cuisine

www.outlookvic.org.au/cuisine

Easter Simnel Cakes

NEW

Simnel Cakes are traditionally eaten at Easter and Mothering Sunday, going back hundreds of years. Come and learn a little about it's history and how to make and decorate it in the traditional way. As well as a demonstration of a large cake being cooked and decorated, each of the class participants will make and decorate 2 mini cakes to take home. During the class you will also enjoy a cuppa and get to sample the demonstration cake.

Friday 26 March

10.00am - 1.00pm

Cost \$25 plus \$10 ingredients

Students are welcome to bring own utensils, contact the office for details.

Chinese Noodles

NEW

Impress your friends with a delicious Chinese dinner made from scratch including the noodles. Try your hand at pulling Chinese noodles, we will be hand rolling them too. They are easy to make and taste better than shop bought noodles. See how you can use noodles to recreate a dish at home. Cook the noodles that you make in class at at home just before required..

Wednesday 3 March

6.30pm - 8.30pm

OR

Wednesday 10 March

10.00am - 12.00pm

Cost \$27

Students are welcome to bring own utensils, contact the office for details.

Language

www.outlookvic.org.au/language

Italian Level 1

Online
Course

Home-based course using Skype.

This course follows on from the Beginners Italian course. Through interactive learning activities, this course will guide you to develop your communication skills, as well as being introduced to the Italian culture. As part of the learning process some work on grammar, vocabulary and pronunciation will enable you to use Italian in a range of situations.

Wednesdays commencing

3 February for 9 sessions

7.15pm - 9.15pm

Cost \$144

Please contact the centre for details of textbook

Spanish Language

This class is for those who already know the basics of Spanish. We will be expanding on the use of verbs and adjectives and introducing the basics of past and present tenses. Gain an understanding of the culture and customs of this beautiful language, whilst developing conversation skills, grammar and pronunciation.

Tuesdays commencing

2 February for 9 sessions

7.00pm - 8.30pm

Cost \$144

Art Club

Join this class to explore a variety of art mediums such as drawing, sculpture, collage, mosaic and painting in a fun and supportive environment. There will be new projects to try each week or you can bring in your own project for feedback and advice.

**Fridays commencing
19 February for 6 sessions
1.15pm - 3.15pm**

Cost \$70
(See reception for materials list)

Friendship Friday

If you are looking for fun, laughs and meeting some new friends then this could be the group for you. We are currently meeting once a month on the 2nd Friday of each month for fun and friendship. Our outings include lunches at cafes or hotels, movies, train trips, shopping, shows, morning melodies etc.

**Outings 2nd Friday of the month
8 January, 12 February, 12 March**

Please call the office to check availability.

Women's Friendship Group for Over 60s

Do you enjoy a coffee, a chat and want to make new friends? This group enjoys craft activities, guest speakers and going on excursions. Come along and see if this informal relaxed group is for you.

**Tuesdays commencing
19 January for 10 sessions
10.00am - 12.00pm**

Cost \$4 per session
(No class 26 January)

(Some weeks the group is out so prior bookings are essential)

Book Club - Discussion Group

Talk about a specific book with a group of like-minded people in your community. These sessions are fun and relaxing. Books and friendship supplied.

**First Monday of the month
1 February, 1 March
7.00pm - 9.00pm
Cost \$5 per session**

Gardening Group

Would you like to know more about plants and how to make them grow? You don't have to have a garden to belong to this group – just a love of gardens. Join us for information sharing, problem solving and swapping cuttings.

**Meetings 1st Friday of the month
5 February, 5 March
10.30am - 12.00pm
Cost \$4 per session plus outing costs**
(Excursions are arranged throughout the term)

Knit and Knatter

Learn how to knit or crochet, or pass your skills on to others. New and more experienced knitters welcome. Come and try this relaxing pastime.

**Saturday once per month
9 January, 6 February, 20 March
10.00am - 2.00pm
Cost \$4 per session**

All Together Choir.

Start date to be confirmed. Please contact the Centre to register your interest.

Guitar for Beginners - Taking Expressions of Interest NOW

Have you ever wanted to play the guitar but just never had the chance? We are looking to find some new players to form a new group. Please contact the Centre to register your interest.

Intermediate Guitar

If you have had some basic experience playing the guitar in the past, then we welcome you to this fun group. Relaxed and friendly, come and play some diverse tunes from many different genres of music. Improve your playing and understanding of the world's most popular instrument.

**Tuesdays commencing
16 February for 6 sessions
12.30pm - 2.30pm
Cost \$95**

Ukulele U-Bute Group

Want lots of fun and a joyful sing-a-long? For those who have previously completed a Ukulele course, or with previous experience. Increase your repertoire and jam with this happy group. BYO Ukulele.

**Mondays commencing
1 February for 8 sessions
12.30pm - 2.30pm
Cost \$40
(No class 8 March)**

Men's Discussion Group

A group of blokes over 50 who meet for a coffee and a chat, to discuss issues of interest and concern, with plenty of laughs. Come along to meet new people in a friendly, welcoming atmosphere and see if it is for you.

**2nd Wednesday of the month
Please contact the Community
Centre for dates**

**Arrive 9.15am. Session runs
9.30am - 12.00pm
OR**

**1st Wednesday of the month
3 February, 3 March
7.00pm - 9.30pm**

Cost \$4 per session



Recreational Boat Licence

Gain the competency to obtain a general Victorian Boating and PWC licence. Meet the requirements of the State Authorities. No pre-study required. You receive a certificate on the day to take to VicRoads to purchase your licence.

Cost \$130 (Please choose one session)

**Tuesday 19 January
5.30pm - 9.00pm OR**

**Wednesday 24 March
5.30pm - 9.00pm OR**

**Thursday 25 February
5.30pm - 9.00pm OR**

**Saturdays 20 February,
13 March or April 3
8.30am - 12.00pm**

Life Skills Workshop for Men

NEW

The aim of these sessions is to support men by having real conversations about lived experiences in a fun, exciting and perhaps challenging environment. Through shared learning, it is hoped to assist men in improving and honing their life skills toolbox.

We hope to make a difference and reduce the risks for men in anxiety, depression and self harm.

**Tuesdays commencing
9 March for 4 sessions
7.30pm – 9.00pm
Cost \$70**

Self Defence for Seniors

NEW

This session focuses on empowerment, not fear. It teaches highly effective self defence in a fun, non-threatening environment. It is not a hard physical workout and there is no need to wear exercise gear or any special clothing. You will learn real-world self defence to improve your safety. The session will give you some impressive moves nonetheless. We want you to be confident in everything you do, everywhere you go and everyone you are with.

**Wednesday 17 March
1.30pm – 2.30pm
Cost \$25**

Customer Service

NEW

This course is ideal for people wishing to learn about and improve their customer service skills. Participants will gain confidence to deal with customers and will develop their communication skills in order to build and maintain good relationships with the customer and understand their needs. This will assist to maximise employment opportunities and assist in everyday life relationships.

**2 sessions of 4 hours
Cost \$25**

**Contact the office for further details
and to secure your place.**

Building Resilience

NEW

This course is aimed at providing skills and abilities to build resilience in everyday life activities, work and study. Learn adaptability, problem solving skills and how to hold a positive view of yourself and your abilities.

**8 sessions of 5 hours
Cost \$40**

**Contact the office for further details
and to secure your place.**

Skills for Work and Study - Taking Expressions of Interest NOW



Do you have an interest in the Community Services sector?

Would you like to gain the skills to enable you to undertake Certificate II in Community Services? This course is designed to give you an introduction with a focus on entry level jobs. It will increase your numeracy and literacy skills as well as providing the capabilities necessary to participate in employment, entry level VET programmes or additional pre-accredited programmes. The course focuses on an industry where there is a demand for workers.

Skills for Work and Study courses are funded by the Victorian Government through the Adult, Community and Further Education Board to allow you to undertake training in your local community.

If you are interested in further study or finding a job in community services, this is a fantastic opportunity for you. Support and guidance will be provided to identify your strengths, interests and goals.

Please contact the centre by email to communitycentre@outlookvic.org.au, phone 5940 4728 or drop into 24 Toomuc Valley Road, Pakenham.

The adult courses below specialise in being hands on and practical and are ideal for learners that typically struggle in the traditional classroom environment. Please contact the office for further details and to secure your place.

Real Life Money Skills NEW

This course is intended to support the development of general numeracy and money skills. The aim is to extend the learners ability to handle money in everyday life situations.

Throughout this course learners will plan for shopping trips and role play and then review their experiences.

We aim to develop the learners self confidence, communication skills and problem solving skills in this relaxed and enjoyable class.

8 sessions of 3 hours

Cost \$30

Contact the office for further details and to secure your place.

Literacy and Numeracy NEW

Literacy and numeracy skills are important because they form the basis of our learning. This course aims to increase these skills and build self confidence for participation in everyday life. Literacy and Numeracy skills help you to gain the fundamental skills to be successful in life and can impact on social and health outcomes.

8 sessions of 3 hours

Cost \$30

Contact the office for further details and to secure your place.

Cardiopulmonary Resuscitation (HLTAID001)



The first five minutes are crucial in saving a life. Gain the knowledge and skills necessary to maintain breathing and circulation following a cardiac arrest.

**Saturday 27 February OR
Wednesday 24 March
9.30am - 11.30am
Cost \$70 per session**

Provide First Aid (HLTAID003)

Gain the skills and knowledge required to provide a first aid response to a casualty in a range of situations. Includes CPR.

**Saturday 27 February OR
Wednesday 24 March
9.30am - 2.30pm
Cost \$175 per session**

Provide an Emergency First Aid Response in an Education and Care Setting (HLTAID004)

For educators, support staff and carers working within an education and care setting who are required to respond to a first aid emergency, including asthma and anaphylaxis.

**Saturday 27 February OR
Wednesday 24 March
9.30am - 3.00pm
Cost \$175 per session**

**Registered Training Organisation
Provider 3586 under auspice
Livcor/APL Health.**

**Some homework prior to classes.
USI number required.**

Responsible Serving of Alcohol (RSA Vic)



Increase your opportunities for employment in the hospitality industry. All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria.

**Wednesday 10 March at Outlook
12.30pm - 4.30pm
Cost \$80
OR**

**Online any time
This self-paced course is
available throughout the term.
Cost \$45**

Online Course

Please contact us for further details.
Training and assessment provided by
CFT International RTO provider No. 21120

Food Safety Level 1

Choose one of the following certificates:

- **SITXFSA001** Hospitality and Retail
- **HLTFSE001** Community and Health
- **FBPFSY1001** Food Processing

Nationally recognised for hospitality and retail, community and health and food processing sectors.

**Wednesday 10 March at Outlook
5.00pm - 9.00pm
Cost \$95
OR**

**Online any time
This self-paced course is
available throughout the term.
Cost \$95**

Online Course

Please contact us for further details.
Training and assessment provided by
CFT International RTO provider No. 21120

Ageing in Your Own Home

Session 1: The start of the journey

Friday 26 February 10.00am - 12.00pm

Session 2: Assessment and service provision

Friday 5 March 10.00am - 12.00pm

Session 3: Navigating financial aspects

Friday 12 March 10.00am - 12.00pm

It is highly recommended that you attend the first session, and ideally all of them.

Cost FREE, however, bookings essential.

My Aged Care Navigator - Free Information Morning

Do you or someone you know need help to understand and navigate the system relevant to home care packages?

Find out more about:

- What services are available and who provides them?
- What you are eligible for and how to apply?
- What will happen next?

A free, confidential service that gives you independent information about home care packages and how to access them.

Friday 19 March

9.30am - 12.30pm

Cost FREE



The Aged Care Navigator Trial is delivered in partnership with COTA Vic and Outlook Community Centre as part of a consortium led by COTA Australia and funded by the Australian Government. For more information go to www.AgedCareNavigators.org.au

FREE Legal Advice

Bookings essential

- Do you have a legal issue that you would like some advice on?
- Not sure which is the best way to proceed?
- Expert advice available from local Lawyers.

FREE 15 minute appointments

Wednesday 17 February, 17 March

5.30pm - 7.00pm

Please contact the Centre to book.

Booking Essential.

FREE Library

The Community Centre has a wonderful collection of books available for your use. We encourage you to drop in and browse. Feel free to borrow or donate books for others to share and enjoy.

9.00am-4.00pm Monday-Friday



Need a venue for your next meeting or training?

Outlook
community centre

Outlook Community Centre has small and medium training rooms available for businesses or community groups. Each room has a kitchenette, audio visual capabilities and white board.

The Centre can also cater to larger groups, allowing greater social distancing, in our Function Hall with separate kitchen or Multipurpose room with kitchenette.

More details of our rooms and facilities can be found on our website:
www.outlookvic.org.au under community centre/venue hire.

Ageing Well Community Connectors wanted

Council and its partners are working together to offer a range of supports and services for our community members requiring social, emotional or practical support as a result of the COVID-19 pandemic. Council is seeking interest from residents to enhance social opportunities for adults aged 55 years and over.

Are you concerned about the impact loneliness has had on you or people you know in Cardinia Shire since COVID-19? If yes, you may like to join us to create a project that will enhance opportunities for seniors to be supported, guided and connected safely in their own local communities.

We are looking for active older residents of Cardinia Shire who;

- are willing to give around 2- 4 hours each week to help deliver this project over the next 12 months
- are aged 55 years and over and have lived in your local community a few years
- are friendly and enjoy helping others
- have basic computer skills (support will be provided to participate in online forums)
- hold a current driver's license,

Before you commit, join us for a project information session, then if you decide to join us, we will look forward to furthering this opportunity with you.

How to register your interest

Email: ageingwell@cardinia.vic.gov.au **Email Subject:** Registrations - Ageing well information session. Briefly drop us a few lines about yourself and why this opportunity interests you including your contact details. Confirmation details will be sent via email. For more information: 1300 787 624. Registrations close: 5pm, Sunday 28 February



Cardinia