

Louis Joel Arts & Community Centre

Term 1 2022

Begins 31 January



Term 1 sees new programs starting and old favourites returning.

The Joel Gallery is once again filling up with a variety of artists. Keep an eye out for some fabulous gallery workshops.

Some of our café culture workshops will be returning in February as is the popular Repair Café. See inside for details.

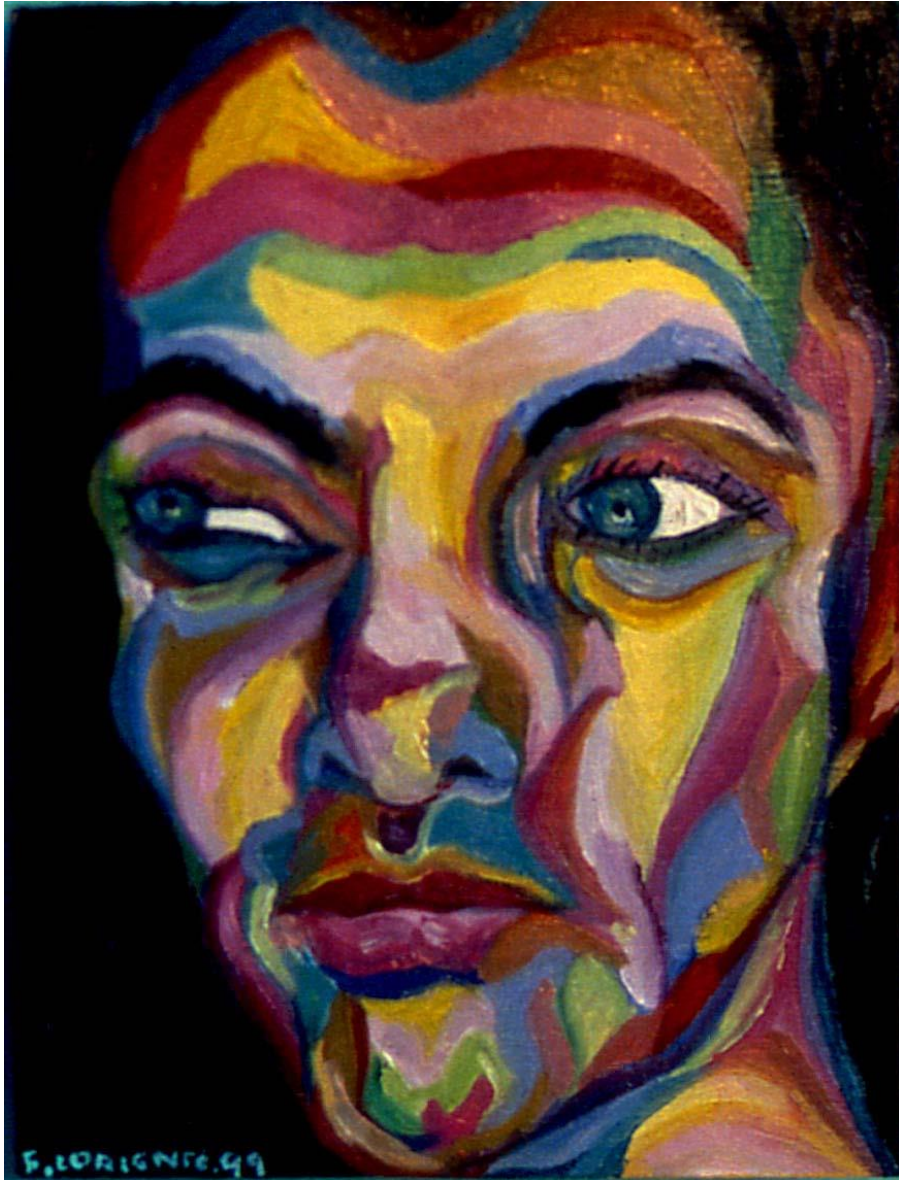
Wellness Friday sessions will run each week. Designed to help you destress and begin your journey into wellness.

To see our programs scan the QR code



5 Sargood Street, Altona 3018

e: admin@ljac.com.au | w: ljac.com.au | p: 9398 2511



Fifty @ Fifty

Frances Lorient

An exhibition of self portraits by local artist Frances Lorient spanning thirty years of arts practice exploring a diversity of mediums to reflect 50 years of life

Saturday 18 December to Thursday 13 January

Joel Gallery Workshops

Plasticine Me

Frances Loriente presents this family friendly workshop where children will create a plasticine portrait of themselves, parent or pet. Learn about animation techniques and how exaggerating features or characteristics can capture a character.

Recommended for children aged 5+. Materials provided.

Cost: \$5 per child

Saturday 8 January at 11am-12.30pm

Bookings required: <https://www.trybooking.com/BWFIQ> or scan QR code



Colour Me In – Card Collage Workshops

Frances Loriente presents this collage workshop that uses recycled materials from everyday packaging.

Suitable for adults who like to experiment with colour and form and don't mind getting hands dirty. Materials provided

Cost: \$5 per person

Tuesday 11 January at 7pm-9pm

Bookings required: <https://www.trybooking.com/BWFIY> or scan QR code



Coming Soon to the Joel Gallery

Call for Artist Registrations



Louis Joel Arts & Community Centre are calling for registrations for a creative challenge to be part of a rainbow installation in the Joel Gallery. Open to all artists and creatives, new, emerging or established who have a connection to Hobsons Bay, Wyndham, Maribyrnong, Brimbank, Melton, or Moonee Valley.

Your creation will feature one of the Pride colours (purple, blue, green, yellow, orange, red). We will provide you with a blank canvas and a challenge colour for you to showcase using any media, material or technique.

Registrations will open 22 November 2021 and close on 19 January 2022.

Entry is free and open to all ages.

For more information contact the Centre on 9398-2511 or email gallery@ljac.com.au

Colours of the Rainbow in a Diverse Community installation will open Saturday 29 January until Thursday 10 February from 11am - 3pm daily.

This event is proudly supported by Hobsons Bay Council.



PAINTING AND DRAWING

*Classes run by members of the Hobsons Bay Art Society. Hobsons Bay Arts Society Inc warmly welcomes new members into the arts community at our home within the Louis Joel Arts & Community Centre. We are proud to have been a part of the community for over 30 years and look forward to further developing a friendly and approachable artists group, open to all ages, abilities and backgrounds. For further details email: hbas@y7mail.com


<p>WATERCOLOUR & ACRYLICS</p> <p>Join Caroline Brett an artist and teacher with 50 years' experience to learn how to paint in watercolour or acrylics. Sought after for private commissions Caroline has been honoured with awards throughout her extensive career</p>	<p>Mondays 10am-12pm</p>	<p>Contact Caroline Brett p: 0439 893 721</p>	<p>Fees Apply</p>
<p>WATERCOLOUR WITH TED DANSEY *</p> <p>Join highly regarded artist Ted Dansey for this watercolour class. Ted has exhibited in numerous solo shows as well as a number of group shows. He is a multi-award-winning artist whose latest wins include Best Watercolour 2017 Hobsons Bay Rotary Art show and ANL Maritime Art award 2017.</p>	<p>Mondays 12.30pm-2.30pm</p>	<p>Contact Ted Dansey p: 0417 322 970 w: ted-dansey.com</p>	<p>\$20 per session</p>
<p>HBAS MONTHLY ACTIVITY NIGHT *</p> <p>The Hobsons Bay Arts Society presents a series of monthly workshops by a guest artist. Workshops are open to all members and visitors looking to learn a new skill or technique. Contact Hobsons Bay Arts Society for more information.</p>	<p>4th Monday of Month 7pm</p>	<p>Contact H.B.A.S. e: hbas@y7mail.com</p>	<p>Visitors \$5 to \$10</p> <p>Members Free</p>
<p>PASTEL, OIL & ACRYLICS WITH BILL KERR *</p> <p>Oil, pastel and acrylic painter Bill Kerr teaches this art class. Bill has been painting most of his life and is a member of the Victorian Artists Society and the Pastel Society of Victoria. Bill has won many awards for his work.</p>	<p>Tuesdays 10am-12pm</p>	<p>Contact Bill Kerr p: 9398 3271</p>	<p>\$15 per session</p>
<p>ON LOCATION SKETCHING WITH NANCY *</p> <p>Nancy Belyea hosts this popular outdoor sketching group that concentrates on capturing the likeness of local people and scenes. The group learns new techniques in an informal setting. Meet at the Louis Joel Arts & Community Centre</p>	<p>Tuesdays 1pm</p>	<p>Contact Nancy Belyea P:0411 350 435</p>	<p>Casual weekly \$5 Per term \$15</p>
<p>LEARN TO DRAW FOR BEGINNERS *</p> <p>Develop your drawing potential through a series of lessons covering the basics of observation, making marks on paper, proportion, simplifying objects, colour, basic composition and more.</p>	<p>Tuesdays 12.30pm-3pm</p>	<p>Contact Hans hans.vanweerd@gmail.com M: 0409417348</p>	<p>10 week term \$250 paid in advance. \$30 per casual session</p>


A material kit is required; contact tutor for more information			
SOCIAL PAINTING GROUP * This friendly group comes together to create in a social setting. Facilitated by local artist Gaye Bolton. w:artmegallery.com.au/artists/seller/profile/gaye boltong	Wednesdays 10am-12pm	Contact Gaye Pereira-Jackson p: 0415 469 225	\$2 per session
DRAWING WITH HANS VAN WEERD* Hans is a contemporary visual artist who draws and paints.	Wednesdays 1pm-3pm	Contact Hans hans.vanweerd@gmail.com M: 0409417348	\$25 per session
ARTFUL DABBLERS * BYO art & craft project to create in a friendly group environment.	Wednesdays 7.15pm-9.15pm	Contact Kirsten p: 0417 056 762	\$2 per session
VISUAL ARTS TOGETHER - NDIS A weekly arts program for NDIS participants.	Thursdays 12.45pm-2.45pm	e:visualartstogether@gmail.com w: studiovincenza.com.au	NDIS charges apply

LANGUAGES

FRENCH FOR FRANCOPHILES – Beginners Level 1 A fun introduction to French in a relaxed environment. Learn to speak everyday French with a small group over a glass of wine. Suitable for absolute beginners.	Thursdays 6.30-8pm	To book scan QR code or go to https://www.trybooking.com/BWAWX	Full \$150 Conc: \$120 
FRENCH FOR FRANCOPHILES – Beginners Level 2 A fun introduction to French in a relaxed environment. Learn to speak everyday French with a small group over a glass of wine.	Tuesdays 6.30pm – 8pm	To book scan QR code or go to https://www.trybooking.com/BWAVN	Full \$150 Conc: \$120 

CRAFT & TEXTILES

LEARN TO SEW Learn how to use your machine in the first lesson and then Maureen from Elle & Stuart will get you started on your first project. Learn further skills by working on your own projects with her support. Class suitable for beginners. BYO machine or book one of ours. A basic sewing kit of needles, pins, scissor, scrap material and cotton will be required	Tuesdays 6pm-8pm	To book follow link or scan QR code: https://www.trybooking.com/BWFWC	\$15 per session 
---	----------------------------	---	---

<p>PATCHWORK CLASSES FOR ALL LEVELS</p> <p>Start your patchwork & quilting adventure with a friendly group of quilters. Gain sewing skills and patchwork techniques. This group is for beginners as well as experienced quilters.</p>	<p>Mondays 10am-12pm</p>	<p>p: 9398 2511 e: admin@ljac.com.au</p>	<p>\$10 per session \$7.5 conc.**</p>
<p>CRAFT ALONG</p> <p>Join Janet for a weekly craft session that will explore a variety of crafts including window decorations, leadlight jewellery, sewing, patchwork, mosaics and jar decorating. Suitable for deaf and hearing impaired people.</p>	<p>Tuesdays 10am-12pm</p>	<p>To book follow link or scan QR code https://www.trybooking.com/BWIPR</p>	<p>\$15 per session</p> 
<p>SIT 'N' SEW</p> <p>Bring your knitting, crochet, hand sewing, cross stitch, embroidery and have a chat with like-minded people.</p>	<p>Tuesdays 12.30pm-3pm</p>	<p>p: 9398 2511 e: admin@ljac.com.au</p>	<p>\$3 per session</p>
<p>MOSAICS</p> <p>Come along and create a mosaic for an outdoor area. Your mosaic journey will start with discovering design principals, learning about mosaic materials, how to cut tiles, how to use adhesives and grout. Mosaic is a therapeutic medium that doesn't require drawing skills or artistic experience.</p>	<p>Saturdays Jan 29 Feb 12, 19, 26 Mar 12, 19, 26 Apr 9 11am-1pm</p>		
<p>SEABREEZE QUILTERS GENERAL MEETINGS</p> <p>General Meetings of the Seabreeze Quilters are a gathering of quilters who range in skills from beginners to award winning art quilters.</p> <p>Meets at Lorraine Bedella Seniors Centre Altona North</p>	<p>3rd Saturday of the month 12pm-2.30pm</p>	<p>Call Kim for more information 0409 382 510</p>	<p>\$3 members \$8 non-members</p>

SEABREEZE QUILTERS WORKSHOPS

This group of quilters hold a monthly workshop where new techniques and skills are highlighted and taught. Everyone is welcome, members and non-members. Email kimreilly58@outlook.com or phone 0409382510.

****Concession available for all holders of a current Health Care, Student, Concession or Disability Card where concession rates are advertised for a particular program. Concessions rates are not applicable for Seniors Cards.**

CREATIVE ARTS

WERKZ THEATRE DRAMA GROUP INC

Stimulate creativity, spontaneity & imagination while building performing skills. Age group: 13-17 years

Saturdays
10am-12pm

Contact Mia
e: dramawerkztheatre@gmail.com

Fees apply

HEALTH & WELLBEING


<p>B.O.B. CLUB (BOYS ONLY BARBECUE)</p> <p>Join the boys and help cook a barbecue lunch with this friendly & inclusive group. All men welcome; no booking necessary.</p>	<p>Fortnightly Mondays 12pm</p>	<p>p: 9398 2511 e: admin@ljac.com.au</p> <p>Starts 17 January</p>	<p>\$5 per session</p>
<p>CREATIVE ART THERAPY FOR ADULTS</p> <p>Art Therapy is a form of counselling that uses creative processes as a form of language; that enables you to express your true experience when words may be difficult to find. No art experience necessary. The healing is in the process, not the finished product. All materials supplied.</p>	<p>Wednesdays 7.15pm-9pm Bookings required</p>	<p>Mairead Ashcroft p: 0401 649 967 e: artoflifewithmairead@gmail.com w: artoflifewithmairead.com</p>	<p>\$20 per session</p>
<p>KINGS OF THE KITCHEN</p> <p>A cooking program for men of all ages where you'll learn, experiment, play, taste and take home what you cook. Our volunteers facilitate this session at the Altona Senior Citizens Centre</p>	<p>Wednesdays 10am – 12pm</p>	<p>Please phone 9398 2511 to book.</p>	<p>\$10 per session</p>
<p>PEER POWERED GAMING – GAMERS GROUP NDIS</p> <p>Come together with other members of the community and enjoy playing video games, board games and card games in a fun, safe and relaxed environment facilitated by a Community Mental Health Peer Practitioner.</p> <p>Our games range from classics to modern and probably some you've never heard of before!</p>	<p>Tuesdays 12.30pm-4pm</p>	<p>If you have an NDIS plan and want to get involved, please contact peerpoweredgaming@gmail.com</p>	


UNIVERSITY OF THE THIRD AGE - U3A Altona Inc.

<p>HISTORY</p>	<p>Thursdays 10.30-12pm</p>	<p>p: 9398 1346 altonau3a@yahoo.com.au</p>	<p>U3A members</p>
<p>ALL THINGS FRENCH</p> <p>This group conducts their conversations in French. Topics for discussion all relate to French language and culture.</p>	<p>Fridays 10.30-12pm</p>	<p>p: 9398 1346 altonau3a@yahoo.com.au</p>	<p>U3A members</p>

U3A provide educational, recreational and social programs by voluntary seniors. Membership required to participate. U3A membership is \$25 annually p: 9398 1346 e: altonau3a@yahoo.com.au w: u3aaltona.org.au

COMMUNITY

<p>ALTONA HOMESTEAD</p> <p>Built in 1842, the homestead in Logan Reserve is opened to visitors by the Altona-Laverton Historical Society.</p>	<p>Scan QR code for further information or go to www.alhs.com.au</p> 
--	---

<p>DEVONSHIRE TEAS</p> <p>The Altona-Laverton Historical Society members and volunteers invite you to drop into the Altona Homestead on the first Sunday of the Month (February to December) to enjoy a serve of our famous Devonshire Tea.</p>	<p>1ST Sunday of the Month 10am-2pm</p>	<p>Bookings Essential First Session 6 March</p> 	
<p>COUNTRY WOMEN'S ASSOCIATION —ALTONA BRANCH</p> <p>CWA Altona Branch is a group of women gathering for personal development, craft and cooking and rallying to support the local community.</p>	<p>1st & 3rd Tuesday of the month</p>	<p>e: CWAAltona@gmail.com</p>	
<p>LIONS CLUB – LEO'S MEETING</p> <p>Leo stands for Leadership, Experience & Opportunity. With the guidance of the Lions Clubs of Altona and Williamstown, the Leos organise events that serve the community and create awareness of local issues.</p>	<p>2nd & 4th Friday of the month</p>	<p>e: Leoclub.hobsonsabay@gmail.com fb: facebook.com/leosclub hobsonsabay</p>	
<p>HOBSONS BAY BOOMERANG BAGS</p> <p>Boomerang Bags works to reduce the use of plastic bags by engaging local communities in the making of Boomerang Bags – community made using recycled materials, Boomerang Bags provide a free, fun, sustainable alternative to plastic bags.</p>	<p>Tuesdays Contact for session times</p>	<p>Call 0409 822 076 hbbbgroup@gmail.com</p>	
<p>LIONS CLUB OF ALTONA – SOUP VAN</p> <p>This service has been operating for 9 years every Sunday evening, and provides soup, sandwiches and a hamper of food to those who are less fortunate. The soup Van attends a park in Laverton and the Honeyhush Caravan Park.</p>	<p>Sunday Evening</p>	<p>To volunteer contact altona.vic@lions.org.au</p>	

EDUCATION

<p>KUMON</p> <p>Kumon is an individual learning method. Students start with the level where they can attain a perfect score by studying on their own. The worksheets have been designed to allow students to figure out how to solve problems on their own.</p>	<p>Monday, Thursdays & Fridays 3pm-7pm</p>	<p>Contact Patience Quist p: 0404 898 765 w: au.kumonglobal.com</p>	<p>Fees apply</p>
--	---	---	-------------------

FITNESS & RECREATION

<p>WESTERN FLICKERS TABLE FOOTBALL</p> <p>Western Flickers Table Football Club is a group of Subbuteo table football fans based in Melbourne's western suburbs. Everyone of all ages, including beginners, are warmly invited to join us for our social gatherings or our more serious competitions!</p> <p>Also referred to as Table Football or Table Soccer, Subbuteo is table-top game based on football. It was invented in England back in 1947. Apart from a few brief breaks in production, it has been available in different forms ever since. Played by thousands of people in clubs and tournaments all over the world, Subbuteo is an exhilarating and exciting sport, and mastering the game requires skill, concentration and a lot of determination.</p>	<p>1st Friday of the month 7pm</p>	<p>http://www.subbuteoaustralia.com/</p> <p>https://www.facebook.com/WesternFlickers</p> <p>wftablesoccer@gmail.com</p>	
<p>**Concessions available for all holders of a current Health Care, Student, Concession or Disability Card where concession rates are advertised for a particular program. Concessions rates are not applicable for Seniors Cards.</p>			

Tai Chi in the Park



Join instructor Siew for a free morning session of Tai Chi in Logan Reserve, followed by a cuppa and a chat at the Centre.

Tai Chi is a gentle form of exercise that has multiple health and wellbeing benefits and is often described as a moving meditation.

This program is supported by Altona, Laverton Community Bank.

Classes are casual | Bookings essential

<https://www.trybooking.com/BWJKY>

ACKNOWLEDGEMENTS

Department of Fairness,
Family & Housing



Neighbourhood Houses



To stay up to date with the latest news join our mailing list by emailing us at admin@ljac.com.au and like us on Facebook.

To see what we have scheduled or to book a place in one of our programs scan the QR code.

Wellness Fridays

Chair Yoga

Gentle chair yoga is a simple way to introduce the benefits of yoga into your life. It's an ideal way to unwind, release stress and begin to relax. A light lunch will be held after the session. This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Sessions can be booked individually.

Friday 4 February	12pm - 1pm (followed by light lunch)
Friday 11 February	12pm - 1pm (followed by light lunch)
Friday 18 February	12pm - 1pm (followed by light lunch)
Friday 25 February	12pm - 1pm (followed by light lunch)
Friday 4 March	12pm - 1pm (followed by light lunch)
Friday 11 March	12pm - 1pm (followed by light lunch)

To book follow link or scan QR code: <https://www.trybooking.com/BVYZM>



Connecting to others, connecting to me

Learn how to make connections with yourself and others by building on self esteem, discovering your passions and learning techniques to engage in conversation.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 18 March 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWIAN>



Making sense in times of uncertainty

Learn about the flight, fight, freeze and fawn reactions and how they affect you. Discover the techniques that will help you too respond rather than react.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 25th March 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWIAIY>



How can a less than perfect world be perfect enough for you?

Discover how to make a less than perfect world perfect enough for you. Find out what perfect really means and learn how to understand internal judgement. You'll learn techniques that will help you build self kindness.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 1st April 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWIBT>



Accessing Happiness Hormones Naturally

Learn what are happiness hormones and where your mind and body can freely find them. Engage with thoughts and behaviours to boost your daily happiness hormone intake.

Friday 8 April 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWIBZ>



Mastering Thought Patterns

Learn how thought patterns work and what you can do to challenge them. Discover the secret to substituting helpful thoughts for unhelpful.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 29 April 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWICC>



Understanding Fear and Anger

Learn about fear responses and what they mean. Discover how to be curious about anger and how to become friends with the teaching nature of emotions.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 6th May 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWICH>



Mindful Living

Learn how to nourish your body and not your anxiety by clearing you space and mind. Discover how to live in the present moment.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 13 May 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWICJ>



Accepting Changes

Discover how prioritising your needs and setting personal goals can help you improve your life by creating gentle, consistent change.

This program is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Friday 20 May 1pm-2pm

To book follow link or scan QR code: <https://www.trybooking.com/BWICM>



Café Culture

Café Crochet

Start your journey from beginner to experienced crocheter while learning foundation skills. This class is suitable for beginners and up levels. Materials will be supplied.

This project is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Every second Friday from 11 February at 10.30am

To book follow link or scan QR code: <https://www.trybooking.com/BWGOF>



Café Author

Café Author will be returning to cafés across Hobsons Bay. Meet up with your favourite author and chat all things writing.

This project is supported by the Hobsons Bay City Council through its Make it Happen Grants Program.

Dates to be announced

Link To Wellness

Improve your health & wellbeing with
a social prescription tailored for you



Link to Wellness can connect you with community groups, service organisations including support organisations, classes and activity groups, volunteer and education opportunities.

Our link worker can support you to:

- Connect with your community
- Improve your mental wellbeing
- Get involved and active
- Be healthy & well
- Explore hobbies and interests
- Link with other service providers.

Link to Wellness is a FREE service for people aged 18 years and older who live, work or spend time in Hobsons Bay.

For more information

Email: community@ljac.com.au

Phone: 0448 808 792

Web: www.ljac.com.au/link-to-wellness

This program is supported by Hobsons Bay City Council.



Walker Close
Community Centre

LOUIS
JOEL
AGES & COMMUNITY





Repair Café Hobsons Bay

Got an item that needs repairing and mending? Bring it along to Repair Café Hobsons Bay. Repairable items include electrical items, clothing, toys, bikes, furniture & crockery.

Saturday 5 February 12pm-2.30pm

Saturday 2 April 12pm-2.30pm

Saturday 7 May 12pm-2.30pm

Saturday 4 June 12pm-2.30pm

If you would like to attend a repair session, please email us at admin@ljac.com.au. A limited number of repair bookings for each session will be available.

Have skills in repairing or interested in learning to repair?

Repair Café Hobsons Bay is looking for **Volunteer Repairers** with skills repairing electrical items, electronics, clothing, toys, bikes, furniture, crockery etc... Keen to learn repair and mending skills? Join us as a **Repair Café Support Volunteer** and be part of the repair movement while learning new skills along the way! Join us for an info session on Thursday 18 February at 7pm.

Louis Joel Arts & Community Centre

5 Sargood St Altona | admin@ljac.com.au | 9398 2511

DRAMA Werkz

Registrations are now open for Dramawerkz in 2022! Call or email us now to book in a FREE trial lesson in our Theatrix or Dramawerkz Youth Theatre programs!

Founded in 2006, Dramawerkz Theatre Inc provides arts experiences, performance opportunities and training for young people aged 5-25.

www.dramawerkz.com

PH: 0413 414 587



OUT
OF OUR
MINDS

Classes based at Louis Joel Arts and Community Centre
(5 Sargood Street, Altona, 3018)

find us on social media: @dramawerkz