2024 AUTUMN PROGRAM

16 March – 28 May 2024



Welcome to Autumn!

Greetings everyone,

One thing is for sure, there is ALWAYS something going on at Louis Joel Arts & Community. We kickstarted 2024 with fabulous exhibitions from the Pulse Collective and our Midsumma workshop participants led by Matto Lucas and "Folks Like Us" launched a program of LGBTIQA+ films to be screened fortnightly at the Centre. Our Poetry group is going from verse to verse, reading, writing and sharing favourites. We have a packed schedule

WE'RE OPEN 7 DAYS A WEEK! This piece of news is one that excites me greatly. How wonderful that people visiting Altona on the weekend can visit the Louis Joel Gallery, take part in activities, pop in for a cuppa and purchase a handcrafted treasure from our gallery shop! It's a win for creatives and a win for community. Thanks to Hobson Bay City Council for supporting us to extend our hours to Sundays as well as Saturdays, 11am – 3pm.

I'd like to officially introduce our newest members of the team, who commenced mid-January. Zoe works on Sundays greeting visitors and looks after the gallery shop and on Mondays she engages with visitors and program participants in real life as well as leading our digital engagement. Please follow, like, share our posts on Facebook and Instagram. Our new look website will be coming shortly!

Hannah works on Tuesdays and Wednesdays, taking care of smooth running of the Centre behind the scenes as well as what happens in the foyer, reception and pretty much all the other rooms. Zoe and Hannah join Danielle, Community & Cultural Development (Wednesday – Friday) and Madeline, Gallery Producer (Friday – Saturday) and me, pretty much most days. Our ongoing partnership with Victoria University means we have scooped the pool in hosting third year social work students undertaking their placement and you will see Alannah most days supporting the team and our programs in multiple ways. A big shout out to our amazing volunteers, particularly the Garden Gurus, who make our front garden stand out from the crowd – if you would like to join in, please let us know or stop and have a chat when you see them in their orange vests out the front. Look out for ways to support our programs via donations and/or your time. Danielle coordinates our volunteers, and there is always have room for more, especially in our edible garden, our monthly Repair Café and fortnightly Boys Own BBQ, putting up flyers and general bits and pieces.

I could speak about each of our programs and upcoming exhibitions here and now, but I want you to flick through our program and see for yourself. You will find opportunities to be creative, connect with others, LAUGH OUT LOUD, sing songs, replenish your mind and body and so much more.

If you have any suggestions for our programming, please be in touch, we would love to hear more of your ideas.

Bring on all those autumn colours.

Karen, Centre Manager





Closet

Saturday 9th March - Friday 5th April Textile exhibition from Connor Ovenden-Shaw In person event: Saturday March 16th

Closet is as simple as it is named, a roving collection of identity explored through our connection to sustainability and the materials we use, touch and dispose of.

Using reclaimed materials, Connor crafts costumes to perform and reside in, choosing clashing patterns, textures and weights to mirror the patchwork of the spaces around them and the lives they cross.





5X7 ART PRIZE 2024

5 x 7 Art Prize

Saturday 6th April - Thursday 25th Ap<mark>ril</mark> Group exhibition curated by Hobsons Bay Art Society.

The 10th annual 5x7 ART PRIZE comprises works in a 5" x 7" format created by artists from Melbourne's Western region and Hobsons Bay schools.

This years' theme is THAT SONG





Image credit: Russell Cassar

Altona Pier Revue Art Prize

Friday 26th April -Thursday 16th May Selected finalists exhibition

This group exhibition is the culmination of the Altona Pier Revue Project, a community arts project celebrating change and transformation of Altona's landmark pier.

Coinciding with heritage month, the Altona Pier Revue Art Prize will showcase the work of local emerging and established artists from Hobsons Bay, Wyndham, Brimbank and Maribyrnong council regions, responding to Altona Pier, its history, its redevelopment, and its future. Artworks selected for this exhibition will be in the running for a number of prizes, sponsored by Sweeney's Estate Agents.

Winners will be announced on opening night on Friday 26th April from 6pm











UPCYCLE YOUR TREASURE TROVE

Threading the past into the present with mementos from the bottom of your drawer.

Give new life to an old treasure and bring your own materials or oddments from the sewing box, which can include ribbons, chord, earrings, necklaces, hair combs, beads, broaches, headbands and special bits and pieces.

Facilitated by Mother of Pearl Wednesday, 3 April 7 – 9pm \$5 | Tickets: <u>https://bit.ly/3ID5psM</u>

ALTONA PIER REVUE ART PRIZE - SUBMISSIONS DUE SUNDAY MARCH 24TH

The Louis Joel Gallery are seeking expressions of interest for a group exhibition of local artists responding to Altona Pier, its history, its redevelopment, and its future. Artworks selected will be in the running for a number of prizes (totalling \$1500), sponsored by Sweeney's Estate Agents.

Prizes include: Old pier prize: \$300 Transformation Phase Prize: \$300 New pier Prize: \$300 Highly Commended: 6 x \$100



Expression of interest is open to local artists from emerging to established, living, working, or studying in Hobsons Bay, Wyndham, Brimbank and Maribyrnong council regions and whose work speaks to the theme The Altona Pier Revue.

Submission Deadline: Sunday March 24th Exhibition Dates: Friday 26th April - Thursday 16th May.

For more info and to apply head to: ljac.com.au/pier-revue



LAUGHING OUT LOUD – It's GREAT for all of us!!

Did you know that sustained laughter can...

- Boost the immune system
- Regulates blood pressure
- Increases oxygen levels
- Reduces depression and anxiety
- Manages pain
- Decreases stress

Laughter Yoga is a fun and effective exercise program that can be adapted for anyone and everyone's wellbeing.

Do you love the feeling you get from a great laugh?

Do you want to contribute something different and unique to the wellbeing of your community?

How about spreading the laughter across Hobsons Bay?

We have TEN spots available in our Laughter Yoga training for volunteers. This training is presented by Laughter Yoga Australia <u>https://laughteryoga-australia.org/</u>

To be eligible you need to be:

- Over 18 years of age
- Interested and willing to be a volunteer yoga laughter facilitator
- Living, working or connected to Hobsons Bay
- Available for two days of training

Sunday 14 April and Sunday 21 April from 9.30am – 4.00pm

Louis Joel Arts & Community, 5 Sargood Street, Altona VIC 3018

Cost \$40 (to cover venue hire and catering)

For more information and application form, contact: admin@ljac.com.au or phone 9398 2511





ART PLAYGROUP ALTONA

A supportive and calm environment, helping you enjoy being creative with your kids knowing you don't have to clean up afterwards! We will be drawing, scribbling and stamping all over blank butchers paper, using special window crayons to draw on the window, and also do some painting. Come and join the fun! Kids aged 1-5 years old

Every Tuesday 10AM-11AM \$20 per child, \$16 for additional child *Activity vouchers available for concession cardholders https://bit.ly/3RyzRrQ

FRIDAYS IN THE GARDEN - ART PLAYGROUP

Altona's art playgroup run by Tegan Farrugia will be in the garden on the last Friday of each month.

This will be relaxed, with multiple things happening at the same time for the kids to pick and choose what they would like to do. Activities will be things like chalk drawing on the ground, window scribbles, painting, practicing using scissors to cut up leaves and flowers, stamping on plain butchers paper, walking around or finding a place to sit with a colouring sheet, and more.

It's a combination of nature play, sensory play, process art, and playgroup. Kids aged 1-5 years old

(Session cancelled if weather doesn't permit)

10am—11am Fri 26 April ; Fri 31 May; Fri 28 June

\$20 per child, \$16 additional child

*Activity vouchers available for concession cardholders

https://bit.ly/3tOdnLQ

PIER POETRY GROUP

An opportunity for people who love poetry (including song lyrics) to come together and share some poems or lyrics outlining why they enjoy a particular piece, how it makes them feel or think and a brief background on the poet or songwriter. There is no requirement for academic or scholarly analysis but rather a more organic response as to why we like a particular poem or lyric, presented in an informal way, that promotes discussion and reflection. Group convener is our Poet-In-Residence, Peter Roberts.

The groups meets ever fortnight from Friday 19 April 2024 at the Louis Joel Arts Centre from 11.00am to 12.30pm. Enrol in the Pier Poetry Group via <u>https://events.humanitix.com/pier-poetry-group</u> or linktr.ee/ljac

FRUIT TREE PRUNING

Get the low down on fruit tree pruning including summer/autumn pruning for established fruit trees and winter pruning for new fruit trees.

Session will cover general pruning, espalier pruning, and pruning the different fruit varieties, including apples and pears, stone fruit and citrus.

We'll also look at establishment pruning of new fruit trees and remedial pruning for older trees that have gotten out of hand.

Bring along gloves, secateurs and sunglasses and get some hands on pruning experience. We'll be in the garden, so also bring a jacket if it's a chilly day!

Saturday 13th April 10am - 12pm

No Charge | Tickets: https://bit.ly/3VipPPk



SEWING 101

Embark on an 8-week sewing journey led by expert instructor Amanda.

Explore the art of stitching with hands-on lessons covering sewing machine skills, overlocking, fabric exploration and crafting chic tote bags and zipper purses. From garment repairs to creating your own t-shirt, this sewing course combines essential skills with creative projects. Unleash your sewing potential with us!

Mondays 6.30pm to 8.30pm

15 April to 3 June (8 weeks)

\$220 or \$180 concession

Cost of materials and tools extra \$50, (not included in the booking).

Tickets: https://bit.ly/3vhgpZu

COMMUNITY YOGA

Join Hannah for a rejuvenating stretch designed to help us relax to the max.

All genders, bodies, abilities and yoga experience welcome!

Tuesdays 6.30pm to 7.30pm Commencing Tuesday 16th April \$12 per class | Book here <u>https://</u> <u>bit.ly/3RL8wnA</u> or pay on the day Activity vouchers available for those on low-income.

Community Yoga — Bring A Friend Offer

Bring along a friend and both receive a half price class. Please note: this is only available when one of the pair is a new participant to the program.

the program.

LJAC ACTIVITY VOUCHERS

Interested in trying out a new class or joining local activities or groups?

We currently have activity vouchers that can be used to cover the costs of joining activities and groups within Hobsons Bay.

We can support you to join groups such as U3A, attend activities here at the Centre or at other neighbourhood houses in Hobsons Bay.

To find out more contact speak to staff at reception ore send us an email at admin@ljac.com.au

This project is supported by Hobsons Bay City Council's Make It Happen Grants program.

AUTUMN TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY
VISUAL ARTS	12:30pm—2:30pm Watercolour & Acrylics 7pm—9pm HBAS Monthly Workshops	10am—12pm Pastel, Oil & Acrylics 1:30pm On Location Sketching 10am—11am Art Playgroup Altona	10am—12pm Social Painting 7:15pm—9:15pm Artful Dabblers 10:15am—12:15pm Visual Art Together NDIS
CRAFT & TEXTILE	6:30pm—8:30pm Sewing 101	12:30pm—3pm Sit 'n' Sew	7pm—9pm Upcycle Your Treasure Trove
PERFORMING ARTS		4:30pm—6pm Theatrix Drama	
WELLBEING & CONNECTION	12pm—1pm Boys Own Barbecue (fortnightly)	1:30pm—3pm Chit Chat Tuesday 6:30pm—7:30pm Community Yoga	10am—12pm Kings of the Kitchen 3pm—4pm Chair Yoga
CULTURE & LEARNING	3:30pm—6:30pm KUMON		
SUSTAINABLE LIVING			

AUTUMN TIMETABLE

THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:45pm —2:45pm Visual Art Together NDIS 7pm —9pm Toned-Paper Drawing Workshops	10am —11am Garden Art Playgroup Altona		
	1:30pm—2:30pm Community Choir— With One Voice	10am—12pm DramaWerkz Theatre Group	
10am & 11.15am Tai Chi 1:30pm—2:30pm Chatty Cafe	10am - 1pm Fridays by the Bay 11:30am—12:30pm Pier Poetry Group	3pm—5pm Folk Like Us— Fortnightly	Laughing Out Loud
3:30pm—6:30pm KUMON	3:30pm—6:30pm KUMON	2pm—4pm Death Café—Monthly	
		12pm—3pm Altona Repair Café — Monthly 10am —12pm Fruit Tree Pruning Workshop	

*ARTFUL DABBLERS

BYO art & craft project to create in a friendly group environment. Wednesdays, 7.15pm—9.15pm. \$5.00 per single visit. Contact Kirsten 0417 056 762

ART PLAYGROUP ALTONA WITH TEGAN

A supportive and calm environment, helping you enjoy being creative with your kids—knowing you don't have to clean up afterwards!

Kids aged 1-5 years old

Every Tuesday 10AM-11AM

PLUS a monthly Garden Art Playgroup session on the last Friday of the month

\$20 per child, \$16 for additional child

*Activity vouchers available for concession cardholders

https://bit.ly/3RyzRrQ

B.O.B. CLUB (BOYS OWN BARBECUE)

Join the boys and help cook a barbecue lunch with this friendly and inclusive group. All men welcome; no booking necessary.

Fortnightly Mondays at 12pm. From Monday 22nd January

\$5 per session. Contact 9398 2511

CHAIR YOGA

Want all the benefits of Yoga but getting up or down from the mat is a challenge then come and try Chair Yoga.

Wednesdays, 3pm to 4pm | \$5 per session

Commencing Wednesday 20 March

No bookings required, just drop in

CHATTY CAFÉ—THURSDAYS

Join us for a relaxing cuppa and chat. No bookings required, just drop in.

Thursdays at 1.30pm—3pm. FREE

CHIT CHAT TUESDAY

A social group for women. Activities, guest speakers and good conversation. Drop in, no need to book.

Tuesdays, 1.30pm—3pm. FREE Contact admin@ljac.com.au

COMMUNITY CHOIR — WITH ONE VOICE —HOBSONS BAY

For people who love to sing and meet other lovely people! No prior experience necessary. We provide lyrics and only occasionally use sheet music (but you don't have to know how to read it).

Friday afternoons 1:30—2:30pm, followed by tea/coffee and a chat.

Fees are by tax deductible donation but come along for free to see if you enjoy it.

For further details contact choir director, Steph Payne via email:

hobsonsbay@withonevoice.org.au or visit https://www.withonevoice.org.au/ hoirs/hobsonsbay/

COMMUNITY YOGA CLASSES

Join Hannah for a rejuvenating stretch designed to help us relax to the max. All genders, bodies, abilities and yoga experience welcome! Tuesdays 6.30pm to 7.30pm Commencing Tuesday 19th March \$12 per class | Book here <u>https://</u> <u>bit.ly/3RL8wnA</u> or pay on the day

DEATH CAFE

Join in a monthly conversation with people who are also interested in talking about death. While death is inevitable, it's often a topic that is avoided or spoken about in hushed tones. The monthly Death Café will be facilitated in a safe and supported setting, however Death Café is NOT a grief support or counselling session.

FREE – donations are appreciated.

Last Saturday of each month 2pm-4pm.

DRAMAWERKZ THEATRE DRAMA GROUP

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

Saturdays 10am—12pm Fees apply.

Contact Mia 0413 414 587 or dramawerkztheatre@gmail.com

EDIBLE GARDEN

Enjoy growing food? Like to meet other's with an interest in edible gardening? Get involved in our edible community garden as a volunteer.

Email culture@ljac.com.au or speak to a staff member at the Centre.

FOLKS LIKE US

LGBTIQ folks get social and creative in a safe and supported space.

Saturdays 3 – 5pm

Next session April 24: Screening of 'This is an Address' and 'Paris is Burning'.

Contact Madeline on gallery@ljac.com.au

FRIDAYS BY THE BAY

Social group, with arts & wellbeing activities at the centre, workshops and guest speakers and monthly outings with a small group. Lunch included. Open to people aged under 65. Funded by Hobsons Bay City Council.

Fortnightly on Fridays 10am—1pm| \$6.50

Contact community@ljac.com.au

FRUIT TREE PRUNING

Get the low down on fruit tree pruning including summer/autumn pruning for established fruit trees and winter pruning for new fruit trees. Session will cover general pruning, espalier pruning, and pruning the different fruit varieties, including apples and pears, stone fruit and citrus.

Saturday 13th April 10am - 12pm

Tickets are FREE and available at: https://bit.ly/3VipPPk

***HBAS MONTHLY ACTIVITY NIGHT**

The Hobsons Bay Arts Society (HBAS) 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.

Fourth Monday of each month at 7pm. Visitors \$5—\$10. Members FREE

Contact hbas@y7mail.com

KINGS OF THE KITCHEN

A cooking program for men of all ages where you'll learn, experiment, play, taste and take home what you cook.

Wednesdays 10am—12pm.

\$10 per session. Bookings: 9398 4511

KUMON

An individual learning method where students start with the level they can attain a perfect score. Worksheets designed to allow students to solve problems on their own. Monday, Thursday, Friday 3pm—7pm

Contact Patience Quist 0404 898 765

***ON LOCATION SKETCHING WITH NANCY**

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.

Cost \$2 casual or \$15 for term Meet at LJAC on Tuesdays, 1.30pm. Contact Nancy 0411 350 435

***PASTEL, OIL & ACRYLICS WITH BILL KERR**

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 and has won many awards.

Tuesdays, 10am—12pm. \$15 per session Contact Bill 9398 3271

PRESERVING THE SUMMER HARVEST

Join Maria from My Green Harvest for this session all about preserving the Summer Harvest. A hands-on session looking at pickles, jams and chutneys - bring along an apron and a pen and notepad! Participants will take home a couple of jars of preserves.

Saturday 23 March, 10am to 1pm Tickets - \$25 (activity vouchers available) https://bit.ly/4aloWdT

REPAIR CAFE

Have household items and treasures in need of repairs? Book in to see clever volunteer 'fixers' and save waste to landfill. Why chuck it when you can fix it?

Saturdays 12pm to 2.30pm

6 April, 4 May & 1 June

Bookings: 9398 4511 or admin@ljac.com.au

SEWING 101

Embark on an 8-week sewing journey led by expert instructor Amanda.

Explore the art of stitching with hands-on lessons covering sewing machine skills, overlocking, fabric exploration and crafting chic tote bags and zipper purses. From garment repairs to creating your own t-shirt, this sewing course combines essential skills with creative projects. Unleash your sewing potential with us!

Mondays 6.30pm to 8.30pm

15 April to 3 June (8 weeks)

\$220 or \$180 concession

Cost of materials and tools extra \$50, (not included in the booking).

Tickets: https://bit.ly/3vhgpZu

SIT 'N' SEW

Bring your knitting, crochet, hand-sewing, cross stitch and have a chat.

Tuesdays, 12.30pm—3pm. No Charge.

***SOCIAL PAINTING GROUP**

This friendly group comes together to create in a social setting. Facilitated by local artist Gaye Pereira-Jackson. Bring your own projects (untutored). Wednesdays, 10am—12pm. \$5 per session. Contact Gaye Pereira-Jackson on 0415 469 225

TAI CHI

Join instructor Siew for a morning session of Tai Chi. Tai Chi is a gentle form of exercise that has multiple health and wellbeing benefits and is often described as a moving meditation.

Thursdays, 10am—11am & 11.15am—12.15pm

17 April to 26 June (9 weeks - note no classes 9 or 16 May)

\$45 Full | \$40 conc. per term.

10am: https://bit.ly/48YcCOt

11.15am: https://bit.ly/4cb7Vns

THEATRIX

Fun-filled learning and drama games galore. Theatrix is perfect for young thespians who strive to see their name in lights. This play-based drama program will explore common acting styles, show structures and performance techniques. Suitable for ages 8–12 yrs.

Tuesdays, 4.30pm—6pm Fees apply

Contact Mia 0413 494 587 dramawerkztheatre@gmail.com

TONED-PAPER DRAWING WORKSHOPS

With illustrator and art teacher, Frantz Kantor. FREE Workshop Thursday February 1st 7PM for a free introduction to the workshops!

Term 1-2024, Thursdays 7-9PM:

Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, 28

Cost for 9 weeks \$144 (paid in class) For a full program outline and to book your place contact hbas@y7mail.com

UPCYCLE YOUR TREASURE TROVE

Threading the past into the present with mementos from the bottom of your drawer.

Give new life to an old treasure and bring your own materials or oddments from the sewing box, which can include ribbons, chord, earrings, necklaces, hair combs, beads, broaches, headbands and special bits and pieces.

Facilitated by Mother of Pearl

Wednesday, 3 April 7 – 9pm

\$5 | Tickets: https://bit.ly/3ID5psM

VISUAL ARTS TOGETHER

A weekly NDIS arts program. NDIS Fees apply.

Wednesdays 10.15am - 12.15 pm Thursdays 12.45pm—2.45pm.

Contact Vincenza visualartstogether@gmail.com

*WATERCOLOUR WITH TED DANSEY

Join highly regarded artist Ted Dansey for this watercolour class. He is a multi-award-winning artist including Best Watercolour 2017 Hobsons Bay Rotary.

Mondays 12.30 pm—2.30pm.

\$20 per session. Contact Ted 0417 322 970 REFUND POLICY

For LJAC workshops and events, refunds are available 14 days prior to the event if requested in writing.

LJAC ACTIVITY VOUCHERS

Interested in trying out a new class or joining local activities or groups? We currently have activity vouchers available that can be used to cover the costs of joining activities and groups within Hobsons Bay.

We can support you to join groups such as U3A, attend activities here at the Centre or at other neighbourhood houses.

To find out more contact speak to staff at reception ore send us an email at admin@ljac.com.au

This project is supported by Hobsons Bay City Council's Make It Happen Grants program.

DONATIONS GRATEFULLY ACCEPTED

Show LJAC your love & support by making a tax deductable donation via our tap & go Quest machine in our foyer Or through online banking:

Hobsons Bay Community Advancement Co-operative Arts & Activities Fund

BSB: 013 456

AC #: 2326 21885

Email your internet banking receipt to <u>admin@ljac.com.au</u> and a tax invoice will be sent to you.

ABOUT LOUIS JOEL ARTS & COMMUNITY

Our purpose is to advance social and public welfare by promoting mental health and preventing social isolation through community arts and creative practices, including visual and performing arts, music, literature and craft, and providing an inclusive physical location where we support and improve the wellbeing of individuals, in the company of others, across Hobsons Bay.

Our operations encompass all aspects of environmental and business sustainability to ensure long-term viability as a community asset and the preservation of the natural environment.

Volunteering

Volunteer Opportunities

Boys Own BBQ

Every Monday fortnight 11AM-1PM join the boys and help cook a barbeque lunch with this friendly group

Repair Café Repairers

First Saturday of each month 12PM-3PM

Garden Gurus

Our Tuesday morning Garden Guru volunteer team are looking for a new addition to their gardening group to assist with the beautifully colourful front garden at the centre

• Edible Garden

Join us for weekly gardening sessions tending to the edibles in our courtyard community garden.

General Volunteers

Assisting our team in the upkeep of the centre, the general volunteer is a superstar allrounder. Tasks could range from cleaning outdoor furniture, displaying the flags in the morning, watering indoor plants, or setting up rooms for workshops.

Talking Books

Every third Friday of the month a group of readers get together for Talking Books, hosted by a book-loving volunteer. As the host, we'd love to hear your ideas on how to revamp the sessions!

Event Volunteers

From sustainability workshops to craft markets, we're looking for an Event Volunteer to assist us with the planning stages of events and/or volunteer on the day of events.

Interested in one (or more) of these roles? To apply, please email culture@ljac.com.au



CONTACT US

Please connect with our team for assistance or more information.Phone9398 2511Emailadmin@ljac.com.auURLwww.ljac.com.auBookingswww.spacetoco.com/host/louis-joel-arts-and-community

Louis Joel Arts & Community Centre Hours: 9am – 5pm Monday – Friday 11am – 3pm Saturday Sunday Opening Hours COMING SOON

ACKNOWLEDGEMENT OF COUNTRY

We respectfully acknowledge the traditional custodians of the lands and waterways where our Centre is located, the Boonwurrung/Bunerong people and pay respect to Elders past and present and to all Aboriginal and Torres Strait Islander peoples. We also recognise the sorrow of the Stolen Generations and for the people who are still finding their way back home and the strength, resilience and pride of First Nations peoples, despite the ongoing impacts of colonisation.

