



CAMDEN HAVEN COMMUNITY COLLEGE

LAURIETON PROGRAM GUIDE

Jan - Apr 2021

Wishing everyone a beautiful New Year!

Welcome to our first round of Lifestyle courses for 2021.
We hope you will find something here to pique your interest!

Due to COVID 19 our courses will again have participant limitations,
so please be quick to enrol and secure your spot.

Waiting lists will be created for anyone who may initially miss out due to smaller class sizes.

Thank you for your understanding around the limitations we have set in place
as a result of NSW Government restrictions.

The college will continue to implement social distancing and hygiene management measures
to ensure the safety of our students and staff while they are on campus or in hired venues.

How to Enrol

Visit our Website

<https://www.chace.org.au>



Give us a call

(02) 6559 6699



**Email our Lifestyle Program
Coordinator**

admin@chace.org.au



CREATIVE ARTS, FOOD & LANGUAGE

COOKING: ASIAN & MIDDLE EASTERN CUISINE – with Tin Hta Nu

Using seasonal Asian vegetables from her organic farm, Tin will demonstrate how to cook and create a medley of delicious Asian and Middle Eastern dishes, demonstrated with a hands-on approach. Included is an entrée, 2 main dishes, 2 side dishes, a snack and 2 desserts. Please bring your own chopping boards, knives, aprons and containers to take home your creations.

LOCATION	DATE	TIME	SESSIONS	\$
Kendall Community Centre	Sun 7 Mar	10am—2pm	1	80

ENGLISH FOR WORK & EVERYDAY PURPOSES – with Margaret Kernahan

Designed for students who have English as a second language, this course aims to improve your understanding and use of *Everyday Australian*. Included will be English language skills in speaking, reading and writing. This course runs for 2 terms (8 weeks each term) and includes an Easter break.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Wed 27 Jan	11am—12pm	Term 1 & Term 2	0

GUITAR – with Charles Doyle

An exciting opportunity to learn and play guitar. You will be a part of a small group learning to play songs in an enjoyable and positive environment. Unleash your inner Guitarist!

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 11 Feb	6pm—7:30pm	4	80

SPANISH FOR BEGINNERS – with Silvia Fernandez

A practical and fun introduction to the Spanish language—or you can use it to build on the basic knowledge you may already have. Ideal for those planning to travel anywhere in the Spanish-speaking world.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Wed 10 Feb	6pm—8pm	6	120

SPANISH FOR BEGINNERS: PART 2— with Silvia Fernandez

Explore the next steps in your Spanish language journey.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Fri 12 Feb	6pm—8pm	6	120

CREATIVE ARTS, FOOD & LANGUAGE

WRITE YOUR STORY – with Margaret Kernahan

Would you like to write your story? It might be a series of short stories about your past, a fiction story you have always wanted to write, or your memoirs. This course is designed to get you started and (perhaps to your surprise) find how interesting your story really is!

Runs for 2 terms, fortnightly, (4 weeks each term) including an Easter break.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Wed 3 Feb	9:30am—10:30am	Term 1 & Term 2	0

HEALTH, SPORT & WELLBEING

BUDDHISM IN EVERYDAY LIFE – with Tin Hta Nu

Learn to apply concepts set up by The Buddha to combat the stresses of everyday life. Examples of how to practice loving kindness and insight meditation to calm the mind and understand oneself will be demonstrated, as well as discussion on the Buddhist approach to dealing with contemporary issues.

LOCATION	DATE	TIME	SESSIONS	\$
Kendall Community Centre	Sat 6 Mar	10am—2pm	1	40

DANCING – with Graham (Joe) Maguire

Learn to Dance! Suitable for both beginners and those with experience, by yourself or with a partner. Dance styles include Rock 'N' Roll, Argentine Tango, Waltz, Cha-Cha, Slow Rhythm and Rumba. (Enclosed hard-soled shoes preferable and bring some water.)

LOCATION	DATE	TIME	SESSIONS	\$
North Haven Hall	Wed 10 Feb	6:30pm—8:30pm	6	100

GOLF – with Luke Garel

Come and enjoy professional tuition at the beautiful Kew Country Club. All equipment supplied. Please wear comfortable shoes and neat attire.

LOCATION	DATE	TIME	SESSIONS	\$
Kew Country Club	Tues 9 Feb	10am—11am	5	90

HEALTH, SPORT & WELLBEING

MENTAL HEALTH FIRST AID— with Bev Moss

This training will teach you practical skills to recognise common mental health problems; provide initial help using a practical evidence-based Action Plan; seek appropriate professional help; and respond to a mental health crisis situation. It is an educational course, not a support or therapy group. MHFA is suitable for businesses, volunteers, organisations, and any member of the community. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Fri 19 Feb	9:30am—1pm	4	0

MY JOURNEY: LIVING WELL WITH THE END IN MIND— with Relle Hart

This series creates time and space for deeper discussion and sharing about life and death. Over two weeks, explore the entwined relationship between life and death, bringing our mortality more fully into our awareness. This workshop will shine a light on what each of us know innately—that holding our mortality in our awareness everyday can support us to live with 'intention and attention' to what's really important.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 9 Feb	10am—1pm	2	50

MY JOURNEY: ACTIVELY PLANNING AHEAD— with Relle Hart

Advance Care Planning with a difference, it's much more than paperwork, this is planning from a holistic space! You will explore the very human side of Advance Care Planning. With a reflective framework, be supported to uncover what it is that you will need and want if you are not able to speak for yourself in a medical emergency, serious illness, or at your end-of-life. This workshop can also support you to review existing planning from a new and deeper perspective.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 23 Feb	10am—1pm	2	50

MY JOURNEY: DEATH & FUNERALS— with Relle Hart

Over two weeks we will take a deeper look at holistic death-care and funeral options, how you can really honour a life well lived by having more involvement in the funeral process. We will also explore what you can put in place now to give you and your family peace of mind.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 9 Mar	10am—1pm	2	50

SPECIAL INTERESTS

BUILDING CONTRACTS— with Alan Taylor

Suitable for first and second home buyers, renovators, builders, developers and sub-trades. Participants will learn how to understand and integrate some key components such as: different uses of contracts, components, litigation and associated costs, negotiation, strategy, strength (accuracy), communication skills and much more. Please bring pencil and paper. (5 CPD Points available upon task completion.)

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 18 & Fri 19 Feb	4pm—6pm	2	60

PROJECT MANAGEMENT — with Alan Taylor

The process is a surprise, but once you have it, it works for all types of projects—whether making a cake, organising a rock concert or building a bridge. Lots of examples of anecdotes to explain the journey. Suitable for builders, tradies O/B developers, and suppliers. (5 CPD Points available upon task completion.)

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 25 & Fri 26 Feb	4pm—6pm	2	60

GRANNY FLATS FOR DUMMIES — with Alan Taylor

Thinking of building an extension, new build or granny flat? Let's walk through the process, clearly and simply, from concept, plans approval, construction and handover. De-mystify the journey so you can concentrate on what you are interested in, not what intimidates you. Suitable for builders, tradies O/B developers, and suppliers. (5 CPD Points available upon task completion.)

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 4 & Fri 5 Mar	4pm—6pm	2	60

GENEALOGY FOR BEGINNERS — with Trudy Hardy

Navigate your way through resources and avenues online to piece together a historical record of your family. You will begin by looking at yourself and then working backwards, through the generations in your family.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Wed 17 Feb	6pm—8pm	6	120

SPECIAL INTERESTS

TRAVELLING BY CAR: AUSTRALIA OR THE WORLD! – with Alan Taylor

How would you like to go on a 4WD trip like few before you? We'll cover things such as how to travel and camp safely, what (and what not) to bring, avoid paying camp fees, gravel road and bush toilet etiquette, basic star navigation and fundamental 4WD use.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 11 Feb	3pm—6pm	1	60

TECHNOLOGY

COMPUTING BASICS— with Rob Martin

Are you changing jobs, thinking of going back to study or simply feeling you want to improve your skills? This course may give you the foundation and confidence to explore new paths. We will cover using Windows, word-processing, spreadsheets, keyboarding and typing and general problem solving. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 4 Feb	9:30am—11:30am	3	0

COMPUTING BASICS: PART 2— with Rob Martin

Building on the Computing Basics course, you will expand your skill base with Windows 10 and MS Office programs. We will cover downloading apps and transferring files to and from other devices. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 4 Mar	9:30am—11:30am	3	0

DSLR PHOTOGRAPHY INTRODUCTION – with Peter Green

Turn your dial off Auto and get to know your DSLR camera to unleash its full potential. This course will cover using manual camera settings, composition and additional gear that will start you off on your photography journey. Please bring your DSLR, a notepad and pen.

Note: The second session will be a 3 hour local walk to practice photo taking, 8am-11am. This training is subsidised by the NSW Government.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Mon 1 Feb	9:00am—3:00pm	3	0

TECHNOLOGY

EMAIL FOR PHONES AND TABLETS – with Rob Martin

Learn how to set up the email app on your phone or tablet, how to send and receive messages, deal with attachments and delete unwanted messages. You will need your email address and password.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 23 Feb	12:30pm—2:30pm	2	60

IPHONES: BASICS & MORE – with Rob Martin

Calls, texts, video calls, settings and security—let's explore the basics of your iPhone and some of the handy apps that come preinstalled with it. Ask questions and learn new tricks. These sessions will give you the confidence to enjoy using your phone.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 9 Mar	12:30pm—2:30pm	2	60

PHONES: ANDROID: BASICS & MORE – with Rob Martin

Run through the basics of using your phone—managing contacts, deleting messages, using preinstalled apps and how to download new ones. Explore settings such as online backup and storage and how to hotspot. Become confident and enjoy using your phone!

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 9 Mar	9:30am—11:30am	2	60

TABLETS: ANDROID –with Rob Martin

From novice to competent user. Gain both confidence and skills as we cover the basics of your tablet and how to use many of the preinstalled apps, as well as learning how to download new apps. Beginners welcome!

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 4 Mar	12:30pm—2:30pm	3	80

TABLETS: IPAD – with Rob Martin

From novice to competent user. This course will cover the introductory basics of your Apple iPad and explore common apps preinstalled on the device, how to install new apps, updates and back ups, security and more! Beginners welcome.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 4 Feb	12:30pm—2:30pm	3	80

TECHNOLOGY

WINDOWS 10 – with Rob Martin

Learn the basics of navigating this system and how to create, save and transfer your files. This course demonstrates how to use many of the Windows 10 new features including security, mail, Cortana and Edge. Beginners most welcome!

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Thurs 18 Mar	9:30am—11:30am	2	60

ONE-TO-ONE TRAINING – with Rob Martin

Arrange a one-hour session to address your particular areas of need — computers, phones tablets etc.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Subject to trainer's availability. Phone or email the college to negotiate.		1	60



Tech Savvy Seniors
A NSW Government initiative
in partnership with Telstra

FREE!

 

An initiative by the NSW Ageing Strategy, the following courses are offered **AT NO COST** to Seniors aged 60 years and over.

INTRO TO THE INTERNET: PART 1 – with Rob Martin

BYO Laptop device if possible.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 23 Feb	9:30am—11:30am	1	0

INTRO TO THE INTERNET: PART 2 – with Rob Martin

BYO Laptop device if possible.

LOCATION	DATE	TIME	SESSIONS	\$
Camden Haven Community College	Tues 2 Mar	9:30am—11:30am	1	0