

# CAMDEN HAVEN COMMUNITY COLLEGE

Inform yourself, transform your life!



“ We both thoroughly enjoyed the course run by Pete! He provided the right balance of theory and practical skills which meant everyone readily engaged! Will definitely return to future courses to develop our skills further ”

– Sue and Andrew Callander

**Program Guide**

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Jul – Sep 2021

Camden Haven Community College acknowledges and pays our respect to the Biripi people, the Traditional Custodians of the land on which we are based. We pay our respect to their Elders, past, present and emerging and acknowledge all Aboriginal and Torres Strait Islanders based on or visiting Biripi Country.

## *Welcome!*

We love to encourage members of the community to develop a passion for lifelong learning, providing a variety of opportunities for people to grow and expand their knowledge and abilities, in many different aspects.

We trust that you will find something of interest to you! Our new website has recently had another makeover, and is now a lovely stress free way of enrolling into and browsing courses. You can check it out here: [www.chace.org.au](http://www.chace.org.au)

## *On the Front Cover*

Photographed on the front are 2 students, Sue and Andrew Callander, who recently completed our DSLR Photography course with Peter Green. The photo is courtesy of Peter, who loves to snap his students in action!

## *How to Enrol*



Visit [www.chace.org.au](http://www.chace.org.au)



Call (02) 6559 6699



Email [admin@chace.org.au](mailto:admin@chace.org.au)



In person at 16-18 Laurie Street, Laurieton

## *Message from our Manager*

We would love to be part of your learning, whether vocational, general, instructive, fun, social, health-enhancing, because you need to, or just because ....

It's official! Staying engaged through social interaction, learning and challenging your brain will help us to age well. The Age Well Project: Easy Ways To A Longer, Healthier, Happier Life, by Annabel Streets and Susan Saunders, published by Hachette Australia 2019 concludes 'Most studies of long-term health have found social interaction and continued mental engagement to be a key predictor of how well we age.' The very healthy '... have active, engaged lives involving plenty of stimulating social relationships, and brains continuously challenged by reading, travel, hobbies and learning.'

Would you like to 'Age Well'? I hope our program offers something inviting.

You are always welcome at our friendly learning places. We are thrilled to have programs in both the Laurieton and Taree areas.



*Joneen Troup*



## COOKING: ASIAN & MIDDLE EASTERN CUISINE — with Tin Hta Nu

Using seasonal Asian vegetables from her organic farm, Tin will work with you to cook and create a medley of delicious Asian and Middle Eastern dishes. Included is an entrée, 2 main dishes, 2 side dishes, a snack and 2 desserts. Please bring your own chopping boards, knives, apron and at least 6 containers to take home your creations.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Kendall Community Centre	Sun 25 Jul	10am—2pm	1	80

## 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!



Pictured are some of our students, who took the first step on their Guitar journey in term 2! Left to right is Yasmin Newell, Wayne Bowen, John Oxborough, Jon Holmes and Diane Compton.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Thurs 5 Aug	6pm—7:30pm	4	80

## THE WANDERING BRUSH — with Karina Lindsay

This workshop is a great way to dive deeply into the intuitive art process. We will play with some fun artistic approaches and learn some cool art techniques in an intentional and expressive way. You will create a unique and rewarding piece of art work and a hand-made work book to take home. Note this course will be held on 21st & 28th of August and 11th & 18th September. The 4 sessions will include a light afternoon tea and art supplies!



LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Catholic Church Hall	Sat 21 Aug	1pm-3:30pm	4	130

## WRITE YOUR STORY

Would you like to write your story? It might be a series of short stories about your past, a fictional 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 at 8 consecutive weeks per term.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Tues 13 Jul	9:30am-10:30am	Term 3 & 4	0

## CULTURE & LANGUAGE

### ENGLISH FOR WORK & EVERYDAY PURPOSES

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. Classes run over 2 terms at 8 weeks per term.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Tues 13 Jul	11am-12pm	Term 3 & 4	0

### SPANISH FOR BEGINNERS: PART 3 – with Silvia Fernandez

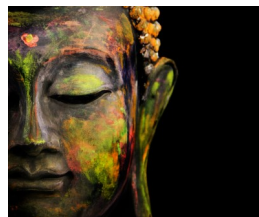
Dive deeper into your Spanish language journey.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Wed 21 Jul	6pm—8pm	6	120

## 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, tranquil and insight meditation will be demonstrated to understand oneself and live peacefully. Toward the end of this session, a casual discussion of how to deal with contemporary issues in a Buddhist way will be had over a light vegetarian/vegan lunch.



LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Kendall Community Centre	Sat 24 Jul	10am—2pm	1	45

### 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	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Kendall Community Centre	Wed 28 Jul	7:15—9:15pm	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	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Kew Country Club	Tues 3 Aug	10am—11am	5	90

## HEALTH, SPORT & WELLBEING

### HAND REFLEXOLOGY WORKSHOP – with Ross Ricketts



Learn the practice of Hand Reflexology. Hand Reflexology is a treatment that uses thumb and finger techniques on reflex zones that rebalance, relax and improve the function of the mind and body. This 3 hour course will teach you these techniques and more - explaining the theory behind the practice and all you need to know to perform a beneficial treatment on yourself or others.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Sat 31 Jul	9:30am—12:30pm	1	35

### 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	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 30 Jul	9:30am—1pm	4	0

### MINDFULNESS BASED STILLNESS MEDITATION— with Christine Convery

Learn to practice Mindfulness Meditation, both formally and informally throughout your life, for better health and wellbeing. We begin with the Relaxation Response and move through various Mindfulness Meditation practices that lead to balance in mind and body. Come to understand the mind, how it works, and how we can use it more effectively and creatively in a way that is personally satisfying and helpful to others.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Kendall Community Centre	Wed 14 Jul	11am—1pm	6	95

### YOGA FLOW: BACK CARE & BALANCE— with Karina Lindsay

Over 80% of us experience back pain at some point in our lives and recent scientific studies have found that gentle yoga is highly effective for easing back pain, reducing stress, and boosting your wellbeing.

Yoga is for “every” body and the soft flowing nature of this form helps to realign the spine, followed by a soothing relaxation/meditation at the end of class. It is a perfect way to balance your mind, body and soul.



LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Catholic Church Hall	Thurs 5 Aug	9:30am—11am	6	80

## SPECIAL INTERESTS

### BIRD WATCHING – self directed

Join our self-directed group, see great local scenery and beautiful native birds. Please bring morning tea and a packed lunch. The group meets every second Thursday of each month, 8.15am at School of Arts car park. Transport for field trips shared. Cost is \$2.50 per year.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Laurieton, School of Arts Car Park	See above	From 8:15am	See above	2.50

### GENEALOGY FOR BEGINNERS – with Trudy Hardy

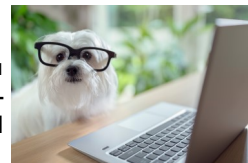
Navigate your way through resources and avenues online to piece together a historical record of your family. You will begin by looking at yourself and then working backwards, through the generations in your family.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Wed 21 Jul	6pm—8pm	4	80

## TECHNOLOGY

### COMPUTING BASICS – with Robyn Martin

Changing jobs, thinking of going back to study or simply feeling you want to improve your skills? We will cover using Windows, word-processing, spreadsheets, keyboarding and typing and general problem solving. This training is subsidised by the NSW Government.



LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 6 Aug	9am—11:30am	3	0

### COMPUTING BASICS: PART 2 – with Robyn 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	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 17 Sep	9am—11:30am	3	0

### 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. This training is subsidised by the NSW Government.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 20 Aug	12:15pm—2:45pm	3	0



## TECHNOLOGY

### 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	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Sat 7 Aug	9am-3pm	3	0

### GMAIL FOR ALL DEVICES – with Robyn Martin

Gmail is one of the most used email apps. In this class we will cover sending, receiving and deleting email, sorting and labelling messages, and how to send and download attachments. Learn how to log in to your email using your browser. You will need to bring your Gmail password and/or the device you use to check your messages.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 3 Sep	9am—11:30am	1	30

### ONE-TO-ONE TRAINING – with Robyn Martin

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

LOCATION	DATE & TIME	\$
Camden Haven Community College	Phone or email the college to negotiate date & time.	60

### PC USERS GROUP – self directed

Share your skills, knowledge and frustrations with this experienced and self-directed group. Internet access provided. BYO laptop. Cost is \$5 per week.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Every Friday	9:30am—12:30pm	School term	5

### POWERPOINT – with Robyn Martin

Learn how to present memories of special places or people in a visually stunning slideshow. We will cover adding images and text to different layouts. Use a little panache when adding designs, transitions and animations. Bring your own pictures (and a thumb drive) if you wish to start on your own project, or learn how to access pictures from the internet and simply explore the joys of PowerPoint.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 24 Sep	12:15pm—2:45pm	1	30

## TECHNOLOGY

### PHOTOGRAPH EDITING – with Peter Green

Learn how to really make your photos pop and correct those in-camera exposure errors. Covering many aspects of editing and touching on merging and blending images such as panorama creation and multiple exposures. Requires computer literacy and a laptop with relevant software. See <https://www.chace.org.au/photograph-editing> for more info.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Mon 16 Aug	9am—12pm	1	35

### TABLETS – with Robyn Martin

From novice to competent user. Gain both confidence and skills as we cover the basics of your tablet. Beginners welcome.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 1 Oct	12:15pm—2:45pm	1	30

### TABLETS: IPAD – with Robyn Martin

From novice to competent user. This course will cover the introductory basics of your Apple iPad. Beginners welcome.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Camden Haven Community College	Fri 17 Sep	12:15pm—2:45pm	1	30

## TECH SAVVY SENIORS

Tech Savvy Seniors is a NSW Government initiative in partnership with Telstra for seniors aged 60 and above or Aboriginal or Torres Strait Islander seniors aged 50 years and above. As a result of this initiative the following courses are offered to eligible participants at no cost.



COURSE NAME	LOCATION	DATE	TIME	\$
<b>Introduction to Android Phones</b> BYO device.	Camden Haven Community College	Fri 6 Aug	12:15pm—2:45pm	0
<b>Introduction to iPhones</b> BYO device.		Fri 13 Aug	12:15pm—2:45pm	0
<b>Introduction to the Internet</b> BYO tablet or laptop if possible.		Fri 27 Aug	9am—11:30am	0