

# TERM 4 PROGRAM

SEPTEMBER - DECEMBER 2022



Cockatoo  
Community  
House

supported by **TaskForce**  
Where hope finds help.



# DANCE (ADULTS)

## Ballroom Dance

*With Meagan Volta*

Ever wanted to learn the classic ballroom dances such as the waltz, quickstep, tango or foxtrot? Or how about some more modern dances like the Charmagne, Merrylin or Tango Terrific? Come along and see what it is all about. All levels of dancers catered for.

*Wednesdays 6:00 - 6:30 PM*

*Cost: \$110 for 11 week term , \$15 casual*

## Burlesque

*With Meagan Volta*

In the Burlesque class you will learn playful poses, shimmies and shakes, hip and chest isolations, undulations, glove peeling and Burlesque struts. While learning technique and moves you will be guided through a choreographed group routine giving you the tools needed to develop body awareness and confidence, along with a cheeky and seductive burlesque attitude! Wear something you're comfortable in.

*Wednesdays 8:00 - 8:45 PM*

*Cost: \$145 for 11 week term, \$18 casual*

## Dance Fit

*With Meagan Volta*

A fun, energetic class that will get the heart pumping and leave you full of laughs. A modern take on cha cha, samba, jive, salsa, mambo, merengue and swing. All levels welcome, just be ready to have fun! Wear something comfortable and easy to move in.

*Wednesdays 7:00 - 7:45 PM or Thursdays 12:00 - 12:45 PM*

*Cost: \$145 for 11 week term , \$18 casual*

## Latin

*With Meagan Volta*

Learn dances such as the cha cha, rumba, salsa and more! If you've seen these dances and always wanted to learn, or if you've danced them before, come along. All levels of dancers catered for.

*Wednesdays 6:30 - 7:00 PM*

*Cost: \$110 for 11 week term , \$15 casual*

## **DANCE (CHILDREN)**

### **Tiny Groovers (18 months +)**

*With Meagan Volta*

The focus here is fun, fun, fun – for both grown-up and child. Create long lasting memories and enjoy the bonding your weekly lesson gives. There will be different themed lessons and lots of props.

*Wednesdays 9:50 - 10:20 AM*

*Cost: \$110 for 11 week term, \$15 casual*

### **Ballet (2-5 years)**

*With Meagan Volta*

Set to engaging music, the gentle exercises teach the beginnings of ballet technique in a creative and fun environment. The class helps develop students' physical skills, stamina, creativity, expression and musicality, using a range of musical styles. Students will develop good dance posture through stretching and strengthening exercises, while improving listening skills and the ability to follow instructions. Improved coordination and teamwork will be cultivated as students learn a variety of dance steps and challenging dance patterns. Dancewear preferred but something comfortable and easy to move in is fine. Runners or jazz/ballet shoes required.

*Wednesdays 10:30 - 11:00 AM*

*Cost: \$110 for 10 week term, \$15 casual*

### **ACRO (2-5 years and all ages classes)**

*With Meagan Volta and Sarah Hogan*

Learn a style of dance that combines classical dance techniques with precision acrobatic elements – think Cirque du Soleil! We will focus on a different skill each week, such as rolls, cartwheels, handstands etc, all while focusing on safety and building on what has been learned in previous classes. Dancewear preferred but something comfortable and easy to move in is fine. Runners or jazz/ballet shoes are also required.

*2-5 years: Wednesdays 11:10 - 11:40 AM, Thursdays 11:30 AM - 12:00 PM, or Fridays 2:30 - 3:00 PM.*

*Cost: \$110 for 11 week term, \$15 casual*

*All ages Saturdays 9:35 - 10:20 AM*

*Cost: \$145 for 11 week term, \$18 casual*

## **Ballet and Tap (3-5 years)**

*With Sarah Hogan*

Little dancers will learn some more advanced skills in ballet, along with the basics of tap dancing in a fun and exciting way. Tap shoes recommended but not compulsory to start with. Dancewear preferred but something comfortable and easy to move in is fine.

*Saturdays 9:00 - 9:30 AM*

*Cost: \$110 for 11 week term, \$15 casual*

## **Dance Magic (3-5 years)**

*With Sarah Hogan*

Build self-confidence and self-esteem in young children and actively foster a love of dance. The class focuses on basic skills such as listening, motor and expressive skills and will also introduce basic steps to dances such as ballet, hip hop and jazz- all in a fun way. Parents are required to stay and can join in as much or as little as they like.

*Fridays 2:00 - 2:30 PM*

*Cost: \$100 for 11 week term, \$15 casual*

## **Dance club (3- 7)**

*With Sarah Hogan*

Learn different dance styles each week such as ballet, hip hop, jazz, tap and latin in a fun and relaxed way. Combine the moves learnt each week into a mini routine. The class finishes with a dance game each week.

*Fridays 1:00 - 1:45 PM*

*\$145 for 11 week term, \$18 casual*

# WELLBEING

## Sing and Grow Music Therapy for Families

This 8-week group music therapy program will improve your ability to:

- Learn how to use music in different ways to support your child
- Connect with other parents and carers
- Share your experience of parenting and be supported through parenting challenges

The program facilitates hands-on music activities. Sarah the music therapist will use familiar and original songs to create a focused time for fun and interactions within families. The benefits of the program include:

- Improves the quality of parent-child interactions
- Builds parent confidence and knowledge
- Enhances social connectedness
- Improves child development outcomes

Sing & Grow music therapy program also assists children to practise:

- Sustaining their attention
- Managing their emotions
- Following instructions and routines
- Making decisions
- Language and communication skills
- Social Skills
- Gross and fine motor skills
- Literacy and numeracy

*Day and time to be confirmed*

### **FREE PROGRAM**

## Foundations of Yoga: Discovering a pathway to functional movement

*With Kerry McGregor*

When we start by creating a new relationship with our bodies, we open the door to a deeper understanding of ourselves. This class is suitable for beginners as well as those who may have had a long-term yoga practice and are curious about finding new ways forward. We will explore fundamental concepts of movement, get to know what “core” means for us and create new neural pathways for movement that enhance our day to day lives. Along the way, we will discover how curiosity, rather than judgement, is the most powerful tool we can employ to create change. Flexibility and coordination are not prerequisites for this class, they are enjoyable side effects of regular participation!

*Tuesdays 2:00 - 3:00 PM*

*Cost: \$160 for a 10 week term, \$20 casual*

**Bookings required for all programs. Go to [taskforce.org.au/cchprograms](http://taskforce.org.au/cchprograms)**

## **Restorative Yoga: Repairing our fried nervous systems and finding deep peace**

*With Kerry McGregor*

The last few years have been almost universally stressful. Our poor nervous systems have been under attack as we navigate the constantly changing and challenging circumstances of Covid. The impact on our bodies and minds is not unlike that of driving a car with one foot on both brake and accelerator simultaneously! You may be experiencing brain fog, mental health challenges, weight gain, exhaustion and difficulty in returning to “normal” social interaction. This class is designed to help repair the damage. We will learn how to tap into our “parasympathetic” mode - often referred to as “rest and digest”. Poses are fully supported with bolsters and blankets and we connect to the breath and find deep relaxation. You can wear your PJs if you want and then roll home to bed at the end of it! Regular participation, as we restore balance to our nervous systems, will improve our patience, reactivity, sleep, digestion and happiness.

*Thursdays 7:30 - 8:45 PM*

*Cost: \$160 for a 10 week term, \$20 casual*

## **Mini and Me Movement**

*With Kerry McGregor*

A parent and toddler yoga based class. Using playful exploration of movement, breath and basic child friendly meditation, we'll create a space for both parent and child to learn to recognise and meet the needs of their bodies and minds and to establish the beginning of a lifelong practice of healthy movement. Wear comfortable loose layered clothing and bring water and your curiosity.

*Fridays 9:30 - 10:15 AM*

*Cost: \$160 for 10 week term, \$20 casual*

## **Hi/Low Intensity Exercise**

*With Sandra Brindley*

This class is for those who want to increase cardio fitness and muscle strength, aerobic dance with impact options, strength training using weights, theraband and floor work. Lower impact options offered to get the most out of your workout as you gradually increase the intensity. Comfortable clothing, runners, a mat, drink bottle and towel required.

*Mondays and Wednesdays 4:30 - 5:30 PM*

*Cost: \$15*

# CREATIVE ARTS

## Introduction to Art

*With Jess Measor*

Develop essential knowledge and basic art skills to create an art portfolio in a supportive and collaborative environment. This pre-accredited course runs for 20 weeks over two terms with a focus on drawing, paint, pastels and mixed media. This course is targeted at those looking for employment in the arts industry, or to further develop their skills as an artist. Students can also use their portfolios to access further training e.g. Certificate II in Visual Arts. Students must go through an enrolment process prior to attending.

*Mondays and Wednesdays 10:00 AM - 1:00 PM*

**FREE PROGRAM**

## Creative Kindness Cards

*With Jess Measor*

You will be guided to create affirmation cards that send a positive message to those who receive them, while developing your art making and creative writing. Engage with basic techniques in a variety of artistic mediums and build pathways to further study and/or employment.

This 10 week pre-accredited course is a dialogue between the art program and community members at Cockatoo Community House. Artists create kindness cards, and visitors can take a card and keep it, give it to someone else or leave it somewhere in the community as a random act of kindness.

*Mondays and Wednesdays 1:30 - 3:30 PM*

**FREE PROGRAM**

## Children's art classes (5 - 12 years)

### TAKING EXPRESSIONS OF INTEREST

A supportive space held by Jess Measor for primary school students to explore different art styles and mediums. During term students will have the opportunity to express themselves and work with a wide variety of skills, techniques and art mediums, including painting with watercolour and acrylics, drawing, sculpture, and textiles. Students have the opportunity to work on individual or collaborative projects. All materials included in the fees.

*Day to be confirmed*

*Cost: \$120 for 9 week term, \$15 casual*

## Sing for fun with the Lyrebirds Community Choir

All welcome to join in! Listeners also welcome. For more info go to [facebook.com/TheLyrebirdsCommunityChoir](https://facebook.com/TheLyrebirdsCommunityChoir) or email [thelyrebirdschoir@gmail.com](mailto:thelyrebirdschoir@gmail.com)

Please note: The choir meets at St Luke's Anglican Church, 1 McBride St Cockatoo

*Mondays 7:15 - 9:00 PM with a break for a cuppa and a chat*

*Cost: \$10 or \$5 concession. First night free*

**Bookings required for all programs. Go to [taskforce.org.au/cchprograms](https://taskforce.org.au/cchprograms)**

# **DROP IN**

## **Craft group**

Bring along whatever you're working on and enjoy a chat and a cuppa while you make.

*Tuesdays 10:30 AM - 1:00 PM*

**FREE PROGRAM**

## **Cuppa and a chat**

Pop in to the House for a coffee and a chat.

*Mondays 10:30 AM - 12:00 PM or Thursdays 2:00 - 3:30 PM*

**FREE PROGRAM**

## **Knit a Bit, Stitch a Bit**

Would you like to sit and sew, knit or crochet? Do you have a skill to share or want some help with a project? Then join in on the second Saturday of each month.

*Second Saturday of each month, 10:30 AM - 4:00 PM*

**FREE PROGRAM**

## **Internet, computer and printer access**

Drop in for free wifi or use of our computers. We can also help you out with printing at inexpensive rates.

*Monday – Friday. Please call ahead.*



# SCHEDULE

## Monday

10:00 AM - 1:00 PM	Introduction to Art
10:30 AM - 12:00 PM	Cuppa and a chat
1:30 - 3:30 PM	Creative Kindness Cards
4:30 - 5:30 PM	Hi/Low Intensity Exercise
7:15 - 9:00 PM	Sing for fun with the Lyrebirds Community Choir

## Tuesday

10:30 AM - 1:00 PM	Craft group
2:00 - 3:00 PM	Foundations of Yoga
7:30 - 8:15 PM	Contemporary Dance

## Wednesday

9:50 - 10:20 AM	Tiny Groovers (18 months +)
10:00 AM - 1:00 PM	Introduction to Art
10:30 - 11:00 AM	Ballet (2-5 years)
11:10 - 11:40 AM	ACRO (2-5 years)
1:30 - 3:30 PM	Creative Kindness Cards
4:30 - 5:30 PM	Hi/Low Intensity Exercise
6:00 - 6:30 PM	Ballroom Dance
6:30 - 7:00 PM	Latin Dance
7:00 - 7:45 PM	Dance Fit
8:00 - 8:45 PM	Burlesque

## Thursday

11:30 AM - 12:00 PM	ACRO (2-5 years)
12:00 - 12:45 PM	Dance Fit
2:00 - 3:30 PM	Cuppa and a chat
7:30 - 8:45 PM	Restorative Yoga

## Friday

9:30 - 10:15 AM	Mini and Me Movement
1:00 - 1:45 PM	Dance Club (3-7 years)
2:00 - 2:30 PM	Dance Magic (3-5 years)
2:30 - 3:00 PM	ACRO (2-5 years)

## Saturday

9:00 - 9:30 AM	Ballet and Tap (4 - 5 years)
9:35 - 10:20 AM	ACRO (all ages)
10:30 AM - 4:00 PM	Knit a Bit, Stitch a Bit (second Saturday each month)

# RESILIENT STREETS

How do you connect with your neighbour? Share your story to inspire others. Research shows connected individuals and communities are more resilient in times of crises.

One way to make our communities more resilient is by strengthening the connections and relationships between neighbours on a street. On a resilient street, people who live close to each other often have more social events, share tools and skills, support each other during emergencies, and much more! It all starts with neighbours simply connecting and getting to know each other.

We are interested in hearing your stories of connection with your neighbours and how you have built a resilient street. These stories might also include the ways in which your street came together to support each other after an emergency.

“I struggle with health challenges to do my own gardening, so it was really heartening for me to see the offers of support, and assistance from my neighbours after the last storm. It just has me feeling much more connected with my community.” —Josie

Cockatoo Community House is currently working on a neighbourhood resilience project, and we want you to share your stories and use them to inspire others.

We want to know how you connected with your neighbours and what the result was.

Please email your stories to [annab@taskforce.org.au](mailto:annab@taskforce.org.au)



# HILLS DISASTER RECOVERY PROJECT

TaskForce and Cockatoo Community House in partnership with Cardinia Shire and the Emerald Cockatoo Emergency Support Team have been awarded a Victorian Government grant through the Targeted Storm Recovery Funding Initiative to support the community in preparedness and resilience skills building.

**ALL PROGRAMS ARE FREE**

## When the grid goes down

This information session run by Dandenong Ranges Renewable Energy Association addresses disaster preparation and survival gear for making your home self-reliant when the power goes off. Refreshments provided.

*Wednesday 21 September, 7:30 PM*

*Cockatoo Community House*

## Chainsaw operation and safety

*Trainer: Arbortrim*

A 2 day, certified course. Emphasis is placed on the individual's responsibility to ensure safe working practice is maintained while operating a chainsaw. While this course is appropriate for professionals and occasional user alike, it also benefits anyone who may use a chainsaw around the home or farm.

This course is suitable for both experienced and non-experienced chainsaw operators. It has been designed to develop or increase skills in operating chainsaws safely and efficiently in a range of common work situations including when trimming and cutting felled trees.

This Level 1 Chainsaw training includes the following:

- Chainsaw Safety – workplace health and safety, hazard and risk management and PPE selection and use.
- Chainsaw Preparation and Maintenance – cleaning and maintaining chainsaws, including chain tensioning and chain sharpening.
- Chainsaw Operations – start-up and shut-down procedures, saw selection, cutting methods and general chainsaw operation.

Fully catered event.

*Saturday 8 and 15 October, 8:00 AM - 3:30 PM*

*Cockatoo Community House*

## **Mental Health First Aid**

Mental health first aid is a 2 day, certified training program that teaches members of the public how to assist a person developing a mental health problem (including a substance misuse problem), experiencing a worsening of an existing mental health problem or in a mental health crisis. Mental health first aid training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. This Mental Health First Aid training will use examples from an emergency setting. The facilitator, Kate Riddell, is a past emergency services volunteer. After the Black Saturday bushfires decimated her community in Kinglake, Kate co-founded Firefoxes Australia, a grassroots organisation supporting women to create a 'new normal'. Kate was awarded the Pride of Australia medal, Minister for Health Volunteer Award, Ambulance Victoria Leadership Excellence Award, the National Emergency Medal and travelled to the US on an Emergency Services Scholarship researching Mental Health training for First Responders. Fully catered event.

*Thursday 13 and Friday 14 October, 9:30 AM - 4:30 PM*

*Ash Wednesday Bushfire Education Centre (AWBEC), 2 McBride St Cockatoo*

## **Gender and disaster training, including 'Family Violence After Disasters'**

This training combines the original 'Family Violence After Disasters' and 'Men After Disasters' in three sessions, and the fourth is an adaptation of 'Under Pressure: LGBTI-Inclusive services in emergencies.

Fully catered event.

*Tuesday 22 November, 9:30 AM - 4:30 PM*

*Cockatoo Community House*

The Hills Disaster Recovery Project is funded by the Victorian Government



## MEET THE TEAM



**JESS MEASOR** is our local artist and Art Program Facilitator at the House. Creating a supportive and collaborative environment, Jess will guide you through your artistic journey allowing you to creatively express yourself. Jess has a passion for teaching and is looking forward to sharing her love of creative arts with her community.

**LISA SAWATZKY** is our Coordinator, meeting the needs of the local community by providing affordable classes and activities to suit all age groups. Her focus is on ensuring a welcoming, friendly, safe and inclusive space for everyone in the community. Lisa is excited about our new programs and the additional supports we can provide through TaskForce's other services, and enjoys working with the small team at Cockatoo to further the House's reach and support the community.

**ANNA BENJAMIN** is our newest employee at the House, overseeing our Disaster Recovery Project. TaskForce has received funding from the Victorian Department of Families, Fairness and Housing to build the local community's resilience to disasters. Over the next six months Anna will run training and information sessions to assist the community to better prepare and plan for the next emergency. If you have any ideas for training or community forums, please contact Anna directly on [annab@taskforce.org.au](mailto:annab@taskforce.org.au)

# OUR TUTORS

**KERRY MCGREGOR** encourages curiosity and compassion as the cornerstones of creating a personal movement practice. She teaches enquiry focused classes that focus on working with individuals or small groups of people to ensure your experience best meets your needs and assists you in developing a practice that will help you in your day to day life.



We will help develop a greater anatomical understanding of the postures and the impact they can have on your body, and at the same time, will share the deeper meaning of yoga behind the asana (or posture) work. Pranayama (control of the breath), meditation, and deep yogic relaxation (shavasana) all form part of our classes too.



**SANDRA BRINDLEY** has been a fitness instructor for 10 years. Trained in aerobics, step, strength training, boxing, pilates and working with older adults, Sarah brings all her qualifications together to give varied work outs to my participants. She enjoys meeting people and helping them get the most out of their workout while having fun!

**MEAGAN VOLTA** is passionate about movement and sharing the joy of all things dance, and is the founder of For the Love of Dance. The studio desires to build self-confidence and self-esteem by providing a variety of opportunities for students to flourish as individuals. We believe being able to express individuality through movement and creativity is good for the body, mind and soul. Having danced from the age of three, Meagan enjoys all styles of dance and movement. She began teaching in 2006 with a strong focus in Latin and Ballroom and later expanded her expertise into the fields of Ballet, Jazz and Tap. Dance has been a big part of Meagan's life having met her husband and closest friends while dancing.



**SARAH HOGAN's** passion for dancing started when she was just 3 years old. She remembers putting on concerts for family any chance she got, and still gets a thrill at any chance she gets to perform. Even after nearly 20 years, ballet, jazz and contemporary dance is what makes her heart swoon. A local Mum of two little boys who has just reunited with her love of dance after almost a 10 year pause to do normal life stuff, Sarah is pleasantly surprised that my ability to dance had never left me. Sarah is delighted to be a member of the For the Love of Dance family and looks forward to creating new memories with you and your family.



# Cockatoo Community House

supported by



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[cch@taskforce.org.au](mailto:cch@taskforce.org.au)  
[taskforce.org.au/cch](http://taskforce.org.au/cch)  
[fb.me/cockatoocommunityhouse](https://fb.me/cockatoocommunityhouse)

Cockatoo Community House  
is based on the land of the  
Wurundjeri people of the  
Kulin nation.  
Sovereignty was never ceded.

Cockatoo Community House is  
generously supported with funding from  
the Victorian State Government and  
Cardinia Shire Council.

