

**Kilbride
Centre**

Craft Morning

**EVERY
THURSDAY**
during school term

This activity offers the opportunity for people to meet and enjoy the company of others as they learn a new craft or simply continue with some work of their own.

Morning Tea Provided

Crafts Offered

Card making

Embroidery

Jewellery Making

Quilting

Knitting

Quilling

Scrapbooking

Calligraphy

Time: 10am—12.30pm

Cost: Gold Coin Donation

The group meets every Thursday during the school term

Enquiries: 9690 1076

Kilbride Centre, 52 Beaconsfield Parade, Albert Park

Email: contact@kilbridecentre.com.au

Phone: 9690 1076



**Kilbride
Centre**

Silk Painting

**Mondays
10AM—3.30PM**

Create personalized hand painted silk scarves for yourself or for a gift. This class is taught by Artist Patricia Daniels. No experience necessary. *All materials supplied*

BYO Lunch

Morning Tea Supplied

Dates: March 15, 22 & April 12, 19
Cost: \$30 per session (concession \$25)
RSVP: Before each session on 9690 1076

Enquiries: 9690 1076

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**Kilbride
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Card Making

**Mondays
10AM—3.30PM**

Learn to make beautiful cards using a water color technique as taught by Artist Patricia Daniels. *All materials supplied*

BYO Lunch

Morning Tea Supplied

Dates: May 3, 10, 17 & 24
Cost: \$30 per session (concession \$25)
RSVP: Before each session on 9690 1076

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**Kilbride
Centre**

*Reading
Club*

**2nd
Wednesday
of each month**

The Reading Club meets once a month in the library to discuss a chosen book or articles. This is an opportunity to engage with aspects of different cultures and spiritualities through reading, listening and discussion. Led by Jill Everton.

March Book: *Cloudstreet by Tim Winton*

Dates: April 14, May 12, June 9

Time: 7 — 9pm

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**Kilbride
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Community Singing

**1st Thursday
of each month**

Community singing is nurturing and supportive. It enhances well-being, engages communities and welcomes diversity. Everyone is welcome to explore the joys of singing as a community.

With Cliff & Gwynneth Powell

Afternoon Tea Provided

Time: 2 – 3.30pm

Cost: Donation

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**Kilbride
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Drumming

**Wednesdays
Day or Evening**

Drums were used in the past to enhance well-being for mind, body & soul. Come and begin your journey with basic drumming.

Day Session:	1 st & 3 rd Wednesday	10am – 12pm
Evening Session:	2 nd & 4 th Wednesday	7 - 9pm
Cost:	\$15 (concession \$10)	

Enquiries: 9690 1076



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**Kilbride
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*Cards
'500'*

Thursdays

Come and join us for a social game of '500' in a relaxed and welcoming environment.

Afternoon Tea Provided

For details contact Jude at Kilbride.

Time: 1.30 – 3.30

Enquiries: 9690 1076



**Kilbride
Centre**

The Great Pudding Stir

**Saturday
October 23
&
November 6**

Learn to make your own Christmas Puddings. All ingredients are provided, just bring a bowl and wooden spoon (and some Christmas cheer). *With Sally Diserio*

Pudding is approximately 12 serves.

Time: 2-4pm
Cost: \$40 (payment required 1 week prior)
RSVP: Be early to secure your place. Call 9690 1076

Enquiries: 9690 1076



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**Kilbride
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*Men's
Dinner*

**4th
Wednesday
of each month**

On the 4th Wednesday of each month the Kilbride Centre hosts a Dinner for Men. This is an opportunity for men to gather together and share stories in a relaxed and welcoming atmosphere over a delicious meal. Each month there will be an interesting guest speaker who will share his story, experience and journey.

Delicious Meal Provided

Time: 6.30 – 9.30pm
Cost: \$25



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**Kilbride
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Other Classes, Workshops & Meetings

- *Reiki Tummo.* Weekend Workshops held regularly. Call Steve on 0425 747 435 or 0419 005 386 or <http://www.padmahaya.com/>
- *Hawaiian Lomi Lomi Massage & Spirituality.* Workshop Enquiries call Tracey Lakainapali 0411 239 081 or Email: tracey@tranceformations.com.au
- *Australian College of Contemporary Somatic Psychotherapy.* The College offers professional Somatic (body-orientated) psychotherapy and counselling training, academic courses and personal development. All program enquiries call 03 5962 6152
- *AA Meetings.* Monday evening at 7.00PM. A special emphasis on young members. Further details call Paul 0439 392 973 or Jim 0421 243 948
- *Essential Oils.* Workshops for health and wellbeing. Enquiries call Ruth on 0404 072 203
- *Kadampa Buddhist Meditation.* Enquiries call 9756 7203
- *Play Therapy.* Enquiries (08) 9433 2288, 0415 138 857 or www.playtherapyaustralia.com
- *Calligraphy.* Workshop. All levels welcome. Enquiries call Sally Diserio on 9699 6463
- *Quantum Creations.* Psych-K Workshops & Path of Dzar. Enquiries 03 9515 0102 or go to <http://www.quantumcreations.com.au/>
- *SFEF Kinesiology Workshops.* Call Tracy on 0429 938 337

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