

WAVLINK COURSE SCHEDULE

Online / Centre Based/ New Classes

Term 3 11 July - 17 September 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Performing Arts 10.30am-12.00pm</p> <p>Craft & Chat 9.30am-12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Mosaics 1.30pm -3.30pm</p> <p>Tech Skills 1.30pm -3.30pm</p> <p>Cooking 4.00pm - 6.00pm</p>	<p>Ceramics 9.30am-12.30pm</p> <p>Garden Studio 9.30am-12.30pm</p> <p>Virtual Travel 12.30pm-1.30pm</p> <p>Print & Paint 1.30pm-3.30pm</p> <p>Soul Food 1.30pm-3.30pm</p> <p>Tech Skills 1.30pm-3.30pm</p>	<p>Literacy & Numeracy 9.30am-12.30pm</p> <p>Cooking 9.30pm-1.00pm</p> <p>Tech skills 10.00am 12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Card Making 1.30pm-3.30pm</p> <p>Tech Skills 1.30pm-3.30pm</p> <p>Wavfit 1.30pm-3.30pm</p> <p>Cooking 4.30pm -6.30pm</p>	<p>Ceramics 9.30am-12.30pm</p> <p>Neighbourhood Explorers 9.30am-1.30pm</p> <p>Tech skills 10.00am 12.30pm</p> <p>Gentle exercise 1.00pm-1.30pm</p> <p>Art 1.30pm-3.30pm</p> <p>Textiles 1.30pm-3.30pm</p> <p>Cooking 4.00pm -6.00pm</p> <p>Nightlife* 6pm-9pm</p>	<p>Wellbeing 9.30am-12.30pm</p> <p>Jewellery 9.30am-12.30pm</p> <p>Tech skills 10.00am 12.30pm</p> <p>Life Skills 10am-3pm</p> <p>Bowling 1.30pm-3.30pm</p>	<p>Sat Social 10.00am-12.30pm</p> <p>Cooking 9.30pm-1.00pm</p> <p>Crafty Creations 1.00pm-3.00pm</p> <p>Tech Skills 1.00pm-3.00pm</p>

*Expression of interest for
Nightlife in Term 4

Phone: **9561 7104** or Email: **info@wavlink.org.au** to find out more or register

Craft & Chat

A friendly and relaxed social group for individuals of all abilities to enjoy games group conversations and while working on creative craft projects. Materials \$55



Print and Paint

A free expression to design and craft unique paper using ink, acrylic and other mediums and then create uses for the paper. Materials \$55



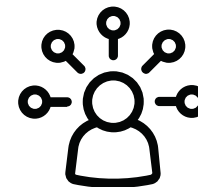
Tech Skills

Learn at your own pace about digital technology and get confidence and skills in navigating the digital world. eg internet, email, MS Word. Computers and ipads available for students to use. Materials \$25



Life Skills

Suitable for people ready to develop more independence and improve everyday life skills. Includes meal prep, budgeting, self advocacy, communication and much more. TBA



Performing Arts -online

Express yourself! Sing, Dance, Act, learn about music and theatre and have a good time with a fun and friendly group of fellow performers.



Saturday Social

A friendly and relaxed group enjoying social games, trivia, gentle exercises, creative pursuits and other activities. Materials \$55



Mosaics

Students work on simple mosaic projects developing skills to create their own mosaic designs with paper or tiles. Materials \$95



Ceramics

Learn to create ceramic masterpieces from clay. Shaping, glazing and firing to produce unique works of art. Materials \$95



Wavfit/Gentle Exercise

Wavfit is an exercise program at MARC delivered by experienced trainers. Gentle Exercise is a chair based online class carried out during our lunch break. Fees Wavfit TBA

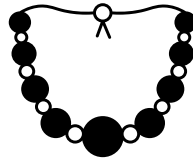


Nightlife - expressions of interest

If you would like to go on an outing in the evening please let us know. Activities planned will be movies, dinners out, visits to places of interest.

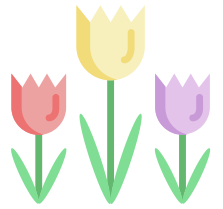
Jewellery

Get lost in the fun and creative work that is Jewellery making. A social group where beginners explore the different colours and textures of beads. Materials \$75



Garden Studio

Students have the opportunity to nurture and cultivate plants and work on a variety of indoor and outdoor art based activities in a social environment. Materials \$55



Virtual Travel - online

Take a virtual tour to places you have always wanted to visit. Learn interesting facts about different countries and cultures.



Wellbeing

Take time to look after yourself in a friendly and supportive group. Activities include meditation, gentle exercises, holistic therapies and self care practices. Materials \$30



Crafty Creations/Textiles

Creative projects in a social setting. Talk and laugh with others while working with a variety of art and craft mediums and techniques. Materials \$50



Soul Food

Learn about nutrition, growing your own food, making simple healthy snacks, meditation and other creative activities to feed your mind, body and soul. Materials \$85.00



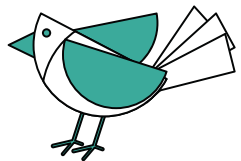
Bowling at Strike

Meet at Strike Bowling with your bowling buddies. Compete with yourself or others to improve your skills and score. Fees \$160



Art on Thursday

Explore different styles of art such as cubism, abstract, impressionism, pop art and different cultural arts. Be inspired to create your own masterpieces. Materials \$65



Cooking

Enjoy cooking and experiencing foods from around the World. Learn about hygienic kitchen practices, food prep skills and chat about what is nutritional eating. Materials \$175.00



Neighbourhood Explorers

Explore Melbourne by train, tram, bus and on foot. Visit interesting places and make new friends along the way.



Wavlink 2022 Term Dates

Term 1	24 January - 9 April
Term 2	26 April - 25 June
Term 3	11 July - 17 September
Term 4	3 October - 17 December

Public Holidays

Australia Day - Wed, 26 January

Labour Day - Mon, 14 March

Easter - Fri to Mon, 15-18 April

Anzac Day - Mon, 25 April

Queen's Birthday - Mon, 13 June

Grand Final Eve - TBA

Melbourne Cup Day - Tue, 1 November

Contact us at 36 Myrtle Street, Glen Waverley 3150

phone 9561 7104 email: info@wavlink.org.au website: wavlink.org.au