

**JOEL**  
GALLERY  
OPEN: Mon - Fri 10am - 4pm  
Sat & Sun 11am to 3pm

Joel Gallery is a community based exhibition space welcoming established & emerging artists from Hobsons Bay & beyond.

Everyone is welcome to attend launches, generally on the first Friday of an exhibition.

Applications to exhibit for one or two week periods are invited from artists, crafters & makers of unique creative work.

We also maintain a list of exhibitors interested in sharing the gallery with others. Please contact us for more information.



**Sat 1 April - Thurs 20 April**

**HBAS - 5 x 7 Art Prize**

Artists from Melbourne's Western Region and Hobsons Bay schools have created artwork in a 5 x 7 format to present to you the third Annual '5x7' Art Prize. This year's theme is 'My Country' and the entries reflect a diversity of techniques and reflection.



**Sat 29 April - Thurs 5 May**

**Community Information Expo**

Find a group or club to join; a group to volunteer with; a support group; sporting group; or craft group. Call us for a program of presentations by local clubs and groups or visit [ljac.com.au](http://ljac.com.au) to download a copy.

Phone: 9398-2511



**Sat 13 May – Thursday 25 May**

**Seabreeze Quilters – Mardi Bras**

Decorated Bras - Seabreeze Quilters are calling for entries for this funny, quirky exhibition that raises the importance of supporting breast cancer research. All entries will be displayed. Viewers can buy a token and vote for best bra. Money raised for breast cancer research.

Visit [seabreezequilters.com](http://seabreezequilters.com) for more information.

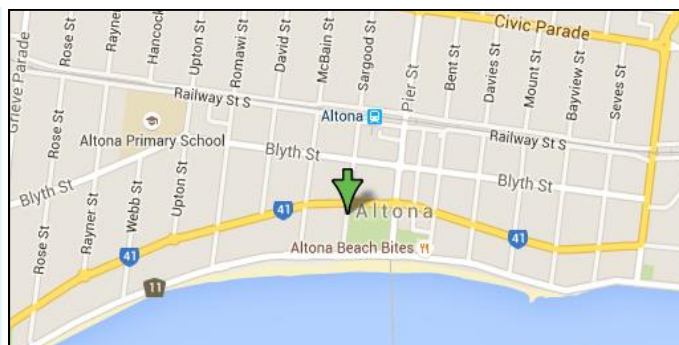
**Louis Joel Arts & Community  
Centre**

**5 Sargood Street Altona 3018**

**t: 93982511 | f: 93982522**

**e: [admin@ljac.com.au](mailto:admin@ljac.com.au)**

**w: [ljac.com.au](http://ljac.com.au)**



# Arts & Creativity

## Painting & Drawing

**Children's Art Classes**  
Contact Hobsons Bay Arts Society  
0417 056 762

### Watercolour & Acrylics

Hobsons Bay Arts Society  
Mondays 10am–12pm  
Caroline Brett 0439 893 721

### Watercolour with Ted Dansey

Hobsons Bay Arts Society  
Mondays 12.30pm  
Ted Dansey 0417 322 970

### Monthly Activity Night

Hobsons Bay Arts Society  
Fourth Monday of each month at the  
Louis Joel Centre - 7 pm  
Guests welcome!

### Pastel/Oil

Hobsons Bay Arts Society  
Tuesdays 10am–12pm  
Bill Kerr 9398 3271

### On Location Sketching

Hobsons Bay Arts Society  
Tuesdays 1pm  
Nancye Belyea 0411 350 435

### Social Painting Group

Wednesdays 10am  
Gaye Boltong 0415 469 225

### Decorative Painting

Join Janice Murdoch in a class that requires no drawing ability. It teaches decorative painting - your own work of art! Tutor is well known artist, Janice Murdoch.  
To book or for more information, phone Janice on 0423 289 661  
Wednesdays 9.30 - 11.30am

### Artful Dabblers

Hobsons Bay Arts Society  
BYO Art & Craft  
Wednesday 7.15pm  
Contact: 0402 226 458

### Watercolour & Acrylics Group

Hobsons Bay Arts Society  
Friday 10am–12pm  
Caroline Brett 0439 893 721

### Hobsons Bay Arts Society Inc

We warmly welcome new members into the arts community at our home within the Louis Joel Arts & Community Centre.  
The *Hobsons Bay Arts Society* is proud to have been a part of the community for over 30 years & looks forward to further developing a friendly & approachable artists group open to all ages, abilities & backgrounds.

Please email [hbas@y7mail.com](mailto:hbas@y7mail.com)

## Writing

### Altona Writing Group

**NEW**  
Love to write? Want to meet other writers? Then join the Altona Writing Group! Here you can share ideas, improve your skills and meet like-minded people.

Thursdays 12.30-2.30pm

20 April, 4 May, 18 May, 1 June, 15 June & 29 June

# Arts & Creativity

## Sewing & Quilting

### Patchwork Classes

Start your patchwork and quilting adventure with a friendly group of quilters.

All skill levels are welcome.

In this class, you will learn the basics of quilting and begin to create and finish your very own quilt by the end of term. It's a great way to learn a new activity and sit, sew and enjoy! Enrol any time.

Monday 10am-12pm

Phone Maryann Hamilton on 0402 246 692

### Sit 'n' Sew

Bring your knitting, crochet, hand sewing, cross stitch, embroidery or just sit and chat.

Cost: \$3      Tuesdays 12.30-3pm

Contact 9398 2511

### Seabreeze Quilters Inc

This patchwork and quilting group started their life at the Louis Joel Centre 10 years ago and quickly outgrew the venue.

They continue to have their monthly workshops at the Centre but their general meetings are held at the Altona Meadows Library behind the Central Square Shopping Centre on the 3rd Saturday of the month.

Phone: 0409 382 510

### Country Women's Association of Altona

The CWA is interested in all issues which affect women and their families. It is about development of skills and learning about the issues that affect our local area, the western district, country towns and the state.

Night Owls Branch - meets 4th Thurs at 7.30pm at the Louis Joel Centre A craft meeting is held on the 1st & 3rd Tues at 7pm at Altona Senior Citizens Centre. For more information on the Altona Evening Branch, email them at

[cwaaltonaevening@gmail.com](mailto:cwaaltonaevening@gmail.com)

**Evening Patchwork Classes - Register your interest in an evening patchwork class by phoning: 9398 2511**

### Learn to Sew

Have you always wanted to learn how to sew? We are looking for expressions of interest for a learn to sew class. Classes cover using a sewing machine, reading a basic pattern, mending and making household items. Classes will be held on

Mondays from 12.30 - 2.30 pm

Call the Centre to register your interest:

9398 2511

## Workshops

**NEW**

### Rosie Marshall 3D Model Workshops

Join the fabulous Rosie Marshall and let your imagination run wild. Create 3D characters with Styrofoam.

20 April to 29 June

12 week course \$168

Per session \$14

Call the Centre to book your place.

Phone: 9398 2511

For more information on Rosie Marshall visit

[www.http://www.rosiemarshall.com.au](http://www.rosiemarshall.com.au)



## Drama

### Theatrix (7-12 years)

Dramawerkz

Theatre Arts Program to stimulate creativity, spontaneity & imagination.

Saturdays 9:30-11am

From 22 April for 9 weeks

Lisa 1300 964 776

[Dramawerkz.com.au](http://Dramawerkz.com.au)

### Werkz Theatre (13-17 years)

Dramawerkz

Stimulate creativity, spontaneity & imagination while building performing skills.

Saturday 11am-1pm

From 22 April for 9 weeks

Lisa 1300 964 776

[Dramawerkz.com.au](http://Dramawerkz.com.au)

# Health & Well Being

## Tuning into Kids

This is a 6 week group parenting program that provides parents with strategies to help their child learn to understand and regulate their emotions.

Saturdays 1.30-3.30pm

20 May, 27 May, 3 June, 10 June, 17, June, 24 June

Cost \$150 for 6 weeks - includes all course materials

To book, email Jo at [Jo.willis@mhcounselling.com.au](mailto:Jo.willis@mhcounselling.com.au)

## Altona Anxiety Support Group

ADAVIC - Anxiety Disorders Association of Victoria provide help and support for anxiety and depression.

April 11, May 9, May 23, June 6, June 20, July 4 & July 18,

7.30pm. Cost: \$5

Bookings are NOT required. Everyone is welcome.

Visit [www.adavic.org.au](http://www.adavic.org.au) or phone 9853 8089

## Introduction to Essential Oils

Thurs 13 April 12.00-2.00pm

Wed 19 April 2.30-4.00pm

## Managing stress with essential oils

Mon 1 May 6-7:30pm

## Introduction to essential oils

Sat 20 May 11-12:30pm

Mon 29 of May 6-7:30pm

To book, email Jo at [Jo.willis@mhcounselling.com.au](mailto:Jo.willis@mhcounselling.com.au)

## Gluten Free Solutions Workshop

Are you newly diagnosed as coeliac or cooking for a coeliac person? Or do you just need to eat gluten free? Come along and build your confidence and learn how to negotiate the maze of gluten-free information and products. This session covers coeliac disease, gluten and hidden gluten in foods, food labelling, food handling, new research and considerations when eating outside the home.

Monday 1 May 7.00pm - 8.30pm

Friday 5 May 1pm - 2.30pm

\$20 Per Person

For bookings call Marg 0423 813980

## Creative Arts Therapy for Adults

Creative process in therapeutic relationship may awaken & integrate individual strengths to develop better mental health & a more fulfilling life, even in times of stress.

\$15 per session - all equipment supplied

Wednesdays 7.15pm - 9:00pm

Mairead 0401 649 967

## Kings of the Kitchen

Join our volunteers in the kitchen at the Altona Senior Citizens Centre and learn, experiment, play, taste & take home.

A cooking program for men of all ages - bring a mate along and share the journey.

Wednesdays 10am - 12pm

Cost: \$6 per week

Kim 9398 2511

# Health & Well Being

## Free Hearing Checks

Provided by Hearservice - a premier provider of professional services to help you achieve your best hearing. They work with you to meet your needs and goals, providing independent, professional advice.

**Wednesday 28 June**

To book an appointment,  
phone 9398 2511

## B.O.B. CLUB (Boys Only Barbeque)

Come and join the 'Boys Only Barbeque Club'!

**Mondays 12-2pm** (\$5 including tea or coffee)

15 May, 29 May,

5 June, 19 June & 26 June

Call 9398 2511

**NEW**

## Mothers Group

Are you looking for a mothers group? Come and try a new mothers group that is just starting up. Co-ordinated by Shannelle, a mum of 2 and a wellness coach, this group offers a 2-hour chat session with no topic off limits.

**NEW**

Fridays 10-12pm

Shannelle 0422132682

\$3

(Includes tea or coffee)

## Chillax Candles

Luxury Soy Candle Workshops  
We supply everything, you choose your fragrance or make your own.

\$55pp or \$99 for two

Mother's Day Special

22 April 2.00-5.00pm

18 July 1.00-4.00pm

20 August 3.00-6.00pm

Call Sarah on 043 005 8847

# Gardening

## Altona Community Gardens

Social Event (incorporating Altona Fruit & Vegie Swap)

First Sunday of each month at 2pm at the Louis Joel Centre. *Altona Community Gardens* aims to establish & maintain a community garden & take advantage of open spaces to grow fruit & vegetables.

Contact Adeline for more information or to join:  
adeline.barham@hotmail.com.au

## Growing Food in Small Spaces

No space is too small to garden, even a milk carton or old tin can be used to grow a plant.

Join Carole and share your garden experiences and problems.

Informal sessions may cover looking after soil, repairing a garden in winter & mulching just to name a few.

Wednesdays 18 April, 3 May, 17 May,

, 14 June, (Weather Permitting)

10-12pm

\$10 per session

To book phone 9398 2511

**NEW**

# Education

## U3A Altona Inc.

### University of the Third Age

Educational, recreational & social programs by voluntary seniors. Offering: Non-competitive learning without qualifications or exams.

U3A Altona offer classes in languages, Australian history, philosophy, crosswords, cards, poetry appreciation, book club, trivia, social events & bus trips.

Classes held at the Louis Joel Arts & Community Centre

#### Workshop on Grief & Grieving

Tuesdays 10.30am-12.00pm

23 May, 30 May 6 June 13 June

#### Cribbage

Wednesdays each week, except 14 June 1.30-3.00pm

#### Flower Essences, colour healing & aromatherapy

Thursday 27 April 10.30am-12.00pm

altonau3a@yahoo.com.au

9398 1346

web: www.u3aaltona.org.au

## Kumon

Kumon is an individualised learning method. Students start with the level where they can attain a perfect score by studying on their own. The worksheets have been designed to allow students to figure out how to solve problems on their own.

Mondays, Thursdays and Fridays 3pm-7pm

Patience Quist 0404 898 765  
au.kumonglobal.com

# Community

## Lions Club - Leos Meetings

Men and Women aged 12-30 yrs

Leo stands for 'Leadership, Experience, Opportunity'. With the guidance of the Lions Clubs of Altona & Williamstown, the Leos organise events that serve the community & create awareness of local issues.

Meets Fridays 7:30pm at the Louis Joel Arts & Community Centre

[leoclub.hobsonsbay@gmail.com](mailto:leoclub.hobsonsbay@gmail.com)  
<https://www.facebook.com/LeosclubHobsonsBay/>

## Altona Homestead

Built in 1842, the homestead in Logan Reserve is opened to visitors by the Altona-Laverton Historical Society.

Every Tuesday from 11am-2pm  
First Sunday of every month 11am-3pm  
(with Devonshire Teas)

[www.alhs.com.au](http://www.alhs.com.au)

## Big Heart Church

Meets Sundays 10am  
Connect with your community, make new friends & catch up with old ones.  
Third Sunday of each month is a Free Community Lunch from 12pm - 1.30pm  
Doug Townsend Senior Pastor  
Big Heart Church

[bigheartchurch.com](http://bigheartchurch.com)  
[bigheartchurch@gmail.com](mailto:bigheartchurch@gmail.com)

0403 049 316

## Hobsons Bay NILS

The NO INTEREST LOAN SCHEME (NILS) provides individuals and families on low income with access to safe, fair and affordable credit. Call 9398 2548 to make an appointment or visit the website for more information.

[nils.com.au](http://nils.com.au)

# Who are N.I.L.S?

## No Interest Loans? That's interesting.

When the old washing machine blows up, or the fridge loses its cool, most of us can go to a store and get a new appliance on terms, or get a Bank Loan, or even pay it off on the old credit card.

What most of us assume is that finance from any source is available to everyone. A lot of people on low incomes can't convince a Bank to provide a loan or persuade a store to give them terms on a purchase. And even if they could, they are likely to find it impossible to meet the repayments plus interest without getting into a problem with something else, like the rent or the kids' school costs.

Most of us also take it for granted that we can choose a new household item with a warranty, energy efficiency and reliability. The team at Hobsons Bay NILS believes that if a person on a low income is willing to make the effort to organise their spending carefully they shouldn't have to miss out. We are trying to do something about it.

We have been running a No Interest Loan Scheme (N.I.L.S) for residents of the City of Hobsons Bay for over six years now and have helped over one hundred low-income people purchase items they need on fair and easily managed terms.

It is not for everyone, but we take the time to sit with an Applicant and write up a detailed household budget to make sure they have the capacity to pay off a Loan of up to \$1000 in small regular payments over a year or so.

We don't have to make a profit – our overheads are covered by support from Good Shepherd Microfinance and the St Vincent de Paul Society. As each client repays their loan the money becomes available for the next applicant. This means that we can be focussed entirely on creating the best possible deal for each client.

We are well-established now and this year we are interested in raising even more interest in interest-free loans.

For more information call 9398 2548 or check out our website on [www.nils.com.au](http://www.nils.com.au)

## Our supporters



**HOBSONS  
BAY CITY  
COUNCIL**



**Mobil**



# Community Information Expo 2017

**Participate**

**Support**

**Volunteer**

Drop into the Louis Joel Arts & Community Centre and have a look at our Community Information Expo.

Find a group or club to join; a group to volunteer with; or a support group.

**10 - 4 Mon - Fri**

**10 - 3 Sat - Sun**

**28 April - 11 May**

**9398-2511**  
5 Sargood Street Altona