



# Spring Newsletter 2010

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## Welcome to the JCAAA Spring Newsletter for 2010

Spring is upon us again! The beautiful sunny weather is a great reason to get out and try some fun, new activities!

Check out the new snorkelling program and the JCAAA Community Kitchen.

Karen Hucks is the newest addition to JCAAA and we would like to extend a big, warm welcome to her. Karen will be running the kitchen at the Betty Day Community Centre (back pages).

The holidays are also just around the corner so make sure you call and reserve a place on one of the programs before they all fill up.

Best wishes from the JCAAA crew,

Bianca, Jess and Rosie



## Art

### Holiday Arts for Adults

Experience a variety of activities including film making, design, drama, dance and ceramics facilitated by professional artists at the Prahran Community Learning Centre

**When:** Monday 27 September to Friday 1 October 10.30am - 4.30pm

**Where:** Prahran Community Learning Centre

**Age:** 18 - 45 years

**Cost:** \$15 per day. Includes all art materials. BYO lunch

**Contact:** Bianca at JCAAA to reserve your place on 9209 6753

### Performing Arts at Circus Oz

Circus Oz is now more popular than ever. The most talked about activities this term have been rope walking, the hula hoops and trapeze.

**When:** Sundays 10.30am - 12pm or 1pm - 2.30pm

**Where:** Circus Oz Headquarters. Bay St, Port Melbourne

**Age:** 8 - 18 years with mild to moderate intellectual disability

**Cost:** \$120 for 8 week term

**Contact:** Jessica at JCAAA 9209 6159

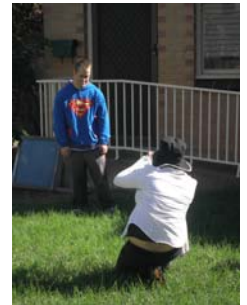


## Art

### SnapShot Photography

SnapShot Photography is on again for term 4. The new location is great and all participants are enjoying the program, what it has to offer and the great photographs being produced.

**When:** Saturdays 10.30am - 12.30pm  
**Where:** Carnegie Library  
**Age:** 18 - 55 years  
**Cost:** \$80 for 8 week term  
**Contact:** Jessica at JCAAA 9209 6159



## Dance and Drama

### Adult Dance Party

The Adult Dance Parties are always a lot of fun, providing a great way to dance up a storm, win some fun prizes and meet new people. Please note, there are no strobe lights and carers are free.

**When:** Saturday 11 September and Saturday 13 November  
**Where:** Melbourne Bowling Club. 138 Union St, Windsor  
**Age:** 18 years and over  
**Cost:** \$10. Includes entry, snacks, glow stick and pizza. Carers free  
**Contact:** Jessica at JCAAA 9209 6159

### Stitched Up Teenage Drama Program

Develop your performing arts skills with professional actors from Red Stitch Actors Theatre! Term 4: 4 October to 6 December.

**When:** Mondays 4pm - 5.30pm through school terms  
**Where:** Creative Ministries Network Hall. Corner Inkerman and Hotham St, St Kilda  
**Age:** 13 - 17 years  
**Cost:** \$10 per class  
**Contact:** Bianca at JCAAA 9209 6753



## Dance and Drama

### Underage Dance Party

The October dance party is sure to be something spectacular with a professional drumming company attending the day bringing their drums along for everyone to try.

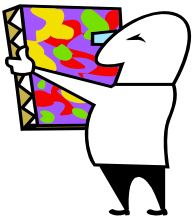
**When:** Saturday 23 October and Saturday 11 December

**Where:** Peterson Youth Centre. Cnr Highett Rd and Peterson St, Highett

**Age:** 5 - 18 years

**Cost:** \$10. Includes entry, snacks, glow stick and subway. Carers free

**Contact:** Jessica at JCAAA 9209 6159



## Events

### International Day of People with Disability (IDPWD)

IDPWD is bigger and better than ever before, with a vast array of activities occurring throughout Victoria. There will be a Disability Sport and Recreation Festival at Federation Square on Friday 3 September, plus an All Abilities Sports Carnival, award ceremonies, walks, art exhibitions and even a dinner dance. There is something for everyone!

**When:** Beginning of December to celebrate IDPWD on 3 December

**Where:** Throughout Victoria

**Age:** All ages

**Cost:** A number of free events running

**Contact:** [www.idpwd.com.au](http://www.idpwd.com.au) click on schedule of events





## Holiday Programs

### Enhancing Vacation Care Program (EVCP)

JCAAA's Enhancing Vacation Care Program works in partnership with local school holiday program providers to enable the programs to include children and young people with mild disabilities.

If your child would like to participate in a school holiday program in a fun and supported environment please contact Bianca at JCAAA.

**When:** School Holidays

**Where:** Various schools in Bayside, Glen Eira, Port Phillip and Stonnington

**Age:** 5 - 17 years

**Cost:** School holiday program costs

**Contact:** Bianca at JCAAA 9209 6753

### MSAC Teenage Recreation Program

Stay fit and have fun during the holidays by participating in a variety of sports such as swimming, basketball, badminton, table tennis and boomerang throwing.

**When:** Monday 20 September to Thursday 23 September

**Where:** Melbourne Sports Aquatic Centre. Aughtie Drive, Albert Park

**Age:** 13 to 18 years

**Cost:** \$15 per day. BYO lunch

**Contact:** Jessica at JCAAA 9209 6159





# Social and Recreation

## Creative Spirit Women's Program

Express yourself through JCAAA's newest program. Experience a variety of creative workshops including drumming, movement, music, art, song and dance.

- When:** Wednesday nights from 4.30pm - 6pm
- Where:** African Drumming Centre. Grey Street, St Kilda
- Age:** 18 - 55 years
- Cost:** \$10 per week
- Contact:** Bianca at JCAAA 9209 6753



## FRESH

Social recreation group providing opportunities to socialise, undertake some great activities around Melbourne and have some fun.

- When:** Monthly on Sundays
- Where:** Meet at Sandybeach Centre and then travel to various locations around Melbourne
- Age:** 25 - 55 years old
- Cost:** Entrance fee prices to various activities
- Contact:** Jessica at JCAAA 9209 6159

## Get Into Bayside

- When:** Monthly on Saturdays
- Where:** Meet at Brighton Recreation Centre and then travel to various locations around Melbourne
- Age:** 15 - 25 years old
- Cost:** Entrance fee prices to various activities
- Contact:** Jessica at JCAAA 9209 6159





## Sport and Fitness

### **Basketball**

Seeking people of all abilities to develop their Basketball skills and become a member of a winning team!

- When:** Saturdays 10:45 - 11:45am 9, 23 October and 6,13, 20 November  
**Where:** McKinnon Secondary College Stadium, McKinnon Rd, McKinnon  
**Age:** 12 years and older  
**Cost:** \$45 for seven week program  
**Contact:** McKinnon Basketball Association 9579 1200

### **Blind & Vision Impaired Swimming**

JCAAA have been running Blind and Vision Impaired Swimming programs. If interested, please contact JCAAA.

- Contact:** Rosie at JCAAA on 9209 6552



### **Croquet**

Croquet is also available once a month on a Tuesday

- Contact:** Rosie at JCAAA on 9202 6552

### **Gecko Kids Fitness SNAP program**

- When:** Sundays 17 October - 5 December 2010  
**Where:** Gecko Kids Fitness. 338 South Rd, Hampton East  
**Age:** 4 - 18 years  
**Cost:** \$200 per term  
**Contact:** Sam at Gecko 9532 0077



### **Gymnastics for All**

The program includes specialty training with gym coaches, who will teach you all the basics to get started in gymnastics.

- When:** Monday 27 September and Wednesday 29 September  
**Times:** 12.00pm - 12:45pm  
**Age:** 6 - 16 years of age  
**Where:** Highett Youth Club. 1 Livingston Street, Highett  
**Cost:** \$5 per session. Includes club membership  
**Contact:** Highett Youth Club 9555 3614



## Sport and Fitness

### Lawn Bowls

**When:** Sundays 3 and 24 October , 21 November, 4 December  
(please call to confirm dates)

**Where:** Elsternwick Park Bowls Club, 170 Glenhuntly Rd, Elsternwick

**Age:** All ages

**Cost:** \$10 (includes training and equipment)

**Contact:** Rosie at JCAAA 9202 6552

**When:** Sundays 19 September, 10 October, 14 and 28 November,  
12 December, 9 and 30 January (please call to confirm dates)

**Where:** Black Rock Lawn Bowls Club, 8 Fern St, Black Rock

**Age:** All ages

**Cost:** \$5 (includes training and morning tea)

**Contact:** Rosie at JCAAA 9202 6552

### Kicking Goals with the Dolphins

Learn Soccer skills in a fun, safe and non competitive environment.

**When:** Saturdays 1.15pm - 2.30pm. Until Oct/Nov

**Where:** Simpson Reserve. Fewster Rd, Hampton

**Age:** 5 - 18 years

**Cost:** Ask the club for details

**Contact:** Ian Spence on 9571 5492 or  
Terry Baker on 9589 4800



### MSAC Learn-to-Swim

Classes available in stroke technique, water safety and water awareness for adults and children. Residents from the City of Port Phillip subsidised.

**When:** Various dates

**Where:** Melbourne Sports Aquatic Centre. Aughtie Drive, Albert Park

**Age:** All Ages

**Cost:** Various

**Contact:** MSAC Swim School 9926 1581



## Sport and Fitness

### MSAC Modified Sports

Fancy playing a number of sports in one spot at the one time?

**When:** Saturdays 2pm - 4pm

**Where:** Melbourne Sports Aquatic Centre. Aughtie Drive Albert Park

**Age:** Up to 18 years of age

**Cost:** \$8.50

**Contact:** Jeff at MSAC on 9926 1547

### Rowing on Albert Park Lake- Watch this Space!

JCAAA are seeking expressions of interest from the Deaf and Hard of Hearing Community who would like to participate in a 'learn to row' program with the opportunity to continue into club rowing, planned for Spring/Summer 2010.

**Contact:** Rosie at JCAAA on 9209 6552 if you would like to get involved.



### Sailability

Learn the skills of sailing or just enjoy the freedom and fun of sailing in a supportive social atmosphere. Sailability provides people of all ages and abilities with the joys of sailing in a straightforward, fun way for the whole family.

**When:** Monday, Tuesday, Wednesday, Friday and Sunday, year round

**Where:** The Boatshed. Albert Park Lake, 3 Aquatic Drive

**Age:** All ages

**Cost:** \$12 per session

**Contact:** Josh Sadler at Sailability 0425 826 390

**Volunteers needed:** Please contact Josh, details above.



# Sport and Fitness

## Snorkelling - (Parafinning)

An exciting new opportunity for Parafinning (snorkelling) at Ricketts Point may be on the horizon for summer 2010! Ricketts Point is a marine sanctuary and underwater wonderland of sea life! The Disabled Divers Association are seeking expressions of interest from people with disabilities who are interested in participating in this program. Please note: Parents or a carer will be required to stay (and encouraged to get involved) in the program.

**Contact:** Mike Letch, Disabled Divers Association on 0407 353 696



## SWEAT Aquatic Adult Exercise

SWEAT is a social aquatic exercise class that caters for people with disabilities, rehabilitation and seniors. Participants of varying abilities are encouraged to work at their own pace.

**When:** Fridays 1.15pm  
**Where:** Melbourne Sports and Aquatic Centre. Aughtie Drive, Albert Park  
**Age:** Adults  
**Cost:** Various  
**Contact:** MSAC on 9926 1590

## Table Tennis

**Who:** People with physical disabilities (with the exception of people with blindness or visual impairments)  
**When:** Saturdays 2pm - 4pm, 11 and 25 September, 9 and 30 October, 13 and 27 November  
**Where:** Melbourne Sports and Aquatic Centre. Aughtie Drive, Albert Park  
**Age:** All Ages  
**Cost:** Please contact Anthea or Tim on the numbers below  
**Contact:** Anthea at Table Tennis Victoria 9682 2011 or Tim at Wheelchair Sports Victoria 9473 0133  
**Note** Participants do not have to be wheelchair users as there are both seated and standing games.



## Sport and Fitness

### Tennis

Disability services and special schools interested in taking a group of people to have a hit of tennis during a weekday, under the guidance of a professional tennis coach, are invited to contact Beaumaris Lawn Tennis Club to discuss opportunities

**Where:** Beaumaris Lawn Tennis Club, Cnr Tramway Pde and Cromb Ave, Beaumaris

**When:** Weekdays by negotiation

**Contact:** Larry Dempster (Professional Tennis Coach) 0407 322 298



## Other

### Archery

**When:** Thursdays 1pm onwards

**Where:** Moorabbin Archery Club Turner Road Reserve, 33 Turner Road, Highett

**Cost:** \$10 per person (equipment and qualified coaching provided)

Venue is wheelchair accessible with archery stands for participants with limited mobility



### Gym & Aqua

**When:** Aqua program - Tuesday 11am and Wednesday 10:30am  
Gym program - Wednesday 11am

**Where:** Waves Leisure Centre, 111 Chesterville Road, Highett

**Age:** All ages

**Cost:** \$7.10 per session or 10 visits for \$63.90

**Contact:** Waves Leisure Centre 9559 7111

### Promote your information

If you would like your inclusive program or event included in our newsletter please email [jedwards@portphillip.vic.gov.au](mailto:jedwards@portphillip.vic.gov.au).



## All About

### Community Kitchen

JCAAA would like to welcome our newest recruit, Karen Hucks. Karen will be managing JCAAA's brand new program, the Community Kitchen.

The Community Kitchen is a partnership between JCAAA, Inner South Community Health Service and the SecondBite Initiative.

Dieticians from Inner South will be running fun workshops on healthy eating and lifestyle and our other partner, SecondBite will be supporting the program with mystery boxes of food every week.

Participants meet every Saturday afternoon through day service terms at the Betty Day Community Centre and learn about food and nutrition, budgeting, shopping and cooking.

If you would like to learn how to cook your favourite foods, make friends and have fun then this may be the program for you.

Call Bianca for more information on 9209 6753.



### Feedback

JCAAA would love to hear your feedback about the newsletter. Please contact Jessica on 9209 6159 or email [jedwards@portphillip.vic.gov.au](mailto:jedwards@portphillip.vic.gov.au) Your feedback will help to improve future newsletters.