













Program RFSCH TERM 4 ONLINE ZOOM PROGRAMS

Program Name	Description	DAY	Date	Time	Registration Details
Watercolour's Class for existing group catchups – FREE	Watercolour's engaging catch up for the group to discuss either a painting they have tried (and show the painting online) or a painting they want to try.	Monday	5 Oct - 7 Dec	11am – 12pm	This catchup class is for existing participants only during the COVID-19 restrictions.
Weekly Online Morning Teas 	Enjoy weekly online morning teas with us during school terms; it will be a friendly and relaxed opportunity to connect with others in the community. We will share latest updates and upcoming activities. Everyone is welcome.	Tuesday	6 Oct – 8 Dec	10am – 10.30am	Time: 10:00 to 10.30 am (Melbourne time), Date: Tue, 6 Oct to 15 Dec 2020 Join Zoom Meeting: https://us02web.zoom.us/j/84594067733?pwd=MDJtUzJYTXdZKzMvdWVfRG1ReDRrdz09 Meeting ID: 845 9406 7733 Passcode: 518211
Introduction to Office 365 – FREE 	Gain an understanding of Office 365, includes file & calendar management, working in the cloud, Office 365 apps & services, Online vs office desktop applications. Managing files in OneDrive, using Office Offline. Pre-requisite: Participants will need to be familiar with Microsoft Windows and basic Windows techniques such as opening, closing and saving files.	Tuesday	10 – 24 Nov (3 weeks)	11am - 1pm	Click the “Add to Enrolment” button. This will put the course in your virtual cart. Once you are ready to pay, click the “Proceed to Checkout” button. On the checkout page fill in the online enrolment form and complete your payment by credit card or just continue if the program is free. You will receive email confirmation of the enrolment and a link to the zoom sessions. Cost: FREE
Intro to Microsoft Teams – FREE 	Learn the features of Teams, how to make an online call, online chat & online meeting. What is a discussion channel? Collaborate file sharing via Teams app. Pre-requisite: Participants will need to be familiar with Microsoft Windows and basic Windows techniques such as opening, closing and saving files.	Tuesday	1 – 8 Dec (2 weeks)	11am – 1pm	As per the registration process above for Intro to Office 365. Cost: FREE
Gentle Exercise for 65+ - FREE 	Moving your body is so important, but some bodies need a little more care than others! We will focus on gentle, mindful movement to improve function, balance, strength and mobility.	Tuesday	6 Oct – 8 Dec <i>(No class on Cup Day 3 Nov)</i>	2pm – 2.45pm	As per the registration process above. Cost: FREE 
Wednesday Club (Disability) 	This friendly group welcomes people of all ages. Activities include craft, fun and games.	Wednesday	7 Oct – 9 Dec	10am – 12.30pm	To join email the office for further details at office@rfsch.org.au You will then receive a link to the Zoom class. Cost: according to the NDIS funding. <i>NDIS participants will be charged according to NDIS price list cost. Prices are subject to change according to NDIS price guideline.</i>

Program Name	Description	DAY	Date	Time	Registration Details
Yoga (Thur morning) 	Learn the basics of posture, breath and alignment to develop strength, flexibility and confidence with the practice. Yoga develops inner strength and stability.	Thursday	8 Oct – 10 Dec	9.30am – 11am	As per the registration process above. Cost: \$60 per term
Daily Living Skills (Disability) 	Enhancing & maintaining independence and social awareness in the community relating to health care needs, good nutrition and self-care planning.	Thursday	8 Oct – 10 Dec	10am – 11.30am	To join email the office at office@rfsch.org.au You will then receive a link to the Zoom class. Cost: according to the NDIS funding <i>(NDIS participants will be charged according to NDIS price list cost. Prices are subject to change according to NDIS price guideline).</i>
Special Needs Art (Disability) 	Celebrate your life, nature and special events through visual arts, movement, music and much more.	Thursday	8 Oct – 10 Dec	1pm - 2.30pm	<i>(NDIS participants will be charged according to NDIS price list cost. Prices are subject to change according to NDIS price guideline).</i>
Breath Control and Meditation Sessions – FREE 	Pranayama (Breath control) and Pratyahara (Meditation) are 2 of the eight limbs of yoga. While most of us find it relatively easy to make time for our Asana (Postures) practice, learning how to meditate without the interruptions of our busy mind requires another level of discipline & practice. In these sessions, you will be guided through the basic pranayama practices which help in stilling the mind & will be taken through different guided meditation sessions to help promote relaxation, reduce stress & anxiety & problems related to them.	Thursday	8 Oct – 10 Dec	3pm - 3.45pm	As per the registration process above for Intro to Office 365. Cost: FREE 
Yoga (Thur evening) 	Using postures, breathing, relaxation and meditation techniques, align aspects of yourself to create flexibility in your body.	Thursday	8 Oct – 10 Dec	7pm – 8.30pm	As per the registration process above for Intro to Office 365. Cost: \$60 per term
Songbirds (Disability) 	It is a very relaxed social group who partake in song, singing along to current and old time tunes. The group also participates in some fun and very easy movement to movement chair activities,	Friday	9 Oct – 11 Dec	10am – 11.30pm	To join email the office at office@rfsch.org.au You will then receive a link to the Zoom class. Cost: according to the NDIS funding <i>(NDIS participants will be charged according to NDIS price list cost. Prices are subject to change according to NDIS price guideline).</i>
U2 Club (Disability) 	This ongoing friendly group of people will learn new skills whilst socialising and enjoying lively music and singing.	Friday	9 Oct – 11 Dec	1pm – 2.30pm	<i>(NDIS participants will be charged according to NDIS price list cost. Prices are subject to change according to NDIS price guideline).</i>

TERM 4 WORKSHOPS

Program Name	Description	DAY	Date	Time	Registration Details
<p>Festive Season Digital Activities Workshop (Get Online Week) – FREE</p> 	<p>Learn how to create Christmas eCards that can be sent to family and friends electronically. Also learn how to post the eCards on to social media.</p> <p>There will be spot prizes on the day as well as going into the draw to win a special 'Get Online Week' prize.</p>  <p><i>Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world.</i></p>	Tuesday	20 Oct	11am – 1pm	<p>Click the “Add to Enrolment” button. This will put the course in your virtual cart. Once you are ready to pay, click the “Proceed to Checkout” button. On the checkout page fill in the online enrolment form and complete your payment by credit card or just continue if the program is free. You will receive email confirmation of the enrolment and a link to the zoom sessions.</p> <p>Cost: FREE</p> 
<p>Create a Photobook for Christmas to give as a gift.</p> 	<p>Would you like to turn your beautiful digital photos into a printed & bound book or know how to create a canvas, calendars etc.? Do you have photos that you would like to share with others, or perhaps some family photos that you treasure? Then why not make them in this interactive workshop. Every photo tells a story and a Photo Book records them for endless enjoyment.</p> <p>All you need is a computer or tablet. Learn how to upload photos, use the software to create your photobook, add captions & decorations to enhance your design. You will be shown how to get started and you can finish it off in your own time to then submit for printing.</p>	Monday	26 October	1pm – 3pm	<p>As per the registration process above</p> <p>Cost: \$60</p> <p><i>(Please note the Workshop fee does not include the cost of your printed Photo Book. The cost of your Photo Book will depend on your selections, i.e. size of the book, pages and type of cover. Prices start from \$9.95 for a soft cover book and will be payable directly using your own Credit Card when you place the order online).</i></p>