



LOUIS JOEL  
ARTS & COMMUNITY

# 2024 SPRING PROGRAM

September - December 2024



# ABOUT LOUIS JOEL ARTS & COMMUNITY

We exist to contribute to a strong and vibrant community by supporting wellbeing and connectedness through offering opportunities to share and participate in arts and cultural activities.

Starting out providing hospital services, we now exist to promote health and wellbeing through participation in community arts and the value of creativity to the Hobsons Bay community and the western suburbs of Melbourne, by delivering a vibrant arts and cultural program including visual and performing arts, music, literature and craft.

We are committed to providing accessible and inclusive spaces – including a public gallery – with places for connection, creative exploration, experimentation, presentation and commercial opportunities for our creative community.

**\*\*Did you know that LJAC is NOT council run? We are a not-for-profit registered charity and our programs rely on donations, grants and participant fees.**

## WE ARE DEEPLY GRATEFUL FOR YOUR SUPPORT!

You can make tax-deductible donations at the centre or scan the QR code.

Every contribution helps us continue our work – thank you for making a difference!



## CURRENT VOLUNTEER OPPORTUNITIES

### EVENT VOLUNTEERS

From sustainability workshops to craft markets, we're looking for an Event Volunteer to assist us with the planning stages of events and/or volunteer on the day of events.

### GENERAL HELPERS

Talk to us about how you can contribute your hours to support our wonderful Centre.





# WELCOME TO SPRING!

Welcome to the LJAC Spring program! What a wild entry to the new season it has been – strong winds, rain, warm in the morning, cold in the afternoon, or vice-versa. I don't know why I'm still surprised by the many facets of spring weather, and why I think I've put my coats, cardigans and boots away for the last time.

As always, there was a lot of activity through the winter at LJAC, even when we intend to slow down, find comfort in soups and slippers, many of you have turned up to our exhibitions, our weekly groups such as art classes, choir, yoga, tai chi, Chit Chat Tuesday, Knit & Stitch, Kings of the Kitchen and more. Thanks to our wonderful volunteers who continue to make our centre look wonderful, our Tuesday Garden Gurus, and the dedicated bunch of Repair Café repairers and helpers who turn up monthly. Every week you might be lucky to see our increasing number of volunteers in the edible garden, planting and harvesting many delights, made available to anyone who needs garden fresh produce.

One thing that has made the winter months difficult, is the increase in demand for food for people doing it tough, and the noticeable decrease in donations of non-perishable food in our food-pantry on the deck. Thanks to the few who drop off what they can. All donations of food are greatly appreciated.

Speaking of donations, you may have heard or read in our updates, that LJAC really needs support, more than ever. As a not-for-profit, registered charity, all donations over \$2 are tax deductible. Did you know that we are NOT run by Hobsons Bay City Council? Our revenue comes from grants, some from state and local government, some from business community, some from philanthropic organisations. We also earn income from venue hire and rentals. You may also recall that we have more space in our Queen Street Building (QSB) available for long term rental, as well as short term venue hire. Have a look at our website under Venue Hire or here: <http://www.ljac.com.au/venue-hire> for a full list of options.

Email us at [admin@ljac.com.au](mailto:admin@ljac.com.au).

For further updates, be sure to join our mailing list to avoid missing out on news and updates:



# We Are Made of Stars

**Amanda Ruck**

**featuring collaborative work with poet Beata Frey Taylor & visual artist/designer Simon Bowland**

**Saturday 26th October - Thursday 5th December**



Image courtesy of Amanda Ruck (cropped)

**Amanda Ruck has spent many years looking up at the sky, tilting her head, squinting into the sun, working out how light and colours define clouds. This tilting motion gives her a sense of freedom and peace, with the knowledge that these are the same clouds everyone looks at ... giggling in search of rabbits, scary giants and massive galleons, or looking into the sunset and taking stock at the end of the day.**

**Amanda uses cloudy weather patterns as a vehicle for emotion. At the base of some paintings there is a slither of landscape for scale, and the composition often includes a pathway and trees to suggest an intimate story. These dark broody landscapes provide a ballast for a window of light, allowing the viewer to contemplate where the path leads, or what is over the horizon.**

# What's New!

## Chinese Dance Class with Nancy



**Wednesdays, 1pm - 2.30pm**  
**23rd October - 27th November**

Combining the elegance of ballet with the charm of traditional Chinese dance in a free class. Whether you're looking to relax, get some exercise or experience the dance cultures of East and West, this course provides a unique opportunity to learn and enjoy.

With guidance from a professional dance instructor, participants will start with basic movements, focusing on physical and mental coordination, artistic expression and social interaction. These classes offer a joyful learning and communication platform for the community.

Wear something comfortable.

Cost: FREE to attend

Booking: <https://shorturl.at/qGZLM>

# Coming Up!

## Spring Flow Yin Yoga



**Tuesdays, 7pm - 8pm**

**10 weeks - 17 September to 26 November (no class 5 November - Melbourne Cup)**

Spring is a time of creativity, possibilities and renewal. Join Hannah, an experienced Yin Yoga teacher with a background in Psychology, for a luxurious 10-week Yin Yoga journey. Each week explores a different theme through breath work, mediation and yin shapes that encourage relaxation, spaciousness and ease.

Suitable for all levels, and perfect for those with busy lives wanting to slow down.

What participants have reflected about these sessions:  
"Relaxed me, stretched me in poses I have not done before. I leave each week feeling great."

Cost:

- \$65 for 5 weeks
- \$15 casual rate

Bookings: <https://shorturl.at/sPSW/r>

## Garden Art Playgroup Altona



**Friday, 10am - 11am**  
**29th November**

Altona's art playgroup, run by Tegan Farrugia, will be running a garden session in November. We'll be outside, in a fenced off garden which is part of Louis Joel Arts & Community Centre in Altona. This will be relaxed, with multiple things happening at the same time for the kids to pick and choose what they would like to do. Activities include chalk drawing, painting, art using leaves and flowers and more.

Kids aged 1-5 years old.

Session cancelled if weather permits.

Cost: \$20 per child, \$16 additional child

Bookings: <https://shorturl.at/OMk1w>

# Coming Up!

## **Fridays By the Bay**



**Fridays, 10am - 1pm**  
**1st & 15th & 29th November**  
**13th & 20th December**

A social activity group, for people 18 - 64 years, living in Hobsons Bay, and who are not eligible for other support programs. We meet fortnightly, activities include outings, having guest speakers, as well as wellbeing, and art activities. Lunch is provided.

Cost: \$6.50 per session.

The program is funded by Hobsons Bay City Council and Victorian Dept. of Health

# Spring Timetable

	MONDAY	TUESDAY	WEDNESDAY
Visual Arts	<p>12.30pm - 2.30pm Watercolours*</p> <p>7pm - 9pm HBAS Monthly Workshops*</p>	<p>10am - 12pm Pastel, Oils, &amp; Acrylics*</p> <p>1.30pm On Location Sketching*</p> <p>7pm - 9pm Vibrant Watercolour</p>	<p>10am - 12pm Social Painting*</p> <p>10.15am - 12.15pm Visual Arts Together NDIS</p> <p>7.15pm - 9.15pm Artful Dabblers*</p>
<p>Louis Joel Gallery &amp; Shop Weekdays: 9.30am to 4.30pm Weekends: 11am to 2pm</p>			
Craft & Textile		12.30pm - 3pm Knit & Snitch	
Performing Arts		4.30pm - 6pm Theatrix Drama	
Wellbeing & Connection	12pm - 1pm Boys Own Barbecue (fortnightly)	<p>1.30pm - 3pm Chit Chat Tuesday</p> <p>3.30pm - 5.30pm Youth Drop In</p> <p>7pm - 8pm Flow &amp; Yin Yoga</p>	<p>10am - 12 pm Kings of the Kitchen</p> <p>3pm - 4pm Chair Yoga</p>
Culture & Learning			1pm - 2.30pm Chinese Dance with Nancy
Sustainable Living			



# Spring Timetable

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>12.45pm - 2.45pm Visual Arts Together NDIS</p> <p>7pm - 9pm Gel Plate Workshop</p>	<p>10am - 11am Garden Art Playgroup November 26th only</p>		
<p>Louis Joel Gallery Shop Weekdays: 9.30am to 4.30pm Weekends: 11am to 2pm</p>			
<p>4.30pm - 6pm Theatrix Drama</p>	<p>1.30pm - 2.30pm Choir - With One Voice</p>	<p>10am - 12pm DramaWerkz Theatre Group</p>	
<p>10am &amp; 11.15am Tai Chi</p>			<p>11am Laughter Club Cherry Lake Market (monthly)</p>
	<p>11am - 12.30pm Pier Poetry Group (fortnightly)</p>		<p>2pm - 4pm Death Cafe</p>
		<p>12pm - 3pm Repair Café Altona Last one 2nd Nov</p>	

# A-Z Listing

## A

### \*ARTFUL DABBLERS

BYO art & craft project to create in a friendly group environment.

Wednesdays, 7.15pm – 9.15pm \$5.00 / visit

Contact Kirsten 0417 056 762

## B

### B.O.B CLUB

Join the boys and help cook a barbecue lunch with this friendly and inclusive group. All men welcome: no booking necessary.

Fortnightly Mondays – 12pm (from 11th Nov) |

\$6 per session. Contact 9398 2511

## C

### CHAIR YOGA

Want all the benefits of Yoga but getting up or down from the mat is a challenge then come and try Chair Yoga.

Wednesdays, 3pm to 4pm | \$5 per session No bookings required, just drop in.

### CHIT CHAT TUESDAY

Join us for a relaxing cuppa and chat. No bookings required, just drop in.

Thursdays at 1.30pm–3pm | FREE to attend.

### CHINESE DANCE WITH NANCY

Combining the elegance of ballet with the charm of traditional Chinese dance in a free class. Whether you're looking to relax, get some exercise or experience the dance cultures of East and West, this course provides a unique opportunity to learn and enjoy.

With guidance from a professional dance instructor, participants will start with basic movements, focusing on physical and mental coordination, artistic expression and social interaction. This classes offer a joyful learning and communication platform for the community.

Wear something comfortable.

Wednesdays, 1pm – 2.30pm

23rd October – 27th November

Cost: FREE to attend

Booking: <https://shorturl.at/gGZLM>

### CHOIR - WITH ONE VOICE - HOBSONS BAY

For people who love to sing and meet other lovely people! No prior experience necessary. We provide lyrics and only occasionally use sheet music (but you don't have to know how to read it).

Friday afternoons 1:30–2:30pm, followed by tea/coffee and a chat.

Fees are by tax deductible donation but come along for free to see if you enjoy it.

For further details contact choir director, Steph Payne via email:

[hobsonsbay@withonevoice.org.au](mailto:hobsonsbay@withonevoice.org.au)

or visit

<https://www.withonevoice.org.au/choirs/hobsonsbay/>

## D

### DEATH CAFE

Join in a monthly conversation with people who are also interested in talking about death. While death is inevitable, it's often a topic that is avoided or spoken about in hushed tones. The monthly Death Cafe will be facilitated in a safe and supported setting, however Death Cafe is NOT a grief support or counselling session.

Last Sunday of each month 2pm– 4pm.

FREE – donations are appreciated.

### DRAMAWERKZ THEATRE DRAMA GROUP

Stimulate creativity, spontaneity & imagination while building performing skills.

Age group 13 to 17 years.

Saturdays 10am–12pm | Fees apply.

Contact Mia 0413 414 587 or

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



# A-Z Listing

## F

### **FLOW & YIN YOGA - SPRING**

Spring is a time of creativity, possibilities and renewal. Join Hannah, an experienced Yin Yoga teacher with a background in Psychology, for a luxurious 10-week Yin Yoga journey. Each week explores a different theme through breath work, mediation and yin shapes that encourage relaxation, spaciousness and ease. Suitable for all levels.

10 Weeks: 17 September to 26 November (no class 5 November - Melbourne Cup)

Costs: \$150

Bookings: <https://shorturl.at/sPSWr>

### **FRIDAYS BY THE BAY**

Social group, with arts & wellbeing activities at the centre, workshops and guest speakers and monthly outings with a small group. Lunch included.

Open to people aged under 65. Funded by Hobsons Bay City Council.

Fortnightly on Fridays 10am-1pm | \$6.50

Contact [community@ljac.com.au](mailto:community@ljac.com.au)

## G

### **GARDEN ART PLAYGROUP**

Friday 10 - 11am November 29th

Combination nature play, sensory play, process art in the garden.

Kids aged 1-5 years old.

Session cancelled if weather permits.

Cost: \$20 per child, \$16 additional child

Booking here: <https://shorturl.at/0Mk1w>

### **\*GEL PLATE WORKSHOP**

Have you bought or made a gel plate for monoprinting? Haven't used it for a while after getting frustrated with your results? This 6 week course gives us the opportunity to work together to gain expertise and experience. Bring your own gel plate and brayer and together we will explore different techniques and projects to use your prints.

Materials: BYO gel plate and brayer, some paper and paint provided.

Thursdays 7pm, from 10th October

Cost: \$72 for 6 weeks

Contact Christine Macpherson on 9395 6196 or email [chrismacp3188@gmail.com](mailto:chrismacp3188@gmail.com) to book.

## H

### **\*HBAS MONTHLY ACTIVITY NIGHT**

The Hobsons Bay Arts Society (HBAS) presents a series of monthly workshops by a guest artist. Workshops are open to all members and visitors looking to learn a new skill or technique.

Fourth Monday of each month at 7pm.

Visitors \$5-\$10. Members FREE.

Contact [hbasa@y7mail.com](mailto:hbasa@y7mail.com)

## K

### **KINGS OF THE KITCHEN**

A cooking program for men of all ages where you'll learn, experiment, play, taste and take home what you cook.

Wednesdays 10am-12pm.

\$12 per session.

Bookings: 9398 4511

# A-Z Listing

## **KNIT & STITCH**

Bring your knitting, crochet, hand-sewing, cross stitch and have a chat.

Tuesdays, 12.30pm-3pm.

No Charge.

## **L**

### **LAUGHTER CLUB - AT CHERRY LAKE MARKET**

Monthly laughter club sessions will be facilitated by recently trained volunteers, Mia, Nella and Karen.

First Sunday of the month at 11am, commencing 6th October.

FREE | No bookings required.

## **O**

### **\*ON LOCATION SKETCHING WITH NANCY**

Nancy Belyea hosts this popular outdoor sketching group that concentrates on capturing the likeness of local people and scenes. The group learns new techniques in an informal setting.

Meet at LJAC on Tuesdays, 1.30pm.

Cost: \$2 casual or \$15 for term.

Contact Nancy 0411350 435

## **P**

### **\*PASTEL, OIL, & ACRYLICS WITH BILL KERR**

Oil, pastel and acrylic painter Bill Kerr teaches this art class. Bill has been painting most of his life and is a member of the Victorian Artists Society and the Pastel Society of Victoria and has won many awards.

Tuesdays, 10am-12pm.

\$15 per session.

Contact Bill 9398 3271

## **PIER POETRY GROUP**

An opportunity for people who love poetry (including song lyrics) to come together and share some poems or lyrics outlining why they enjoy a particular piece, how it makes them feel or think and a brief background on the poet or songwriter.

Group convener is our Poet-In-Residence, Peter Roberts.

The group meets every fortnight from Friday, 20 September at 11am to 12.30pm.

### **We also have a podcast!**

#### **Louis Joel Poetry Pod**

The Louis Joel Poetry Pod aims to be a forum for discussion about poetry, what people like and what they don't and why. A strong emphasis is placed upon making poetry accessible and fun with a diverse range of writers, forms, media etc. Each podcast will have interviews with poets, with people who convene poetry appreciation groups, with editors or producers of poetry magazines and perhaps most importantly with members of the community outlining some of their favourite poems or song lyrics, and why etc.

Check it out here:

<https://podcasters.spotify.com/pod/show/ljac>

## **R**

### **REPAIR CAFÉ ALTONA**

Have household items and treasures in need of repairs? Book in to see clever volunteer 'fixers' and save waste to landfill. Why chuck it when you can fix it?

Saturdays, 12pm to 3pm

5 October and 2 November

Bookings: 9398 4511 or [culture@ljac.com.au](mailto:culture@ljac.com.au)



# A-Z Listing

## S

### **\*SOCIAL PAINTING GROUP**

This friendly group comes together to create in a social setting. Facilitated by local artist Gaye Pereira-Jackson. Bring your own projects (untutored).

Wednesdays, 10am-12pm.

Cost: \$5 per session.

Contact Gaye Pereira Jackson 0415 469 225.

## T

### **TAI CHI**

Join instructor Siew for a morning session of Tai Chi. Tai Chi is a gentle form of exercise that has multiple health and wellbeing benefits and is often described as a moving meditation.

Thursdays, 10am & 11.15am - 1hr session  
7-weeks program: 10 October to 19 December (no sessions on 24 October, 14 November, & 21 November)

Cost: \$42 concession/ \$56 full fee / \$8 casual

Booking:

10am: <https://shorturl.at/xDEoz>

11.15am: <https://shorturl.at/5mnl1>

### **THEATRIX**

Fun-filled learning and drama games galore. Theatrix is perfect for young thespians who strive to see their name in lights. This play-based drama program will explore common acting styles, show structures and performance techniques.

Suitable for ages 8-12 yrs.

Tuesdays & Thursdays 4.30pm-6pm

Contact Mia 0413 414 587

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

## V

### **VISUAL ARTS TOGETHER**

A weekly NDIS arts program. NDIS Fees apply.

Wednesdays 10.15am-12.15 pm

Thursdays 12.45pm-2.45pm.

Contact Vincenza

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

## W

### **\*WATERCOLOUR WITH TED DANSEY**

Join highly regarded artist Ted Dansey for this watercolour class. He is a multi award-winning artist including Best Watercolour 2017 Hobsons Bay Rotary.

Mondays 12.30 pm-2.30pm.

Cost: \$20 per session.

Contact Ted 0417 322 970

## Y

### **YOUTH DROP-IN SESSIONS**

Need something to do after school? Come to the Hobsons Bay Youth Services Tuesday Drop-In at Louis Joel Arts & Community Centre. Drop-In is an opportunity for young people to hang out and meet new friends in a safe, supervised, and youth-friendly space.

A range of activities are available including arts & crafts, outdoor games, board & card games, chat with a youth worker, relax and do homework in the community garden.

Tuesdays 3.30pm- 5.30pm

1 October to 3 December - (no session on November 5)

Sessions are free. Registrations not necessary, just come along on the day.



# A-Z Listing

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\* indicate a Hobsons Bay Arts Society (HBAS) program. Please contact them first directly on [hbass@y7mail.com](mailto:hbass@y7mail.com)

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## REFUND POLICY

For LJAC workshops and events, refunds are available 14 days prior to the event if requested in writing.

If you have any queries regarding listings, please email [admin@ljac.com.au](mailto:admin@ljac.com.au) or call us on 93982511

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## VENUE HIRE

The centre provides versatile spaces for workshops, classes, exhibitions, and gatherings. It's a hub where people come together to explore their passions and connect with others. Need a space for an event, meeting, or celebration?

See our many available rooms & studios for hire here: <http://www.ljac.com.au/venue-hire>

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## LJAC ACTIVITY VOUCHER

Interested in trying out a new class or joining local activities or groups? We currently have activity vouchers available that can be used to cover the costs of joining activities and groups within Hobsons Bay.

To find out more, speak to staff at reception or send us an email at [admin@ljac.com.au](mailto:admin@ljac.com.au).

Supported by Hobsons Bay City Council's Make It Happen Grants program.



# LOUIS JOEL ARTS & COMMUNITY

## CONTACT US:

Please connect with our team for more assistance or more information

**Phone** 93998 2511  
**Email** admin@ljac.com.au  
gallery@ljac.com.au  
**URL** www.ljac.com.au  
**Bookings** www.ljac.com.au/venue-hire

## Louis Joel Arts & Community Centre Hours

Monday to Friday 9.30am - 4.30pm  
Saturday and Sunday 11am - 2pm

## ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the traditional custodians of the lands and waterways where our Centre is located, the Boonwurrung/Bunurong people, and pay respect to Elders past and present, and to all Aboriginal and Torres Strait Islander peoples.

We appreciate the strength, resilience and pride of First Nations peoples, as demonstrated through cultural practices including storytelling, art, dance, music and care for country and communities.

We commit to the process of deep listening and truth telling as we walk shoulder to shoulder with First Nations peoples, and to inspiring all users of our Centre to care for our communities and our country, following the example set by the First Nations people in their enduring occupancy of this land over thousands of generations.



Families,  
Fairness  
and Housing



HOBSONS  
BAY CITY  
COUNCIL

