



WOODEND NEIGHBOURHOOD HOUSE

COURSES & ACTIVITIES

TERM FOUR COURSES



KIM SELBY PHOTOGRAPHY

Welcome to our Final brochure for 2017

We have a great variety of courses and activities on offer for term four. Visit us at www.woodendnh.org.au and book in online or call us on 5427 1845. You can also sign up for our newsletter, view our Instagram adventures and follow us on Facebook.

If you're new to Woodend, welcome. We provide activities and courses for adults and children; also hot desk, room and equipment hire, photocopying and scanning services at very reasonable rates. Drop in and say hello. Our reception is open Monday to Friday 9am - 3pm.

For what's on at other Neighbourhood Houses across the Macedon Ranges visit www.MRNH.org.au

COMMUNITY LUNCHES

We love building connections across the Woodend community so, join our volunteers for lunch. It's often a sell out so please call 5427 1845 to book a seat.
Fri 20 Oct, 17 Nov & 15 Dec at 12pm \$5

COMPUTERS - GENERAL ASSISTANCE

We have volunteers willing to help out with your general computing queries (PC or Mac), call us to make an appointment. Donation appreciated

FREE ACTIVITIES

We offer a variety of activities free for members. Ask us about membership.

FREE THE FELDENKRAIS METHOD

'Change the way you move' with certified practitioner, Fran White. Free introductory class using slow, mindful movements to improve strength, flexibility and holistic integration of body and mind. Bring a mat, towel and warm comfy clothes.
Saturday 25 Nov 2 - 5pm

FREE NEW TO RENTING?

Danielle Corner, licensed real estate agent & principal, explains commonly used terminology and answers general questions about renting including how to present a strong application.
Tuesday 24 Oct 7.30 - 8.30pm

FREE CRAFT GROUP

Come along and work on your own project in great company. Wed 10am - 12pm

FREE COMMUNITY GARDEN

Lend a hand in the community permaculture garden.
Contact Denise 0407 562 565
Fridays 10 - 11.30am all year round

FREE CYCLING GROUP

Mondays 9am for an easy ride and 10am 'Tour de Woodend' for confident riders. Rides leave from the House.

FREE DIGITAL CAMERA WORKSHOPS

Join keen amateur photographer Hubert to get to know your digital camera and make the most of its functionality.
Thursday 2 Nov 7.30 - 9.30pm

FREE NEWHAM WALKERS

Walk leaves from Newham Hall at 9am Tuesdays. Dogs on leads welcome. Please contact Fran Spain on 5427 0661 to join this group.

FREE WOODEND COMMUNITY BAGS

Drop in and help make the Woodend Community Bags. No skills required.
Thursdays 9am - 12pm

FREE WOODEND WALKERS

Medium-paced health and fitness walk, usually concludes with coffee at a local café.
Tuesdays Meet at the house at 10am

ADULT COURSES A - Z

NEW ENGLISH AS ANOTHER LANGUAGE

We are seeking expressions of interest for this program for Term 1, 2018. If you know anyone who could benefit from this program, please spread the word and give them a hand to contact us.

NEW NATURAL HISTORY ART - BEGINNERS

Join Kate Nolan and learn how to paint shells, crustaceans, insects or other natural history artefacts in this two day workshop.
Sat 28 Oct & Sun 29 Oct 11am - 4pm
\$195 (2 days)

NEW NORDIC WALKING

Learn low impact Nordic Walking techniques using special poles to improve fitness, strength and posture with qualified group leader Rose Latimer. Use of poles included
Wed 18 Oct to 15 Nov 10 - 11am
\$75 per term (5 wks)

NEW SPANISH

Brand new class suited to travellers or beginners.
Thurs 12 Oct to 14 Dec 11am - 12pm
\$200 per term (9 wks) or \$27 casual



BASIC BIKE MAINTENANCE

Learn about puncture repair, brakes, gears and diagnosing problems. Session 1 covers basic bike mechanic skills and Session 2 is more advanced. Bring a bike.
Sat 11 & 18 Nov 1 - 4.30pm
Session 1 on 11 Nov \$50 (\$40 conc)
Session 2 on 18 Nov \$70 (\$60 conc)
or both \$100 (\$80 conc)

BE YOUR OWN BARISTA

Learn how to brew like a boss! With Remy from Fox in the Chamber.
15 - 25 yr olds (3 wks) 5.30 - 7.30pm \$60
Thur 5 - 19 Oct or 2 - 16 Nov
Adults (1 wk) 7 - 9pm \$60
Thur 26 Oct or 23 Nov

BELLY DANCING

Tone your body with ancient Oriental dance. Bring your mat, water bottle and hip belt if you have one.
Mon 9 Oct to 18 Dec (No class on 6 Nov)
Beginners 7 - 8.15pm Troupe 8.15 - 9.30pm
\$160 per term (10 wks) or \$20 casual



BOTANICAL ILLUSTRATION

Learn how to paint botanically accurate and realistic pictures of plants using watercolours, with Kate Nolan. Beginners welcome.

Tues 17 Oct to 28 Nov (No class 7 Nov)
7-9pm 2 hr class \$170 (6 wks)
Wed 18 Oct to 29 Nov (No class 8 Nov)
9.15-12.15pm 3 hr class \$250 (6 wks)

CREATIVE WRITING

Local writer and poet Myron Lysenko teaches the essentials of creative writing in a friendly and supportive atmosphere. All writers welcome. No class 6 Nov

Mon 9 Oct to 11 Dec 7-9pm (9 wks)
\$135 (\$115 conc) or \$20 casual (\$15 conc)

DRAWING AND PAINTING

Award winning professional artist, William Ritchie, offers classes tailored to your needs in a wide range of mediums. Suitable for all levels.

Thurs 12 Oct to 23 Nov 9.30am - 12pm
\$210 per term (\$175 conc) 7 wks



EXERCISE FOR SENIORS

Loosen up & be lively! Fun exercise to music.
Fridays 13 Oct to 15 Dec 9 - 10am
Casual \$10 per class

FRENCH

Parlez-vous français?
Come along and learn with Valérie.
Intermediate **12.15 - 1.15pm**
Thurs 12 Oct to 14 Dec (9 wks)
\$200 per term or \$27 casual

GERMAN

Alle Wege führen nach Berlin...
Learn German with Magda! All levels
Wed 11 Oct to 15 Nov
Beginners (part 2) **10 - 11.30am**
Pre-Intermediate **11.40am - 1.10pm**
\$145 (6 wks) or \$28 casual

MACHINE SEWING

Expert tutor Sue Hill will guide beginning and intermediate sewers to master their sewing machine and create gorgeous garments. No class 8 Nov

Wed 11 Oct to 13 Dec (9 wks)
Afternoon **12.30 - 3pm** \$225 per term
Evening **7 - 9pm** \$180 per term

MAHJONG

Mahjong is a game of skill, strategy, calculation and chance; played with tiles based on Chinese characters and symbols. All welcome.

Wednesdays 10am - 12pm \$3 per session

MEDITATION

Metaphysical meditation.
Serious students only. **Thursdays 8 - 9pm**
Contact Raymond White on 0411 268 336

PAINTING ACRYLICS OR WATERCOLOURS

Join award-winning artist John York to develop your own style at your own pace in a supportive and creative atmosphere. Suits beginners and intermediate painters.
Thurs 12 Oct to 30 Nov 1 - 3.30pm
\$115 per term (8 wks)

PERMACULTURE

Interested in growing your own vegies and learning the best way to establish your sustainable garden?

Friday 20 Oct to 1 Dec 10am - 2pm
\$70 per term (\$65 conc) 7 wks



POTTERY - HAND BUILDING

Explore using clay to create a variety of unique hand-built items, with Ceramic Artist Andrew Bloxsome.

Wed 18 Oct to 22 Nov 10am - 12pm
\$155 (incl \$20 materials) 6 wks
Contact us for Pottery using a Wheel Classes.

SOCIAL MEDIA MARKETING PLAN

Create an effective social media marketing plan and learn the basics of blog writing with our local online wordsmith.

Tues 10 Oct to 12 Dec 9.30 - 11.30am
(9 wks) \$41.60 ACFE funded* (\$125 full fee)
No class 7 Nov *contact us to see if you are eligible

TATTING

Belinda shares the art of tatting, a form of lace making using knots and loops. Beginners welcome - ball of cotton and tatting shuttle free for new students.

Fridays 13 Oct to 15 Dec 11am - 12pm
\$150 per term (10 wks) \$25 casual

WOOD TURNING AT THE MEN'S SHED

With Brian Falkenberg who has over 10 years' experience in wood turning. 3 students per class, at Woodend Men's Shed. No class 7 Nov (8 wks)
Tues 10 Oct to 5 Dec 1-3pm or 7-9pm
\$220 all equipment/materials supplied.

CHILDREN'S ACTIVITIES

NEW CHILDREN'S SCRAPBOOKING

Decoratively arrange and preserve personal and family history in a scrapbook. Includes starter kit, bring photos and memorabilia. Ages 12+ (unless accompanied by an adult)
Fri 20 Oct to 17 Nov 4.30 - 6pm
\$75 per term (4 wks) No class 3 Nov

INNER SPACE

Qualified Counsellor and Community Services practitioner, Virginnia Kingsford, will lead a program for 8-11 yos to learn about responding to, understanding and managing feelings and difficult emotions.

Wed 18 Oct to 22 Nov 4.15 - 5.15pm
\$90 per term (6 wks)

CHILDREN'S POTTERY

Children create a number of sculptural ceramic pieces with Ceramic Artist, Andrew Bloxsome. Suitable for 7yr+
Thursdays 19 Oct to 23 Nov 4 - 5pm
\$90 per term (6 wks) incl \$20 materials

CHILDREN'S SEWING

Learn the basics and build your skills with experienced seamstress Sue Hill.

Wed 11 Oct to 13 Dec 4 - 5.30pm
\$170 per term (9 wks) No class 8 Nov

ONE DAY CLASSES/WORKSHOPS

EVERYONE CAN LEARN TO READ

Practical information about how we learn to read and what you can do to help learners of all ages. Presented by Jackie Nieuwenhuizen.

Wednesday 25 October 7.30 - 9pm
\$25 (\$15 conc)

FIRST AID

HLTAID003 Provide First Aid/HLTAID001 Provide Cardio-Pulmonary Resuscitation
1 day practical course with online work.
Saturday 21 Oct or 2 Dec 9am - 3.30pm
\$130 for Provide First Aid (inc CPR) or \$75 for CPR only (Min age 14)

HEALTH WORKSHOPS

Local naturopath Jill Kratsis is hosting regular sessions on health and nutrition. Join us for these informative evenings. Please see our website for topics.

Wed 18 Oct & 15 Nov 7.30pm - 9pm
\$25 (\$20 conc) per session

CRAFT WORKSHOPS

NEW SCRAPBOOKING

Come along with 4 photos and be introduced to the art of decoratively arranging them into a creative memento. Bring your child & together or come alone.

Saturday 18 Nov 10am - 12pm \$20
\$5 extra for child (materials provided)

NEW RECYCLED TSHIRT QUILT

Make a quilt from old Tshirts. Bring your sewing machine, sharp scissors, pins, 12 Tshirts and your lunch. Please let us know if you need a machine.

Saturday 14 October 10am - 2pm \$20

CHRISTMAS EMBROIDERY

Make some redwork embroidery for Christmas using simple stitches. Bring red (or green) embroidery thread, needle, scissors, a piece of calico and your lunch.

Saturday 11 November 10am - 2pm \$20

RAG RUG MAKING

Learn how to make rugs out of strips of fabric. Bring a 9 or 10mm crochet hook, scissors, fabric of your choice (eg. a single doona cover from the op shop) and your lunch.

Saturday 9 December 10am - 2pm \$20

