



WOODEND NEIGHBOURHOOD HOUSE

# COURSES & ACTIVITIES

## TERM ONE COURSES



KIM SELBY PHOTOGRAPHY

## Welcome to our Term 1 brochure for 2018

We have a great variety of courses and activities on offer for term one. Visit us at [www.woodendnh.org.au](http://www.woodendnh.org.au) and book in and pay 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. We offer form filling assistance (Mondays) and free WiFi for members. Drop in and say hello. Our reception is open Mon to Fri 9am - 3pm.

### 2018 MEMBERSHIP

Become a member of the House for just \$10 a year (\$20 for a family) and enjoy free WiFi and 10% off one course each year. Memberships run from Jan to Dec and are well worth the money.

### COMMUNITY LUNCHES

We love building connections across the Woodend community so, join our volunteers for lunch at the RSL, 32 Anslow St. Call 5427 1845 to book in. Fri 16 Feb and 16 Mar at 12pm \$5

### WHOLE TOWN GARAGE SALE

Someone's trash is someone else's treasure. Jump on board and join our annual sale. \$5 to get on the map. Saturday 24 March 2018



### NEW HELP! I'M STUCK

Book in with Patrick and he'll help with your technology challenges. Mondays. Donations appreciated.

### FREE ACTIVITIES

#### 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 Loris 0427 327 034  
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 8 Feb 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 - 2pm

#### FREE WOODEND WALKERS

Medium-paced health and fitness walk, usually concludes with coffee at a local café. Tuesdays. Meet at the house at 9am

### ADULT COURSES A - Z

#### NEW THE FELDENKRAIS METHOD

'Change the way you move' with certified Feldenkrais practitioner, Fran White. Classes use slow, mindful movements to improve strength, flexibility and holistic integration of body and mind. Bring a mat, towel and comfy clothes. Thurs 7 Feb to 29 Mar 10 - 11am \$160 per term (8 wks) or \$25 casual

#### NEW ENGLISH AS ANOTHER LANGUAGE

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

#### NEW SPANISH CONVERSATION

Practice your Spanish in this conversation class. Min 2 years Spanish studies required. Classes will be held solely in Spanish. Thurs 15 Feb to 29 Mar 2.10 - 3.10pm \$160 per term (8 wks) or \$27 casual

#### NEW YOGA

Chitra is now teaching Integral Yoga, a very versatile approach accessible to everybody. Mon 5 Feb to 26 Feb 9.30 - 11am Term \$125 (\$100 conc) 7 wks Casual \$20 (\$15 conc) No class 12 Mar

#### BELLY DANCING

Belly dances rhythms and movements will get your body fit and toned, all while having fun and being part of a wonderful group. Mon 5 Feb to 26 Mar (No class on 12 Mar) Beginners 7 - 8.15pm Troupe 8.15 - 9.30pm \$115 per term (7 wks) \$65 4wk sampler \$100 (5 class casual) or \$25 casual



## BOTANICAL ILLUSTRATION

Learn how to paint botanically accurate and realistic pictures of plants using watercolours, with Kate Nolan. All welcome.  
**Tues 13 Feb to 27 Mar (No class 6 Mar)**  
 7-9pm 2 hr class \$170 (6 wks)  
**Wed 14 Feb to 28 Mar (No class 7 Mar)**  
 9.15am-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 12 Mar  
**Mon 5 Feb to 26 Mar 7-9pm (7 wks)**  
 \$105 (\$90 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.  
**Wed 7 Feb to 21 Mar 12.30 - 3pm**  
 \$210 per term (\$175 conc) 7 wks

## EXERCISE FOR SENIORS

Loosen up & be lively! Fun exercise to music.  
**Fri 8 Feb to 23 Mar 9 - 10am \$10 casual**

## FRENCH

Parlez-vous français? Learn with Valérie.  
**Thurs 15 Feb to 29 Mar**  
**Beg. 10.30 - 11.30am Inter. 1-2pm**  
 Conversation (2yr min) 11.45am-12.45pm  
 \$160 per term (7 wks) or \$27 casual

## GERMAN

Alle Wege führen nach Berlin...  
 Learn German with Magda! All levels  
**Wed 7 Feb to 28 Mar**  
**Beginners (part 2) 9.30 - 11.30am**  
 \$260 (8 wks) or \$35 casual  
**Pre-Intermediate 11.40am - 1.10pm**  
 \$195 (8 wks) or \$28 casual  
 Contact us for beginner & conversation classes

## MACHINE SEWING

Expert tutor Sue Hill will guide beginning and intermediate sewers to master their machine & create gorgeous garments.  
**Wed 7 Feb to 28 Mar (8 wks)**  
 Afternoon 12.30 - 3pm \$200 per term  
 Evening 7 - 9pm \$160 per term

## MAHJONG

Mahjong is a game of skill, strategy, calculation & chance; played with tiles based on Chinese characters & symbols.  
**Wednesdays 10am - 12pm \$3 per session**

## MEDITATION

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

## NORDIC WALKING

Learn how to improve your fitness, muscle strength and posture in a fun way using low impact Nordic Walking poles with qualified leader Rose Latimer. For all fitness levels.  
**Wed 7 Feb to 7 Mar 9 - 10am**  
 \$75 per term (5 wks) Use of poles incl.

## 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 8 Feb to 28 Mar 1 - 3.30pm**  
 \$135 per term (8 wks)

## PERMACULTURE

Interested in growing your own vegies and learning the best way to establish your sustainable garden?  
**Friday 9 Feb to 23 Mar 10am - 2pm**  
 \$80 per term (\$70 conc) 7 wks



## POTTERY - HAND BUILDING

Explore using clay to create a variety of unique hand-built items, with Ceramic Artist Andrew Bloxsome.  
**Wed 7 Feb to 14 Mar 10am - 12pm**  
 \$155 (incl \$20 materials) 6 wks

## POTTERY USING A WHEEL

Learn how to create a number of pieces using a pottery wheel, with Ceramic Artist Andrew Bloxsome. Two students per class.  
**Mon 12 Feb to 5 Mar 7 - 9pm**  
**Thurs 15 Feb to 8 Mar 10am - 1pm**  
 \$180 (incl \$20 materials) 4 wks  
 Classes held at Tutor's Studio in Kyneton

## SOCIAL MEDIA FOR BUSINESSES

Create an effective social media marketing plan for small and new businesses and learn the basics of blog writing with our local online wordsmith, Zali.  
**Thurs 8 Feb to 29 Mar 9.30am - 12pm**  
 (8 wks) \$41.60 ACFE funded\* (\$125 full fee)  
 \*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.  
**Fri 9 Feb to 23 Mar 11am - 12pm**  
 \$105 per term (7 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.  
 Held at Woodend Men's Shed.  
**Tues 6 Feb to 27 Mar 7-9pm (8 wks)**  
 \$220 all equipment/materials supplied.

## CHILDREN'S ACTIVITIES

### NEW CHILDREN'S ART

Explore many mediums and be inspired by looking at great artists' works in history. Story book reading included. Paint, clay, paper, drawing and botanicals.

**Wed 14 Feb to 21 Mar (6 wks)**  
**Kinder (age 4 - 5) 2 - 3pm**  
**Primary (age 7+) 4 - 5pm**  
 \$105 per term (incl \$15 materials)



### CHILDREN'S POTTERY

Children create a number of sculptural ceramic pieces with Ceramic Artist, Andrew Bloxsome. Suitable for 7yr+  
**Thurs 8 Feb to 15 Mar 4 - 5pm**  
 \$100 per term (6 wks) incl \$20 materials

### CHILDREN'S SEWING

Learn the basics and build your skills with experienced seamstress Sue Hill.  
**Wed 7 Feb to 28 Mar 4 - 5.30pm**  
 \$150 per term (8 wks)

## 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 21 March 7.30 - 9pm**  
 \$25 (\$15 conc)

### FIRST AID

HLTAID003 Provide First Aid/HLTAID001 Provide Cardio-Pulmonary Resuscitation 1 day practical course with online work.  
**Sat 24 Feb, 5 May, 11 Aug, 20 Oct or 1 Dec**  
 9am - 3.30pm (Min age 14)  
 \$130 for Provide First Aid or \$75 for CPR only

### 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 17 Feb 10am - 2pm \$20**

Visit our [www.woodendnh.org.au](http://www.woodendnh.org.au) for dates and times for Responsible Service of Alcohol and Food Handling courses, outings and events.

