



WOODEND NEIGHBOURHOOD HOUSE

TERM 3 COURSES & ACTIVITIES



Welcome to our brochure for 15 Jul - 20 Sep 2019

If you're new to Woodend, welcome. We provide activities and courses for adults and children along with room hire and office services. If you need printing (A4 or A3 in colour or black and white), photocopying, scanning or laminating, email us your job or drop in. Our rates are very reasonable. We also offer form filling assistance, onsite laptop computers and free Wifi. Our reception is open Monday to Thursday 9am - 3pm and Friday 9am - 1pm.

We have a great variety of courses and activities on offer for term three. Visit us anytime at www.woodendnh.org.au to book in and pay online, or call us on 5427 1845. You can also sign up for our newsletter or follow us on Instagram and Facebook for the latest House news.

AT LEFT: LOCAL ARTIST AND NEW TUTOR, MICHAEL BERRY AT WORK.

2019 MEMBERSHIP

Become a member of the House for just \$10 a year (\$20 for a family) and enjoy free activities. Memberships run from Jan to Dec and offer great value for money.

WOODEND REPAIR CAFE

Join us on Farmers' Market Days in the undercroft (access via gates by skate park) and learn how to repair your household items including: tools, bikes, teddies, clothing, mech/elec items and furniture. Sat 6 Jul, 3 Aug & 7 Sep 10am - 1pm Repairs by donation. Volunteers welcome.

RUOK? DAY COMMUNITY LUNCH

Every September we invite the Woodend Community to come together and ask, "Are you ok?" Join us for a special lunch to celebrate friendship, community and social connection. Thur 12 Sep \$5 Woodend Community Centre

READING ASSISTANCE

Do you know an adult who needs help with their reading or spelling? Please let them know we now have FREE one-to-one literacy classes. To learn more please call Jackie on 0405 318 795

TO TURN A PAGE

If you would like to connect with others through the joy of reading come along to one of our Words for Wellbeing sessions. Shared reading assists with emotional and psychological challenges, social isolation, dementia and enriches quality of life. Mondays 10am - 11.30am

HELP! I'M STUCK

Patrick is on hand to help with your technology challenges. Mon and Fri pm by appointment. Donations appreciated.

FREE ACTIVITIES FOR MEMBERS

FREE CRAFT GROUP

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

FREE COMMUNITY GARDEN

Like to lend a hand in our community permaculture garden. Contact Sara on 0408 578 032 or email permaculture@mrsrg.org.au Fridays 10 - 11.30am all year round

FREE CYCLING GROUP

'Tour de Woodend' for riders of all abilities. Rides leave from the Neighbourhood House. Mondays 10am all year round

FREE WOODEND COMMUNITY BAGS

Drop in and help make the Woodend Community Bags. No skills required. Thursdays 9am - 2pm

FREE WOODEND WALKERS

Talkers who Walk : medium-paced and leisurely, concludes with coffee at a local café. Tuesdays 10am Meet at the House.



NEED THIS FOR WORK?



FIRST AID

HLTAID003 Provide First Aid /HLTAID001 Provide Cardio-Pulmonary Resuscitation 1 day practical course with online work. Saturday 10 Aug, 19 Oct, 30 Nov 9am - 3.30pm (Minimum age 14) \$130 Provide First Aid or \$75 CPR only



FOOD HANDLING CERTIFICATE

One day practical accredited course Saturday 3 August 10am - 2pm (Min age 16) \$90



RESPONSIBLE SERVICE OF ALCOHOL

Accredited course (Min age 18) Friday 23 Aug 10.30am - 2.30pm \$80



HOSPITALITY

Want to learn from a master of the industry? Remy from the Fox and Chamber will teach you the skills you need to know to excel at service and land your first job in hospitality. For 15 - 25 year olds. At Fox and Chamber 4 - 6pm (3wks) \$80 Thur 18, 25 Jul, 1 Aug or 15, 22, 29 Aug



ADULT COURSES A - Z

NEW FIND YOUR CALLING THROUGH ART

Are you struggling to find your purpose? Do you have a dream you need help defining? Our tutor Catherine uses different artistic mediums to explore your passions and find your calling.

Tues 23 Jul to 27 Aug 6.30 - 8.30pm
\$240 per term (6 wks) \$180 conc

NEW UNLOCK YOUR INNER ARTIST

Do you want to learn to explore your visual thinking? Have you always wanted to draw/paint but don't know where to start? Join renowned local artist Michael Berry to learn the fundamentals and unlock your visual imagination.

Thurs 1 - 4pm (5wks) \$220
18 Jul to 15 Aug & 22 Aug to 19 Sep
We are taking expressions of interest for an evening class



BOTANICAL ILLUSTRATION

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

Tues 16 Jul 10.15am - 12.15pm
\$220 per term (5 wks)

CREATIVE WRITING

Local writer and poet, Myron Lysenko teaches the essentials of creative writing and how to get started in a friendly and supportive atmosphere. All welcome.

Mon 22 Jul to 9 Sep 7 - 9pm (8 wks)
\$130 (\$110 conc) or \$20 casual (\$15 conc)

EATING FOR HEALTH

Join Margaret to debunk the myths around diet and healthy eating and to make your relationship with food a happy one. Packed full of delicious food ideas & sound advice to make your diet the best it can be.

Friday 30 Aug, 6, 13 & 20 Sep 2 - 4pm
\$90 for 4 sessions

FRENCH

Parlez-vous français? Learn with Valérie. Beginners 10 - 11am
Intermediate (2yr min) 11.15am - 12.15pm
Thurs 18 Jul to 19 Sep
\$200 per term (10wks) or \$30 casual

GERMAN

Alle Wege führen nach Berlin...
Intermediate German with Magda!
Wed 17 Jul to 18 Sep 10am - 12pm
\$240 (10wks)
We are taking EOI for a beginners class

HEALING MEDITATION

Do you need a space to recharge and reset? Come and join Monica to experience the power of traditional sanskrit meditation. Ancient mantras are used to assist students in cleansing and uplifting their inner self.

Mon 15 Jul to 16 Sep 11.15am - 12pm
\$12 per class (\$10 conc)

MACHINE SEWING

Expert tutor Sue Hill will guide beginners and intermediate sewers to master their machine and create gorgeous garments.

Wed 17 Jul to 18 Sep (10wks)
Afternoon 12.30 - 3pm \$250 per term
Evening 7 - 9pm \$200 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



POTTERY - HAND BUILDING

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

Wed 24 Jul to 28 Aug 7 - 9pm
\$155 (incl \$20 materials) 6wks

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 15 Jul to 5 Aug 7 - 9pm
Tues 16 Jul to 6 Aug 7 - 9pm
Sat 20 Jul to 10 Aug 5 - 7pm
\$180 (incl \$20 materials) 4wks
Classes held at Tutor's Studio in Kyneton

SPANISH CONVERSATION

Are you travelling overseas? Want to dust off your Español? Join Valérie to gain confidence and fluency.

Thurs 18 Jul to 19 Sep 12.30 - 1.30pm
\$200 per term (10wks) or \$30 casual

TATTING

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

Fri 19 Jul to 20 Sep 11am - 12pm
\$150 per term (10wks) \$25 casual

YOGA

Relax, recharge and renew with Yoga!
Yoga runs all term 15 Jul to 19 Sep (10wks)
Mon & Thurs 9.30 - 11am Wed 7.30 - 9pm
5 class pass \$90 (\$75 conc)
10 class pass \$175 (\$145 conc)
Pass valid at any class. Casual \$20 (\$15 conc)

YOGA - PRENATAL, MUMS & BUBS

Yoga tailored for pregnant women and new mothers (pre-crawling babies are welcome). Classes suit all levels of fitness and experience, including beginners to Yoga and caters to individual needs.

Thurs 18 Jul to 19 Sep Jun 11.15 - 12.30pm
5 class pass \$90 (\$75 conc)
10 class pass \$175 (\$145 conc)
Pass valid at any class. Casual \$20 (\$15 conc)

WOOD TURNING AT THE MEN'S SHED

With Brian Falkenberg who has over 15 yrs experience in wood turning, held at the Woodend Men's Shed. All equipment/material supplied.

Tues 23 Jul to 10 Sep 7 - 9pm (8wks)
\$250 per term 3 Students per class

CHILDREN'S ACTIVITIES

NEW DRAWING A LINE AROUND MY THOUGHTS

Join Michael Berry in a unique and safe learning environment for kids to explore visual thinking and awaken their imagination through drawing, painting, collage and sculpture, using puzzles, games, cartoons and pictorial exercises.

Wed 4 - 6pm (5wks) \$150
17 Jul to 14 Aug & 21 Aug to 18 Sep

CHILDREN'S POTTERY

Children create a number of sculptural ceramic pieces with Ceramic Artist, Andrew Bloxsome. Suitable for 7yr+

Thurs 25 Jul to 29 Aug 4 - 5pm
\$100 per term (6wks) incl \$20 materials

CHILDREN'S SEWING

Learn the basics and build your skills with experienced seamstress Sue Hill. Suitable for 9yr+

Wed 17 Jul to 18 Sep 4 - 5.30pm
\$170 per term (10wks)



ONE DAY CLASSES/WORKSHOPS

MINDFULNESS WORKSHOP

Mindfulness is the practise of bringing attention to the present moment and is proven to decrease stress, anxiety and depression, and to increase overall health and wellbeing. Benefit from this life enhancing practise and its application.
Saturday 31 Aug 10am - 1pm \$65

Visit www.woodendnh.org.au
for outings and events.

