



WOODEND NEIGHBOURHOOD HOUSE

# TERM 4 COURSES & ACTIVITIES



## Welcome to our brochure for 7 Oct - 20 Dec 2019

It's Spring, the perfect time to explore a new skill or interest and make new friends. This term we are offering a wide range of free social activities, exciting courses and workshops. If you're new to Woodend, come and say hello at the House we'd love to welcome you in person.

We offer a range of room hire options – if you need a workspace, a place to meet or run a workshop we can help. Printing, photocopying, scanning and laminating services are also available. Email us your job or pop in. We also offer form filling assistance, onsite laptop computers and free WIFI. Reception is open Mon -Thurs 9am -3pm and Fri 9am -1pm.

Visit us at [www.woodendnh.org.au](http://www.woodendnh.org.au) to book in and pay online, or call us on 5427 1845. Subscribe to our newsletter or follow us on Instagram and Facebook for the latest news.

### 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 5 Oct, 2 Nov & 7 Dec 10am - 1pm**  
Repairs by donation. Volunteers welcome.

### COMMUNITY LUNCH

Get into the festive spirit with our end of year Community Lunch on Thursday 28th November. Join us for a delicious meal and great company from 12pm.  
**Thur 28 Nov \$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@mrs.org.au](mailto:permaculture@mrs.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. Beginners call to book for 9am ride.  
**Mondays 10am all year round**

#### FREE PETANQUE CLUB

Suitable for all ages and abilities, this team sport is a great way to socialise and meet new people. Learn from some seasoned pros in the Woodend Community Garden.  
**Mondays 10am Meet at the House.**



#### 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. **Tues 9am 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 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 9 November**  
**10am - 2pm (Min age 16) \$90**



#### HOSPITALITY 101

Want to learn from a master of the industry? Remy from the Fox in the 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 10, 17 & 24 Oct or 7, 14 & 21 Nov**



## ADULT COURSES A - Z

### NEW 7 STEPS TO FREEDOM CHAKRADANCE

CHAKRADANCE™ is a meditative dance practice using spontaneous dance (eyes closed), to chakra-resonant music. Heal, retune and re-energise your body. Gentle exercise with no dance experience required.

**Thurs 10, 24 Oct 7, 21 Nov 5 Dec 4.15 - 5.45pm (5 wks) 16yo +**  
**\$145 per term \$30 casual (\$25 conc)**

### NEW AWAKENING CYCLE

For a deep, inner transformational experience, this Chakradance series will release blocked energy and allow participants to rediscover their true, authentic self.

**Thurs 17 Oct to 12 Dec 7.30 - 9pm**  
**\$260 per term (9 wks) \$225 conc**

### NEW DISCOVERING YOUR TREE

Come and join Leonie and learn the best ways to collect and store genealogy information and complete your family tree.

**Thurs 24 Oct to 19 Dec 6 - 8pm (6 wks)**  
**\$120 per term No class 14, 21 & 28 Nov**

### NEW JAPANESE ART FORMS

Learn new skills and experience a different Japanese artform each lesson, including ikebana, shodo, origami, shibori and more!

**Wed 9 Oct to 13 Nov 6.30 - 8.30pm**  
**\$190 per term (5 wks) No class 16 Oct**

### NEW SOUND HEALING

Experience the healing powers of sound and achieve deep relaxation through traditional crystal singing bowls, instruments, sacred mantras, and sounds of the natural world.

**Thurs 7, 21 Oct 4, 18 Nov 2, 16 Dec 1 - 2.30pm (6 wks)**  
**\$140 per term \$25 casual (\$20 conc)**

### BOTANICAL ILLUSTRATION

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

**Tues 15 Oct to 3 Dec 10.15am - 12.15pm**  
**\$220 per term (5 wks)**  
**No class 29 Oct, 5 and 12 Nov**

### CREATIVE WRITING

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

**Mon 7 Oct to 16 Dec 7 - 9pm (11 wks)**  
**\$180 (\$160 conc) or \$20 casual (\$15 conc)**

### EATING FOR HEALTH

Make your relationship with food a happy one and your diet, the best it can be. Join Margaret to debunk the myths around diet and healthy eating.

**Sun 3, 10, 17 Nov 4 - 6.30pm \$90 (3 wks)**

### FRENCH

Parlez-vous français? Learn with Valérie. **Beginners 10 - 11am**  
**Intermediate (2yr min) 11.15am - 12.15pm**  
**Thurs 17 Oct to 5 Dec**  
**\$180 per term (8 wks) or \$30 casual**

### GERMAN

Alle Wege führen nach Berlin...  
 Intermediate German with Magda!  
**Wed 9 Oct to 11 Dec (10wks) \$350**  
**Beginners 4.30 - 6.30pm**  
**Intermediate 6.30 - 8.30pm**

### 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**

### PERMACULTURE

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

**Fri 18 Oct to 29 Nov 10am - 2pm**  
**\$80 per term (7 wks) \$70 conc**

### POTTERY - HAND BUILDING

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

**Wed 16 Oct to 20 Nov 7 - 9pm**  
**\$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 14 Oct to 4 Nov 7 - 9pm**  
**Tues 15 Oct to 5 Nov 7 - 9pm**  
**Sat 19 Oct to 9 Nov 5 - 7pm**  
**\$180 (incl \$20 materials) 4wks**  
**Classes held at Tutor's Studio in Kyneton**

### SEW YOUR OWN WARDROBE

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

**Wed 9 Oct to 11 Dec (9wks) No class 6 Nov**  
**Afternoon 12.30 - 3pm \$225 per term**  
**Evening 7 - 9pm \$180 per term**

### SPANISH CONVERSATION

Are you travelling overseas? Do you have previous experience and want to dust off your Español? Join Valérie to gain confidence and fluency.

**Thurs 17 Oct to 5 Dec 12.30 - 1.30pm**  
**\$200 per term (9 wks) or \$30 casual**

### 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 11 Oct to 20 Dec 11am - 12pm**  
**\$165 per term (11 wks) \$25 casual**

### UNLOCK YOUR INNER ARTIST

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

**Thurs 1 - 4pm (5 wks) \$220**  
**10 Oct to 7 Nov & 14 Nov to 12 Dec**  
*We are taking EOI for an evening class*

### YOGA

Relax, recharge and renew with Yoga!  
**7 Oct to 12 Dec (10wks)**  
**Mon & Thurs 9.30 - 11am Wed 7.30 - 9pm**

### PRENATAL, MUMS & BUBS

Classes suit all levels of experience and fitness, including beginners to Yoga and caters to individual needs. (pre-crawling babies welcome)

**Thurs 10 Oct to 12 Dec 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)

## CHILDREN'S ACTIVITIES

### NEW DRAWING A LINE AROUND MY THOUGHTS

For kids to explore visual thinking and awaken their imagination through drawing, painting, collage and sculpture, using puzzles, games, cartoons and pictorial exercises - with Michael Berry.

**Wed 4 - 6pm (5 wks) \$150**  
**9 Oct to 6 Nov & 13 Nov to 11 Dec**

### CHILDREN'S POTTERY

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

**Thurs 17 Oct to 21 Nov 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. Suitable for 9yr+

**Wed 9 Oct to 11 Dec 4 - 5.30pm**  
**\$180 per term (10 wks)**

## ONE DAY CLASSES/WORKSHOPS

### CHRISTMAS BAKING

Authentic German Christmas baking. Make gingerbread, cinnamon stars and other tasty treats with Magda our German tutor.  
**Saturday 23 Nov 9.30am - 12.30pm \$70**

### MINDFULNESS WORKSHOP

Mindfulness is the practice 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 practice and its application.  
**Saturday 26 Oct 10am - 1pm \$65**

### SACRED GEOMETRY

Be guided by an experienced practitioner who will teach you to build your personal energetic grid using crystals and sacred geometry to help manifest your dreams, goals and intentions.  
**Saturday 7 Dec 1 - 4pm \$70**

Visit [www.woodendnh.org.au](http://www.woodendnh.org.au)  
 for outings and events.

