



WOODEND NEIGHBOURHOOD HOUSE

# TERM 3 COURSES & ACTIVITIES

## Welcome to our Term 3 Brochure, 12 July – 17 September 2021

Wow, what a challenging time we have all had. Covid 4.0 Circuit breaker lockdown and then the almighty storms.

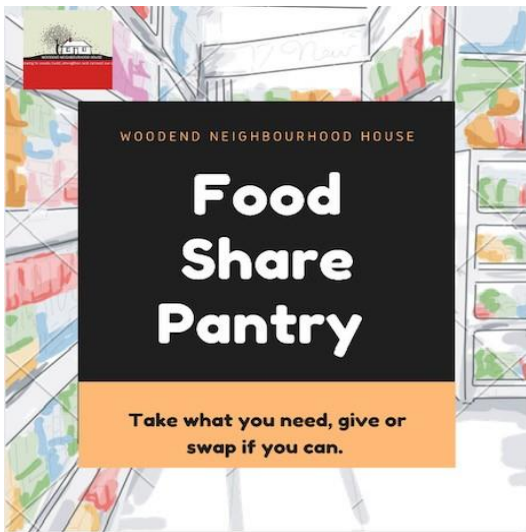
Winter is now upon us, with the days seeming shorter and much darker. With a colder and wetter winter expected, who knows we might get some snow?

Motivation may become a little harder, I know it is for myself. Staying connected may be more of a challenge but is important for us all.

Once again, we are excited to be working with friends from our community to offer another full program of courses and activities during Term 3. Whether you're looking to get into the garden, a social outlet, something to challenge your mind or get you moving, we've got you covered! Our new program is packed with courses and activities to keep you connected and inspired. So, pop on in for a visit with us here at the House.

We look forward to seeing you soon.

Bookings are essential for all activities.



Woodend Neighbourhood house are establishing a food share pantry, drop on in, take what you need and if you have something to swap or share yourself we welcome you too.

### Community Lunch

Our Community Lunches are back. Come and enjoy a nice bowl of home-made soup and a sweet. Everyone is welcome and we welcome your support. The lunches support community connections. 2nd Friday of each month starting in August. 12.00pm at the Woodend RSL \$5.00 if it's affordable or \$10 if you want to pay it forward. Bookings essential.

### Woodend Walkers

Known affectionately as the "talkers who walk". On Tuesday mornings two groups walk at two paces – medium and leisurely. Concludes with coffee at a local café. Meet at the House at 10am.



### Cycling Group

Mondays and Thursdays 10am Two groups ride at two paces 'Tour de Woodend' for riders who are fit Please call to book in.

### Help I'm stuck!

Need help with your computer or IT set up? Patrick is on hand to help with your technology challenges. Tuesday and Friday afternoons by appointment only. Call to book an appointment. A donation to the house is appreciated.

### Mahjong Group

Fancy a game of mahjong or want to learn how to play. Group meets Tuesdays at 10am, Gold coin donation appreciated.

### Social Craft Group

Are you working on a craft project alone? Why not pop along to our Social Craft group and enjoy the company of like-minded people to talk and share with. Drop in class. Wed 10 – 12am Gold coin donation appreciated.

### 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 16 July – 17 September (10 Weeks) 1pm – 2pm \$25 a week ( casual)





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**\*New**

### The Art of Images

Learn together with Michael Berry the action of embracing visual and verbal freedom artistically and the correlation between visual and verbal image-making specifically in the art practice, and more generally on one's life.

Tues 13 July – 14 September (10 Weeks)

10 - 12am

\$200 for the term



### French

Parlez-vous français? Come along and learn with Valérie.

Beginners Classes 10am – 11am

Intermediate Classes (min 2 yrs French) 11.15am – 12.15pm

Conversational classes 1pm – 2pm

Wednesdays 14 July – 15 September June

\$300 per term (10 Weeks)

### Yoga

Relax, recharge and renew with yoga for all abilities.

Mondays 9.30-11am (10 Weeks)

12 July – 13 September

\$200 / \$185

Wednesdays 9.30-11pm (10 Weeks)

Wednesdays 7.30-9.00pm (10 Weeks)

14 July – 15 September

\$200 / \$180 conc

### Basic Meditation

Basic Meditation is suitable for beginners or people wishing to get back into meditation. During this course students will learn about the cause and effect of stress, basic breathing techniques, meditation for muscle relaxation and guided visualisation meditation. They will also explore affirmations in meditation, Zen Meditation and Mindfulness Meditation.

Thursdays August 12 – August 26 10am – 1:30pm

\$200 (\$175 Concession) for the 3 weeks

### Woodend Community Bags

Drop in and help make the Woodend Community Bags. No skills required. Thursdays 9.30am – 12pm

Bags are also available to purchase from the house for \$5.

### First Aid

Provide First Aid HLTAID003/

Provide Cardio-Pulmonary Resuscitation HLTAID001 – 30 July

One day practical course. 9am - 3.30pm

Minimum age 14.

\$135 for Provide First Aid or \$95 for CPR part only.

HLTAID009 (CPR): <https://enrolments.its.edu.au/?p=11220>

HLTAID011 (Level2 full first

aid): <https://enrolments.its.edu.au/?p=11304>



### IS YOUR CHILD TRAVELLING SAFELY?

**FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS**

▶ Woodend Neighbourhood House, 47 Forest Street on Thursday 22 July 2021 between 10am - 2pm  
To book go to: [www.safeseatssafekids.com.au](http://www.safeseatssafekids.com.au)

find out more at [safeseatssafekids.com.au](http://safeseatssafekids.com.au)



### Wood Turning

With Brian Falkenberg who has over 15 yrs. experience in wood turning, held at his very own Workshop.

All equipment/material supplied.

Tues 13 Jul to 31 Aug 7 - 9pm (8wks) \$250 per term - 3 Students per class

### Other Services, include,

Room hire, A4 & A3 printing services, support with filling out forms, computer usage.

For more information or to make a booking, call 5427 1845 or email [reception@woodendnh.org.au](mailto:reception@woodendnh.org.au)

