

Hawthorn Community House is a friendly, vibrant, inclusive hub that provides interesting programs for all members of the community. Our classes and workshops are fun, informative and affordable for adults, seniors, students and children. Please note our classes run during school terms only, and are held at two different venues, 32 Henry Street and 584 Glenferrie Road.

For information on additional classes, venues and costs please go to our website or call us.

Be connected

Men's OM:NI group

OM:NI (Older Men: New Ideas) is a small and lively male-only discussion group where men chat and share their knowledge and experience in a supportive environment. The group foster a strong sense of belonging and well-being, with a greater interest in life after retirement. 1st Friday every month, starting 5 Oct, 10am-12pm, FREE

Armchair Travel

A group for older people to travel the world from the comfort of our Hawthorn meeting room! Join in our adventures in faraway places. Every 2nd Tuesday, starting 9 Oct 10am - 12pm, \$35

Movie Club

A group for older people to meet up with other movie lovers to watch and then discuss films in a relaxed and friendly environment; includes visits to the Lido cinema and in-house movies. Tuesday, starting 9 Oct 1pm - 3pm, \$35

Short Stories Book Club

This group is for older people to meet and discuss short stories, discover new authors and share a love of reading and exploring literature. Every 2nd Tuesday, starting 16 Oct 10am - 12pm, \$35

Life Writing

A supported program to help you record and share recollections and anecdotes from your life and family history.

Rendezvous to Write

Make a permanent writing appointment in your diary each fortnight. Receive guidance with current writing projects on every other Tuesday 1pm - 3pm starting 16 Oct \$30

Rhythm 'n Soul Choir

Four part harmony choir singing pop, soul, folk and gospel. All levels welcome. Mondays 7.45pm - 9.15pm starting 8 Oct \$179

Life Long Learning Meetings (LLM)

For older people who are keen to learn, share and make new friends. Enjoy guest speakers, discussion and afternoon tea. Sessions at **G** Thursdays 1.30pm - 3.30pm starting 11 Oct \$35
Sessions at **H** every second week Fridays 1.30pm - 3.30pm starting 19 Oct \$35

Wiser Walker

A three week program providing information on a wide range of public transport options and support services for older people to travel confidently, remain mobile and stay connected to their community. Proudly supported by City of Boroondara. Tuesdays 10.30am - 12.30pm, call for dates. FREE

English Language Multicultural Group

For people with a multicultural background to practice their English language skills in a friendly and casual setting. Wednesdays 10am - 12pm starting 10 Oct \$35

English Language and iPad Activity Group

For older people to practice their English while learning to use an iPad. Wednesdays 1pm - 3pm starting 10 Oct \$35

Be inspired

Cooking Small, Eating Well

An ongoing fortnightly program for older people to explore new recipes and learn to cook for one or two people. Tuesdays 1pm - 3pm starting 9 Oct \$8 per session

Short Course on Fermenting

Join us in this five-week short course and learn how to obtain great gut health! The benefits of both probiotic and prebiotic foods are discussed and we will cover the basics of fermentation, how to make kombucha, sauerkraut, yoghurt and kefir. Wednesdays 6.30pm - 8.30pm starting 17 Oct \$150

Beginner French (Absolute beginners)

French with up to 12 months' experience.
Fridays 9.30am - 11.30am starting 12 Oct \$160

Italian One (3 months+)

Italian with up to 3-12 months' experience.
Wednesdays 11am - 12.30pm starting 10 Oct \$141

Intermediate German (3 years' experience)

Continue with your German language study.
Wednesdays 9.15am - 10.45am starting 10 Oct \$141

Lifelong Gardening

Do you love gardening? Are you finding it more challenging as you age or due to a disability? In this workshop we will present practical tips, techniques and an opportunity to trial various tools which will help you remain active in your garden.
Thursday 1pm - 3pm, 18 Oct \$25

Beginner Guitar (Beginner/Intermediate)

Join our community guitar group to learn basic folk chords, tuning, strumming and finger picking techniques. Course notes provided. BYO guitar. Tuesdays 7pm - 8pm starting 15 Oct \$113

Be active

Pilates

Control, precision, movement, balance – a mind body workout.
Mondays 8.30am - 9.30am, 9.45am - 10.45am, 12pm - 1pm starting 8 Oct \$88 (11wks)
Tuesdays 9am - 10am starting 9 Oct \$56 (7wks)
Thursdays 8.30am - 9.30am, 9.30am - 10.30am starting 11 Oct \$80 (10wks)
Fridays 9am - 10am, 10am - 11am starting 12 Oct \$80 (10wks)

Strength & Balance

Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.
Mondays 11am - 12pm starting 8 Oct \$77 (11wks)
Wednesdays 9.15am - 10.15am starting 10 Oct \$77

Qi Gong & Tai Chi

Our combined Qi Gong/Tai Chi exercise is a powerful system of healing and energy, an integration of physical postures, breathing techniques and focus. Thursdays 11am - 12pm, 12pm - 1pm starting 11 Oct \$70

Seniors Yoga

The poses and props in this class will challenge and improve your strength and balance. Suitable for those above 60 years of age. Thursdays 6pm - 7pm starting 11 Oct \$142

Beginner Yoga

We have put together a beginner program that gives an excellent foundation for your ongoing yoga practice. Suitable for those who have always wanted to try yoga. Wednesdays 6.30pm – 7.30pm starting 10 Oct \$142

Chair Yoga

Join our wonderful yoga teacher, Rachael, in a Chair Yoga session. A series of gentler exercises, mostly chair-based. The class is for those who find a regular yoga practice strenuous. Includes morning tea.
Tuesdays 10am - 11.30am starting 9 Oct \$70

Freestyle Yoga

An intermediate-level class that comprises a blend of hatha, slow flow and yin to stretch, strengthen and relax your body. Suitable for those familiar with yoga basics. Thursdays 7.05pm - 8.05pm starting 11 Oct \$142

Zumba Gold

A Latin inspired dance fitness class for seniors, all abilities welcome. Tuesdays 9am - 10am starting 16 Oct \$114

No Falls

This physio-designed training enhances mobility, improves muscle strength and prevents falls. Mondays 1.30pm - 3pm starting 8 Oct \$77

Walking Group

Fridays 10am - 11.30am (ongoing) Gold coin donation

Be curious

The successful Parkside Pop Ups run every third Tuesday of the month and are an affordable way to gain some insight into a variety of topics. Every third Tuesday 7pm - 8.30pm, 32 Henry Street, Hawthorn, \$20/workshop.

Meditation & Mindfulness

Tuesday 23 October

A chance to trial meditation and mindfulness.

This workshop gives you an overview of what is taught in more detail in our Meditation and Mindfulness course. A great opportunity to try it out and ask questions.

www.trybooking.com/355195

Christmas Wreath Making

Tuesday 20 November and 11 December

A very popular workshop with Kelli from *The Petal Provedore* in Hawthorn, where you design, create and take home your own beautiful Christmas wreath.

www.trybooking.com/355196

www.trybooking.com/355198

Backyard Beekeeping

Tuesday 27 November

By Bec's Beehive

Meet the bees, learn about their behaviour and what is involved in keeping bees in suburban Melbourne.

www.trybooking.com/355193

Sunday Artisan Cheese Making Workshop

Sunday 18 November

10am - 4pm, 32 Henry Street, \$100

A full day cheese making workshop for food lovers! Come along and learn to make artisan cheeses like feta, mozzarella and camembert with the talented Sharon from *Easy Cheesy*. You will take home your special recipes and samples of cheese.

<https://www.trybooking.com/413922>

On-going classes

Children's and Teen Activities

After-school Art for Young People

We offer young children practical skills that support the development of their drawing, painting and creating. Suitable for 5-8 years. Thursdays 4.15pm - 5.45pm starting 11 Oct \$150

Play Circle (under the age of five)

Fun playgroup activities for children with their parents or carers. Fridays 9.15am - 10.45am starting 12 Oct \$68

Supported Playgroup (under the age of five)

For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.

Fridays 11am - 12.30pm starting 12 Oct FREE

Exploring and Education - Coderdojo

FREE EVENT

For young people from 7 - 17 years. Learn how to code, develop websites, apps, programs and games. BYO parent and laptop.

Second Sunday of the month during school term. Sundays 11am - 12.30pm starting 14 Oct

October Event

12 October

Bands & Burgers in the Park

Friday 12 October, 5pm - 8pm

Join us for an evening of music and food, in celebration of Mental Health Matters and the diversity of our community. Come listen to Hard Yards and more. Enjoy a range of food provided by Resistance Bar and Café. We'll have a jumping castle, Bike Blender and henna tattoos for the children. For more information visit

www.hch.org.au

Enrolments: Enrolments are taken on a first come first serve basis until the class is full. Course fees must be paid in full for the term when you enrol. We strive to offer quality programs at affordable rates to allow engagement from the whole community. To enrol visit our office or call 9819 2629. Payments can be taken in person or over the phone. We accept credit card, eftpos, cheques and cash. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. Our classes run for school terms only and are held at two different venues: 32 Henry Street and 584 Glenferrie Road Hawthorn. Dates and times of our classes are correct at time of printing but may change.