

Hawthorn Community House & Trentwood at the Hub

Activities & Classes

13 July – 18 September 2020

Short courses – interesting hobbies, feeding the brain, relaxing the body

Hawthorn Community House (HCH) and Trentwood at the Hub will not be delivering face to face programs in Term 3. We have put in place a remote program timetable with classes for exercise, language, art, literature, writing, music and more. Hopefully you will find something interesting to participate in.

Regardless of where you live you can enrol in either a Trentwood or a Hawthorn remote program. Please visit our websites at www.hch.org.au or www.trentwood.org.au for information about our programs or call the office for a chat.

We look forward to seeing you online or hearing you over the phone in the coming weeks!

Be Inspired

English as a Second Language

A class encouraging participants to grow in confidence with speaking and understanding everyday English. Engage, explore and extend yourself in this learning group for people with English as their second language. Delivered using MS Teams.
Wednesdays 10.30am - 11.30am, 15/7 (10wks) \$40*/\$120

Italian One (12–18 months' experience)

Accelerate your learning of the Italian language within the context of every day practical, real-life situations. Delivered using MS Teams.
Wednesdays 11.15am–12.45pm, 15/7 (10wks) \$153

Beginner French

If you want to start learning French from the bottom up, you've come to the right place! Immerse yourself in the beauty of the French language from the beginning in a highly interactive class. Delivered using MS Teams.

Tuesdays 10am–11am, 14/7 (10wks) \$90

Fridays 9am–10am, 17/7 (10wks) \$90

(*Fridays for those with 6 months or more experience)

Intermediate French (18–24 months' experience)

Immerse yourself in the beauty of the French language, develop an understanding of the culture and traditions. Delivered using MS Teams.

Fridays 11am–12pm, 17/7 (10wks) \$90

Advanced German (3+ years' experience)

Our advanced German will greatly expand your grammatical knowledge, vocabulary and the breadth of topics you are able to read, write and speak about. Delivered using MS Teams.

Wednesdays 9.30am–11am, 15/7 (10wks) \$153

Simply Cooking

Join our virtual cooking program run by a Nutritionist where you will learn how to cook simple, delicious and nutritious meals in the comfort of your own home. You have the chance to cook along by following your tutor and have a meal ready for yourself by the end of it. There will also be activity and discussion sessions which will help you to make healthy choices. NDIS plan can be used. Delivered using MS Teams.
Mondays from 1pm–2.30pm, call for more information.

Ukulele

Ukulele is such a fun and social way to play music. This class is at a slower pace if you are new to learning uke or you may just feel like taking things easier. You'll still advance with your uke playing skills as community musician and tutor Margaret Crichton will teach you how to play songs and tunes in no time. Beginners always welcome – no uke needed for first class! Delivered using MS Teams.

Thursdays 11am–11.45am, 16/7 (10wks) \$100

Lifelong Learning Meetings

For older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, presentation from Beleura House and Garden, a visit from the curator at NGV and much more. Delivered using Telelink.
Thursdays 1.30pm–2.30pm, 16/7 (10wks) \$40*/\$120

Lifelong Learning Meeting

A fortnightly group for older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, presentation from Beleura House and Garden, discussion about exhibitions at the NGV and much more. Delivered using Telelink.

Fridays 12pm–1pm, 1.30pm–2.30pm, starting 17/7 (6wks) \$40/\$120

Short Story Book Club

This group is for older people to meet and discuss short stories, discover new authors and share a love of reading and literature. Delivered using Telelink (phone).

Tuesdays fortnightly, 10am–11am, 14/7, (5wks) \$40*/\$94

Wednesday Connect - iPads at Your Pace

A group of seniors who explore the variety of opportunities and functions that this device has to offer. Our program enables you to get the most out of using your laptop at home. Progress at your pace in a relaxed and friendly environment. BYO iPad. Delivered using Telelink.

Wednesdays 1.15pm–2.15pm, 2.30pm–3.30pm 15/7 (10wks) \$40*/\$120

Changing Directions Music

A program to encourage participants to explore their interests and develop skills through musical expression. A social opportunity for people with disabilities. NDIS plan can be used.
Mondays 11am–12.30pm, call for more information.

Be Active

Pilates

Join our experienced tutors in this online pilates class for beginners and intermediate. Delivered using MS Teams.

Mondays 9.30am–10.30am, 12pm–1pm, 13/7 (10wks) \$80*/\$115

Wednesdays 10.30am–11.30am, 15/7 (10wks) \$80*/\$115

Thursdays 9.30am–10.30am, 16/7 (10wks) \$80*/\$115

Fridays 10am–11am, 17/7 (10wks) \$80*/\$115

Intermediate* Mondays 10am–11am 13/7 (10wks) \$80*/\$115
(*Not suitable for pregnant or post-natal women)

Yin & Flow Yoga

Slow, mindful movements to prepare the body to relax and stay in postures for longer periods of time. Suitable for all abilities no experience necessary. Delivered using MS Teams.

Tuesdays 6.30pm–7.30pm 21/7 (8wks) \$115

Nia

Wellbeing for the mind, body and spirit! Nia blends dance, martial and healing arts. A fun and holistic movement class taught to a variety of music. Conditions the whole body; healing and encouraging creativity and self-expression. A personalised body movement combining music, movement and mindfulness. Suitable for all ages, abilities and conditioning. Delivered using MS Teams.

Tuesdays 10.30am–11.15am 14/7 (10wks) \$80

Qi Gong & Tai Chi

Qi Gong and Tai Chi are powerful systems of healing and energy classes which includes integration of physical postures, breathing techniques and focus. Delivered using MS Teams.

Tuesdays 9.30am–10am, 14/7 (10wks) \$55

Thursdays 12pm–1pm, 16/7 (10wks) \$80*/\$115

Strength & Balance

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+. Delivered using MS Teams.

Mondays 11am–12pm, 13/7 (10wks) 80*/\$115

Wednesdays 9am–10am, 15/7 (10wks) \$80*/\$115

Ageless Grace

Ageless Grace is an uplifting mind-body program for wellbeing, beneficial for stress and anxiety relief, memory retention, coordination and balance, and promotes creativity. Suitable for all ages and abilities who are interested in maintaining their brain health and those with Parkinsons. Delivered using MS Teams.

Thursdays 1.30pm–2pm, 16/7 (10wks) \$55

Be Creative

Natural History Illustration Watercolour

Are you fascinated by the natural world and would like to learn how to visually capture shells, insects, plants, animals and more? Our tutor lead class incorporates beautiful images of nature's elements. Suitable for beginners. Delivered using MS Teams.

Fridays 12.30pm–2.30pm, 17/7 (10wks) \$170

Botanical Illustrations Watercolour

Capture realistically the botanical details of flowers, plants and fruits in our tutor-led class using watercolour. Delivered using MS Teams.

Thursdays 9.15am–11.15am, 16/7 (10wks) \$170

Thursdays 2pm–4pm, 16/7 (10wks) \$170

Acrylic Painting

Learn how to paint in acrylics exploring a variety of subjects including still life, landscapes and portraits. Suitable for beginners or for those who have painted before and are looking to further expand their technical skills. Materials list provided. Delivered using MS Teams.

Fridays 10.15am–11.45am 17/7 (10wks) \$130

Rendezvous to Write

Make a permanent writing appointment in your diary each fortnight. Receive guidance with current writing projects and develop your writing skills.

Tuesdays fortnightly, 11.30am–12.30pm, 1pm–2pm 21/7 \$40

Thursdays fortnightly, 1pm–3pm 16/7 \$40

Life Writing

For people who are elderly, isolated or housebound but not thought bound. The Life Writing Program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Delivered using Telelink.

Call us for details.

32 Henry Street

HAWTHORN COMMUNITY HOUSE

32 Henry Street, Hawthorn 3122

Ph: 9819 5758 **E:** info@hch.org.au **W:** www.hch.org.au

trentwood at the hub

your local community house

2 Centre Way, Balwyn North 3104

Ph: 9006 6590 **E:** info@trentwood.org.au

W: www.trentwood.org.au

To support people during the isolation period we offer several remote access programs delivered using MS Teams or Telelink. Please call the office and we can help you get set up.

How to enrol: Please email us at info@hch.org.au, info@trentwood.org.au or phone the office on 9819 5758 between Monday to Thursday 10am – 1pm. Course fees must be paid in full when you enrol. We strive to offer quality programs at affordable rates to allow engagement from the whole community. Payments are taken over the phone. During these times we accept credit card only. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. Rates and times of our classes are correct at time of printing but may change.

***My Aged Care (MAC):** *My Aged Care rate is available. To be able to continue offering a number of exercise and social programs at low cost we require participants over 65 to register with My Aged Care and receive a referral to qualify for the subsidised rate. If you are under 65 years or would prefer not to register with My Aged Care, the cost for our classes will be charged at full fee payable by the quarter. To register with My Aged Care please call 1800 200 422.