



HOMEMADE CHRISTMAS

Join us for a special day of Christmas crafting. We'll make brandy butter, candles, bushwreaths, bath bombs & clay decorations.

RE-TREE

Grow trees for revegetation projects

CSI FOR KIDS

The case of the missing Gold Nugget

GLEE CLUB

Experience the joy of group singing



Family

CSI for kids 9-12 yrs – The Mystery of the Missing Gold Nugget- Briony Kane

Running for five weeks, children are invited to solve the crime of the missing gold nugget using the skills and processes used by forensic scientists. There will be lots of hands on fun using mud dough, fingerprinting and chromatography.

Wed Oct 16, 4-5:30 pm, 5 wks, \$79

Children's Drawing 7-12 yrs - Julie Harmsworth

Julie is a registered teacher and artist who creates the perfect setting for artistic development. Using different mediums, learn the foundation techniques that underpin all art. *BYO Sketch book.*

Mon Oct 14, 4-5:30 pm, 8 wks. EB \$130 Full \$154

(Note: no class Mon 4th November)

Messy Play Mondays

Toddler/Pre-schoolers 1st Monday of the Month

Enjoy the fun and benefits of messy play without the clean-up. A facilitated playgroup where children can enjoy paint, playdough, slime, pasta, mud/sand, foam and many more. Parent participation is encouraged. Children must be accompanied by an adult.

Monthly Mondays, Oct 7, Nov 11 & Dec 2, 11:30 am – 12:30 pm.

\$13 a session.

Nature Playgroup 2-5 year olds - Julie Harmsworth

A facilitated playgroup where children and their families experience a weekly adventure in the beautiful natural surrounds of Warrandyte. Children must be accompanied by an adult.

Mon Oct 14, 10:30 am-12 pm, 8 wks. EB \$130, Full \$154 *(Note: no class Mon 4th November)*

Social Story Time In partnership with Warrandyte Library

Start with Storytime in the library at **11 am** then head upstairs to us at the Neighbourhood House at **11:30 am** to share a cuppa and a chat while your children play and make new friends. We have a bright room with lots of toys and fun activities.

Every Wednesday (Note: will not run January). FREE

EB = Early Bird rate, ends Sept 29th.

All activities require advanced booking.

Book online:

www.warrandyteneighbourhoodhouse.org.au

Book by phone: 03 9844 1839

Level 1, 168 Yarra Street.

Book in person:

Office hours, Mon –Thurs 9 am – 4 pm school term, 9 am – 2 pm term break.



Work skills

Career Planning – Get that Job

Have you ever wanted to say 'I love my work?' Are you ready to make a positive change in your life and career?

Then this is the course for you! Our qualified career practitioner will give you the tools, guidance and support to:

- re-enter the workforce after a break
- apply for that upcoming promotion
- transition into that new career you have been dreaming about
- confidently apply for the jobs you WANT!

Over six weeks, we will cover:

- what is career development and why it is important in the changing world of work
- the employability skills employers are looking for
- how to identify and articulate your strengths
- resume writing and interview skills
- how to create YOUR career strategy

Go on – invest in yourself! Together in a small supportive group, we will help you put together a plan to create the life you have always wanted!

Wed Oct 23, 9:30 am – 12:30 pm 6 wks. \$25.

Arts

Adult's Drawing Short Course- Sabine Withers

Learn basic drawing skills and techniques and most importantly learn how to perceive and see differently. We will be looking at *Objects of Interest* from your own home you use every day. The focus will be on form, composition and tone. Express your individuality and creativity by exploring the use of pencil, pen and pastels. **Wed Nov 20, 11:15 am – 1:15 pm, 4 wks. \$97**

Christmas Zentangles – Pam Egglestone

Short Course. Anyone can learn to create beautiful images by repeating the patterns in a relaxed and focused state. Use shapes to create your own unique Christmas cards.

Tues Nov 12, 1:30-3pm, 3wks. \$50 includes starter kit, of pen, pencil, card stock & envelopes

Lifestyle & Eco

A Handcrafted Christmas

Start a relaxing & enjoyable tradition of handcrafting your Christmas. Spend the day making gifts and decorations with us. Enjoy both our morning workshop and our afternoon workshop, for \$85 or book in for just one.

A Handcrafted Christmas Morning workshop.

Join us as we share Christmas skills. Learn how to make your own bath bombs (a great gift idea); roll wax candles for your Chrissy table, make clay tree decorations and Cumberland (Brandy) Butter. All materials provided.

Morning only: Sat Nov 30, 10:30am – 1:30pm Cost: \$55

Bush Christmas Wreath. Afternoon workshop

Create a wonderful rustic Christmas wreath using natural material collected from your garden. The method can be adapted to make a festive centerpiece, candleholder, decorations and various sized wreaths. You will learn how to weave vines into a wreath and decorate. Vine weaving is a very pleasant and relaxing activity.

Afternoon Only: Sat Nov 30, 2-4pm. Cost: \$35

Materials required: Essential - vines. *Whilst we will have a quantity of materials available, this workshop focuses on making a wreath out of things from your garden, so you can make a wreath anytime you want to, in the future. A reasonable quantity of vines is needed. If sourcing vines is difficult for you, please give us a call.*

French Club Intermediate level

An informal French Club, who, with assistance from a French language teacher (volunteering), support each other to keep their French skills alive. Includes grammar and conversation.

Mon Oct 7, 1:30-3 pm, 10 wks. Term m'ship \$50

Tree Project : Make a difference to the planet, join our tree seedling raising project.



We are teaming up with not for profit Tree Project to contribute to their rural revegetation projects. Join us and become a grower, raising seedlings to be planted on land that is being revegetated. See our website for more information, or call or email our office.

Emergency Preparedness: Manningham Council and local emergency services

Complete a home emergency management plan with expert help, in this hands on session. Session will be repeated. Bookings required. Free.

Wednesday October 9th, 1-2 pm or

Wednesday November 6th, 1-2 pm

Fitness Special Any 2 fitness classes for \$255

Pilates

Improve core strength, posture & overall fitness with our experienced instructors.

Mini-Ball Pilates with Sanett Botha

Wed Oct 9, 6:30 -7:30 pm, 11 wks. EB \$148, Full \$159

Bands and Mat with Dee Sheffrin

Fri Oct 11, 10:45-11:45 am 11 wks. EB \$148, Full \$159

Qigong - Sabine Withers

Qigong is a powerful, enjoyable way to enhance wellbeing. Its flowing movements and gentle stretches are sometimes referred to as a “moving meditation”. They help create a strong body, improve range of movement, strength and balance, in harmony with a clear, calm mind, utilising breath and mindfulness. Come try this ancient Chinese energy (Qi) practice for yourself.

Thurs Oct 17, 2-3 pm, 5 wks. \$75.

Rebuild: Pelvic Floor & Abs - Karen Woollard

An exercise class focusing on strengthening your core muscles & building strength with an all over body workout all whilst protecting your pelvic floor. Gentle exercises improve muscle strength to support joints & mobility. Whether you feel any pelvic floor weakness or want to know how to exercise safely to keep your pelvic floor safe this is the class for you.

Thurs Oct 10, 9:30-10:30 am, 10 wks. EB \$135, Full \$145 (Note: no class 7th November)

Gentle Exercise – Sabine Withers

A gentle, effective class for mature adults & people recovering from injury or illness. Offers a great variability of fun exercises to increase balance, range of movement, coordination, and strength that lead to greater comfort; easy to follow movement patterns to improve vitality, cognitive function and brain health. Can be taken seated.

Wed Oct 9, 9:45-10:30 am, 10 wks, FREE

Hatha Yoga - Judi Hamilton

Learn, explore and practice classic asanas (postures), meditation & relaxation. Progressively improve both your flexibility and relaxation skills.

Mon Oct 7, 7-8 pm, 10 wks. EB \$135, Full \$145 (Note: no class Mon 4th November)

Strong Women Stay Young - Sanett Botha Great all over workout combining cardio, low impact moves & weights. Take care of all your fitness needs in one class. Feel yourself regain strength, flexibility & energy.

Mon Oct 7, 9:15-10:15 am, 10 wks. EB \$135, Full \$145 (Note: no class Mon 4th & Tues 5th November)

Tues Oct 8, 10:30-11:30 am, 10 wks. EB \$135, Full \$145

Fri Oct 11, 8-9 am, 11 wks. EB \$148, Full \$159

Men's Weights - Sanett Botha

Improve strength & flexibility, maintain fitness and muscle mass. Exercises can be moderated for those recovering from injuries, (discuss with the instructor). (No class Cupday)

Tues Oct 8, 11:30 am -12:30 pm, 10 wks. EB \$135, Full \$145

Fri Oct 11, 9:15-10:15 am 11 wks. EB \$148, Full \$159

Time Table Term 4

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|
| Strong Women 9:15 —10:15 am Warrandyte Walk 9:15—11 am Nature Playgroup 10:30 am –12:00 pm Messy Mondays Monthly. Monday 11:30 am-12:30 pm | Strong Women 10:30-11:30 am Busy Needles 10 am –12 pm Men's weights 11:30-12:30 pm | Career Planning 9:30 am –12:30 pm Gentle Exercise 9:45- 10:30 am Social Story Time 11:30 am-12:30 pm Adult Drawing 11:15 am -1:15 pm Trippers Monthly | Rebuild 9:30 am-10:30 am Qigong 2-3 pm Book Club Monthly 2-4 pm | Strong Women 8-9 am Men's Weights 9:15 am-10:15 am Pilates 10:45 am—11:45 am | Handcrafted Christmas 10: 30am - 1:30 pm |
| French Club 1:30-3 pm Children's Drawing 4 - 5:30 pm | Christmas Zentangles 1:30-3 pm | CSI for Kids 4 - 5:30 pm Emergency Planning 1-2 pm 500 Club 2-4 pm Monthly | WNH End of year party 12:30 pm Dec 12th | Glee Club 1 -2:30 pm | Bush Wreath Making 2-4 pm |
| Yoga 7-8 pm | | Pilates 6:30-7:30 pm | Tree Growing Training Dates TBC | Film Society 7 pm Monthly | Theatre Club 8 pm |

Connect *Low cost clubs, all welcome.*

NEW Glee Club Come along on Friday afternoons and experience the freedom and uplifting effects of singing with others just for pleasure. This is a singing club, not a choir, so there is no pressure of auditions, rehearsals or performances – just the joy of singing. We will be singing musicals, Jazz, Sinatra, ABBA, Minelli, Garland and lots of other golden favourites. Our group leader, Lyn Colenso is a well-known local personality having taught yoga in Warrandyte for 50 years.

Fri Oct 18, 1-2:30pm, 9 wks. Term m'ship \$20

Walking club Make friends, keep fit and enjoy the bush. Social coffee after walk.

Mon Oct 7, 9:15—11 am, 10 wks. Term m'ship \$5

500 Club Join us once a month for a friendly game of 500.

Weds Oct 23 & Nov 27, 2-4 pm. Term m'ship \$5

Busy Needles Meet with fellow needle women for craft, a cuppa and chat.

Tues Oct 8, 10 am-12 pm, 10 wks. Term m'ship \$7.50

Film Society 3rd Friday of the Month

Membership for 2019/20 now open. Cost \$50, includes 10 movies, nibbles before movie, coffee and conversation afterwards. Wine sold by the glass. DVDs available free to hire by members. Doors open at 7 pm, screening at 7:30 pm.

Oct 18 Mustang, Nov 15 A Man Called Ove

Warrandyte Trippers Monthly day trip club. Open to all.

Enjoy Melbourne's attractions with a friendly group of Trippers.

Trips **Thurs** Oct 17th, Ambulance Museum 10 am, tour & morning tea. \$10.50

Weds Nov 20 – Heronswood 10:30 am, tour & lunch, \$58

Book Club Monthly, Thurs 2-4 pm. Half year m'ship \$10

Oct 3, The Outsider by Frederick Forsythe

Nov 7, The Secret River by Kate Grenville

Dec 5, The Woman in the Window by A.J. Finn

With thanks to our supporters & sponsors

