



EXPRESS YOURSELF

bring your writing alive

HEALTHY LIVING

create your nutritional blueprint

GET ONLINE IN 2021

FREE beginners computer classes

**LEARN PLAY
CONNECT**

WARRANDYTE NEIGHBOURHOOD HOUSE

NEW YEAR - NEW PROJECTS

CONNECT CLUBS

Busy Needles

Craft circle meeting fortnightly.

Mon 1 Feb, 1-3pm, \$30

French Club

Learn French from our volunteer native French speaking tutor in a fun, relaxed and encouraging environment.

**Mon 1 Feb, 1-3pm,
8 weeks, \$50**

Warrandyte Trippers

Not running in Term one, but stay tuned for upcoming dates.

500 Club

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

**Thurs 18 Feb & 18
March, 2-4pm,
Annual m'ship \$20**

Book Club

Meets monthly. Books this term:

Boy swallows universe

Snow

The living sea of waking dreams

**Thurs 4 Feb, 4 Mar,
1 Apr, 1:30-3:30pm,
Annual m'ship \$20**

Walking club

Make friends, keep fit & enjoy the bush. Social coffee after.

**Mon 1 Feb, 9.30-11am,
Annual m'ship \$30**

Gardening Club

Our new gardening club offers the opportunity to meet new people, learn or share gardening skills and help grow produce to share with community organisations.

All at our tranquil plot in Warrandyte Community garden. Weekly sessions of communal gardening, a cuppa and skill sharing. Families welcome to bring children.

**Tues 2 Feb, 10-12pm
Annual m'ship \$20**

Why not try something new in the new year? If you're like most of us, it's probably been quite some time since you tried something new. 2020 has showed us that we all need a little self care in our lives. So enjoy a range of fitness, arts & crafts or community events and get involved in 2021! Go on, push yourself out of your comfort zone. What have you got to lose?



This 5-week collaborative course will provide you with the knowledge and tools you need, to create your own strategy for nutritional success.

Marleina, Health & Fitness Educator and Nutritionist will teach you the six essential foundations to create your Nutritional Blueprint; how to structure your Nutritional Blueprint, sourcing the ingredients and how to incorporate it within your own lifestyle. You will learn about macronutrients and why some carbohydrates, fats and proteins are better than others in helping you to reach your fat loss goals. Learn how to read nutritional labels, all about calories (and if you should be counting them), as well as strategies to sleep well and regularly exercise. By the end of this course you will have created your very own Nutritional Blueprint to suit your lifestyle! Book your place in this exciting course, now!

Sat 13 Feb, 2-4pm, 5 weeks, \$175



Be Connected

Every Australian online.

Computers for absolute beginners FREE

Gain the confidence and skills to get online. This class is a safe space to learn with no computer skills needed, for people aged 50+. It will help you: learn the basics and realise the full potential of going online, be safe while you're online, talk to or see family and friends who live far away, find new or old friends who share your interests and hobbies, keep up-to-date with what's happening in your community and around the world, learn how to shop online, safely and securely, without leaving home. And that's just the start.

FREE but bookings required.

Tuesdays Weekly from 9 Feb, 1-3pm

Celebrate with us

After the stresses of 2020, we are planning an IWD focusing on looking after yourself by having a bit of fun. We're still firming up the details, but hoping to include bubbles, art and cake. Keep an eye on our website for details.

International Women's Day 2021

Community catch ups

Join us for a community morning tea. Scones, jam & cream and friendly conversation.

**FREE but bookings required for catering.
Monday March 1st, 11 am**

Supported by

How to Enrol...

EB = Early Bird Rate, ends Jan 25th.

We close Dec 21, reopening Jan 27th. Online enrolments available during shutdown.

Advance booking required. We recommend booking a minimum of a week before the class start date. Online enrolments close 24 hours before class start or earlier if the class is full.

Book online:
www.warrandyteneighbourhoodhouse.org.au

By phone:
03 9844 1839

In person:
Call into our office at Level 1, 168 Yarra St.



Marleina Vella, Health & Fitness Educator

Tutoring Nutritional Blueprint and Lean, Tone, Sculpt.

With 13 years' industry experience, Marleina is a dynamic fitness professional with a passion for healthy living and achieving personal growth and success for clients. Alongside a firm belief that everyone, whether naturally active or not, can enjoy a healthier, happier version of themselves, Marleina actively encourages people of all ages and fitness levels to improve their personal wellbeing. She is positive, energetic and loves imparting knowledge, building confidence in her students and empowering them to achieve positive physical and mental results.



FITNESS

It's never too late to start, restart or continue with your physical exercise routine, so come join us. Enjoy the fun of exercising in a group.

Due to new restrictions you are required to bring along your own set of weights, a towel, water bottle and an exercise mat to all classes. See website for details of your class requirements.

Special Offer

Enrol in 2 fitness classes & receive a 10% discount!*

*Must enrol in person or on phone for discount.

Lean, Tone & Sculpt

NEW CLASS

First 3 classes FREE!

Join Marleina and train your way to a lean, toned and sculpted version of you! With a combination of interval training, resistance and core exercises, you will become fitter, healthier and happier. Let's have a great 2021, working up a sweat, burning those calories and helping you to achieve your fitness goals. Training in a group makes it so much easier, and we will help you get into that consistent exercise routine. A year from now you will wish that you started today. Suitable for all fitness levels. We can work with where you are on your fitness journey.

Tue 2 Feb - Feb 16 , 7-8pm, 3 wks, FREE (please book)

Tue 23 Feb, 6 wks, \$84

Thurs 4 Feb, 10.30-11.30am 3 wks, FREE (please book)

Thurs 25 Feb, 6 wks, \$84

Strong Women Stay Young

A 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 1 Feb, 9.15-10.15am, 8 wks, EB \$109, FULL \$117

Tue 2 Feb, 10.30-11.30am, 9 wks, EB \$122, FULL \$131

Fri 5 Feb, 8-9am, 8 wks, EB \$109, FULL \$117

PILATES

Improve core strength, posture & overall fitness. Experienced instructors. Benefits of Pilates include improved balance, posture & coordination. Pilates helps with injury prevention and rehabilitation, restores vitality and elevates the spirit.

Wed 3 Feb, 9.15-10.15am, 9 wks, EB \$122, FULL \$131

Wed 3 Feb, 6.30-7.30pm, 9 wks, EB \$122, FULL \$131

Mens Weights

Improve strength & flexibility, maintain fitness & muscle mass. Exercises can be moderated for those recovering from injuries (discuss with the tutor).

Tue 2 Feb, 11.30-12.30pm, 9 wks, EB \$122, FULL \$131

Fri 5 Feb, 9.15-10.15am, 8 wks, EB \$109, FULL \$117

YOGA

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

Mon 1 Feb, 7-8pm, 8 wks, EB \$109, FULL \$117

Fri 5 Feb, 10.30-11.45am, 8 wks, EB \$135, FULL \$145

GENTLE EXERCISE

This class offers a great variability of fun exercises to increase range of movement, coordination, balance 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 3 Feb, 9.45-10.30am, 9 wks, FREE

ARTS & CRAFT

EB = EARLY BIRD
RATE ENDS JAN 25TH.

Children's Drawing

New tutor, local artist and children's book author, Sarai Meyerink.

For primary age children.
A supportive class for your child to develop the foundation of all art - their drawing skills. Different techniques will be explored allowing the children to develop their skills with engaging classes.

**Mon 8 Feb, 4-5.30pm,
7 weeks EB \$110 Full \$120**

Guided Drawing Class (Adults)

This terms class theme is 'Summer at the beach'. All levels welcome. We will explore drawing skills and techniques including perceptual skills, composition and expressing your own individual style.

**Wed 10 Feb, 11.30-1pm,
5 weeks, \$97**

Creative Writing Class

The Writer's Garden

Ideas are seeds that need inspiration to grow. This program offers a plethora of writing exercises to kindle your creativity. If you've pondered over giving writing a go, or write regularly but need further motivation, this program is for you. In a relaxed, inclusive and supportive atmosphere, we will learn, share...and write.

**Wed 10 Feb, 1-3 pm,
8 wks, EB \$165 FULL \$184**

We gratefully acknowledge the support of the following organisations:



Australian Government



Be Connected
Every Australian online.



FLUID ART / ACRYLIC POURING

BEGINNERS - CANVAS

Fluid art is a new and exciting style of art it creates bold, stylish & abstract masterpieces using colour and science. And the best thing? Anybody can do it. Zero experience necessary. Create your own acrylic canvases x 2 to take home. Learn recipes & tips and tricks with an experienced tutor through demonstrations and easy step by step tuition. All materials supplied. BYO apron.

Sat 6 March, 9.30-11.30am, \$59

ADVANCED - FLUID BLOOMS

Advance your skills with a new spin on creating beautiful fluid blooms. This workshop will show you step by step how to achieve your cells, prep your canvases and mix your paints and pigments. Using air and pillows of luscious paint and pigments we will create a set of 4 miniature canvases for you to take home. All materials supplied. (Pre-requisites for this workshop: completion of a beginners and/or intermediate fluid art class with Bec).

Sat 6 March, 12-2pm, \$90

INTERMEDIATE - CHEESE BOARDS & COASTERS

A workshop for anyone feeling confident in the basics of acrylic pouring. This is the next step on your Liquified art journey. We will delve deeper into potential alternatives to canvas and enhance our skills. Learn and practice new techniques & discuss varnishing and sealant options. Lets bring all our knowledge together to create a gorgeous set of acacia cheeseboards and coasters to impress your friends with at the next special occasion. BYO apron. Basic Fluid Art is a recommended prerequisite but not essential.

Sat 27 March, 11am-1pm, \$85

KIDS MINI EASTER WORKSHOP 3+

This is a 1 hour workshop for children & their carers to make some fluid art Easter eggs of your very own. This class is a basic, easy to understand introduction into the world of acrylic pouring, complete with written notes so you can continue to practice at home. Each student will go home with a set of 4 mdf themed shapes in their favourite colour combinations. All children must be accompanied by a guardian on the day. All Materials supplied. BYO apron or smock to protect clothing.

Fri 26 March, 4-5pm, \$30

Sat 27 March, 9.30-10.30am, \$30

	Morning	Afternoon	Evening
Mon	Strong Women Walking Club Community Morning Tea	Busy Needles French Club Children's Drawing	Yoga
Tue	Gardening Club Strong Women Mens Weights	Beginner's Computers	Lean, Tone & Sculpt
Wed	Pilates Gentle Exercise Adult Drawing	Creative Writing	Pilates
Thu	Lean, Tone & Sculpt	Book Club 500 Club	
Fri	Strong Women Men's Weights Yoga	Kids Easter Fluid Art	
Sat	Beginner's Fluid Art Intermediate Fluid Art Kids Easter Fluid Art	Advanced Fluid Blooms Nutritional Blueprint	