

Activity & course guide

July – September 2020



Mini Terrarium workshop

Be inspired  Be engaged  Be involved 

Ph: 9006 6590

trentwood
at the hub
your local community house

Trentwood at the Hub

Welcome back



Trentwood at the Hub welcomes everyone back for Term 3. We have missed seeing you all. What a few months it has been!

In March we were finalising our Term 2 brochure ready to see you all at Trentwood after the Easter break. Little did we know about what lay ahead and, that life would change so dramatically for us all in so many ways.

The Corona pandemic has brought about global experimentation with remote learning. Many of us grew up with face-to-face learning in a traditional classroom and that was it! There wasn't an option to learn anything online. Suddenly we are all using our various devices and learning how to keep contact in a way we never thought we could (or would). For many of our older participants it is their first time in accessing the digital world.

Trentwood responded by shifting the delivery of most of our classes to an online platform. Some classes used a telephone-based delivery as it was more suitable for the type of activity, or for those who found technology a bit of a challenge.

It was a steep learning curve for all of us and not without the occasional technical glitch or internet problem! Nonetheless, the launching of our online Term 2 activities gave our participants a new way of keeping socially connected and being able to take part in their activities safely at home. A strong sense of community emerged and we loved seeing the smiles and enthusiasm as everyone connected over the 10 weeks.

Term 3 begins Monday 13 July with the majority of our activities back as face to face delivery in the classroom at Trentwood. We are also pleased to continue offering some of our programs remotely as well as introducing some new courses. These activities are ideal for those who have come to love learning remotely or for those who wish to self-isolate for a little longer. You will see all of our remote activities listed separately on this brochure. Everyone can participate! Just ask us how!

I hope you will find something that interests you in our program. We value your thoughts and welcome ideas for new programs and activities. This is your community house and we would love to hear from you! With this in mind, please regularly check our website trentwood.org.au for any new activities that we may start during the term.

If you have any queries please do not hesitate to call us on 9006 6590. We are open Monday to Friday 9am to 5pm, or you can email us on info@trentwood.org.au.

Finally, please be assured that the health and safety of our staff, participants and volunteers is our top priority. We will be following the current government restrictions and implementing strict health safety measures and restrictions. This will include social distancing, strict cleaning processes between classes, hand hygiene requirements and restricted numbers in each room. For more information, please see our website trentwood.org.au or contact our Office staff.

Take care. We look forward to seeing you all soon.



Geraldine Farrell
Trentwood at the Hub Coordinator

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AccessHC is committed to providing services for our diverse community.

P: 9006 6590 E: info@trentwood.org.au W: www.trentwood.org.au



Trentwood at the Hub is one of Boroondara's newest community houses.

Our program

- We offer courses, workshops and events for the community
- A mix of term-based, short courses and one-off activities
- An interesting, fun and a great way to learn new skills and meet new people
- As a not-for-profit community organisation we strive to make our activities as low cost and affordable as possible
- Our class sizes are small so participants can feel involved and part of the group.

Enrolling is easy

If you need assistance just let us know!

Things to remember when enrolling:

- Book and pay for courses as early as possible as minimum numbers apply.
- For continuing classes preference will be given to existing participants who re-enrol by the end of the term.
- Enrolments are taken on a first-come first-serve basis until the class is full.
- For ongoing classes and workshops, we require a completed enrolment and COVID-19 code of conduct form along with payment.
- Some classes incur a cost in addition to class fees. You will be advised of all costs by the time of enrolment.
- Courses will be cancelled if there are insufficient enrolments as all our classes need to meet minimum participants numbers to be viable.

How to Enrol and pay for an activity

- Visit us at the Hub (Monday to Friday 9am – 5pm) or
- Phone us on 9006 6590 or
- Download an enrolment form from our website www.trentwood.org.au and we will contact you for payment.

How to find us

Trentwood at the Hub is located at 2 Centre Way, North Balwyn within the Greythorn Community Hub. We are behind the Greythorn Shopping Centre. If you are driving we have ample free three hour parking in the Hub's underground car park, access from either Trentwood Ave or Centre Way. We have lift access for all our Hub visitors and participants. Take the lift to the ground floor, turn right and look for reception.

Accessibility features

Our Community House, together with our Greythorn co-tenants work to be inclusive and accessible to all members of our community through:

- Programs, activities and services are accessible to individuals and groups
- Accessibility parking in the underground car park
- Accessible and ambulant toilets
- Accessible shower facilities and adult change table
- Ramp and lift Access
- Braille signage
- Hearing loop
- Baby change facilities
- Scooter and wheelchair recharge point
- All rooms are wheelchair compliant.





In the light of recent events we are joining Hawthorn Community House in offering a series of remote access classes to help you stay active and engaged while you are at home. No matter where you live or where you are – everyone is welcome!

Our remote programs are delivered using MS Teams or Telelink. If you are unfamiliar with this way of learning don't worry we will help you with instructions and setting up! If you would like to join any of these programs or would like further details email us at info@trentwood.org.au or phone the office on 9006 6590.



Remote Pilates

Join KB in this online pilates class for control, precision, movement, balance – a mind body workout. Delivered using MS Teams.

**Wednesdays 9am - 10am,
starting 15/7 (10wks) \$120***

Join Donna in this online pilates class for control, precision, movement, balance – a mind body workout. Delivered using MS Teams.

**Tuesdays 9.30am - 10.30am,
starting 14/7 (10wks) \$120**

Remote Beginner French

Start learning French and immerse yourself in the beauty of the French language in a highly interactive class. Join our tutor Sejal in this weekly small and intimate class. Delivered using MS Teams.

All material provided.

Tuesdays 12.15pm – 1.45pm, starting 14/7 (10wks) \$171

Remote Botanical Illustrations

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

**Wednesdays 1pm – 2.30pm,
starting 15/7 (10wks) \$171**

Brain and Body Fitness with Angela

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. This course will be held both face to face at our Centre and online using MS Teams. We offer support in helping you set up on any device you use.

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

Remote Life Long 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 MS Teams.

Fridays 1.30pm – 3.30pm, starting 17/7 (6wks) \$84*

Remote Access 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.

**Tuesdays fortnightly, 10am – 11am,
starting 21/7, (5wks) \$94**

Remote 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. The programs are run through live sessions where you will get to interact with the tutor and make new friends with fellow participants. 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. It is run on a weekly basis. Ideal for anyone wanting to learn to cook from the safety of your homes. NDIS plan can be used. Delivered using MS Teams.

Mondays from 1pm – 2.30pm.

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. You can access this program using your NDIS plan. Delivered using MS Team

Mondays 1pm – 2.30pm ongoing



Be Active

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.

Tuesdays 6.30pm – 7.30pm 21/7 (8wks) \$90

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.

Tuesdays 10.30am – 11.30am 14/7 (10wks) \$100

Pilates for over 55s

This mat Pilates class is designed for older people to improve core strength, flexibility and balance. Beginners welcome!

Mondays 9am – 10am 13/7 (10wks) \$115

Mat Pilates

Includes a series of exercises that caters for all fitness levels, focusing on improving your strength, flexibility, balance and posture. Beginners welcome!

Mondays 10.15am – 11.15am 13/7 (10wks) \$115

Changing Directions Music

Our program encourages participants to explore their interests and develop skills through musical expression. A great social opportunity for people with disabilities. Access NDIS plan.

Support item reference: 04_180_0136_6_1

Mondays 1pm – 2.30pm ongoing

Gentle Movement

Flowing movements based on the principle of Qigong incorporating ChiBalls. Movements are comfortable, gentle, flowing and fun and simple to follow. Improves flexibility, strength, balance and mindfulness. Suitable for all ages & abilities.

Tuesdays 9.30am – 10.15am 14/7 (10wks) \$85

Strength Training

Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.

Thursdays 11.45am – 12.45pm 16/7 \$110

Yoga and Relaxation

Increase strength, flexibility and balance. Simple breathing techniques, mindfulness and meditation.

Thursdays 7.30pm – 8.30pm 23/7 (8wks) \$90

Post Natal Exercise (Babies welcome!)

This exercise class is tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels.

Tuesdays 9am – 10am 21/7 (9wks) \$45

Dance with Confidence

Introductory chair-based dance class for people who love to move to music. Learn fun, simple, hip-hop inspired routines, develop co-ordination, improve balance, increase self-confidence, and finish off with some relaxing stretches and mindful movement. Suitable for people with disabilities. Access using NDIS plan.

Reference: 04180013661T

Chinese Cultural Dancing Group

Fridays 10am – 12pm ongoing

Enquire at the Centre for more information.

Brain and Body Fitness for Fun Program

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.

This course will be held both face to face at our Centre and online using MS Teams. We offer support in helping you set up on any device you use.

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

Tai Chi

Tai Chi improves muscular strength, flexibility and fitness. Rejuvenate your body and learn to create a tranquil mind. The slow gentle movements can be easily adapted for any fitness level.

Thursdays 1.15pm – 2.15pm 16/7 \$100 (11wks)

Table Tennis

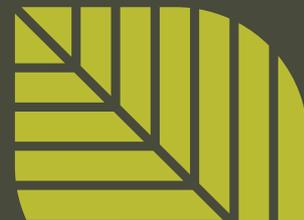
Come and join our group to play a social game of Table Tennis. New players always welcome.

Open age: Thursdays 11am – 1pm (ongoing)

\$3 per session

After school: Thursdays 3.30am – 5pm

\$3 per session (Please check with office for availability)



Personal Development

Finding True Happiness and Meaning in Life

An eight course which will explore and unravel the secret of true happiness. Topics discussed include:

- **When bad things happen to people**
- **Pessimism versus optimism**
- **Personal strengths and a virtuous life**
- **The impact of the ego**
- **Alleviating unhappiness does not generate happiness**

Join us for our free introductory session to learn more about what to expect of the course.

Wednesday 5/8 1.30pm – 3pm

Sessions will be facilitate by Marcel Saxone who is a counsellor, mentor and coach.

Wednesdays 1.30pm – 3pm 12/8 (8wks)

\$150 for one, \$270 for two

Children & Teen Activities

For Teens & up

Study Space

Run in partnership with Boroondara. A great space to do homework, study for exams or get your assignment done. Free Wi-Fi and tea and coffee making facilities. FREE

Trentwood: Every weekday 3pm – 6pm (ongoing)

Table Tennis

Come with your friends after school for a game of table tennis. We provide the bats and balls!

Trentwood: Thursdays 3.30pm – 5pm

Ongoing. \$3 per player per session

Manga Drawing (12 years+)

In this three week workshop the artists from Drawing with Us will demonstrate the little nuances involved in creating an original character and infusing them with personality.

Trentwood: Mondays 4pm – 5pm 17/8 (3wks) \$90

Room Hire

We have had a kitchen upgrade! Our well equipped kitchen, together with our various sized rooms are available for community groups and commercial use. Our rooms are suitable for meetings, classes, workshop, functions and celebrations (21 yrs+). Please contact us to find out more!

Cooking

\$5 Meals

This weekly class guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home and enjoy. Access this program using NDIS plan. Reference: 04170013661T Contact us to find out more about this class and our new online one too!

Mondays 10am – 12pm ongoing

Middle Eastern Cooking Workshop

A cooking workshop with a difference! Explore new tastes and learn about the tradition of Persian cuisine. From easy-to-read recipes, to step by step instructions, exclusive hands-on cooking class. Enjoy the meal you have cooked with the other participants at the end of the class. This workshop will be held in our brand new fully equipped kitchen.

Wednesday 9/9 6.30pm – 9pm \$45

(Ingredients included)

Magic Meals for one or more with Fiona Letty-Leal

Fiona will demonstrate how to prepare and cook delicious meals that are simple, nutritious and full of eye appeal. Recipes will use basic, seasonal ingredients – readily available or found in your pantry.

Trentwood: Wednesdays 1.30pm – 3.30pm

2/9 (3wks) \$75 (Ingredients included)



* Protocols apply for Room Hire during COVID-19 Pandemic



Be Creative

Rendezvous to Write

A program for older people interested in life writing skills. Explore your personal history to share with your family and develop your writing skills. Participants make a permanent writing appointment in their diary. The sessions assist participants to develop their writing muscles with various exercises and prompts. New participants always welcome!

Thursdays fortnightly 1pm – 3pm
Starting 16/7 (5wks) \$25

Life Long Learning

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.

Friday afternoons.

Contact Office to find out more!

Botanical Watercolour Illustration

Discover the techniques to create beautiful botanical illustrations. Learn how to paint flowers, plants and fruit in watercolour, capturing colour and detail realistically. Be guided as you create your own beautiful botanical works from traditional to contemporary in a fun and encouraging environment. Materials list provided.

Thursdays 9.15am – 11.15am 16/7 (10wks) \$140

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.

Fridays 10am – 12pm 17/7 (10wks) \$140

Chinese Brush Painting

Learn how to use ink and colour to create paintings on xuan paper. Go to www.chinesepaintingstudio.com.au for more information about our tutor Echo Wu. Suitable for beginners to intermediate. Materials not included – can be purchased from tutor if required.

Returning Term 4.

Contact us to be placed to express interest!



Music

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!

Thursdays 9.15am – 10.15am 16/7 (10wks) \$135

Mini Terrarium Workshop

Make and decorate your very own mini terrarium. A perfect workshop to do with a friend or family member. Ideal Mother's Day gift! Step by step guidance with Kelli from The Petal Provedore. All materials included.

Wednesday 26/8 7pm – 8pm \$30

Languages & Literacy

French Beginners

For those with some knowledge of this wonderful language with a focus on grammar, pronunciation and conversation. Perfect for learning this beautiful language and taking a peek into French culture.

Mondays 10am – 12pm 13/7 (10wks) \$220