

Our programs at the Hub

- Trentwood is a dynamic hub of community, learning, assistance, support and sustainability. We are your local Neighbourhood House!
- If you wish to enrol in a course or activity and meet other community members, then Trentwood is the place for you.
- We offer courses, workshops and events for the community with a mix of term-based, short courses and one-off activities.
- As a not-for-profit community organisation we strive to make our activities affordable as possible.
- Our class sizes are small so participants can feel involved and part of the group.
- For more information or to become involved please contact us or drop in.

Enrolling is easy

Book and pay for courses as early as possible.

- Preference will be given to existing participants who re-enrol before the end of each term.
- Enrolments are taken on a first come, first serve basis until the class is full. Payments can be made over the phone on 9006 6590.
- You will need to complete an enrolment form which can be downloaded from our website www.trentwood.org.au or call us and we will send you a copy.
- It is a requirement for some of our classes that you bring your own equipment or resources. You will be provided with a list of what you need to bring when you enrol.
- We do not offer pro rata rates. If you are unable to attend some sessions, you will still need to pay the full term fee.
- Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. Dates and costs are correct at time of printing and may change occasionally.
- If you wish to cancel your enrolment you must notify us at least 7 days prior to the start of the course to receive a refund. We may provide a refund for missed sessions on receipt of a medical certificate.

At the Hub

How to find us

Trentwood at the Hub is at 2 Centre Way, Balwyn North. We are located in the Greythorn Community Hub which is behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground carpark.

Accessibility features

Trentwood at the Hub and Greythorn Community Hub are fully accessible with ramps, ambulant toilets and shower facilities, braille signage and hearing loop.



- Trentwood at the Hub
- Parking
- Entrance to underground parking
- Greythorn Shopping Centre

trentwood
at the hub

your local community house

Greythorn Community Hub,
2 Centre Way, Balwyn North 3104
P: 9006 6590 E: info@trentwood.org.au
W: www.trentwood.org.au



Trentwood at the Hub

Activity & course guide

July – September 2021



TerraCycle Recycling

Be inspired 
Be engaged 
Be involved 

trentwood
at the hub
your local community house

Call us on 9006 6590

Room Hire

There are fabulous community rooms available for hire at the Hub. We have a large function room suitable for family gatherings, corporate workshops and functions.

This space has a new, fully equipped kitchen, an AV system and seating for up to a COVIDSafe capacity of 80 people. We also have a number of smaller rooms available for community groups to hire on a regular basis for meetings.

Our smaller rooms also have AV equipment and whiteboards as well as access to a small kitchenette. Please contact us to find out more.

COVID Community Reflections

At the height of the 2020 extended stay-at-home restrictions in Melbourne, Trentwood documented the experiences and reflections of its members, tutors and staff. Stories were shared on virtual learning, life in lockdown, isolation and the role of our Community House; illustrating community spirit, dealing with social isolation, poor mental health and well-being, and the importance of staying connected with friends and family. To mark World Mental Health week in October and our third anniversary at the Hub, Trentwood will share these stories and launch our "COVID Community Reflections" publication. Further details to follow!



A painting by one of our class participants, Traacey. It reflects her time in lockdown; combining her work as a nurse and her love of painting through our online acyclic classes.

Our recycling programs

We are excited to now be offering our community an expanded recycling program at the Hub. Please come and make use of the opportunities to stop waste going to landfill.

Electronic Waste Station (e-waste)

Drop off small appliances, batteries, mobile phone and computer accessories.

Bread Tags

Drop off your bread tags. The money from the sale of the plastic helps to purchase wheelchairs for people in Africa.

Magazine Swap

Rather than tossing your magazines, once you've read them bring them in to share with someone else. There is a wide variety of magazines on offer.

TerraCycle Recycling

We are now offering **TerraCycle Recycling** and are able to accept the following items:

- ✓ Empty and clean toothpaste and skincare tubes
- ✓ Empty dental floss containers
- ✓ Empty medication blister packs (not cytotoxic medications)
- ✓ Old nail polish bottles
- ✓ Unwanted and clean hosiery and tights
- ✓ Old pens and textas

TerraCycle helps to eliminate waste by recycling the conventional non-recyclable. The plastic is melted and re-molded into new recycled products such as bench seats, chairs and tables.

Be part of the solution and join our practical sustainability workshops such as Beeswax Wraps and Recycled Basket Making.



Balwyn North Repair Café

The third Sunday of each month 10am – 12noon sees this very popular program give community members the opportunity to bring along broken or serviceable items and, with a skilled repairer, learn some basic skills on how to fix things. This includes mending or hemming clothes or linen.

BRING - LEARN - MEND

Coming up

Classes and Activities for Term 4

We have some exciting classes and workshops coming later in the year.

Alcohol Ink

Explore the stunning effects you can create using beautiful alcohol inks. Starting Monday evenings from October 11.

Gardening Workshops

Join Alison from Outdoor Gardens and Designs for some spring ideas.

Chair Yoga October 23

Find mobility in a way that is soft and gentle but also really supportive and beneficial.

Fermented Foods Workshop October 23

This hands-on workshop is designed to help you start fermenting fruits and vegetables.

Make your own Mini Terrarium December 4

A fabulous present in time for Christmas or make one for yourself!

Bulgarian Brunch November 11

Tantalise your tastebuds and learn how to make a magnificent brunch.

Mediterranean Summer Cooking November 25

Arzu will demonstrate how to cook three different summer dishes. Join in and take home the delicious dishes.

You can find more information about the Neighbourhood Houses in Boroondara and locations at

www.boroondara.vic.gov.au/our-city/community/centres.

Ask us for a flyer on what's happening in Neighbourhood House week for all the eleven local Houses and Centres.



See inside for our list of more courses, activities & workshops for Term 3



In the Kitchen

We have cooking workshops in a range of different cuisines that are interesting and interactive. Nothing beats the experience of learning to cook in a real kitchen from someone who is passionate about cooking and teaching others. It's fun and it's social – and best of all, you get to take home your dishes or share together after the workshop.

French Cooking Workshop

Have fun and become a French chef during a cooking class with Marie-Emilie from Le Pot de Moutarde. Included in your dishes will be pissaladiere, a classic dish straight out of Nice in the South of France. Find out our full menu from the Office.

Tuesday 17/8 6.30pm – 8.30pm \$65
<https://www.trybooking.com/BRLYC>

Baklava and Gozleme Cooking Workshop

With Turkish music in the background, Arzu will teach you how to make gozleme and baklava from scratch. It's easier than you think! Turkish coffee will be served to complete the workshop. Includes ingredients. BYO some containers (you will be going home with what you cook, usually about 1.5 kg of baklava and 2-3 gozlemes), apron and oven tray. This workshop was sold out earlier in the year so book early!

Tuesday 31/8 6.30pm – 8.30pm \$65
 Bookings essential by 17/8
<https://www.trybooking.com/BRNHO>

Introduction to Bulgarian Cooking Workshop

Bulgarian food is tasty, fresh and hearty with its own traditions and some unique twists on familiar dishes. In this workshop you'll learn how to make a traditional cheese and egg filo pie (Banitsa), roast peppers and tomato relish (Lutenitsa) with side salad and dip. Learn too about cultural traditions that surround Bulgarian cuisine.

Sunday 11am – 2pm 12/9 \$65
<https://www.trybooking.com/BRPEL>

\$5 Meals

This weekly class with our nutritionist Simone, 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. Ref: 04170013661T

Mondays 10am – 12pm or 1pm – 3pm (ongoing)

Be Involved

Learn something new, be involved and meet new people in the community!

Balancing Dynamics of 50+ Wellbeing & Planning for the Future NEW

Join this workshop to explore challenges at this later stage of life and to open-up honest discussion about themes such as regret, isolation, managing emotions, planning and connection. We will reveal strategies to find empowerment, life balance, health and holistic wellbeing. The session draws on research and real-life experiences to support participants to leave with practical strategies to open new doors of wellbeing and the future.

Tuesday 1.30pm – 3pm 14/9 \$45

French Beginners (6 months+ experience)

Focus on grammar, pronunciation and conversation. Perfect for learning this beautiful language and taking a peek into French culture.

Tuesdays 12.30pm – 2.30pm 13/7 (10wks) \$220

A Recipe for Winter Wellbeing NEW

With the cold winds of winter upon us it is a natural time to hibernate and nurture your inner spirit. Join this unique workshop to reflect on your health & wellbeing, unpack approaches to self-care and engage in conversations on core foundations of wellbeing. Participants will leave with new insights and strategies to support holistic wellbeing – heart, mind, body and spirit.

Tuesday 1.30pm – 3pm 17/8 \$45

Rendezvous to Write

A program for older people interested in life writing skills. Explore your personal history to share and develop your writing skills. Participants make a permanent writing appointment in their diary. Various exercises and prompts to assist in developing your writing muscles!

Thursdays fortnightly 1pm – 3pm 15/7 (5wks) \$40

Study Space

A great space to do homework, study for exams or get your assignment done. Free Wi-Fi and tea and coffee making facilities. Run in partnership with Boroondara Libraries. FREE
 Every weekday 3.30pm – 6pm (ongoing)

Be Creative

It's never too late to discover your artistic and creative side! Our tutors have extensive experience, are skilled and well known in the sector. Class sizes are kept to a minimum allowing individual attention and support. Learn new skills or develop on what you already know in a fun, supportive environment.

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 develop their technical skills. Materials list provided.

Fridays 10am – 12pm 16/7 (10wks) \$175

Beeswax Wraps NEW

Be part of the solution with this hands-on sustainability workshop. Beeswax wraps dispose of the need to use plastic cling-wrap and can be used for covering dishes, wrapping sandwiches and just about everything else that cling-wrap does.

Saturday 2pm – 4pm 14/8 \$40
<https://www.trybooking.com/BROAF>

Botanical Watercolour Illustration

Discover the techniques to create beautiful botanical illustrations from traditional to contemporary pieces. Learn how to paint flowers, plants and fruit in watercolour, capturing colour and detail. Materials list provided.

Thursdays 9am – 11am 15/7 (10wks) \$170

Craft Group

Keen to finish a long overdue craft project or perhaps begin a new one? Join this weekly group and share craft ideas, work on project and chat in a friendly, supportive environment.

Wednesdays 2pm – 3pm 21/4 \$5 per session

Drawing and Painting

Learn about watercolour, oils, acrylics and drawing, with colour theory, colour mixing, landscape hints, structural aspects and shading techniques. Learn how to paint life as you see it and experience it, exploring colours, tones and textures.

Wednesdays 7.30pm – 9.30pm 14/7 (10wks) \$200

Guided Drawing Short Course

Unlock your creativity! Suitable for beginners and those who want to practice their skills. Discover new ways of drawing using grey lead pencils, pens, coloured pencils and watercolour pencils.

Mondays 9.30am – 11.30am 19/7 (5wks) \$90

Immersive Clay workshops with Cosmic Clay Collective

Students can make up to three ephemeral pieces (dependent on size) with most of the common objects being ornamental pieces through pinch pot and coiling techniques. Choose from two types of clay – reclaimed/recycled or clay which has been harvested and processed from local areas. All tools and equipment provided. Firing of pieces offered in the adult workshop (extra cost). Kids take home pieces if they choose, otherwise they will learn how to recycle the clay together.

Tuesday 6.30pm – 8.30pm 14/9 \$55 (Adults workshop)
<https://www.trybooking.com/BRVCU>
 Thursday 10am – 12pm 30/9 \$45 (Kids 5 – 10yrs workshop)
<https://www.trybooking.com/BRVCO>

Play the Ukelele – Beginners welcome

Ukelele 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. No uke needed for first class!

Thursdays 9.15am – 10.15am 15/7 (10wks) \$135

Watercolour NEW

Join Lisa, an award winning artist and engage yourself in the world of watercolour painting. You will learn various watercolour techniques, including colour blending/shading, mixing and colour basics, in both traditional and contemporary styles. This course designed for both absolute beginners and experienced students. Materials listed provided.

Tuesdays 2.15pm – 4.15pm 27/7 (8wks) \$160

trentwood
 at the hub
 your local community house

Greythorn Community Hub,
 2 Centre Way, Balwyn North 3104
 P: 9006 6590 E: info@trentwood.org.au
 W: www.trentwood.org.au

Be Active

Being active can be an effective way to maintain your physical and mental health. Join one of our classes and have some fun at that same time in a welcoming supportive environment.

Ageless Grace – Mind/Body exercise program

Want to have fun while exercising with others? Come to Ageless Grace! A fun, uplifting exercise class which is suitable for all ages and abilities who are interested in maintaining their brain health. Simple chair based exercises that work all parts of the body and brain in ways that help develop, maintain or regenerate our functionality. Live stream may also be available, contact us for details.

Thursdays 10am – 10.30am 15/7 (9wks) \$55

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. This program can be accessed using your NDIS plan. Support item ref: 04_180_0136_6_1
 This class may be delivered remotely.

Mondays 1pm – 2.30pm ongoing

Chinese Cultural Dancing Group

Enquire at the Centre for more information.

Tuesdays 10am – 1pm (ongoing)

Pilates – Gentle

This mat Pilates class is designed for older people to improve core strength, flexibility and balance. Not suitable for pregnant or post natal women.

Mondays 10.30am – 11.30am 12/7 (10wks) \$135

Pilates – Intermediate

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

Mondays 9.15am – 10.15am 12/7 (10wks) \$135

Mindfulness Based Stillness Meditation

Carve out some peace and time for yourself. Experience relaxation, inner peace and clarity of mind.

Fridays 11.30am – 12.15pm 23/7 (6wks) \$85

Nia

Join this fun, simple dance-based fitness class with a unique mix of martial arts, dance arts and healing arts Wellbeing for the mind, body and spirit! Whether you're looking to get fit, strengthen your body, feel good or cultivate awareness, Nia is the practice for you. Suitable for all ages, abilities and conditioning.

Tuesdays 10.30am – 11.30am 13/7 (9wks) \$105

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 9.15am – 10.15am 13/7 (10wks) \$50

Qi Gong

Incorporating Chi Balls, movements are gentle and simple to follow. Improves flexibility, strength, balance and mindfulness. For all ages and abilities.

Tuesdays 9.30am – 10.15am 13/7 (9wks) \$96

Raja Express Yoga (Online with MS Teams)

Join Karyn for simple stretching exercises, deep breathing and total body relaxation. Start the day off with our Wednesday express class from home.

Wednesdays 7am – 7.30am 14/7 (10wks) \$60

Strength Training

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

Thursdays 11.15am – 12.15pm 15/7 (10wks) \$110

Stretch, Roll and Release

Delivered using MS Teams
 Bring your stiff and sore bodies and join KB in this 75-minute program focusing on slow stretching and releasing muscle tension.

Tuesdays, 11am – 12.15pm, starting 13/7 (10wk) \$120*

Table Tennis

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

Thursdays 2.30pm – 4.30pm \$3 per session
 Wednesdays 3.30pm – 5pm (Youth)

Tai Chi for Beginners

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 15/7 (10wks) \$115

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 13/7 (10wks) \$110