

Our House

Located at the Greythorn Hub in Balwyn North, Trentwood Community House offers courses, workshops and events for the community with a mix of term-based, short courses and one-off activities.

If you wish to enrol in a course or activity and meet other community members, then Trentwood is the place for you. As a not-for-profit community organisation we strive to make our activities as affordable as possible.

Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Pick up an enrolment form from the House or enrol from our website.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- 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.
- A change of restrictions may impact on our ability for on-site attendance. Where possible we will continue to deliver the class online. We are unable to provide a refund or credit classes that continue online however, if this proves difficult for you, please contact us.

For further information on our enrolment policy, please visit our website or contact the Office.

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.

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, behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground carpark.

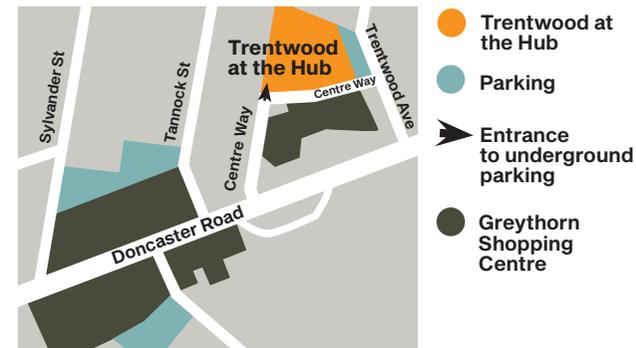
Accessibility features

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

Acknowledgment of Country

Trentwood at the Hub acknowledges the Traditional Owners of the Wurundjeri Woi Wurrung Country of the Kulin Nation on which our Community House is located.

We pay our respects to the spirits of Elders past, Elders of the present and those emerging who continue to guide us towards reconciliation and justice. We thank First Nations People for the care and nurturing of this sacred land.



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Trentwood at the Hub

Activity & course guide

October – December 2021



Chinese Cultural Dancing

Be inspired 
Be engaged 
Be involved 

trentwood
at the hub
your local community house

Call us on 9006 6590

Social Inclusion Week

Sustainability

Workshops



Social Inclusion Week is about encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities and abilities.

Join the Greythorn Hub tenants on **Thursday 25 November 11am to 1pm** for a special morning tea to celebrate community and the third anniversary of our Hub!

Trentwood will be launching the publication of **"COVID Community Reflections"** featuring stories from participants, tutors and staff, and some of the wonderful art work from the Greythorn Hub Children's Week 2020 Art Competition.

Enjoy a performance from the Trentwood Chinese Dancing group, and Community musician and tutor Margaret Crichton and her Ukulele group.

Together with Creative Write It, we will be holding a second-hand book sale to raise money for the Indigenous Literacy Foundation.

New Partnerships

SciSizz

Trentwood is excited to be partnering with SciSizz to present a series of fun, interactive and hands-on science workshops for children starting in Term 4. See our Class and Activities page for further details.

VMCH

We are delighted to announce that VMCH (Villa Maria Catholic Homes) and their Gateway program is transitioning from their present location at Kew to Trentwood at the Hub. The Gateway team will be holding most of their disability services at the Hub, and will also be joining in on our existing NDIS programming. We look forward to working together with the team and their clients in the future.

We are pleased to offer the following recycling initiatives at our House. 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

The money from the sale of this plastic helps to purchase wheelchairs for people in Africa.

Magazine Swap

Don't toss your read magazines away! Bring them in to share with someone else. There is a wide variety of magazines on offer.

TerraCycle Recycling

Help eliminate waste by recycling the conventional non-recyclable items! We are able to accept the items including:

- ✓ 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



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 Second Hand Book Sale

During Social Inclusion week, Greythorn Hub, together with Creative Write It, will be holding a book sale, to raise money for the Indigenous Literacy Foundation. Please contact us on 9005 6590 for details on how you can donate.

Be part of the solution and join our practical, hands-on sustainability workshops.

Coil Basket Making Workshop

Using recycled fabric, hand dyed raffia and trim.
Saturday 27/11 11am – 4pm \$75
<https://www.trybooking.com/BTVAU>

Beeswax Wraps Workshop

Say goodbye to plastic wrap! Food storage that won't cost the earth! Beeswax wraps can be used for covering dishes, wrapping sandwiches and just about everything else that cling-wrap does.
Saturday 6/11 2pm – 4pm \$40
<https://www.trybooking.com/BTVAO>

Fermented Foods Workshop

Learn about the associated benefits, while making sauerkraut and kimchi. Ingredients included.
Saturday 23/10 2pm – 4pm \$50
<https://www.trybooking.com/BROAF>

Making Space

A furniture and restoration workshop for women. Bring your pieces from home that need a new story. Hayley will help you learn how to restore those old, but much wanted items. The class will give your confidence with common repairs such as wobbly chairs, and provide easier and more effective methods for timber restoration.
Thursdays 21/10 7pm – 9pm (6wks) \$220

Your Space and Place

Whether your space is a balcony, indoor garden, courtyard, small or large garden – join us in a fun, interactive design class, where Alison Watson, Landscape Designer from Outdoor Designs, helps improve your space and place. Bring your photos, measurements, house plans, as well as a wish list brief for your first step in your garden design journey. Time will also be spent on the therapeutic value of plants in the landscape.
Saturday 20/11 2pm – 4.30pm \$65

Garden Gift Making December Workshop

Contact Office for further details.



In the Kitchen

Nothing beats the experience of learning to cook in a real kitchen from someone who is passionate about cooking and teaching others.

French Cooking Workshop

Have fun and become a French chef during a cooking class with Marie-Emilie from Le Pot de Moutarde. Fish with armoricaine sauce
Thurs 7/10 6.30pm – 8.30pm \$65
<https://www.trybooking.com/BRPIK>
Pissaladiere and black olives dip
Wed 17/11 6.30pm – 8.30pm \$65
<https://www.trybooking.com/BTXNG>

Turkish Cooking Workshops

Join Arzu in these popular workshops and learn how to cook delicious traditional Turkish dishes. Baklava and Gozleme
Tuesday 26/10 6.30pm – 8.30pm \$65
<https://www.trybooking.com/BTVAA>
Mediterranean Summer Dishes
Thursday 25/11 6.30pm – 8.30pm \$65
Bookings essential by 13/11
<https://www.trybooking.com/BRNIC>

Bulgarian Brunch Cooking Workshop

Sonya will demonstrate how to cook this favourite Bulgarian traditional dish, cheese and egg filo pie (Banitsa), together with tasty side dishes.
Sunday 7/11 11am – 2pm \$65
<https://www.trybooking.com/BRPFAL>

\$5 Meals

This weekly class with our nutritionist 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**

Explore the challenges at this later stage of life. Open honest discussion about themes such as regret, isolation, managing emotions, planning and connection. We will reveal practical strategies to find empowerment, life balance, health and holistic wellbeing, drawing on research and real-life experiences.
Wednesday 1.30pm – 3pm 20/10 \$45

French Beginners (6 months+ experience)

Focus on grammar, pronunciation and conversation.
Tuesdays 12.30pm – 2.30pm 5/10 (10wks) \$220
*No class 2/11

Splash into Summer Action **NEW**

It's the perfect time to nurture your inner spirit and prepare for the summer months ahead. Reflect on your health and wellbeing in this holistic workshop with Annette Subhani from New Pathways Life Coaching.
Tuesday 1.30pm – 3pm 16/11 \$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 7/10 (6wks) \$48

For Kids and Teens

Science for kids (8 – 14 yrs)

Interactive, hands-on supervised workshops with the team from Sci-sizz. Kids will use a Mini Laboratory kit, which includes a complete package of materials and equipment, guided by a facilitator. Have fun experimenting, working with other kids, and bring science to life! Cost of kit included.
<https://scisizz.com.au> for further information.

Magnets and Microbes

Thursdays 4pm – 6pm. 21/10 (3wks) \$135 or

Energy for the Future

Thursdays 4pm – 6pm 11/11 (3wks) \$135

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)

Table Tennis

Come with some friends after school or during the holidays. Contact our Office for room availability.

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.

Acrylic and Oil Painting

Learn how to paint in acrylics or oils exploring a variety of subjects including still life, landscapes and portraits. Suitable for beginners or those with experience. Materials list provided.
Fridays 10am – 12pm 8/10 (10wks) \$175

Alcohol Ink Art Class **NEW**

Explore the stunning effects you can create using beautiful alcohol inks. Learn about the different surfaces and techniques you can use in its application to Yupo paper, other surfaces and homewares. Suitable for beginners. *No class 2/11
Tuesdays 4.30pm – 6.30pm 12/10 (6wks) \$120

Artlinks at Warrandyte

A weekly creative art and craft group. If you know of anyone in the Warrandyte area, or you want a day out each week near the Yarra to join others and share your craft, please contact us for further details.
Wednesdays 10am – 3pm (ongoing)
\$8 per week with a My aged care referral (Materials included).

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 7/10 (11wks) \$187

Christmas Wreath Making

Join florist, Kelli Brown, from The Petal Provedore, as she demonstrates how to design and create your own beautiful Christmas wreath to take home. Book early to avoid disappointment!
Thursday 7pm – 9pm 25/11 \$30
<https://www.trybooking.com/BTVBS>

Drawing and Painting

Learn about watercolour, oils, acrylics and drawing, with colour theory, colour mixing, landscape hints, structural aspects and shading techniques.
Wednesdays 7.30pm – 9.30pm 6/10 (10wks) \$200

Drawing

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. *No class 1/11
Mondays 9.30am – 11.30am 4/10 (8wks) \$145

Ukulele for beginners

Ideal for those new to learning uke or who feel like taking things easier. No uke needed for first class. Margaret will give you advise on what Uke will suit you!
Thursday 9.15am – 10.15am 14/10 **Free Taster session (No uke needed)**
Thursdays 9.15am – 10.15am 21/10 (8wks) \$110

Watercolour (Online using MsTeams)

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. Suitable for beginners and experienced. Material list provided. *No class 2/11
Tuesdays 2.15pm – 4.15pm 12/10 (9wks) \$180

Make your own mini terrarium

Great Christmas present
Saturday 4/12 2pm – 4pm \$45
<https://www.trybooking.com/BRNOD>

See over for Trentwood's expanding program of recycling and environmental initiatives, room hire and new upcoming workshops!

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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 the same time in a welcoming supportive environment.

Ageless Grace

A fun, uplifting mind/body exercise class 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.
Thursdays 10am – 10.30am 7/10 (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
Mondays 1pm – 2.30pm ongoing

Chinese Cultural Dancing Group

Tuesdays 10am – 1pm (ongoing)

Pilates – Gentle (Mat)

Designed for older people to improve core strength, flexibility and balance. Not suitable for pregnant or post-natal women. *No class 1/11
Mondays 10.30am – 11.30am 4/10 (10wks) \$135

Pilates – Intermediate

Includes a series of exercises that caters for all fitness levels, focusing on improving your strength, flexibility, balance and posture. *No class 1/11
Mondays 9.15am – 10.15am 4/10 (10wks) \$135

Mindfulness Based Stillness Meditation

Carve out some peace and time for yourself. Experience relaxation, inner peace and clarity of mind.
Fridays 11.10am – 12.15pm 15/10 (6wks) \$85

Nia

A fun, simple dance-based fitness class with a unique mix of martial arts, dance arts and healing arts. Suitable for all ages, abilities and conditioning.
Tuesdays 10.30am – 11.30am 5/10 (8wks) \$95

Post Natal Exercise (Babies welcome!)

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 5/10 (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 5/10 (8wks) \$85

Strength Training

Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.
Thursdays 11.15am – 12.15pm 7/10 (11wks) \$120

Table Tennis

Join our group to play a social game. New players welcome. First session free.
Thursdays 2.30pm – 4.30pm \$3 per session (10 or 5 session pass)

Tai Chi (Level 2)

Tai Chi improves muscular strength, flexibility and fitness. Rejuvenate your body and learn to create a tranquil mind. For those who have had some experience of Tai Chi.
Thursdays 1.15pm – 2.15pm 7/10 (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 5/10 – 7/12 (8wks) \$90
*No class 2/11

Yoga for Back Care **NEW**

Designed to improve posture, induce relaxation and build a strong yet supple spine. Visit <http://bronwenmander.com.au> for more information.
Monday 2.30pm – 3.30pm 11/10 **Free Taster session**
Mondays 2.30pm – 3.30pm 18/10 (7wks) \$105
*No class 1/11

Yoga for Healthy Ageing **NEW**

Movements and postures designed to address ageing challenges. Increase strength, agility and balance. Visit <http://www.bronwenmander.com.au> for further information.

Friday 9am – 10am 15/10 **Free Taster session**

Fridays 9am – 10am 22/10 (8wks) \$120

