



## 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.

**Tuesdays 6.30pm – 7.30pm**  
8/10 (9wks) \$96

### Nia

A fun, simple dance-based fitness class that is suitable for all ages. Nia combines music movement and mindfulness to improve fitness, neuroplasticity strength and balance.

**Tuesdays 10.30am – 11.30am**  
8/10 (9wks) \$96

### Pilates for Over 55

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

**Mondays 9am – 10am**  
7/10 (10wks) \$114

### Mat Pilates

Mat Pilates includes a series of exercises that caters for all fitness levels, focusing on improving strength, flexibility, balance and posture.

**Mondays 10am – 11am**  
7/10 (10wks) \$114

### Dance with Confidence

Introductory dance class for people who love to move to music, but may not be sure where to start. Learn fun and simple routines, develop co-ordination, improve balance and increase self-confidence. Suitable for people with disabilities. You can access this program using your NDIS plan.

**Fridays 10am – 11.30am**  
18/10 (7wks) \$168

### Gentle Qi Gong/ ChiBall

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

**Tuesdays 9.30am – 10.15am**  
8/10 (9wks) \$96

### Strength training

Chair supported, light weight-bearing exercises to fend off osteoporosis and improve muscle strength.

**Wednesdays 11.30am – 12.30pm**  
9/10 (10wks) \$107

### Post Natal Exercise

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. Babies are welcome too!

**Thursdays 10.30am – 11.30am**  
10/10 (10wks) \$50

### 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**  
10/10 (10wks) \$107

### Tai Chi: Introduction

The art of Tai Chi has many benefits for your mind and body. It improves focus, flexibility, strength and fitness. These slow gentle movements can be easily adapted for any fitness level.

**Thursdays 2.15pm – 3.15pm**  
10/10 (10wks) \$107

## Be Engaged

### Technology

#### Choosing the right NBN

Choosing an NBN provider can be a daunting task. Come and learn from an independent expert on what changes you will expect when moving to the NBN and recommendations. Questions are welcome and notes provided.

**Tuesday 1pm – 3pm**  
22/10 (1wk) \$25

#### Facebook, Instagram & Pinterest

Are you interested in learning about Social Networking sites like Facebook, Instagram and Pinterest? This class will take you through an introduction and give you hints and tips on what to do when online. Notes provided.

**Tuesday 1pm – 3.30pm**  
29/10 (1wk) \$25

#### Using your smart device

Bring along your Smartdevice (iPhone, iPad, Samsung, Android) to learn about the basics of your device including Starting up, Passcodes, Apps, Device Settings, Email, Backup in this two lesson course. Notes provided.

**Tuesday 1pm – 3.30pm**  
12/11 (2wks) \$50

#### Buying and Selling on eBay/Gumtree

Learn how to sell your unwanted goods and then save some money by buying things on Ebay and Gumtree that you do want! A fun and practical way to declutter and restock your home.

**Tuesdays 1pm – 3.30pm**  
26/11 (2wks) \$50

### Cooking

#### Fabulous Food Five Ingredients

Learn to cook delicious meals with a handful of ingredients. Perfect for those who haven't cooked much before and also those who would like to discover some tasty new dishes.

**Mondays 11am – 1pm**  
7/10 (10wks) \$180

#### \$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. You can access this program using your NDIS plan.

**Mon 2pm – 4pm**  
7/10 (10wks) \$210

### Languages and Literacy

#### English Conversation

English language for everyday use. The course will help develop English language skills in grammar, conversation and writing through a range of activities designed to improve students' English in a wide variety of everyday situations.

**Wed 10am – 12pm**  
9/10 (6wks) \$75

## Children's Activities

### Messy Play

**(18 months – 5 years)** Enjoy a variety of sensory and creative play experiences allowing children to explore, create and discover through messy mediums such as slime, goop, playdough, wet and dry sand, paint, water and more.

**Wednesdays 10am – 11am**  
16/10 (6wks) \$75

## Clubs

### Table Tennis Club (Social)

Open **Wednesdays 2pm – 4pm**  
Youth **Wednesdays 4pm – 6pm**  
10/10 (11wks) \$3 per session

### Study Space

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

**Trentwood: Every weekday afternoon 3pm – 6pm**  
(ongoing) FREE

## Be Inspired

### 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.

**Thursdays fortnightly 1pm – 3pm**  
10/10 (5wks) \$30

### Life Long Learning

A program for older people learning, sharing ideas and making new friends: includes guest speakers, discussion and afternoon tea.

**Fridays fortnightly 1.30pm – 3.30pm**  
18/10 (5wks) \$20

### Visual Art

#### Botanical Illustration

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. (Materials not included).

**(Ongoing) Thursdays 9.15am – 11.10am**  
10/10 (10wks) \$125

**(Beginner) Thursdays 11.15am – 1.10pm**  
10/10 (10wks) \$125

#### Contemporary Still Life Painting

Using acrylics, learn to paint still life paintings in a bold, colourful and contemporary style. Suitable for beginners or those who have painted before and would like to expand their skills. All welcome. (Materials not included).

**Fridays 10am – 12pm**  
11/10 (10wks) \$125



### Trentwood at the Hub enrolments

Enrolments are taken on a first come first serve basis until the class is full. Course fees must be paid in full for the term when you enrol. We strive to offer quality programs at affordable rates to allow engagement from the whole community.

To enrol visit Trentwood at the Hub or call 9006 6590. Payments can be taken over the phone. We accept credit card, eftpos, cheques and cash. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. Our classes run in school terms only. Dates and times of our classes are correct at time of printing but may change.

**trentwood**  
at the hub

your local community house

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