

Our programs at the Hub

- We offer courses, workshops and events for the community
- A mix of term-based, short courses and one-off activities
- 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 affordable as possible
- Our class sizes are small so participants can feel involved and part of the group.

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.
- 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 session on receipt of a medical certificate.

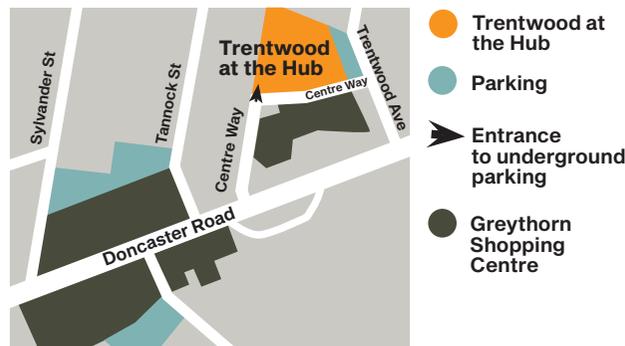
At the Hub

How to find us

Trentwood at the Hub is at 2 Centre Way, North Balwyn in the Greythorn Community Hub behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground car park.

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
your local community house

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



Trentwood at the Hub

Activity & course guide

April – June 2021



Artist Sue Burgess
Acrylic Painting Class
(Based on a painting by
Edouard van Goethem)

Be inspired 
Be engaged 
Be involved 

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Call us on 9006 6590

Kids & Teens

Kids Art with Toshi (3–4 yrs)

A fun class for children and parents with a mixture of art and a little science. Create musical instruments, glow in the art boxes and kites. Draw, paint and decorating fun! Includes materials.

Fridays 10am – 11am 7/5 (6wks) \$90

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**

Trentwood: Every weekday 3.30pm – 6pm (ongoing)

Table Tennis

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

Thursdays 3.30pm – 5pm \$3 per session

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.

Open House Week

Join us and celebrate of the role of Neighbourhood Houses and Centres in our Community

Special Mother's Day Workshops

To begin our Neighbourhood House Week celebrations, treat Mum or that special person in your life and join us in one of these hands-on workshops! You are welcome to come together with someone or on your own!

Make your own mini terrarium

Enjoy a glass of bubbly or orange juice on arrival and some yummy nibbles.

Saturday 2pm – 4pm 8/5 \$35 (includes materials and refreshments)
<https://www.trybooking.com/BPXIX>

Middle Eastern Cooking Workshop at Trentwood

Try out delicious Turkish recipes and cook together with Shella in our brand new kitchen. Enjoy a glass of bubbly or orange juice on arrival.

Saturday 3.30pm – 5.30pm 8/5 \$60
<https://www.trybooking.com/BMZGY>
(vegetarian menu)

Free Taster Classes

Guided Drawing
Monday 9.30am – 11.30am 10/5

Nia
Tuesday 1pm – 1.45pm 11/5

Mindfulness Based Stillness Meditation
Friday 11.30am – 12.15pm 14/5

Bring a Friend Week
Share your passion by inviting a friend to join you in your class for free during Neighbourhood House week. Contact the Office to book and confirm a space in the class to meet COVID safe requirements.

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.



Coming up at Trentwood

Australia's Biggest Morning Tea

Join us in this community event to raise vital funds to make a big difference for those impacted by cancer. Come and share a little joy with some tasty treats and raise much needed funds for Cancer Council's life-saving research, prevention programs and support services.

Donations welcome on the day or beforehand!

Book at Reception or Ph 9006 6590
Thursday 27 May 11am – 1pm



Sustainability and the environment



Watch this space to find out more about how we are adopting new recycling practices and initiatives. Trentwood joins with other Hub organisations such as Greythorn Early Childhood Centre to promote sustainable activities within our community. Current projects include collecting bread tags, recycled pens through Greythorn childcare, E-Waste recycling, stationery items and a magazine swap. The Balwyn North Repair Café meets at the Hub every third Sunday of the month.



See inside for our list of more courses, activities & social groups for Term 2



In the Kitchen

\$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. Ref: 04170013661T

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

Middle Eastern Cooking at Home (MS Teams)

Join Shella on our online cooking workshop from the comfort of your own home and learn about the wonderful flavours of Middle Eastern cooking.

Thursday 3/6 5.30pm – 7.30pm \$55

<https://www.trybooking.com/BMZGX>

French Cooking Workshop

Have fun and become a French chef during a cooking class with Marie-Emilie.

Tuesday 25/5 6.30pm – 8.30pm \$60

<https://www.trybooking.com/BPXJI>

Seasonal healthy cooking workshop at home – Winter

Join Jodie, our qualified nutritionist, in the first of our seasonal cooking workshops. Learn how to prepare a healthy, wholesome two course meal perfect for winter. All classes are held online in the comfort of your own home. You will receive a shopping list ahead of the class to help you plan your purchase, as well as the recipes/ equipment you may need.

Thursday 17/6 4.30pm – 6pm \$45

<https://www.trybooking.com/BQECC>

Vegan Cooking workshop at home

Have you wanted to try vegan cooking, but not sure where to start? Try our delicious vegan recipes and learn how to cook a main meal and dessert with ease. Join nutritionist Jodie on our online cooking workshops from the comfort of your own home. You will receive a shopping list ahead of the class to help you plan your purchase as well as the recipe/ equipment you may need.

Tuesday 18/5 4.30pm – 6pm \$45

<https://www.trybooking.com/BPXJN>

Vegan Mediterranean Cooking Workshop

This cooking is known to be amongst the healthiest in the world. After her successful Gozleme and Baklava workshop Arzu returns to Trentwood to show us the health benefits of both Mediterranean and plant-based cooking demonstrating how to make three vegan dishes.

Wednesday 23/6 6.30pm – 8.30pm \$60

Bookings essential by 9/6

<https://www.trybooking.com/BPVBI>

Winter in Bulgaria Cooking Workshop

Winters are cold and snowy in Bulgaria so dishes served at this time of the year are rich, hearty and delicious. In this workshop you'll learn how to make a Bulgarian Moussaka and traditional accompaniments. Perfect comfort food for you to replicate at home in the Melbourne winter

Sunday 2pm – 5pm 6/6 \$60

<https://www.trybooking.com/BPXIS>

Be Involved

French Beginners (6 months+ experience)

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.

Tuesdays 12.30pm – 2.30pm 20/4 (10wks) \$220

Life Long Learning

For older people who are keen to learn, share stories and make new friends. Program includes armchair travels and guest presentation from Beleura House and Garden, a visit from the curator at NGV and more.

Friday afternoons. Contact Office to express interest

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 22/4 (5wks) \$40

See over for Kids & Teens Activities and Open House Week!

Be Creative

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 23/4 (8wks) \$140

Basket Making Workshop

Learn how to make a small colourful coiled basket using recycled fabric, hand dyed raffia and trim. Using a tapestry needle and simple blanket stitch you can create a beautiful work of art.

No experience necessary. Materials and equipment are supplied BYO lunch.

Saturday 19/6 11am – 4pm \$75

<https://www.trybooking.com/BMZGE>

Boro Stitching **NEW**

A traditional Japanese mending technique that was developed to extend the lives of clothes often over generations. Using this simple hand sewing technique participants will learn to make a beautiful purse. No experience is required.

Saturday 26/6 2pm – 4pm \$45

<https://www.trybooking.com/BQEKT>

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 9am – 11am 29/4 (9wks) \$155

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 list provided These can be purchased from the tutor.

Fridays 9.15am – 11.25am 7/5 (8wks) \$200

Drawing and Painting **NEW**

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 5/5 (8wks) \$160

Guided Drawing **NEW**

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.

Free 'Come and Try' session 10/5

Mondays 9.30am – 11.30am 17/5 \$90

Play the Ukelele – Beginners welcome

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. No uke needed for first class!

Thursdays 9.15am – 10.15am 22/4 (10wks) \$135

Wednesday Craft Group

Are you keen to finish a long overdue craft project or perhaps begin a new one? Would you like to rediscover a craft skill or learn a new one? Join this weekly group and share craft interests and ideas, work on projects and chat in a friendly and casual group.

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

Be Active

Ageless Grace – Mind/Body exercise program

An fun, uplifting chair-based exercise class. 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 your device you use.

Thursdays 10am – 10.30am 22/4 (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)

Dance with Confidence

Introductory chair-based dance class for people who love to move to music. Suitable for people with disabilities. This program can be accessed using your NDIS plan. Ref: 04180013661T

Fridays 11.15am – 12.30pm (ongoing)

Gentle Pilates

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 19/4 (9wks) \$120

Hula hooping for Adults at the Hub

Join Kathy for some friendly fun and exercise. BYO hoop or try one of ours before your buy!

Phone us to find out more!

Thursdays 5pm – 6pm Free Introductory sessions

Intermediate Pilates

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 19/4 (9wks) \$120

Mindfulness Based Stillness Meditation **NEW**

Carve out some peace and time for yourself.

Experience relaxation, inner peace and clarity of mind.

Join us for a free 'Come and Try' session 7/5

Fridays 11.30am – 12.15pm 14/5 (6wks) \$85

Nia

Join this fun, simple dance-based fitness class.

Wellbeing for the mind, body and spirit! Conditions the whole body; healing and encouraging creativity and self-expression. Suitable for all ages and abilities.

Tuesdays 10.30am – 11.30am 20/4 (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 20/4 (10wks) \$50

Qi Gong

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

Tuesdays 9.30am – 10.15am 20/4 (9wks) \$96

Raja Yoga

Join Karyn for simple stretching exercises, deep breathing and total body relaxation. Interested in yoga in the afternoon? Express your interest at reception! Otherwise start the day off with our Wednesday express class from home via MS Teams!

Wed 7am - 7.30am 21/4 (10wks) \$60

Strength Training

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

Thursdays 11.15am – 12.15pm 29/4 (9wks) \$100

Stretch, Roll and Release (via MS Teams)

Join this online session with KB, our Pilates instructor. Focus on slow stretching and releasing muscle tension. Contact Hawthorn Community Centre 9819 5758

Tuesdays, 11am–12.15pm 20/4 (10wk) \$120

Table Tennis

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

Thursdays 2.30pm – 5pm \$3 per session

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 22/4 (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 20/4 (10wks) \$110

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