

Hawthorn Community House & Trentwood at the Hub

Activities & Classes

5 October – 11 December 2020*

TERM 4 2020



32 Henry Street
HAWTHORN COMMUNITY HOUSE

trentwood
at the hub
your local community house

Hawthorn Community House Ph: 9819 5758 E: info@hch.org.au W: www.hch.org.au
Trentwood at the Hub Ph: 9006 6590 E: info@trentwood.org.au W: www.trentwood.org.au

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Hawthorn Community House (HCH) and Trentwood at the Hub will not be delivering face to face programs in Term 4. We have put in place a remote program timetable with classes for exercise, language, art, literature, writing, music and more. Hopefully you will find something interesting to participate in. Regardless of where you live you can enrol in either a Trentwood or a Hawthorn remote program.

Please visit our **websites at www.hch.org.au or www.trentwood.org.au** for information about our programs or call the office for a chat. We look forward to seeing you online or hearing you over the phone in the coming weeks!

Be Inspired

Tech Talk for All – Be Connected

Tech Talk for all is a FREE 5 week program to support you in learning to use your digital device, at your own pace and when it suits you.

Participants will work through the modules for *Be Connected* and will be individually teamed up with a volunteer mentor for guidance, assistance and encouragement.

Contact us on 9819 5758 to enrol.

Cinema & Chat

Our host Maree will select a movie to watch from the extensive SBS on Demand catalogue. We will then get together for an after-movie interactive chat. It's a great opportunity to connect with others and participate in engaging discussions. Maree has run our Short Story Book Club for many years and is well versed in finding interesting angles for conversation. It's so simple, first watch the film, then join us on MS Teams to chat about it. We are here to help if you have any issues accessing the online content. Delivered using MS Teams.

Mondays fortnightly 3pm–4pm, 5/10 (5wks) \$40*

English as a Second Language

A class encouraging participants to grow in confidence with speaking and understanding everyday English. Engage, explore and extend yourself in this learning group for people with English as their second language.

Delivered using MS Teams.

Wednesdays 10.30am–11.30am, 7/10 (10wks) \$40*/\$120

Italian One (12–18 months' experience)

Accelerate your learning of the Italian language within the context of every day practical, real-life situations. Delivered using MS Teams.

Wednesdays 11.15am–12.15pm, 7/10 (10wks) \$90

Beginner French

If you want to start learning French from the bottom up, you've come to the right place! Immerse yourself in the beauty of the French language from the beginning in a highly interactive class.

Delivered using MS Teams.

Tuesdays 10am–11am, 6/10 (9wks) \$80

Fridays 9am–10am, 9/10 (9wks) \$80

(*Fridays for those with 6 months or more experience)

Intermediate French (18–24 months' experience)

Immerse yourself in the beauty of the French language, develop an understanding of the culture and traditions. Delivered using MS Teams.

Fridays 11am–12pm, 9/10 (9wks) \$80

Advanced German (3+ years' experience)

Our advanced German is a conversation class for people with significant knowledge of the German language. A variety of topics will be discussed at each session and it is a wonderful way to stay connected. Delivered using MS Teams.

Wednesdays 9.30am–10.30am, 7/10 (10wks) \$90

*Note there are no classes on Friday 23 October (Friday before AFL Grand Final) and Tuesday 3 November (Melbourne Cup Day).



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Be Inspired continued

Simply Cooking

Embark on a virtual culinary journey in the comfort of your own home. In this hands-on class with cooking host, Fathima, you will learn how to prepare healthy meals using simple ingredients. You will receive a shopping list ahead of the class to help you plan your purchase, as well as the recipes and any equipment you may need. Then join us in this live class delivered using MS Teams.

Mondays 1pm–2.30pm, 5/10 (10wks) \$80

Flavours of the Middle East

Join Shella on our online cooking workshop from the comfort of your own home and learn about the wonderful flavours of Middle Eastern cooking. Shella brings a wealth of cultural knowledge and a passion for cooking. You will try out recipes and cook together this tantalizing menu of:

Kebab Tabeh – Middle eastern pan kebab infused with aromatic spices and served with sautéed tomatoes and capsicum. **Persian Rice** – A buttery white rice flavoured with saffron. **Yogurt & chickpeas dip** – A flavoursome dip with spices that can be tossed together in a bowl and served as a snack or starter. A shopping list will be sent before the workshop so book early! This workshop is delivered using MS Teams. Book using the Trybooking link below.

Wednesday 28 October 4.30pm–6.30pm
<https://www.trybooking.com/BLPPC>
Saturday 17 October 3.30pm–5.30pm
<https://www.trybooking.com/BLPPE>
Cost: \$50 (each session)



Ukulele

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! Delivered using MS Teams.

Thursdays 11am–11.45am, 8/10 (10wks) \$100

Lifelong Learning Meetings

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. Delivered using Telelink.

Thursdays 1.30pm–2.30pm
8/10 (10wks) \$40*/\$120

Fridays fortnightly 12pm–1pm
1.30pm–2.30pm, 9/10 (5wks) \$20

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, 6/10, (5wks)
\$40*/\$94

Wednesday Connect - iPads at Your Pace

A group of seniors who explore the variety of opportunities and functions that this device has to offer. Our program enables you to get the most out of using your laptop at home. Progress at your pace in a relaxed and friendly environment. BYO iPad. Delivered using Telelink.

Wednesdays 1.15pm–2.15pm, 2.30pm–3.30pm
7/10 (10wks) \$40*/\$120

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. NDIS plan can be used.

Mondays 11am–12.30pm
Call for more information.

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Short courses – interesting hobbies, feeding the brain, relaxing the body

Be Active

45min Stretch, Roll & Release

Spend your morning recharging and reviving your body's own natural ability to heal and strengthen. A series of stretching, rolling and self-massage techniques that will aid in releasing muscular aches, tightness and soreness. Bring a mat, towel, pillow and 2 tennis balls.

Delivered using MS Teams.

**Thursday 24 September & 1 October,
10am–10.45am, FREE**

Pilates

Join our experienced tutors in this online pilates class for beginners and intermediate. Delivered using MS Teams.

**Mondays 9.30am–10.30am, 12pm–1pm
5/10 (10wks) \$80*/\$115**

**Wednesdays 10.30am–11.30am
7/10 (10wks) \$80*/\$115**

**Thursdays 9.30am–10.30am
8/10 (10wks) \$80*/\$115**

**Fridays 10am–11am
9/10 (10wks) \$72*/\$108**

**Intermediate* Mondays 10am–11am 5/10 (10wks)
\$80*/\$115**

(*Not suitable for pregnant or post-natal women)

Qi Gong & Tai Chi

Qi Gong and Tai Chi are powerful systems of healing and energy classes which includes integration of physical postures, breathing techniques and focus.

Delivered using MS Teams.

Thursdays 12pm–1pm, 8/10 (10wks) \$80*/\$115



Strength & Balance

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.

Delivered using MS Teams.

**Mondays 11am–12pm, 5/10 (10wks) 80*/\$115
Wednesdays 9am–10am, 7/10 (10wks) \$80*/\$115**

Ageless Grace

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.

Delivered using MS Teams.

Thursdays 1.30pm–2pm, 8/10 (10wks) \$55

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Be Creative

Botanical Illustrations Watercolour

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

Thursdays 9.15am–11.15am, 8/10 (10wks) \$170

Thursdays 2pm–4pm, 8/10 (10wks) \$170

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. Delivered using MS Teams.

Fridays 10.15am–11.45am 9/10 (9wks) \$120

Rendezvous to Write

Make a permanent writing appointment in your diary each fortnight. Receive guidance with current writing projects and develop your writing skills. Delivered using MS Teams

**Tuesdays fortnightly, 11.30am–12.30pm,
1pm–2pm 6/10 \$40**

Delivered by Telelink

Thursdays fortnightly, 1pm–3pm 8/10 \$40

Delivered by MS Teams

Life Writing

For people who are elderly, isolated or housebound but not thought bound. The Life Writing Program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Delivered using Telelink. Call us for details.

Parkside Pop Up

DIY Christmas Wreath Making

Dates: Tuesday 8 December or 15 December

Time: 7pm - 8.30pm

Cost: \$30

Join our local florist, Kelli Brown, from The Petal Provedore in our outside space as she demonstrates how to create your own beautiful Christmas wreath to take home. This workshop is hugely popular so make sure you book early, using the Trybooking link below.

Tuesday 8 December

<https://www.trybooking.com/635760>

Tuesday 15 December

<https://www.trybooking.com/651461>

Location: Hawthorn Community House, 32 Henry St.

To support people during the isolation period we offer several remote access programs delivered using MS Teams or Telelink. Please call the office and we can help you get set up.

How to enrol: Please email us at info@hch.org.au, info@trentwood.org.au or phone the office on 9819 5758 between Monday to Thursday

10am – 1pm. Course fees must be paid in full when you enrol. We strive to offer quality programs at affordable rates to allow engagement from the whole community. Payments are taken over the phone. During these times we accept credit card only. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. Rates and times of our classes are correct at time of printing but may change.

***My Aged Care (MAC):** *My Aged Care rate is available. To be able to continue offering a number of exercise and social programs at low cost we require participants over 65 to register with My Aged Care and receive a referral to qualify for the subsidised rate. If you are under 65 years or would prefer not to register with My Aged Care, the cost for our classes will be charged at full fee payable by the quarter. To register with My Aged Care please call 1800 200 422.

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