



# NORTH RINGWOOD COMMUNITY HOUSE INC.



## COURSE GUIDE TERM 4 2022



### Health & Fitness

#### Bush Nomads

Social walks of 8-10kms with an experienced leader. New members welcome  
Mon 3<sup>rd</sup> Oct 9.15am-3.30pm  
\$1.50 per session (10 weeks)\*

#### BollyX Dance Fitness

Bollywood inspired dance fitness program, using high intensity interval training to get a full body workout  
Sat 15<sup>th</sup> Oct 10.00am-11.00am  
\$145 C\$140 (10 weeks)

#### Seated Yoga

You can choose to do this class seated or in a supported standing position. All the joy of Yoga that you love, with the added bonus of support  
Mon 3<sup>rd</sup> Oct 10.00am-11.00am  
\$145 C\$140 (10 weeks)\*

#### Pilates

Build greater endurance, strength and flexibility. Suits any age  
Wed 12<sup>th</sup> Oct 9.15am-10.15am or 10.30am-11.30am  
\$145 C \$140 (10 weeks) and  
Thu 6<sup>th</sup> Oct 6.30pm-7.30pm  
\$159.50 C \$154.50 (11 weeks)

#### Strong People Stay Young

Strength training ideal for 50+  
Thu 6<sup>th</sup> Oct 8.30am-9.30am  
\$159.50 C \$154.50 (11 weeks)

#### Tai Chi

Improve muscle tone, strength, fitness, joint flexibility, balance and co-ordination  
Wed 5<sup>th</sup> Oct  
**Intermediate** 12.15pm-1.15pm  
**Beginners** 1.30pm-2.30pm  
\$159.50 C \$154.50 (11 weeks)

#### Yoga (Hatha)

A gentle flow of poses and breath, ideal to reduce stress  
Tue 14<sup>th</sup> Oct 7.00pm-8.00pm  
\$145 C \$140 (10 weeks)\*

#### Zumba

Combine music and dance moves for overall fitness  
Mon 3<sup>rd</sup> Oct 7.00pm-8.00pm  
\$145 C \$140 (10 weeks)\*

#### Zumba Gold

All the fun of regular Zumba, with a lower intensity  
Tue 4<sup>th</sup> Oct 11.00am-12.00pm\*  
\$145 C \$140 (10 weeks) and  
Fri 7<sup>th</sup> Oct 1.00pm-2.00pm  
\$159.50 C\$154.50 (11 weeks)

\*no classes on 31/10 or 1/11 due to Melbourne Cup  
NRCHI will be closed from Dec 16<sup>th</sup> to 18<sup>th</sup> Jan for the Christmas break.

# Accredited courses commencing soon

## RTO 6434

Get low-fee training for in-demand jobs with JobTrainer. Check out the *JobTrainer* courses available at NRCHI at [www.nrchi.org.au](http://www.nrchi.org.au)

Do you want to change your career?

All classes are delivered face to face in the classroom

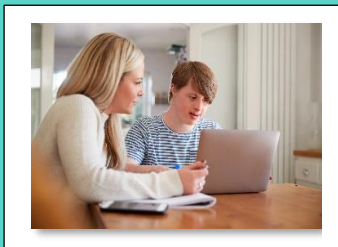
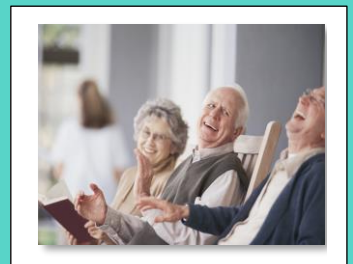


### Certificate III in **Individual Support** (Ageing and Home & Community) CHC33015

Focus on person centred care while learning new skills, techniques and procedures to make a real difference to the lives of people in need either through work in aged care or home and community settings.

### Certificate IV in **Leisure & Health** CHC43415

This qualification allows you to work in residential facilities, in community agencies and day centres assisting with health and leisure activities and programs for clients. Assist with the design, implementation and evaluation of health and leisure activities and programs for clients.



### Certificate IV in **Disability** CHC43115

This certificate enables you to provide disability support services to clients to achieve greater levels of independence, self-reliance and community participation. Work in group homes, day respite centres or open employment services.

Career opportunities include: support worker, day services officer, respite worker.

The following Accredited Courses are available at Park Orchards Community House and Learning Centre:  
Call 9876 4381 for more information.

- Cert III in Early Childhood Education and Care CHC30121
- Cert III in School Based Education Support CHC30221
- Cert IV in Training & Assessment TAE40116
- Diploma of Early Childhood Education and Care CHC50121

### Other community Houses in Maroondah:



**ROOM HIRE:** NRCHI offers an extensive range of rooms and facilities for hire. It is an ideal venue for office space, community functions, meetings, training sessions, support groups and more.

Free on-site carpark is available.

Rates start from \$20 per hour.

Available for weekday, weekends, evenings and during school holidays

Visit [www.nrchi.org.au](http://www.nrchi.org.au) for more details.



NRCHI is a registered training organisation who delivers nationally recognised training and qualifications. Our students can have confidence they will attain high quality skills of which are accepted and recognised everywhere in Australia. Our programs are led by highly experienced trainers who have valuable experience in training and industry. They understand the needs of adults and especially those who are returning to study. We offer a welcoming, friendly environment, with motivated and friendly staff. We have free on-site car parking and personal small class sizes. Classes are held during school hours and terms. Courses are offered under both fee for service and funded places. Training is delivered with Victorian and Commonwealth Government Funding. For details of Victorian Skills First support for students go to: [skills.vic.gov.au/s/](http://skills.vic.gov.au/s/)

## Social Groups

### Book Club

A casual get together to discuss a book read by the group.

Held once a month in our

Community Library

New members welcome

17<sup>th</sup> Oct & 21<sup>st</sup> Nov

1.30pm–2.30pm

Gold coin per session

### Coffee & Craft (social group)

Bring along your favourite craft

activity and have a cuppa and a chat

Wed 5<sup>th</sup> Oct (11 weeks)

10.00am-12.00pm

Gold coin per session

### Fab Group

A friendly social morning for women over 50. Guest speakers, craft, games & outings. New members welcome!

Thu 6<sup>th</sup> Oct 10.00am-12.00pm

Gold coin per session (11 weeks)

## Languages

### Italian Beginners

Tue 11<sup>th</sup> Oct 7.00pm–9.00pm

\$198 C \$193 (9 weeks, no class 1/11)

### Italian Advanced

Mon 10<sup>th</sup> Oct 7.00pm-9.00pm

\$198 C \$193 (9 weeks, no class 31/10)

### Spanish Beginners

Mon 10<sup>th</sup> Oct 6.00pm-7.30pm

\$148.50 C \$143.50 (9 weeks, no class 31/10)

### Spanish Intermediate

Mon 10<sup>th</sup> Oct 7.45pm-9.15pm

\$148.50 C \$143.50 (9 weeks, no class 31/10)

## Art & Craft

### Crochet (social group)

All skill levels are welcome to join and learn from our experienced tutor

Tue 11<sup>th</sup> Oct 10.00am-12.00pm

\$50 (8 weeks – no class Cup Day 1/11)

\*plus requirement list

### Drawing and Painting with Owen

Learn about watercolours, oils, acrylics and drawing, landscape hints, structural aspects and shading

Wed 5<sup>th</sup> Oct 10.00am-12.00pm

\$209 C \$204 (11 weeks)

\*plus requirement list

### Drawing with Owen **NEW!!**

A class devoted to the art of drawing.

Explore techniques like shading and structure in depth

Wed 5<sup>th</sup> Oct 1.00pm-3.00pm

\$209 C \$204 (11 weeks)

\*plus requirement list

### Leadlighting

Create your own coloured masterpiece!

Thu 13<sup>th</sup> Oct 12.30pm-3.30pm

\$256.50 C \$251.50 (9 weeks )

\*plus requirement list

### Porcelain Doll & Figurines

Learn the art of hand painting porcelain pieces, either modern or traditional

Mon 3<sup>rd</sup> Oct 1.00pm -3.00pm

\$190 C \$185 (10 weeks – no class

31/10 Cup weekend)

## Community Waste Workshops

### Recycling Workshop-

What goes where? Discuss all the do's and don't's of recycling in this workshop. Listen while recycling myths are busted and get all the tips on how to do it right for a better today and tomorrow.

Fri 21<sup>st</sup> Oct 10.00am–12.00pm (1 week)

### Composting Workshop-

Learn about all the benefits of Worm Farming, How to set up and maintain an organic recycling system and how to use it in your garden.

Fri 28<sup>st</sup> Oct 10.00am–12.00pm (1 week)

\*Bookings essential on 9876 3421 or visit [www.nrch.org.au](http://www.nrch.org.au)



# CHRISTMAS WORKSHOPS!

Learn a new skill and make a Christmas gift all at the same time!

### Design and Make Christmas Cards:

Get creative making handmade Christmas cards, using beautiful papers and embellishments

Sat 5<sup>th</sup> Nov 10.00am – 12.30pm

\$25 + \$5 for materials

### Christmas Twinkle Baubles:

Create a magical 'Twinkle Bauble' with origami butterflies and lights

Sat 5<sup>th</sup> Nov 1.00pm – 3.30pm

\$25 + \$11.50 for materials

### Macramé Wreath:

Learn the twists and knots required to create a stunning Christmas wreath.

Sat 12<sup>th</sup> Nov 1.00pm – 4.00pm

\$25 + \$30 for materials

### Christmas Sugar Cookies:

Decorate and paint Christmas themes on these sugar cookies and learn the art of transforming a simple biscuit into something worthy of leaving out for Santa!

Sat 19<sup>th</sup> Nov 1.00pm – 4pm

\$25 + 20 for materials + a requirements list



For more information and details visit [www.nrch.org.au](http://www.nrch.org.au) or call 9876 3421

# Improve your job prospects and skills through flexible and affordable Learn Local endorsed programs and projects today

## Learn Local endorsed pre-accredited training

### Basic Computer Skills for Beginners

22DLEO170002

*Introduction to basic computer skills and terminology. No prior knowledge needed*

Tue 11<sup>th</sup> Oct x 8 wks 9.30am-12.00pm (no class 1/11, Melb Cup Day) \$60

### Beyond Basic Computer Skills

22DLEO170003

*This is a follow-on course from Basic Computer Skills for Beginners. Take your knowledge to a new level and learn more about the features that can help you at work and home.*

Tue 11<sup>th</sup> Oct x 8 wks 12.30pm-3.00pm (no class 1/11, Melb Cup Day) \$60

### Word & Excel

22DLEO170006

*Participants will gain a comprehensive working knowledge of Microsoft Office, Word and Excel*

Fri 14<sup>th</sup> Oct x 8 wks 9.30am-12.00pm \$60

### Advanced Excel **\*\*NEW EVENING CLASS!\*\***

22DLEO170007

*Build on your existing knowledge of Excel and learn new skills to get the most out of the program*

Wed 12<sup>th</sup> Oct x 8 wks 6.30pm-9.00pm \$60

### MYOB AccountRight

22DLEO170008

*Ideal for small business owners and operators. Set up effective financial records for home or business, including payroll*

Wed 12<sup>th</sup> Oct x 8 wks 9.30am-12.00pm \$95 \*includes manual

### Professional Creative Writing **\*Online zoom class\***

22VOC170005

*Learn research, writing and editing skills to create a folio of work, together with insights on submitting work for publication*

Tue 18<sup>th</sup> Oct x 8 wks 7.00pm-9.15pm (no class 1/11, Melb Cup Day) \$60 (\$200 for non-funded students)

### Introduction to the Aged Care & HACC Industry

22ACL170010

*This course is a 5 hour session to introduce learners to the basics of the Aged Care and Home and Community Services industry. Employment in the aged care sector has increased due to the COVID-19 pandemic. (BYO Lunch)*

Thu 20<sup>th</sup> Oct x 1 wk 9.30am-3.00pm FREE



#### Eligibility Criteria:

Students who wish to enrol in these funded courses must be Australian residents residing in Victoria. At the time of booking please provide a copy of your Medicare Card as proof of eligibility.

Ineligible applicants who wish to participate in a Learn Local course will be charged a non-subsidised rate.

Please contact the office on 9876 3421 if you would like further details.

To search for other Learn Local courses in our area, please visit:

[www.learninglocalinmaroondah.com.au](http://www.learninglocalinmaroondah.com.au)

**Refund policy:** Refunds will only be given if: a) The class is cancelled by the Community House; b) You cancel your enrolment at least 7 days prior to the course commencement (this will incur a \$15 admin fee); c) No refunds are given if you cancel within the week prior to, or after, class commencement; d) A fee reduction of no more than 2 classes per term will be made where you expect to miss classes for holidays or other obligations (no reduction for missed pre-accredited classes)

**CONTACT US:** Melways Reference: Map 35 K12 or from Ringwood Station take Bus 364 which drops you off at our entrance.

**35-39 Tortice Drive, Ringwood North, 3134**

**P.O. Box 2489, Ringwood North, 3134 Phone: 9876 3421**

**ABN: 78 052 679 939 RTO: 6434**

**Email: [admin@nrch.org.au](mailto:admin@nrch.org.au) Web: [www.nrch.org.au](http://www.nrch.org.au)**

**Office hours: Mon-Fri 9.00am-3.45pm**

**Facebook: [www.facebook.com/NorthRingwoodCHI](http://www.facebook.com/NorthRingwoodCHI)**

**Instagram: [www.instagram.com/northringwoodcommunityhouse](http://www.instagram.com/northringwoodcommunityhouse)**

