



Social Groups



Languages



Special Interest



Art & Crafts



Work Ready Skills



Health & Wellbeing

[www.nrch.org.au](http://www.nrch.org.au)  
Ph: 9876 3421

## NEW IN TERM 3



### Gozleme & Baklava Cooking

Learn to make Turkish Gozleme and Baklava to take home!

Saturday 24 August  
10am -12.30pm  
\$75 inc ingredients



### Mindfulness for Children

Age-appropriate mindfulness strategies for children & you

Saturday 20 July  
10.30am -11.30am  
\$14.50 p/w x10wks



### Father's Day Cookie Decorating

Decorate fun pre-made biscuits for your dad this Father's Day

Saturday 31 Aug  
1.00pm -4.00pm  
\$50 inc materials



### The Paper Club Fortnightly

Creative sessions with all things paper! Cards, journaling, stamps..

Monday 15 Jul  
10.00am -12.30pm  
\$2 p/w BYO material



### Jungle Body - Get Low

Fun & addictive work out, great for those returning to or new to exercise

Friday 19 Jul  
10.45am -11.45pm  
\$14.50 p/w x10wks

## Health & Wellbeing

Bookings by the term, \$14.50 p/hour

### Jungle Body

An addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance set to music. "The newest fitness craze taking over the world"

Wednesdays 5.30pm - 6.30pm  
Sundays 8.30am - 9.30am

### Jungle Body : Get Low - NEW

The same great fun of regular Jungle Body but with a lower intensity, suitable for people just starting out or those looking for a great workout that won't aggravate joints.

Fridays 10.45am - 11.45am

### Mindful Meditation

Relax the body, calm the mind. In these 60-minute meditation classes, you'll learn techniques to help improve: stress and anxiety, relaxation, mindfulness, sleep, and blood pressure. Suitable for all abilities and can be chair or floor based.

Fridays 10.30pm - 11.30pm

### Mindfulness for Children - NEW

This program introduces children to age-appropriate mindfulness strategies and supports the development of their emotional literacy in a relaxed and safe environment. Lessons are taught in creative and fun ways with parent/guardian interaction, including, games, dancing and much more! Ages approx 3-6yo  
Saturdays 10.30am - 11.30am

### Laughter for Wellbeing

Laughter lowers blood pressure, reduces stress, improves the immune system, increases energy and motivation and just makes you feel good.

Thursdays 10.30am - 11.30am

### Strong People Stay Young

Strength training exercise program ideal for people 60+ years. Aids in body toning, strength & weight loss. Helps to retain strong bones and prevent osteoporosis.

Thursdays, 9.15am - 10.15am  
Thursdays, 10.30am - 11.30am

## Health & Wellbeing (Cont)

Bookings by the term, \$14.50 p/hour

### Qi Gong

A moving meditation, coordinating slow-flowing movement, deep rhythmic breathing and a calm meditative state of mind. This class is a foundation to Tai Chi  
Wednesday, 12.20pm - 1.20pm

### Tai Chi

Improve muscle tone, strength, fitness, joint flexibility, balance and coordination  
Wednesday, 1.30pm - 2.30pm

### Bush Nomads

Social walks of 8-10kms with an experienced leader.  
Mondays, 9.15am - 3.30pm  
\$2 per session

### Seated Yoga

All the joy of Yoga that you love, with the added bonus of being seated or using support  
Mondays 10.30am-11.30am  
Mondays 11.45am - 12.45am

### Yoga

A gentle flow of poses and breath, ideal to reduce stress  
Tuesdays 7.00pm - 8.00pm  
Saturdays 9.45am - 10.45am - NEW

### Zumba Gold

All the fun of regular Zumba, with a lower intensity  
Tuesdays, 10.00am - 11.00am

### Pilates

Build greater endurance, strength and flexibility. Suits any age  
Mondays 6.10pm - 7.10pm  
Wednesdays 9.15am - 10.15am  
Wednesdays 10.30am - 11.30am  
Thursdays 6.30pm - 7.30pm

### Ukulele

Learn how to get the best out of your ukulele with our tutor who will teach you from basics to intermediate and will have you twinkling a tune in no time!  
Wednesdays, 9.30am - 10.30am

## Art & Crafts

Bookings by the term, \$10.50 p/hour (unless stated)

### The Paper Club - NEW

Fortnightly creative sessions with all things PAPER! Collage, hand lettering, art journaling, card making, rubber stamping are just a few examples! Some tools and instruction provided, BYO tools or papers for personal use or to share  
Mondays 10.00am - 12.30pm  
\$2 per session

### Watercolour for Beginners

A beginners look into the exquisite world of painting with watercolour. Start with basic drawing techniques and move in to painting using these new skills  
Thursdays, 10.00am - 12.00pm

### Leadlighting

Design your own masterpiece and learn how to create it with coloured glass and lead.  
Thursdays, 12.30pm - 3.30pm

### Drawing with Owen

A class devoted to the art of drawing. Explore techniques like shading & structure in depth.  
Wednesdays, 1.00pm - 3.00pm

### Drawing & Painting

Develop your drawing with shading, landscapes & structure, and learn about various painting techniques with different media.  
Wednesdays, 10.00am - 12.00pm

## Workshops

### Father's Day Cookie Decorating

Decorate pre-made biscuits for Father's Day, with fondant icing, stamp out your design and embellish with food safe paint, sparkles and other edible bling!

Take home your lovely creations to enjoy with family.

Saturday 31st August 1.00pm - 4.00pm  
\$50 includes all materials





### Domestic Aged Care

Learn the skills and knowledge needed to gain employment as a domestic worker in an aged care residential setting or in-home care for the elderly or those with a disability.

Mondays, 9.15am - 3.15pm x 4 wks

### Basic Computer Skills

Focus on the basics of using a computer for everyday life. This fun and flexible class is perfect for anyone looking to gain confidence and understanding. Start with emailing and accessing the internet and move onto the basics of Microsoft Word & Excel

Tuesdays, 12.30pm - 3.00pm x 8 wks

### Beyond Basic Computer Skills

Follow up on your basic skills by reviewing tools of Microsoft Office software. Insert pictures, manipulate margins, headers & footers, spreadsheets including simple formulas. Ask questions and learn the answers you need to navigate your computer.

Tuesdays, 9.30am - 12.00pm x 8 wks

### Skills For Work - Aged Care

Specially designed to aid students with English as a second language (ESL), interested in entering the Aged Care sector. Improve your literacy and numeracy knowledge, with a special focus on the Aged Care Industry.

Tuesdays, 9.30am - 3.00pm

### Word & Excel - EVENING CLASS

An intermediate class to continue developing your skills in file management, text manipulation, formatting images and objects, calculations, formulas and charts and more.

Wednesdays, 6.30pm - 9.00pm x 8 wks



## Work Ready (cont)

### Introduction to Auslan

A beginners course in Auslan, the language of the Australian Deaf Community. A visual-spatial language where hands, eye gaze, facial expressions, body postures are used.

Thursdays, 6.30pm - 8.30pm x 20 wks

## Languages

Bookings by the term, \$12.00 per hour

### Spanish Conversation

Planning a trip? Or just curious about Spanish culture and the language?

Our native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at the culture and customs.

- **Beginners**

Mondays 6.00pm - 7.30pm

- **Intermediate**

Mondays 7.45pm - 9.15pm

### Italian Beginners

Suitable for beginners and travellers. Learn useful phrases, vocabulary, basic grammar and conversation skills - in a relaxed way.

Wednesdays 6.30pm - 8.30pm

### Italian Language

Formal classes including vocabulary, grammar and conversation. These classes follow a text book and will help you gain the confidence and skills needed to carry a conversation like a native Italian!

- **Intermediate**

Tuesdays, 6.15pm - 8.15pm

- **Advanced**

Mondays, 7.00pm - 9.00pm

## Special Interest and Social Groups

\$2 per week per class, light refreshments provided

### Monday Book Club

This club follows a list of books and members come together once a month to discuss the latest book. Every 3rd Monday of the month 1.30pm - 2.30pm

### Coffee & Craft

Come along with your craft and enjoy the company of others whilst you work on your individual project. Wednesdays, 10.00am - 12.00pm

### Fab Group

A friendly social morning with trivia, outings, craft & more  
Thursdays, 10.00am - 12.00pm

### Porcelain & China Painting

Join in the art of delicate hand painting porcelain and china pieces. Traditional or modern designs.  
Mondays, 1.00pm - 3.00pm  
\*Materials purchased from facilitator

## Room Hire @ North Ringwood Community House

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 weekdays, weekends, evenings and during school holidays. Visit our website at [www.nrch.org.au](http://www.nrch.org.au) for more photos and information



Join us monthly  
for a FREE community  
lunch and enjoy a warm meal  
with friendly conversation.  
Call the office on 9876 3421 for  
details of our next event.



All courses and activities held at:

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

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

Office hours: Mon-Thu 9.00am-3.45pm

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)

From Ringwood Station take Bus 364 which drops you off at our entrance.

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

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



NRCHI is a registered training organisation that 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:

<https://www.skills.vic.go.au/s/how-to-check-your-eligibility>

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

## Accredited Training

Certificate III  
Individual  
Support  
CHC33021



Certificate IV  
Leisure &  
Health  
CHC43415



NATIONALLY RECOGNISED  
TRAINING

RTO 6434

**Nationally recognised qualifications. Small classes with lots of support from qualified and dedicated teachers with industry experience. Taking expressions of interest for Term 1, 2025**  
**Contact [linda@nrch.org.au](mailto:linda@nrch.org.au) or phone 9876 3421 for more information.**