

## Annual General Meeting

Each year NRCH holds its annual general meeting. This gives members the chance to hear how we are going and to talk about our future directions. It is also a time for members of NRCH to enjoy some morning tea and a chat with other members who may be doing different activities.

This year you will also be able to enjoy some fun and try out seated yoga.

Of course joining in with our experienced instructor, Brownyn, is optional, but it is a great way to stretch, exercise and have fun at the same time. It is a chance to learn about one of our most popular courses.

The AGM is open to all members of NRCH but even if you are not a member you may like to come and learn more about our fantastic community organisation (and try seated yoga). You could even become a member (membership is free) or nominate to join our Board of Governance. Contact our Chairperson ([chair@nrch.org.au](mailto:chair@nrch.org.au)) if you want to find out more.

**AGM &  
morning tea**

**Wednesday March 13<sup>th</sup>  
10:00am**

## Seated Yoga

Exercise is very important to maintain your health. Without exercise we can all become less flexible and less able to enjoy doing things that we used to enjoy. Exercise also helps maintain your overall mental wellbeing.

For some, exercise is part of their daily life, but for others, exercise can be difficult for many different reasons. So it is important for us all to find activities we can do and for some seated (or chair) yoga may be the answer. This is yoga for people who may have some difficulty getting up and down from the floor. It is a beautiful combination of yoga movements, breath awareness and relaxation. It exercises and stretches a person's body within their bodies own limits.

If you want to improve your fitness and flexibility but aren't too sure how to do it, come to the AGM and find out about seated yoga. And if you know someone who may need a bit more exercise, bring them as well. If they can't come, then tell them about seated yoga.



If you or your friend wants to give a full seated yoga class a try, you can book a single class to try, then sign up to the class if it suits you.

Seated yoga classes are on Mondays (10.30am - 11.30am) and Thursday's (9.15am - 10.15am).

## Welcome to our new Volunteers

North Ringwood Community House is a great place to come and enjoy some wonderful activities. But it does take a lot of organisation and we are therefore really pleased to be able to welcome two new volunteers helping out in our office.

The fabulous Sonali (pictured) will be in on Tuesdays and Wednesdays, the wonderful Maria on Thursdays. Welcome to you both and thank you so much for choosing to volunteer with NRCH.



## Men's Wellbeing – to meet at NRCH

Men's Wellbeing was formed in Queensland in 1998 to improve the wellbeing of men and in turn strengthen the families and communities those men belong to.



They are an Incorporated Association and Registered Charity, and will be holding their first face-to-face Open Men's Group meeting in Melbourne's east at **North Ringwood Community House on Tuesday 5<sup>th</sup> March at 7:00pm**. They will then meet on the first Tuesday of every month.

The meeting is open to all men who feel the need to connect with others in their community and is especially relevant to those who may be experiencing isolation due to personal circumstances.

It's a place where men can come and share what's going on for them in confidence, where they can be heard and not judged. Just by being there, listening and witnessing what's going on for other men, will help them. And being part of a group with other like-minded men can help you feel good about yourself.



If you feel the need to connect with other men in our community, then please come along. Or if you know someone who would benefit suggest they attend. Better still why not bring him with you.

There is no prior sign up or ongoing commitment required. The only

requirement is that you should arrive early to settle in before the 7:00pm (sharp) start. You will be unable to join after the group has started to ensure confidentiality, so please be punctual.

For more information go to [www.menswellbeing.org](http://www.menswellbeing.org)

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Have you noticed there are hot cross buns appearing in stores? Well, actually in some stores they appeared on 1<sup>st</sup> January. But as they are becoming more common it does mean that Easter is coming soon.

This year Easter Sunday is 31 March and NRCH is getting its Easter Raffle ready. So watch out for it as you walk past the office and remember to buy a few tickets. There will be some great prizes, and even if you don't win, you will help NRCH.

## Jungle Body

The newest fitness craze taking over the world.

This is an addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance all set to the hottest music. It is a happy place celebrating and empowering all body shapes, ages, sizes and fitness levels. And it is more than just about your physical health – it is about supporting your mental health as well.



Come and join in, the classes are inclusive, vibrant, welcoming and 100% stress free, led by a certified instructor. Classes are on Sundays, 8.30am – 9.30am (Cost: \$14.50 per season, booked per term).

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## Word and Excel

In today's world it is important to have an understanding of computers. This is important when working, but is also important for retired people. Knowing how to write an email, write a letter in Word or interact with Government or other organisation can be very useful.



To learn about computing, come and join the Word and Excel course. It will give you confidence in using the internet in your working environment. Even if you are retired, it will give you skills to communicate with friends, family as well as with organisations. Confidence in using Word and Excel will also give you confidence when receiving emails or messages.



This course is **Learn Local** endorsed. That means it is a pre-accredited training course providing the skills you need for work, study and life. It also provides you with the skills required to go onto further accredited training via TAFE and Registered Training Organisations. It will also develop your skills, opening up employment and further education possibilities as well as helping you to better connect with your community.

The new evening time for this course is Wednesdays, 6.30pm - 9.00pm (cost is \$60).

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## Therapeutic Art Class

This is a 2 hour art class mixed with life coaching techniques and lessons to empower and strengthen by gently challenging fixed mindsets and expose new ways of thinking and being.

Most art classes focus on teaching techniques to create a finished product. Therapeutic art classes are more about letting people focus on their own perceptions, imagination, and feelings. This can help them relax and express themselves, focusing on their own emotions while exploring and engaging in the creative art process. And people don't need any art experience to take part.



This one-off class is to be held on Monday, 18 March from 10:00am to 12:00 (cost \$80 inc all materials).

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## Ritchies IGA – Community Benefit Program

Not far from NRCH is the North Ringwood Shopping Centre. It is a great place to shop, including at our local supermarket, Ritchies IGA. It is also a great place to support local businesses and the local people who work there.

Ritchies also supports local community groups through its Ritchies Community Benefits card. This allows shoppers to nominate a club, school or charity to receive a percentage of their shop as well as providing member only specials.



There are many local groups you can support, including **North Ringwood Community House**.

You can obtain an on-line card to use with your phone by going to the Ritchies website, or, when you next go to Ritchies, you can pick up a plastic card and register. Then nominate your favourite charity. We hope that is North Ringwood Community House, but we understand if you have another favourite charity.

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## International Women's Day

Friday 8th March is International Women's Day, a day celebrated around the world to focus on issues such as gender equality, reproductive rights, and violence and abuse against women. It is also a day to celebrate the social, economic, cultural, and political achievements of women.



One woman who achieved a lot in Australia was Edna Walling, one of Australia's most famous garden designers. You may already know about her and have seen the Bickleigh Vale Village she designed in Mooroolbark. Or you may be familiar with other gardens such as Dame Nellie Melba's Coombe Cottage in Coldstream. But did you know she was a great photographer and writer?

So, when you come inside from your own garden to cool off, type in to your computer Edna Walling. There are lots of sites including the State Library of

Victoria, but a particularly good one is the Edna Walling website (created by Tantamount Productions, the ABC and State Library Victoria). This can be found on the State Library Website or go to [www.tantamount.com.au/walling/edna/](http://www.tantamount.com.au/walling/edna/).

Another amazing woman that is less well known is Florence Petty (1 Dec 1870 – 18 Nov 1948), a Scottish social worker, cookery writer and broadcaster.

During the 1900s, in the socially deprived area of North London, Petty undertook social work for the St Pancras School for Mothers, commonly known as The Mothers' and Babies' Welcome. She also ran cookery demonstrations for working-class women to get them in the habit of cooking inexpensive and nutritious foods.

Much of the instruction was done in the women's homes, to demonstrate how to use their own limited equipment and utensils. By doing this she must have changed the lives of many working class families.



# Courses for 2024

Each week NRCHI offers many and varied courses. For information on the courses, dates, times and fees go to the [www.nrchi.org.au](http://www.nrchi.org.au) and download the course guide or contact the office on 9876 3421 or [admin@nrchi.org.au](mailto:admin@nrchi.org.au).



## Arts and crafts

- Drawing with Owen
- Drawing and Painting
- Watercolours for Beginners
- Leadlighting
- Ukulele
- Twinkle Jars
- Artful Journaling
- Porcelain/China Painting
- Therapeutic Art Classes
- Cookie & Cupcake Decorating



## Social

- Book Club
- Coffee & Craft
- Fab Group
- Coffee and craft
- Theatre Group



## Mind and learning

- Family History
- Italian for Beginners
- Italian Intermediate
- Italian Advanced
- Spanish for Beginners
- Spanish Intermediate
- Ukulele
- Creative Writing
- Peri Menopause/Menopause Workshop



## Exercise

- Bush Nomads
- Seated Yoga
- Yoga
- Strong People Stay Young
- Qi Gong (founded on Tai Chi)
- Tai Chi (all levels)
- Pilates
- Zumba Gold
- Jungle Body
- Laughter for Wellbeing
- Meditation



## Pre- Accredited Training

- Intro to Domestic Aged Care
- Auslan (Introduction)
- Basic Computer Skills for Beginners
- Beyond Basic Computer Skills
- Word and Excel
- Advanced Excel

