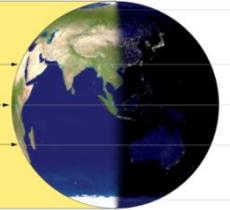


## Spring is nearly here – time to try a course

The weather is still cold, but it will soon be Spring. So it's time to start planning your Spring and Summer activities. Maybe weeding the garden ready for Spring flowers and veggies, planning a long weekend into the country or to the beach. How about cleaning up the BBQ ready for friends and family to come over?

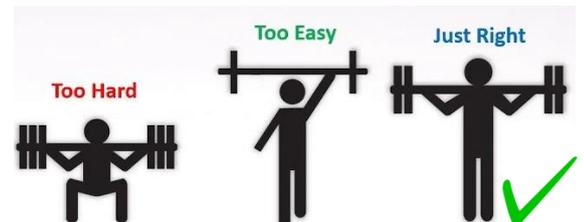
Better still come and try a course at the North Ringwood Community House (NRCH). There is art & craft, computer & work skills, health & fitness, language, social activities and other special interest classes and activities.

Spring officially starts on 1 September, but actually starts in Ringwood on Saturday 23 Sept at 4:49pm. This is the exact time of the equinox, when day and night are both 12 hours.



And you can try a course before you commit to the full term. Maybe you have seen a course that looks good, but you're not sure? Bolly X looks great, but maybe it's too energetic. Pilates or yoga also look good but maybe seated yoga would be better. And making clay earrings, drawing or learning a language sound great, but I'm not sure.

So why not try some? A single class will just cost you a pro rata amount. If you enjoy it, you can join for the rest of the term. And if it's not quite right for you, try another.



## Bring a friend and meet new friends

Doing a course is a great way to share good times with a friend. So why not invite a friend to join you. It is also a great place to meet new friends, people who live in your local community.

Afterwards, you can enjoy time together talking about the course or just having a chat in the library area or the adjoining outdoor open space (when the weather warms up).



There is also a kettle to make tea or coffee (we hope to soon have a coffee machine and maybe do some barista training). If you have time, choose a book from our free library to sit down and read and then take it home.

Talk to some of your friends and invite them to join you at one of the classes, maybe you could both try a new course together.

## Health and Wellbeing Classes



As Spring approaches it's the ideal time to do some exercise to improve your health and wellbeing, especially if you have been sitting inside a little too much over winter. There are many great courses at NRCH and sure to be one that suits your needs and your body. There are also new times for some of our courses (Seated Yoga – Thur morning; Strong people stay young - Mon morning; Pilates (Mon evening).

And you can try an exercise class (\$14.50 a session) before you commit to the term.

- **Pilates**

Pilates is one of our most popular classes and is a great way to build strength and flexibility. Pilates is also an activity you can enjoy and gain fitness within your own limits. As one of our students said:

*"I have been going to the Pilates class for a while now and I can highly recommend this class.*

*The teacher is so professional and will always keep an eye on you to see if you are doing the exercises correctly.*

*You gain so much strength and become so flexible by joining Pilates classes. Suitable for all age and will keep your body "young" for longer. Just get started and feel the benefits!!!"*



Mondays (6.10pm - 7.10pm); Wednesdays (9.15am - 10.15am & 10.30am - 11.30am); Thursdays (6.30pm - 7.30pm).

- **Yoga** - A gentle flow of poses and breath, ideal to reduce stress. Tuesdays (7.00pm - 8.00pm). New daytime classes starting in term 4.

- **Seated Yoga** -All the joy of Yoga, with the added bonus of being seated or using support. Mondays (10.30am-11.30am); Thursdays (10.30am - 11.30am).



- **BollyX** - Bollywood inspired dance fitness program, using a high intensity full body workout. Saturdays (10.00am - 11.00am)

- **Strong People Stay Young** – Strength training exercise program ideal for people 60+ years. Mondays (9.15am - 10.15am); Thursdays (9.15am - 10.15am)



- **Zumba**- Combine music with dance moves to improve overall fitness. Mondays (6.30pm - 7.30pm)

- **Zumba Gold** - All the fun of regular Zumba, with a lower intensity Tuesdays (11.00am - 12.00pm); Fridays (10.00am - 11.00am)

- **Tai Chi/QiGong** improves muscle tone, strength, fitness, joint flexibility, balance and co-ordination. Wednesday (12.20pm - 1.20pm & 1.30pm - 2.30pm)



## Learn Spanish

Spain is an amazing country, from the Sagrada Família to buskers doing Flamenco dancing in the street (they may even ask you to dance with them). It is a country with wonderful history and places to explore,



food to try and friendly people. Many people in Spain do speak English, but it is so much nicer if you can say a few words in Spanish. You will see their smile get bigger as you say “hola” so come and join in the fun at the NRCH Spanish classes.



Learning Spanish is not just about talking to people in Spain.

It is also keeping your brain active and fun as you talk to others in another language.

Classes are given by Aurora Chighine who started teaching Spanish at NRCH more than ten years ago.



**Hola!**  
**SPANISH LESSONS!**

Great for travellers!  
**Term 4 Beginners Class**  
**Monday 6.00 - 7.30pm**  
**Starting 2nd Oct, 9 wks**  
**\$148.50 (c\$143.50)**

North Ringwood  
Community House  
35-39 Tortice Dve  
Ringwood Nth  
Ph: 9876 3421  
admin@nrch.org.au  
www.nrch.org.au

When asked why she started teaching at NRCH Aurora said that one day, while working at Schools of Languages and Community Adults Learning Centres, the manager of the NRCH contacted her. They were looking for a substitute tutor and she couldn't refuse as she loves teaching in her mother tongue!

*“It is a wonderful feeling to see people who come to their first class - a bit nervous, take their first steps, and then slowly, steadily and in a relaxed atmosphere break down the barriers. The greatest compliment is when a student (whom I have taught long ago) approaches me and tells something like, “You really helped me learn...”*

When asked why Spanish classes have been so popular Aurora responded: *“There are a number of reasons and advantages to learn a foreign language and Spanish opens doors to hundreds, if not thousands of possibilities that will enrich your life.”* And she added *“It works best if there is fun along with the serious!”*

So come and enjoy the fun and learn Spanish

Beginners - Monday, 6:00pm to 7:30pm; Intermediate - Monday 7:45 to 9:15

NRCH also offers Italian courses: Beginners - Wednesday, 6.30pm - 8.30pm; Intermediate - Tuesday, 6.00pm - 7.30pm; Advanced - Monday, 7.00pm - 9.00pm

## Community House Garden

The NRCH Mission statement is *“to provide a welcoming and inclusive environment creating opportunities for lifelong learning and social connection”*. In support of this we are working to establish a Community House Garden and Quiet place in the area adjacent to our library room. This will include some sensory and edible raised gardens, seating and more tables.



It will be a great place to meet old and new friends after doing a course or a place to just drop into as you are walking past (when the House is open). If you have an idea for the Community House Garden and Quiet place, or better still, if you would like to be involved in setting it up, please let the admin staff know.



Talking about gardens, the word for today is **up-cycling**. That is one step better than recycling and in a garden is easy. Just cut the roots off spring onions as you are preparing them for cooking. Then plant the roots in your garden and you will soon have some more, fresh spring onions.

## Toy Library

The NRCH is located in the North Ringwood Community Hub along with several other organisations. One of these is the Maroondah Toy Library.



The library has been operating since 1979 and is a not-for-profit, community-run organisation. It has over 4000 quality toys, games, activities and equipment available to borrow (for a minimal annual membership fee). The toy collection is suitable for children 0-8 years of age and they also have over 280 board and strategy games for older kids and adults.



The library is located behind NRCH and open on Monday, Tuesday, Thursday and Saturday each week (for carers they may be able to open on Wednesdays as well). Members can visit as often as they like and can volunteer to work at the library.

For details go to [www.maroondahtoylibrary.org.au](http://www.maroondahtoylibrary.org.au)

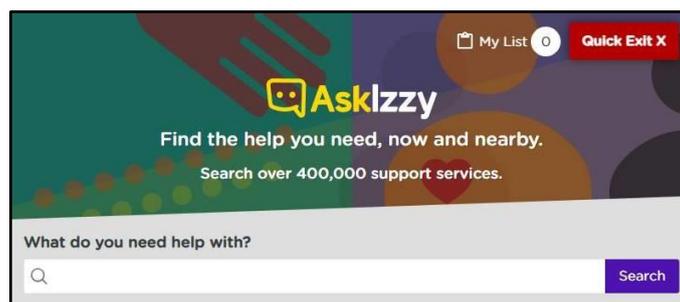
## AskIzzy

Life often has its ups and downs and sometimes we, or a friend, need some help. The NRCH therefore thought it worth including a note on a good starting point to seek help. This is a website called AskIzzy.



AskIzzy is an online resource that directs people to support agencies in their local area. It has information on:

- Housing (a place to stay, housing issues)
- Money Help (Centrelink, emergency funds and more)
- Support and Counselling (mental health, relationships, addiction)
- Domestic and family violence (feeling unsafe, experience violence)
- Everyday needs (clothes, shower and more)
- Health (doctors, clinics, specialists)
- Advice and Advocacy (legal issues, fines, representation)
- Work and Learning (jobs education and skills)



If you or a friend needs to access AskIzzy go to [www.askizzy.org.au](http://www.askizzy.org.au). Then select the issue and enter the suburb or postcode. A list of organisations in that suburb will be displayed and clicking on the name will give information on contact details, operating hours and other relevant information.

# Current courses



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



## Arts and crafts

- Polymer Clay Earrings
- Drawing with Owen
- Drawing and Painting
- Leadlighting
- Ukulele
- Handmade cards
- Twinkle Jars
- Porcelain Doll and Figurine painting



## Social

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



## Mind and learning

- Italian for beginners
- Italian advanced
- Spanish for beginners
- Spanish intermediate
- Cooking with Sebastian
- Life skill workshops
  - Practicing everyday gratitude



## Exercise

- Bush Nomads
- BollyX Dance Fitness
- Seated Yoga
- Yoga
- Strong People Stay Young
- Qi Gong (founded on Tai Chi)
- Tai Chi (all levels)
- Pilates
- Zumba
- Zumba Gold (with a lower intensity)



## Pre- Accredited Training

- Basic Computer skills for beginners
- Auslan
- Beyond basic computer skills
- Word and Excel
- Google Docs and Sheets
- Advanced Excel
- BYO Device
- Professional Creative Writing

