



December 2023

Newsletter

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Merry Christmas and Happy New Year

It's December and that means it's nearly Christmas. So on behalf of all at the North Ringwood Community House we wish you a fantastic and happy Christmas. Even if you don't celebrate Christmas, we wish you a great time as we enjoy the start of summer.



And for everyone, Happy New Year. Yes it's nearly 2024. To celebrate the new year you could go in to town and watch the fireworks at midnight. Or, if you rather, you can go in to town and watch the 9:30pm family friendly fireworks, then catch the train home and be in bed by midnight! (and wake up refreshed in 2024).

Better still, invite family and friends over (or go to their place) for dinner, maybe an outdoor bbq, and watch the fireworks on TV. You could also invite some of the friends you have met at the NRCH.



Whatever you do, we hope 2024 is a good year, maybe a year when you try some new courses, gain some new skills and meet new friends.



NRCH closure times and booking a course for 2024

The Community House office will close on Thursday 14th December and reopen on Wednesday 17th January. However, you can still book courses (other than accredited Certificate courses) on the NRCH website.

To see what courses are on offer go to the website (www.nrch.org.au) and download the Course Guide (the guide is half way down the home page). This will give you a list of the courses being offered as well as the days, times and costs. Then to book go back on the home page, click on the heading "Courses", find the course(s) you are interested in and click on "Enquire Now". This will take you to the "Book Now" page. Or you can book by contacting the Office on or after Wednesday 17th January on 9876 3421.

To find out more about one of the Accredited Certificate Courses you will need to contact Linda once the office is opened either by phoning the Office or emailing her on at linda@nrch.org.au



New courses for 2024

Each year NRCH looks to offer all your favourite courses as well as some new courses. In 2024 we will be offering a new course to help people to learn how to relax. The **Meditation** course is designed to relax the body and calm the mind. It is also suitable for all ages and abilities and can be done on a chair or on the floor.

Meditation can reduce stress and anxiety. It also encourages mindfulness (relaxes the body and mind to help focus on the present) helps relaxation, improves sleep and can lower blood pressure. This course is to be run on Fridays (12:30 to 1:30pm) and Saturdays (9:30 to 10:30am)



Another new course is **Jungle Body**. This is an easy-to-follow high intensity mixture of boxing, cardio, dance and sculpting set to the hottest tunes.

This is a great way to gain fitness and have fun at the same time and is being offered on Tuesdays (11:30am), Wednesdays (5:30pm) and Sundays (9:30am).

Computers

Computers are amazing devices. We can use them to order our shopping online, send messages to friends or even Zoom them. They can be used to write our family history or even a novel.



Some of us may be very good with computers, but for the rest of us we could always benefit to improve our computer skills. This is where the courses at the NRCH can help. Courses include Basic Computer Skills for Beginners, Beyond Basic Computer Skills, Word and Excel, Advanced Excel and On-line safety (Cyber Safety Basics). There is also a day course in March (Applications for Work) that provides help with on online applications, such as obtaining a Working With Children and Police Check, completing NDIS forms, making online payments and internet security. Some of these are important if you are applying for paid work or for volunteer work.

One of our fantastic computer tutors is Nick who has been teaching at NRCH since mid 2017. He has been working with computers for many years and wanted to assist others in the computer field. He also enjoys the interaction with others and has the patience to improve people's confidence with computers.

When asked what he enjoys most about classes at NRCH he answered *"The interaction with the students. People are there to learn but to also have a bit of fun."*

Nick also likes problem-solving. *"If a person has a particular problem then I can build an example to investigate, highlight and complete this task so others in the class also benefit from the example."*



When asked why computer classes have been so popular at the Community House for many years Nick said that *“the feel of the community house is much more relaxed than some of the other educational institutions. This is important, especially for older learners, as they need to feel they can ask silly questions and receive a useful answer.”*

So if you would like to learn more about computers, join Nick for a class next year.

Certificate IV in Leisure and Health CHC43415

NRCH runs a large number of courses aimed at providing new skills, enjoyment and social connection in our community. However, it also offers accredited training in the aged care area. This is important as it provides opportunities for people to gain formally recognised qualifications to work in the aged care sector.

This helps people gain employment as well as providing skilled staff to support the older members of our community.

The Certificate IV in Leisure and Health provides employment opportunities for people to assist with the design, implementation and evaluation of health and leisure activities and programs for clients in day support, a residential service and/or in a community agency and day service.

If you are interested in working in this area or you know someone who may be interested suggest they contact Linda at linda@nrch.org.au. NRCH also offers pre-accredited training for people, including those who don't have English as a first language, to develop the prerequisite skills to undertake nationally recognised training.



Christmas Raffle



Each year NRCH has a Christmas raffle to help raise funds. This year the raffle was drawn on Thursday 7th December and four lucky NRCH participants won some great hampers.

So congratulations to Eileen (a member of the NRCH Fab group) for winning the first prize, Jean (also from the Fab group) for winning 2nd prize, Ann (from Tai Chi) for 3rd prize and Betty (from the Craft Group) for the 4th prize.

And a huge thank you to everyone who bought a ticket to support the NRCH. All money raised will help to ensure NRCH continues to support lots of friendly, community connections.



Scottish dancing

Our Fab Group is a social group that brings people from our local community together.

Recently they had a fun day, dressing up for the Melbourne Cup and last week they were treated to some wonderful Scottish music performed by the Mitcham Scottish Society.

With the sound of bagpipes the Fab Group were treated to some fantastic Scottish dancing. Thank you to the Mitcham Scottish Society, it was a great morning.



If you like having fun and meeting people from your local community come and meet the Fab Group. This is a friendly group that meets on a Thursday (10:00 to 12:00) for trivia, outings, craft and more - and it costs \$2/session.

Karralyka Theatre Season

We are lucky in the Maroondah (and surrounding areas) to have Karralyka nearby. This is a great venue for many events. This includes live theatre, morning music, kids shows and touring shows.



So that you can plan your visits Karralyka has released its 2024 theatre program



To see what's coming, and to organise some great nights out, go to the 2024 program at www.karralyka.com.au/Home

Maroondah Youth

For those with children or grandchildren you might like to tell them of the new Maroondah City Council Youth Services link on its website. This is aimed at young people aged 10-25 who live, work, study or play in the City of Maroondah.



It has links to help children and young adults to learn new skills, get support, build their wellbeing, and create the future they want. This includes:

- Youth programs & support.
- Professional networks - find out about year 10 work experience, student placement, volunteering, L2P mentoring etc.
- Volunteering & placement - what's on for young people in Maroondah.
- Youth events- see youth friendly events, gigs and activities on offer.

To access the site go to www.maroondah.vic.gov.au and search for Youth Services.

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**Merry Christmas from
NRCH and
see you in
2024**



Courses for 2024



Each week NRCHI offers many and varied courses. For information on the courses, dates, times and fees go to the www.nrch.org.au and download the course guide or contact the office on 9876 3421 or admin@nrch.org.au.



Arts and crafts

- Artful Journaling
- Drawing with Owen
- Drawing and Painting
- Watercolours for Beginners
- Leadlighting
- Tinkle Jars
- Cookie & Cupcake Decorating
- Therapeutic Art Workshop
- Porcelain Doll and Figurine Painting



Exercise

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



Accredited Training

- Certificate IV in Leisure & Health

Mind and learning

- Introduction to Family History
- Italian for beginners
- Italian intermediate
- Italian advanced
- Spanish for beginners
- Spanish intermediate
- Creative Writing
- Peri Menopause/Menopause Workshop
- Ukulele – Beginners & Intermediate
- Auslan Ongoing



Social

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



Pre- Accredited Training

- Introduction to Domestic Aged Care
- Introduction to Auslan
- Basic Computer Skills for Beginners
- Beyond Basic Computer Skills
- Word and Excel
- Advanced Excel
- Cyber Safety Basics
- Applications for Work