

# 2024

The 1<sup>st</sup> of January is the first page of the 365 page book of your year. On behalf of all at NRCH we hope that it has started well and will be a great story with lots of interesting chapters and happy endings.



Did you know that in America the date is written month, day, year. That is MM/DD/YY. So if you were in America the last day of the year was 12/31/23 and you would have been able to waltz into the new year.

To help you write a great story for 2024, NRCH is offering a fantastic range of activities.

Maybe an exercise class, especially after all those delicious Christmas and New Year's celebration dinners. There are some high energy classes such as Zumba, Jungle Body or

Strong People Stay Young. But maybe after looking after children or grandchildren over the holidays some nice flexing classes like Yoga, Pilates or Tai Chi might be the perfect choice.

There are also social groups and classes to learn new skills, or improve on your current skills. Have a look at the back page of this newsletter for ideas or go onto the website [www.nrch.org.au](http://www.nrch.org.au).

Another idea is to bring a friend. Over Christmas some people can become lonely, especially if they don't have family close by. So why not ask a friend to join you at a class. If they feel a bit non-energised then maybe start with a fun Seated Yoga class. Great fun and exercise to suit everyone.

## Deanne

We are sorry to announce that Deanne will not be coming back to NRCH this year as she has found a new position, a full time position in another organisation.



We are sad to see her leave and we will miss her, but we are really happy for her to have found a great new position.

Deanne, on behalf of Helen, the other staff, Board and all the many people who have enjoyed activities at the Community House we say thank you.

And congratulations on your new position.

**Thank you  
and  
congratulations**



## New Courses for 2024

Each term NRCHI looks to introduce some new courses. These give people the chance to try something new. This term new exercise classes include

- **Jungle Body** - an addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance all set to the hottest music.



- **Laughter for Wellbeing** - a good laugh has great short and long-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.



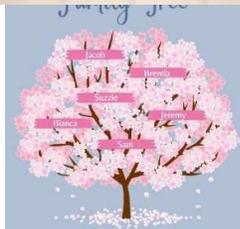
- **Meditation** -. In these classes you'll learn techniques to relax the body and calm the mind. This course is suitable for all abilities and can be chair or floor based.



- **Artful Journaling** - build a visual diary where you can creatively express your ideas, through art.



- **Therapeutic Art** - an art class infused with life coaching techniques aimed at empowering and strengthening your mindset.
- **Peri Menopause/Menopause Workshop** (20<sup>th</sup> March) – a 1 ½ hour workshop in the evening to talk with an expert on symptoms and treatments for issues arising during this period of your life.



- **Introduction to Family History** - Research your family history in this beginners class in Genealogy. Explore where to start, sources to help you along and tips on what to do when your trail runs cold!

For details of the dates, times and costs of all courses go to the NRCHI website [www.nrchi.org.au](http://www.nrchi.org.au) or give the office a call (phone 9876 3421; email [admin@nrchi.org.au](mailto:admin@nrchi.org.au) ).

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## Certificate IV in Leisure & Health

Are you, or someone you know, looking for a new career, one that is extremely rewarding and can lead to many great employment opportunities?

This nationally recognised qualification, in small classes, qualifies you to assist in the design, implementation and evaluation of health and leisure activities for clients in day support, residential and community facilities. Victorian and Commonwealth Government funding is also available (subject to eligibility).



Enrolments are now being taken for courses commencing in February. Please contact Linda at [linda@nrchi.org.au](mailto:linda@nrchi.org.au) for more information.

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## Computer Courses

These days it is essential to have at least some understanding of computers, even if it's just to pay some bills. It is also good to understand them as it helps identify potential scams. But learning about computers can also be very useful, whether is writing a letter researching information or planning an event.



And for some, it might just be to keep up with your grandchildren or helping to develop your career at work. The possibilities are endless. So this year could be a good time to do a course on computers.



NRCHI has several courses:

- **Basic computer skills for beginners**

Introduces basic computer skills and terminology to develop confidence and understanding using information technologies and undertake tasks including research and using computers as part of daily life.



- **Beyond basic computer skills**

Following on from Basic Computer Skills this course increases skills and confidence in Microsoft Word/Excel, internet and email. This program suits students with basic computer skills.

- **Word & Excel**

Provide a working knowledge of Microsoft Word and Excel.

- **Cyber safety skill**

Learn about the different ways you can help keep yourself, and your family, safe online.

These are our ACFE classes (Adult, Community and Further Education) to plan and promote adult learning.

For information on dates, times and costs go to [www.nrchwww.nrch.org.au](http://www.nrchwww.nrch.org.au) and open the course guide or contact the office (phone 9876 3421; email [admin@nrch.org.au](mailto:admin@nrch.org.au)).

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## Creative Writing

Do you love reading? And do you think you might have an idea for a story?

Why not give your creative side a chance to shine and join the Creative Writer's Workshop. This starts Wed 7 Feb (9:30 to 11:30) and runs for 8 weeks and is a chance for people with an interest in creative writing to join likeminded people to talk, write, read and be inspired. It is a relaxed, encouraging environment and may help you write that book you have always thought about.

Maybe you would like to write just a short story or something based on your own history. Some people have produced a photo book of their travels, but just with photos. Maybe you would like to write a travel book (with some photos) about your recent international trip or trip around Australia.

You could become like Alexander McCall Smith. He was a Professor of Medical Law at the University of Edinburgh but in 1999 wrote the No. 1 First Ladies Detective Agency which became an international best seller.

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## Bedford Road closure

If you travel from Ringwood railway station to Canterbury Road along Bedford Road you should note that Bedford Road will be closed from 31 January to April. This is while the railway level crossing is being removed. Also during this period buses will replace trains on section of the track. So remember to plan ahead.

For information go to the [www.bigbuild.vic.gov.au/projects/level-crossing-removal-project/projects/bedford-road-ringwood](http://www.bigbuild.vic.gov.au/projects/level-crossing-removal-project/projects/bedford-road-ringwood)



## New Fire Alert signs

This summer has been very wet and people have been worried about floods and water damage. But as we get further into summer we should all be aware of the risk of fires. We should also be aware of the new fire warning signs, there are now four.

You don't have to live in the country to be at risk of fire. As the Country Fire Authority says "If you live near areas that have significant bush, forest or long grass, you need to plan for the fire season." This means preparing your property and having a plan in case of a fire or catastrophic fire warning to take your family, pets, and valuables to a safe place. You can't put out a bush fire with a garden hose. Go to [www.cfa.vic.gov.au/plan-prepare](http://www.cfa.vic.gov.au/plan-prepare) for information.

Even in a suburban house there is a risk of fire. The CFA advises that on average there are 3,000 house fires in Victoria each year. The most common place where fires start is the kitchen, many caused by cooking left unattended. Others are caused by electrical faults and flammable items like paper towels and curtains that are too close to sources of heat like the stove or toaster. So be careful in the kitchen and don't leave until everything is switched off. Also make sure there is a working smoke detector.



## RUOK in summer

As the weather warms up there may be bushfires and these are often featured in the News. For some, this can be very stressful even if they are a long way from the fires. Some people who live by themselves may be concerned that they may not be able to escape or defend themselves in the case of a fire. They may be worried about their children or grandchildren or their pets. And then on an Extreme fire danger days they can become very frightened.



And for those who have previously been impacted by fires (or other disasters) extreme fire days may bring back bad memories.

So if you know someone (a friend, neighbour or one of your clients), who lives by themselves and you hear about fires on the news, ask if they are okay. Do they need help to plan or just someone to talk to?

Remember RUOK is always worth asking, especially in times when events such as fires, storms and floods are in the news. And listen to what they say, you may have to ask them if they are **really** okay and give them some support.



# 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 Doll and Figurine Painting
- Therapeutic Art Classes
- Cookie & Cupcake Decorating



## Social

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



## 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 (with a lower intensity)
- 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 (Term 1)
- Advanced Excel (Term 2)

