

## New Term courses

It's school holiday time, so if you have children (or grandchildren) you will likely be doing activities with them over the holidays. Maybe try something different such as the Moorabbin Aviation Museum or even take a train ride to Williamstown and then catch a ferry back to Southbank. There are many other things you can also do with children. But what about you, especially once they go back to school?

How about a course at the Community House? There are plenty of health and wellbeing classes, special interest, language, computers classes and social groups. There are also arts and craft classes.



**Basic to Intermediate**  
**word & excel**

Monday, 9th October, 2023  
x8 weeks

12.30PM - 3.00PM

\$60

Topics covered include:

<b>Word</b>	<b>Excel</b>
• Letter	• Timesheet
• Flyer/ invitation	• Budget
• Pictures	• Formulas
• Tables	• Functions - Sum
• Mail merge	• Charts
• Lists	• Sorting
• Tabs	• Filtering

You could do a health and welfare class and a second class to learn a new skill, or improve a skill you already have.

How about making gifts for Christmas. A nice leadlight picture, polymer clay earrings, painted porcelain figures, paint a picture or make your own wreath.



**Leadlighting**

Our fabulous tutor will guide you step by step to create your beautiful piece!

**Thursdays**  
**12.30-3.30pm**

35-39 Tortice Drive  
Ringwood North  
9876 3421  
[www.nrch.org.au](http://www.nrch.org.au)



Better still, combine exercise and watercolour for beginners and do a picture of you doing exercise. There is nothing better than giving or receiving a handmade gift.

Whatever your interests there is sure to be something at the NRCH. So have a look at the end of this newsletter for a list of courses, then go to the NRCHI website for details. When you find a course use the 'Enquire Now" button or contact reception on 9876 3421 to book a spot.

If you are already doing a class don't forget to re-enrol. You can call us on 9876 3421 or drop us an email at [admin@nrch.org.au](mailto:admin@nrch.org.au).

## Coffee & Craft group has a new mascot



The Coffee and Craft Group is a very friendly and enjoyable group. It meets on a Wednesday from 10:00 to 12:00. Come and enjoy the very friendly group.

A warm and friendly way to start a Wednesday.



## Renovations

Have you seen the works at the entrance to the Community House?

For some time the steps to the entrance have been blocked as they were steep and slippery and posed a risk to people entering. So we are excited that the Maroondah City Council has sent a team to remove the stairs and build a retaining wall. The work is progressing rapidly and we are looking forward to seeing the finished product.

Thanks to the Maroondah City Council and the great team of workers.



## Bush Nomads

During winter, especially on cold mornings, it sometimes seemed better to stay at home. But spring has started and summer is on its way, so it's time to get up, have a nice breakfast and go for a walk to enjoy fresh air, interesting environments around Melbourne and spend time with wonderful people. In other words it is time to join the NRCH Bush Nomads, (if you are not already a member).

The Bush Nomads meet every Monday at 9:15 at the Community House and share cars and travel to great destinations to enjoy a walk of 8-10 kms. Walkers can chat to each other as they explore some of great walks. They also stop to enjoy lunch (bring your own) and enjoy chatting at a convenient half way point. All you need is a moderate level of fitness and appropriate shoes.

The Bush Nomads have been operating for many years with Shirley Deane, the Bush Nomads facilitator.

Shirley has been facilitating the walks since 1992, when she took over from the previous coordinator and the walks are now part of North Ringwood's history.



When asked why she is still coordinating walks after 30 years she replied that she really enjoys spending time with like-minded people who enjoy nature, walks in the bush and the beautiful magic places they walk in.

She also enjoys the social camaraderie that develops and that has led to many walkers meeting socially to enjoy a coffee, visit the theatre or even go on holidays together. It's a cheery fun loving group and much laughter is had by all.

The group meets at the Community House at 9:15 and generally return by 3:30. So if you want to enjoy a fabulous day out, have some moderate exercise, fresh air and spend time with great friendly people from our community come and join the Bush Nomads each Monday at NRCHI ant 9.15am during school terms. (cost is \$2/person)



**Welcome Spring, time to get out  
and enjoy the Spring flowers**

## RUOK? Day, Thurs 14 September 2023



Did you know that 14 Sept was RUOK Day, Australia's national day to remind ourselves that every day is the day to ask any friends or family that seem even slightly unsettled, 'are you OK?'. And it is not just asking them RUOK?, it is also listening carefully to what they say. They might say, yes I'm okay, but listen carefully, maybe they aren't really okay.

Don't rush them, maybe say, are you sure? If they aren't really okay, don't try to tell them what to do, just listen and ask them if there is anything you can do. Maybe they just want to talk to someone, without judgement.

And remember to check on them from time to time.

## MCC Small Equipment Grant Scheme

Many organisations offer support to bodies such as NRCHI. Often this is in the form of significant grants to support costly items. But sometimes we just need some funding to purchase small items. NRCHI was therefore very pleased to be provided with a \$500 grant from the Small Equipment Grants Scheme to purchase items including a retractable hose, blower, rake and plant hangers for the fence. This will help make the outdoor area more attractive and useable for people visiting the Community House.



In the future we will continue to improve the open area so that people can come and enjoy the space outside our library and relaxation area. So when you are passing NRCHI, call in and have a look through our free library, make a tea or coffee and enjoy the space.



Thanks to the Maroondah City Council.

## Room Hire

Many people who visit NRCHI recognise that we have many great facilities and rooms of different sizes. We also offer these rooms for hire.

Maybe you or someone you know would like to hire a room for a special event or even for a regular meeting. For example, there may be trainers who would



like to use a small room after school hours to tutor students. Or maybe you need a larger room to occasionally conduct a face to face meeting with other staff or give a presentation.

There is also a great space outside our lounge area (with our free library) where you could hold a party, maybe a children's birthday party.

If you need a space, contact our office and we may be able to find you the perfect place at a very reasonable rate. Phone: 9876 3421 or [admin@nrch.org.au](mailto:admin@nrch.org.au).



## Arts in Maroondah

The Maroondah City Council has a lot of information on its website. This includes Arts in Maroondah. This has information and links to many art events, exhibitions, performances and public art. For example:



- **Elders Portraits at Realm windows**, an exhibition of art by artist Amanda Wright depicting Aunty Daphne Milward and Aunty Irene Norman, Elders from Mullum Mullum Indigenous Gathering Place, Maroondah residents and long-time friends.



- **Our Plants, Our Heritage** artists Leila Ashtiani (Iran), Sofie Dieu (France), Humaira Fayazi (Afghanistan), Abouk Giir (Sudan) and Rahila Zeeshan (Pakistan) exhibit and explore cultural traditions through the plants that are sacred to the peoples of their homelands.



- **Time and Place 2022** a 50 metre long richly coloured mural by Hayden Dewar located at 79-83 Maroondah Highway.

To see what's on in the Arts in Maroondah go to:  
[www.maroondah.vic.gov.au/Explore/ArtsInMaroondah](http://www.maroondah.vic.gov.au/Explore/ArtsInMaroondah)

## Eastern Emergency Relief Network (EERN)

As you start spring cleaning it's a time to look at that furniture that doesn't fit your new layout now the children have left home, the 6 potato peelers in the kitchen or the fridge that is just a bit too small for your growing family. Maybe it's time to repaint the walls and replace the sofa to match the new colours. Or maybe you have decided to move (downsize or upsize) and want new furniture to match your new home? Whatever the reason there is that question - what do I do with those perfectly good items?



The answer is, donate them to EERN, a charity run by volunteers that collects donated household items in good condition. This includes beds, sofas, refrigerators, washing machines, tables, chairs, crockery, lamps, infact anything needed in a home. People in need are then brought into the EERN warehouse by welfare agencies where they can

choose items (free of charge) to help them make a home.

To arrange for a pick up by EERN volunteers phone 9874 8433 between 9:00 to 1:00 Monday to Friday.

## Ancient Cooking Instructions

Knowing how much many of you like cooking here is an ancient cooking instruction to ensure your pie is cooked. You just prepare two pies ( $\pi$ ), any sort will do.

Then hold them in the sunshine for 90 minutes.





# 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

- Xmas Polymer Clay Earrings
- Drawing with Owen
- Drawing and Painting
- Watercolours for beginners
- Leadlighting
- Ukulele
- Xmas Twinkle Jars and baubles
- Xmas wreaths
- Porcelain Doll and Figurine painting



## Social

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

## Mind and learning

- Genealogy
- Italian for beginners
- Italian intermediate
- Italian advanced
- Spanish for beginners
- Spanish intermediate



## 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)



## Pre- Accredited Training

- Intro to domestic aged care
- Auslan (Beginners and Level 1)
- Basic Computer skills for beginners
- Beyond basic computer skills
- Word and Excel
- Advanced Excel
- Professional Creative Writing

