

Time to re-enrol

We are nearly at the end of Term 3, so it is time to re-enrol for term 4 classes and activities.

Take a look at the Term 4 course guide (there are copies on the front counter of the office). There might be some new courses, activities that you would like to try. There is also information on the special activities before Christmas. Maybe talk to friends or family and set aside the dates to come to one of these great activities.



10% off New Fitness Classes

Winters over and summer is coming. So, it's time to get out of home and do some exercise so you are ready for summer. And what better way to get fit and have fun than to join one of the Community House's new fitness classes in Term 4 (Oct to Dec). And, at the same time, save 10% of the usual fees.

Zumba Gold – a fun-filled workout with easy-to-follow steps and energising music. (Mon at 9:15)

Functional Fitness for Health – more energy and a sense of lightness, working on building strength and mobility to help move away from pain. (Tues at 8:30am)



Seated Dance Grooves – a class that will get you moving and grooving while seated. This is an exciting new class by Bronwyn, our very experienced and much-loved Seated Yoga instructor (Tues 11:15am).

Saturday Yoga - melt into poses, flowing with breath, stress melts away in this gentle class (Sat 9:45am)

Computer Skills

Using a computer can be challenging, but these days so much is done on computers. So, as the end of the year approaches, the Community House is offering computer courses for \$30 for term 4. These are:

- Beyond Basic Skills (Tues 9:30 – from Oct 15th)
- Word and Excel for beginners (Wed 6:30 – from Oct 16th)

There are limited places so now is the time to register and learn more about computers.



The Paper Club

Our fun-filled paper craft class is held every fortnight. This will be a fun time to explore the exciting world of paper through activities like collage making, hand lettering, art journaling, card making, rubber stamping, and scrapbooking.

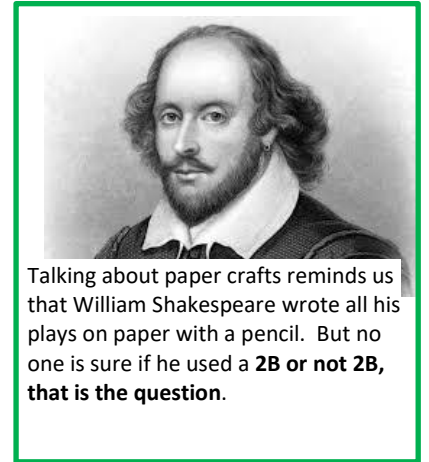
You can bring your own tools and favourite papers to use or share with others. Tools and instructions will be provided to help you make projects.



Whether you've just started exploring paper craft or you're an experienced crafter looking for new ideas, this class offers a relaxed and supportive environment to bring out your creativity.

Come and join the class and discover the endless possibilities of paper craft while you are also having fun and meeting other people in our community.

Classes start on Monday 7th October (10:00am - 12:30pm) and cost just \$2/session.



Talking about paper crafts reminds us that William Shakespeare wrote all his plays on paper with a pencil. But no one is sure if he used a **2B** or not **2B**, **that is the question.**

Leadlighting

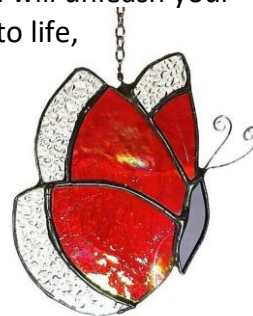
Are you looking for a new hobby? Or are you looking to decorate your home or to make some Christmas presents? Then join the amazing Community House Leadlighting workshop.



In this class you will learn how to create stunning leadlight pieces in traditional and modern designs.

From suncatchers to jewel boxes and mirrors, this workshop offers a variety of projects to explore and master. And you will unleash your creativity, making pieces and bring your creations to life, infusing light and colour into your surroundings.

The Term 4 workshops are on Thursdays (12:30pm - 3:30pm) and commence on 17th Oct.



Skills for Work & Study – Aged Care Literacy

Australia's Aged Care industry is in need of many more aged care workers. However, to work in the industry a person must have a specified level of competency in the English language. This means that people coming from overseas who would like to gain a rewarding career in Aged Care need to improve their understanding and use of English.

ENGLISH
as a
SECOND LANGUAGE



To help people with English as a second language improve literacy (and numeracy) the Community House is offering a course to English as Second Language (ESL) students.

This course provides a pathway into the Aged Care profession by building confidence and skills to communicate effectively and/or to continue studying to obtain Aged Care qualifications. Once they have completed the course, they may continue on to do a nationally accredited Certificate Course and the Community House currently offers 2 courses - Certificate III in Individual Support (Ageing) CHC33021 and Certificate IV in Leisure & Health CHC43415.

If you know someone who doesn't have English as a first language who would be interested in gaining a career in this industry, please advise them of this course. You will not only be helping them find a useful and rewarding career, you will also be helping our elderly.

For information suggest they contact the Community House or maybe you could contact the Community House with them.



We now have a Coffee Machine

Many people coming into the Community House would like a nice hot drink, maybe after a class so they can sit down and have chat with others. So the Community House has acquired a simple to use coffee machine. This is a pod machine so can make great coffee (and hot chocolate).



So, if you would like a short black, long black, latte, nearly cappuccino or a hot chocolate this machine is easy to use. Instructions are placed near the machine but remember to check the water level and drop \$2 into the cup next to it. Also, if we are getting low on the number of pods, please tell one of the office staff. (Note, the machine may be in the kitchen or on occasions in the library room).



Toy Library needs some help



Behind the Community House is the Maroondah Toy Library with over 4600 quality toys, games, activities, and equipment for children aged 0-6 years. They also have board and strategy games for older kids and adults. This is where parents and grandparents can borrow toys for their children to enjoy. Then, after they have been played with, exchange them. This gives children variety, allows other children to enjoy those toys and helps families who can't afford to buy many toys.



The Library has been operating since 1979 and currently supports over 450 families. So, if you have young children or grandchildren make sure you visit the fantastic Maroondah Toy Library.

But like all great organisations, they need money to keep operating and have therefore accepted a contract to run the gate and ticket sales at the annual Lilydale show (16th & 17th November). This will be their major fundraiser for the year. So now they need to fill around 80 x 4hr volunteer shifts.

If you have connections to groups, organisations, businesses or individuals who would like to support their community, suggest they consider helping the Library at the Show. The 4 hr shifts will give plenty of time for volunteers to also enjoy the show. To contact the Library, go to www.maroondahtoylibrary.org.au

Your Financial Matters - The Good, The Bad & The Ugly.

The community health organisation EACH in partnership with Eastern Community Legal Centre and the Yarra Ranges Council is holding an event aimed at **keeping older citizens financially safe** in an increasing challenging world. This will include a special guest speaker, the **Rev Tim Costello AO**.

This event will discuss concerns about finances associated with elder abuse as well as people's rights and legal aspects of elder abuse. The Team from Eastern Community Legal Centre will also provide advice.



It is to be held on Wed 9th October (10.30 to 12.00) at the Yarra Ranges Civic Centre Lilydale.



To find out more and to register go to www.each.com.au/your-financial-matters

Tip for the month – cleaning windows

With summer coming on there is going to be more sun and more daylight. So, it is time to clean your home and car windows (once it stops raining). But after cleaning both sides you see a streak, you missed and you don't know if it is inside or outside.

To overcome this dilemma, clean the inside with a horizontal motion, and the outside with a vertical motion. Then you will know which side the streak is on.

