

# NORTH RINGWOOD COMMUNITY HOUSE



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



## CHRISTMAS 2024 WORKSHOPS

### Twinkle Baubles

With a choice of over 50 patterned papers, fold origami butterflies and add twinkle lights to create your decoration in this magical workshop.  
\$40 inc. all materials

Saturday 23rd Nov, 1pm - 4pm



### Christmas Cupcakes

Learn how to swirl, pipe & accessorise pre-baked cupcakes just in time for Christmas celebrations!  
\$60 inc. all materials

Saturday 14th Dec, 1pm - 4pm



### Christmas Cookies

Decorate pre-made biscuits with fondant icing, stamp out your design and embellish with food safe paint, sparkles and other edible bling!  
\$50 inc. all materials

Saturday 16th Nov, 1pm - 4pm



### Ultimate Mediterranean Meze

Discover the process of making a range of starters & side dishes that are sure to impress on your Christmas table this year!

\$75 inc. all materials

Saturday 23rd Nov,  
10am - 12.30pm



### Crafty Eco-Wrap - Block Printing

Turn everyday items into stamps and create a unique gift wrapper using block printing. Block printing is a tactile printing technique that allows you to embellish and personalise fabrics. FREE

Saturday 30th Nov,  
10am - 12pm



# HEALTH & WELLBEING



Bookings by the term, \$14.50 p/hour (unless stated)

## **Seated Dance Groove - NEW**

With a mixture of music and a variety of routines, this Seated Dance Grooves class will get you moving and grooving! You will notice an improvement in circulation, flexibility & strength whilst working towards your goals of better health and fitness.

Tuesdays, 11.15am - 12.15pm

## **Functional Fitness 4 Health -NEW**

Create more energy and a sense of lightness within your body. Rise above chronic pain and fatigue to feel stronger and more balanced, finding easeful support for your joints. We focus on balance exercises and feeling supported in our joints.

Tuesdays, 8.30am - 9.30am

## **Jungle Body : Get Low - NEW**

The same great fun of regular Jungle Body but with a lower intensity, suitable for people just starting out or those looking for a great workout that won't aggravate joints.

Fridays, 10.45am - 11.45am

## **Jungle Body**

An addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance set to music.

Sundays, 8.30am - 9.30am

## **Mindful Meditation**

Relax the body, calm the mind. In these 60-minute meditation classes, you'll learn techniques to help improve: stress and anxiety, relaxation, mindfulness, sleep, and blood pressure. Suitable for all abilities and can be chair or floor based.

Fridays, 10.30am - 11.30am

# HEALTH & WELLBEING (Cont)

## **Qi Gong**

A moving meditation, coordinating slow-flowing movement, deep rhythmic breathing and a calm meditative state of mind. This class is a foundation to Tai Chi

Wednesdays, 12.20pm - 1.20pm

## **Tai Chi**

Improve muscle tone, strength, fitness, joint flexibility, balance & coordination

Wednesdays, 1.30pm - 2.30pm

## **Bush Nomads**

Social walks of 8-10kms with an experienced leader.

Mondays, 9.15am - 3.30pm

\$2 per session

## **Seated Yoga**

All the joy of Yoga that you love, with the added support of being seated

Mondays, 10.30am-11.30am

Mondays, 11.45am - 12.45pm

## **Yoga**

A gentle flow of poses and breath, ideal to reduce stress

Tuesdays, 7.00pm - 8.00pm

Saturdays, 9.45am - 10.45am - **NEW**

## **Zumba Gold**

All the fun of regular Zumba, with a lower intensity

Mondays, 9.15am - 10.15am

Tuesdays, 10.00am - 11.00am

## **Pilates**

Build greater endurance, strength and flexibility. Suits any age

Mondays, 6.15pm - 7.15pm

Wednesdays, 9.15am - 10.15am

Wednesdays, 10.30am - 11.30am

Thursdays, 6.30pm - 7.30pm

## **Strong People Stay Young**

Strength training exercise program ideal for people 60+ years. Aids in body toning, strength & weight loss.

Thursdays, 9.15am - 10.15am

Thursdays, 10.30am - 11.30am



# ART & CRAFTS

Bookings by the term, \$10.50 p/hour (unless stated)

## **Watercolour for Beginners**

A beginners look into the exquisite world of painting with watercolour. Start with basic drawing techniques and move in to painting using these new skills

Thursdays, 10.00am - 12.00pm

## **Leadlighting**

Design your own masterpiece and learn how to create it with coloured glass and lead.

Thursdays, 12.30pm - 3.30pm

## **Drawing with Owen**

A class devoted to the art of drawing. Explore techniques like shading & structure in depth.

Wednesdays, 1.00pm - 3.00pm

## **Drawing & Painting**

Develop your drawing with shading, landscapes & structure, and learn about various painting techniques with different media.

Wednesdays, 10.00am - 12.00pm

## **Ukulele**

Learn how to get the best out of your ukulele with our tutor who will teach you from basics to intermediate and will have you twinkling a tune in no time!

Wednesdays, 9.30am - 10.30am

\$14.50 per lesson



# WORK READY



Please call the office on 9876 3421  
or visit [www.nrch.org.au](http://www.nrch.org.au) for costs

## Basic Computer Skills

Focus on the basics of using a computer for everyday life. This fun and flexible class is perfect for anyone looking to gain confidence and understanding. Start with emailing and accessing the internet and move onto the basics of Microsoft Word & Excel

Tuesdays, 12.30pm – 3.00pm x 8wks

## Beyond Basic Computer Skills

Follow up on your basic skills by reviewing tools of Microsoft Office Software. Insert pictures, manipulate margins, headers & footers, spreadsheets including simple formulas. Ask questions and learn the answers you need to navigate your computer.

Tuesdays, 9.30am – 12.00pm x 8 wks

## Word & Excel - EVENING CLASS

An intermediate class to develop your skills in file management, text manipulation, formatting images and objects, calculations, formulas and charts and more.

Wednesdays, 6.30pm – 9.00pm x 8 wks

## Skills For Work - Aged Care

Specially designed to aid students with English as a second language, interested in entering the Aged Care sector. Improve your literacy and numeracy knowledge, with a special focus on the Aged Care Industry.

Tuesdays, 9.30am – 3.00pm

# LANGUAGES

Bookings by the term, \$12.00 per hour

## Spanish Conversation

Planning a trip? Or just curious about Spanish culture and the language? Our native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at the culture and customs.

- Beginners

Mondays, 6.00pm – 7.30pm

- Intermediate

Mondays, 7.45pm – 9.15pm

## Italian Beginners

Suitable for beginners and travellers. Learn useful phrases, vocabulary, basic grammar and conversation skills – in a relaxed way.

Wednesdays, 6.30pm – 8.30pm

## Italian Language

Formal classes including vocabulary, grammar and conversation. These classes follow a text book and will help you gain the confidence and skills needed to carry a conversation like a native Italian!

- Intermediate

Tuesdays, 6.15pm – 8.15pm

- Advanced

Mondays, 7.00pm – 9.00pm

## Auslan (Starting Term 1, 2025)

An introduction to the language of the Australian deaf community. Learn details of hand signs, eye contact and facial expressions.

Thursdays, 6.30pm – 8.30pm

## ROOM HIRE @ NORTH RINGWOOD COMMUNITY HOUSE

NRCHI offers an extensive range of rooms and facilities for hire. It is an ideal venue for office space, community functions, meetings, training sessions, support groups and more.

Free on-site carpark is available

Rates start from \$20 per hour.

Available for weekdays, weekends, evenings and during school holidays.

Visit our website at [www.nrch.org.au](http://www.nrch.org.au) for photos and information



# SPECIAL INTEREST & SOCIAL GROUPS

\$2 per week per class, light refreshments provided

## The Paper Club - NEW

Fortnightly creative sessions with all things PAPER! Collage, hand lettering, art journaling, card making, rubber stamping are just a few examples! Some tools and instruction provided, BYO tools or papers for personal use or to share

Mondays, 10.00am – 12.30pm

\$2 per session

## Monday Book Club

This club follows a list of books and members come together once a month to discuss the latest book. Every 3rd Monday of the month

1.30pm – 2.30pm

## Coffee & Craft

Come along with your craft and enjoy the company of others whilst you work on your individual project.

Wednesdays, 10.00am – 12.00pm

## Fab Group

A friendly social morning with trivia, outings, craft & more

Thursdays, 10.00am – 12.00pm

## Porcelain & China Painting

Join in the art of delicate hand painting porcelain and china pieces. Traditional or modern designs.

Mondays, 1.00pm – 3.00pm

\*Materials purchased from facilitator

OUR COURSES  
HELP YOU REACH  
YOUR GOALS, YOUR WAY.





# ACCREDITED TRAINING



Nationally recognised qualifications. Small classes with lots of support from qualified and dedicated teachers with industry experience. Taking expressions of interest for Term 1, 2025

- Certificate III in Individual Support (CHC33021)
- Certificate IV in Leisure & Health (CHC43415)



NRCHI is a registered training organisation that delivers nationally recognised training and qualifications. Our students can have confidence they will attain high quality skills of which are accepted and recognised everywhere in Australia.

Our programs are led by highly experienced trainers who have valuable experience in training and industry. They understand the needs of adults and especially those who are returning to study.

We offer a welcoming, friendly environment, with motivated and friendly staff. We have free on-site car parking and personal small class sizes. Classes are held during school hours and terms. Courses are offered under both fee for service and funded places. Training is delivered with Victorian and Commonwealth Government Funding.

For details of Victorian Skills First support for students go to:  
<https://www.skills.vic.go.au/s/how-to-check-your-eligibility>

Contact [linda@nrch.org.au](mailto:linda@nrch.org.au) or phone 9876 3421 for more information. RTO 6434

Park Orchards Community House and Learning offer Accredited Courses:  
Cert III in Early Childhood Education and Care CHC30121,  
Cert III in School Based Education Support CHC30221 ,  
Cert IV in Training & Assessment TAE40116,  
Diploma of Early Childhood Education and Care CHC50121  
Call 9876 4381 for more information. RTO 4008

Other community houses in Maroondah:



North Ringwood Community House Inc proudly supports these community organisations by collecting donations in our foyer from the local community:

- Uniting Food for Families (non-perishable items)
- Coldstream Animal Aid (pet food & toys)

We thank you for donations already received, and we look forward to passing on your future donations too!

Join us for our community lunch and enjoy a warm meal with friendly conversation. Call the office on 9876 3421 for details of our next event.



All courses and activities held at:

35-39 Tortice Drive, Ringwood North, 3134  
P.O. Box 2489, Ringwood North, 3134  
Phone: 9876 3421

Office hours: Mon-Thu 9.00am-3.45pm  
ABN: 78 052 679 939 RTO: 6434

Email: [admin@nrch.org.au](mailto:admin@nrch.org.au)

Web: [www.nrch.org.au](http://www.nrch.org.au)

From Ringwood Station take Bus 364 which drops you off at our entrance.

Facebook: [www.facebook.com/NorthRingwoodCHI](https://www.facebook.com/NorthRingwoodCHI)

Instagram:

[www.instagram.com/northringwoodcommunityhouse](https://www.instagram.com/northringwoodcommunityhouse)



For some time we have been planning to make the fenced area outside more attractive and useable. This space can then be used for people to relax in, maybe with a tea or coffee after a class or activity to chat with others or maybe take a book from the Community House library to thumb through.

The garden can also be used to conduct outside activities such as Community House courses or social gatherings.

If you are interested in helping with the beautification of our outdoor space, please let us know - we are always very grateful to accept offers of help from our community.

Refund policy: Refunds will only be given if: a) The class is cancelled by the Community House; b) You cancel your enrolment at least 7 days prior to the course commencement (this will incur a \$15 admin fee); c) No refunds are given if you cancel within the week prior to, or after, class commencement; d) A fee reduction of no more than 2 classes per term will be made where you expect to miss classes for holidays or other obligations