

# NORTH RINGWOOD COMMUNITY HOUSE

## TERM 1, FEB - APR 2025

### TRY SOMETHING NEW IN 2025

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



#### Mixed Media Workshop

Work with Deb Webb Art to create stunning pieces of art, learning to use a variety of media.

Week 1, Mar 8; Garden of funky flowers \$120

Week 2, Mar 22: Mixed media owl \$120

Materials included  
Sat 8 & 22 Mar, 10am - 2pm



#### Preserving Workshop

Learn the art and science of making delicious preserves out of seasonal produce. Take home a jar of a pickle and a sauce. Tastings and recipes of other preserves will also be available.

\$75 inc. all materials  
Sat 15 Mar, 10am - 12pm



#### Easter Cookie Workshop

Decorate pre-made biscuits with fondant icing, stamp out your design and embellish with food safe paint, sparkles and other edible bling!

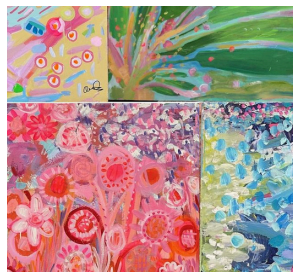
\$50 inc. all materials  
Sat 29 Mar, 1pm - 4pm



#### Paper Flowers Workshop

Learn how to make folded paper flowers and butterflies to create a beautiful framed piece.

Choose from pretty papers and colours to compliment your design.  
\$40 inc. all materials  
Sat 29 Mar, 1pm - 4pm



#### Abstract Art

Discover your inner artist and tap into your intuition to create your work of art. Learn new techniques and how to use a range of materials

\$216 (c\$211) 9 weeks  
Tuesdays, 10am - 12pm



#### Seated Dance Grooves

This class will get you moving and grooving! You will notice an improvement in circulation, flexibility & strength

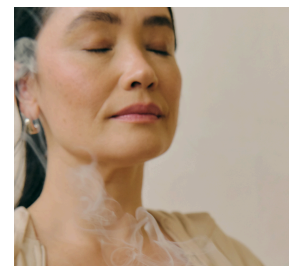
\$135 (c\$130) 9 weeks  
Tuesdays, 11.15am - 12.15pm



#### Functional Fitness 4 Health

Rise above chronic pain and fatigue to feel stronger and more balanced. Increase fitness and energy

\$135 (c\$130) 9 weeks  
Tuesdays, 8.30am - 9.30am  
or 2pm - 3pm



#### Mindful Meditation

Learn techniques to help improve: stress and anxiety, relaxation, mindfulness, sleep, and blood pressure.

\$135 (c\$130) 9 weeks  
Fridays, 10.30am - 11.30am

# HEALTH & WELLBEING

BOOKINGS BY THE TERM, \$15 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

## Mindful Meditation – NEW

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

## 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  
Tuesdays, 2.00pm – 3.00pm

## Jungle Body

An addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance set to music.  
Sundays, 8.30am – 9.30am

## Jungle Body : Get Low

A fun fusion of Boxing, Cardio and Dance 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

# CONT.

BOOKINGS BY THE TERM, \$15 P/HOUR  
(UNLESS STATED)

## 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

## 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

# ARTS & CRAFT

BOOKINGS BY THE TERM, \$12 P/HOUR  
(UNLESS STATED)

## Abstract Art – NEW

Discover your inner artist and tap into your intuition to create your abstract work of art. Learn new techniques and how to use a range of materials  
Tuesdays, 10.00am – 12.00pm

## Mixed Media Workshop – NEW

Mixed Media Workshop  
Work with Deb Webb Art to create stunning pieces of art, learning to use a variety of media.  
Week 1, Mar 8; Garden of funky flowers \$120  
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Materials included  
Sat 8 & 22 Mar, 10am – 2pm

## 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

## Paper Flowers Workshop – NEW

Learn how to make folded paper flowers and butterflies to create a beautiful framed piece  
\$ 40 inc. all materials  
Sat Mar 29 1.00pm – 4.00pm



## LANGUAGES

**BOOKINGS BY THE TERM \$15 P/ 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, 6.00pm – 7.30pm

### 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, 6.00pm – 8.00pm

- Advanced

Mondays, 7.00pm – 9.00pm

### Conversational Auslan

Practice using your Auslan skills in everyday situations to communicate with people who are Deaf. Gain confidence and learn new skills along the way

Tuesdays, 6.30pm–8.30pm

## WORK READY

**OUR COURSES  
HELP YOU REACH  
YOUR GOALS, YOUR WAY.**



### Digital Literacy (Basic)

This program will help you learn how to use the internet, email and online systems. This fun and flexible class is perfect for anyone looking to gain confidence and understanding while utilising computers for everyday life. Tuesdays, 9.30am – 12.00pm  
8 weeks, \$60 (tuition fee \$20, student services \$40)

### Digital Literacy (Intermediate):

Learn file management, word processing, spread sheets, digital presentations and online meeting platforms. Tuesdays, 12.30pm – 3.00pm  
8 weeks, \$60 (tuition fee \$20, student services \$40)

### Aged Care (Skills For Work)

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  
16 weeks \$40 (tuition fee)

### Introduction to Auslan

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

Thursdays, 6.30pm – 8.30pm  
20 weeks, \$100 (tuition fee \$40, student services \$60)

## SPECIAL INTEREST & SOCIAL GROUPS

**\$2 PER WEEK PER CLASS, LIGHT  
REFRESHMENTS PROVIDED**

### Cryptic Crossword– NEW

Brainstorm and nut out the clues needed to complete the weeks cryptic crossword. Last Monday of the month (24/2, 17/3)  
Mondays, 2.00pm –3.00pm

### The Paper Club

Fun fortnightly creative sessions with all things PAPER! Collage, hand lettering, art journaling, card making, rubber stamping are just a few examples! Every second Monday starts 3/2  
Mondays, 10.00am – 12.30pm

### Monday Book Club

This club follows a list of books and members come together once a month to discuss the latest book. 3rd Monday of the month (17/2, 17/3)  
Mondays, 1.30pm – 2.30pm

### Coffee & Craft

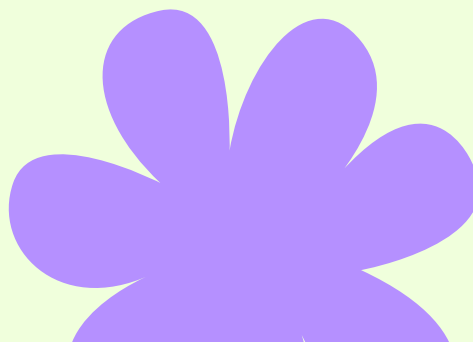
Come along with your craft and enjoy the company of others whilst you work on your individual project. Wednesdays, 10.00am – 12.00pm

### Fab Group

A friendly social morning with trivia, outings, craft & more Thursdays, 10.00am – 12.00pm

### 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  
\$15 per lesson, booked by the term.





All courses and activities held at:  
35-39 Tortice Drive, Ringwood North  
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)

NRCH would like to thank the following businesses for their support in our 2024 Christmas Raffle:

- Warren Glen Nursery
- Michael Sukkar MP
- Target Chirnside Park
- Bunnings Ringwood
- Costco Ringwood
- Officeworks Ringwood

THANK  
YOU

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)



- Thanks to Bendigo Bank Ringwood East and Croydon for their Community Grant towards our outdoor garden upgrades.
- Thanks to Maroondah City Council for including North Ringwood Community House Inc in their 'Small Equipment Grant' scheme for 2024. We purchased a great new BBQ .

## ACCREDITED TRAINING

Nationally recognised qualifications. Small classes with lots of support from qualified and dedicated teachers with industry experience.

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



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

Park Orchards Community House & Learning Centre offer Accredited Courses: **OTHER COMMUNITY HOUSES IN MAROONDAH:**

Cert III in Early Childhood Education and Care CHC30121,  
Cert III in School Based Education Support CHC30221,  
Cert IV in Training & Assessment TAE40122,  
Diploma of Early Childhood Education and Care CHC50121  
Call 9876 4381 for more information. RTO 4008



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>

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