

NORTH RINGWOOD COMMUNITY HOUSE

TERM 2, APR - JUL 2025



9876 3421



www.nrch.org.au



35-39 Tortice Dr
Ringwood North

MEN'S HEALTH WEEK 9 - 15 JUNE 2025

JOIN US FOR A WEEK OF FREE ACTIVITIES, SPECIALLY DESIGNED
FOR MEN - BOOKINGS ESSENTIAL ON 9876 3421
(SEE BACK PAGE FOR MORE!)

Free Men's Outdoor Meetup: Walk, Talk & BBQ

Get outside and join us for a Men's Outdoor Meetup during Men's Health Week! We'll kick things off with a relaxed Walk & Talk around the local area – a great way to stretch your legs, share a few stories, and enjoy some fresh air. After the walk, we'll fire up the BBQ for a chill hangout with a snag and good company.

- Saturday 14th June 11am for walk followed by bbq



Free Get Strong for Men's Health Week: Muscle Strength and Balance Class

Join us for a free trial of our Resistance Training Program, designed specifically for men looking to get stronger, fitter, and healthier!

Key Benefits:

- Build muscle and strength
- Improve overall fitness
- Boost energy and mental focus
- Improve heart health and reduce stress
- Thursday 12th June, 1pm -2pm

Free Health and Exercise Tips and Guidance

Whether you're looking to improve your diet, fine-tune your exercise routine, or simply boost your overall well-being, Coach Scott will provide expert advice to help you reach your health goals.

- Personalised Health Tips: Simple, actionable advice to improve your health and lifestyle
- Nutrition and Fitness Guidance: Get tips for a healthier diet and exercise routine
- Q&A Session: A chance to discuss your unique health needs and get advice
- Thursday 12th June, 10am-11am



****CONTINUE INSIDE FOR MORE GREAT COURSE IDEAS!****

HEALTH & WELLBEING

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

Seated Dance

With a mixture of music and a variety of routines, 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

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, 9.45am – 10.45am

Strength & Balance

Our class of stretching and pulling exercises uses a resistance band to help strengthen muscles and improve balance. Working your arms, legs, back and core for a great workout.

Tuesdays, 1.00pm – 2.00pm

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

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

Seated Yoga

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

Mondays, 10.30am–11.30am

Mondays, 11.45am – 12.45pm

CONT.

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

Tai Chi

Reduce stress and improve balance with Tai Chi. Our classes combine gentle movement and mindfulness. Join us to enhance your flexibility, calm your mind and feel rejuvenated.

Beginners:

Wednesdays, 12.20pm – 1.20pm

Intermediate:

Wednesdays, 1.30pm – 2.30pm

Bush Nomads

Join our vibrant walking group for enjoyable social outings and scenic 8–10 km walks led by experienced group leaders. Explore new bush parks and captivating walking locations while enjoying the company of fellow enthusiasts. A moderate level of fitness is recommended to fully enjoy these outings.

Mondays, 9.15am – 3.30pm

\$2 per session

Zumba Gold

All the fun of regular Zumba dance fitness classes, with a lower intensity! Stay active and improve coordination in our supportive and inclusive class.

Mondays, 9.15am – 10.15am

Tuesdays, 10.00am – 11.00am

Yoga

Reduce stress and boost wellbeing with Yoga. Our class offers a blend of flexibility, mindfulness and breathing for all levels. Join us to relax, recharge and feel your best.

Tuesdays, 7.00pm – 8.00pm

Pilates

Our classes focus on core strength, flexibility and mindful movement for all levels and ages. Join us to improve posture, tone your muscles and feel your best.

Mondays, 7.30pm – 8.30pm

Wednesdays, 8.00am – 9.00am NEW

Wednesdays, 9.15am – 10.15am

Wednesdays, 10.30am – 11.30am

Thursdays, 6.30pm – 7.30pm

WORK READY

OUR COURSES
HELP YOU REACH
YOUR GOALS, YOUR WAY.



Digital Literacy (Basic)

Join our comprehensive course to master basic computer skills and terminology. 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, 12.30pm – 3.00pm

8 weeks, \$30 (tuition fee \$10, student services \$20)

50% OFF

Digital Literacy (Intermediate)

Learn file management, word processing, spread sheets, digital presentations and online meeting platforms.

Tuesdays, 9.30am – 12.00pm

8 weeks, \$30 (tuition fee \$10, student services \$20)

50% OFF

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)

*taking enquiries for Term 3



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

Our Italian classes dive into vocabulary, grammar, and conversation at a pace that works for you. Master pronunciation and communication skills through interactive exercises. Whether you're learning for travel, business, or personal growth, our classes provide an immersive experience. 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



ARTS & CRAFT

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

Abstract Art

Discover your inner artist and tap into your intuition to create your abstract work of art. Experiment with various materials such as paints, pastels, charcoal, or mixed media, and work intuitively and spontaneously. Learn techniques such as layering, colour blocking, and stencilling to create unique and personal compositions. Thursdays, 12.15pm – 2.15pm

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

Step into the world of leadlighting and master the art of creating striking stained glass pieces with a modern twist. This hands-on class is your chance to create functional, impressive pieces. Learn the craft, work with vibrant colours, and see your creations come to life while adding a bold, personalised touch to your home or office. Enrol today, get your requirements list, and start your journey into the world of craftsmanship!
Thursdays, 12.30pm – 3.30pm

Drawing & Painting

Get ready to express your creative side with our drawing and painting class! Our classes cover a range of mediums, including watercolour, oils, acrylics, and drawing. Explore the world of art with foundational knowledge in colour theory, colour mixing, landscape hints, structural aspects, and shading techniques. Unleash your inner artist and learn how to paint life as you see and experience it.
Wednesdays, 10.00am – 12.00pm

SPECIAL INTEREST & SOCIAL GROUPS

\$2 PER WEEK PER CLASS (UNLESS STATED), LIGHT REFRESHMENTS PROVIDED

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 28/4
Mondays, 10.00am – 12.30pm

Monday Book Club

Our monthly book club offers a wonderful opportunity to explore new genres and authors, gain different perspectives on books, and engage in thoughtful and lively conversations with fellow book lovers.

3rd Monday of the month (19/5, 16/6)

Mondays, 1.30pm – 2.30pm

Coffee & Craft

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

Wednesdays, 10.00am – 12.00pm

Fab Group

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

Introduction to Turkish Cooking

Our Turkish cooking class is an immersive experience where you will learn how to prepare traditional dishes, discovering the rich flavors and culinary techniques that make Turkish cuisine so unique
Saturday June 14th,
10.00am – 12.00pm, \$75.00 inc all ingredients & take home meals



MEN'S HEALTH WEEK 9 - 15 JUNE 2025

JOIN US FOR A WEEK OF FREE ACTIVITIES, SPECIALLY DESIGNED FOR MEN - BOOKINGS ESSENTIAL ON 9876 3421

Free Open Men's Group (runs all year)

Is life challenging? Need more connection?

Less pain? More support? Less stress?

Join us for an evening to share what is meaningful in your life, challenges you may be facing or just stuff that's going on.

Mens Wellbeing provides programs and events for men to explore, share and experience ways to be healthy men for themselves, their families and the community.

- Experienced facilitators from the Men's Wellbeing Community
- A chance to express and be heard
- There's respect and the space to be real
- No judgement, no advice
- First Tuesday of each month 6.45pm – 9.00pm.
- Contact Graham for more info Ph: 0419 572 023



Free Tips and Guidance on Optimising Your Health with Smart Devices

Join us for a special session with Coach Scott during Men's Health Week to explore how technology can enhance your well-being. Whether you're looking for tips on using health tracking apps, maximising the potential of your smartwatch, or discovering digital tools to manage stress and mental health, we've got you covered.

- Tips on health apps and smartwatches
- Guidance on managing fitness and mental well-being through technology
- Q&A session to help integrate health-focused digital tools into your daily routine
- Wednesday 11th June, 10am-11am

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 Web: www.nrch.org.au

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

Facebook: www.facebook.com/NorthRingwoodCHI

Instagram: www.instagram.com/northringwoodcommunityhouse

OTHER COMMUNITY
HOUSES IN MAROONDAH:



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