

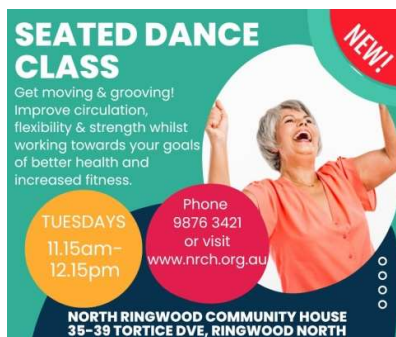
Term 2 is about to begin – have you booked your courses/activities?

Although it is autumn and the weather has been warm and dry, the cooler weather is coming. This is an ideal time to join one of the Community House's exercise classes. There are plenty of classes to keep fit and warm. And there are two new classes that may be just right for you.



Seated Dance class

This is a class where you have fun and exercise at the same time and do this while seated. While listening and moving to music you can improve your circulation, flexibility and strength all at the same time. Seated Dance Class is on Tuesdays 11:15am to 12:15pm. (\$135 for 9 weeks)



Pilates – in the evening

Pilates is a very popular exercise class that improves flexibility,

circulation and balance. It is also a class that encourages you to move within your own bodies limits. Given its popularity, the Community House is offering a Pilates class on a Monday night 7:30pm to 8:30pm. (\$135 for 9 weeks)



Bush Nomads

As well as joining an exercise class how about also going for a walk with others. The Bush Nomads meet weekly at 9:15am at the Community House and car pool to a



destination in the wonderful country side of Melbourne. Then they go on a 8 -10km walk through nature, stopping for a bring your own lunch.

This is a very friendly group who explore bush parks and captivating walking locations. A moderate level of fitness is recommended to fully relish these outings. The Bush Nomads helps you stay fit, warm and active while enjoying nature in the company of like-minded individuals.

The walks for Term 2 commence on 28 April and cost \$2/ session.

With these wireless doorbells
sitting on their chargers your
doorbell will always work.



Happy Easter

It's Easter, a special time for Christians but is also a great time for everyone to spend time with family and friends. Also a good time to enjoy an Easter egg (or two).

If you like doing crafty things or have children or grandchildren looking for something to do at the end of the school holidays, how about painting Easter eggs.



Sets of plaster eggs and paint can be purchased from places such as Kmart. Or you can paint your own eggs.

Eggs can be hard-boiled or hollow.

To make a hollow (or blown) egg, make a small hole at the top and at the bottom of an egg. Then blow the egg through one of the holes into a bowl (remember save the egg for later to make scrambled eggs or do some baking).



Learn a new craft - leadlighting

Around the world there are some amazing leadlight windows such as Notre-Dame Cathedral's northern rose window. This was built around 1250 and is nearly 13 metres in diameter.



We are not suggesting that doing a Community House leadlighting course will mean you can make your own 13 metre rose window, but you will be able to make some lovely smaller items. Maybe a sun-catcher rose or a colourful sunrise.

Maybe a window with the name of our newest family member. This could be put on (or in place of) a window or put in a picture frame and hung on a wall.



The leadlighting course is on Thursdays and commences on 1 May. This is a great way to learn skills that will enable you to make fantastic colourful and unique objects for your own home or to give as very special gifts.

The cost of the course is \$360 for 10 weeks and each class runs for 3 hours (12:30pm to 3:30pm).

Coffee and Craft Group

Some of you may already have crafts you enjoy doing. And you find that doing a craft is a great way to relax. But doing crafts with others can also be very enjoyable.



The Community House Coffee and Craft Group is a group of fellow crafters who understand the needs of other crafters while enjoying a coffee.



The Group meets on Wednesdays and is a welcoming place to join fellow crafters knitting, painting and crafting together. You can engage in lively conversations, share stories, tips, and seek inspiration. Or you can enjoy silent companionship while you work on your project. It is a tranquil yet stimulating environment, a place where the scent of coffee (or tea) blends with the sounds of creativity.

Bring along your latest project and share your creativity with new friends while enjoying a morning of artistic indulgence and warm companionship.

Commences Wednesday 23 April 10:00am - 12:00pm and runs for 11 weeks. \$2 per session

Digital Literacy (Computer) Courses

Booking an appointment on line for a vaccination reminds us that we all need computer skills, even in everyday life. Some of us, particularly those in the older generation, may often call on the skills of our children or even grandchildren. But even young people may find they need to update their computer skills, especially if they are planning to enter the work force or to achieve a promotion at work.



The Community House is therefore pleased to offer **Basic** and **Intermediate** courses in computer literacy.

The Basic Course teaches basic computer skills and terminology. This helps participants learn to use the Internet, email and on-line services, even paying bills online. It is a fun and flexible course, perfect for anyone looking to gain confidence with computers.

The Intermediate course teaches file management, word processing, spread sheets, digital presentations and online meetings. These are essential skills needed in business but are also skills that can be applied at home. For example having an online meeting with friends and families who may be interstate or overseas. And it gives confidence in using computers whether you are young or old. Sometimes confidence is all you need to start learning new skills.

The **Intermediate Course** is on Tuesdays (9.30am - 12.00pm) and the **Basic Course** follows (12.30pm - 3.00pm). Both commence on 29 April and run for 8 weeks. These courses are delivered with Victorian and Commonwealth Government Funding for eligible people (includes Australian citizens living in Victoria, holders of an Australian permanent visa, etc). The cost is \$30 (or \$140 if not eligible for Government funding – check with the Community House Office for details).



Vaccinations

Did you know that you can obtain vaccinations at the North Ringwood Community House? This includes the flu vaccinations. To find out more and to book, type "Maroondah Vaccinations" in your computer. You will then be provided with a link to the National Immunisation Program.

This will give you information but you will then be asked to use the "Vitavo portal" to book an appointment. If you are a first time user of Vitavo, you will be requested to create an account. This account links you to the Australian Immunisation Register (AIR).

Unfortunately it takes some time to create a password and register and you will need to have your Medicare number. But once you have registered you can book your vaccinations at the Community House, or another place if that is closer.



Ringwood North Liveable Neighbourhoods Project



The Maroondah Council is conducting a survey to help prepare a plan for the future of the Ringwood North neighbourhood activity centre. It is one of the first focus areas for the Liveable Neighbourhoods Project designed to improve the quality of life for local communities within a walkable area. You can have your say on what you think a Liveable Neighbourhood looks

like in Ringwood North and what is important to you by completing the 10 minute on-line survey. All survey responses will remain confidential but contact details are required to go into a draw for a \$50 gift voucher (entries close 28 April).

Council is also inviting community members to a 2.5 hour workshop in May and you can express your interest in attending this workshop at the end of the survey.

Visit Council's website to complete the survey and to learn more about the Liveable Neighbourhoods Project.

www.yoursay.maroondah.vic.gov.au/liveable-neighbourhoods-ringwood-north.



How times have changed

Our computer course teaches how to use a modern computer. But have you thought how much computers have changed over the years? Today a small laptop has an internal memory of 500+ gigabytes. And a separate solid state hard drive starts at 1 terabyte (and costs around \$250).

But in 1956 a 5 megabyte IBM hard drive weighed more than 2,000 pounds and had to be loaded onto a plane by forklift.

For comparison 1 gigabyte is 1,000 megabytes. And 1 Terabyte is 1,000,000 megabytes.

Today, a digital photo can easily be over 5 megabytes. That means that in 1956 a 2000 pound computer hard drive could store only one modern photo.

