

Merry Christmas and Happy New Year

It's nearly Christmas and 2025 is just around the corner. So, a great time to celebrate with family and friends. Maybe celebrate with some friends you have made at the Community House. Even if you don't celebrate Christmas, it is still a good time to celebrate the warm weather and welcome in the New Year. Whatever you do, remember to have some fun and some quiet "me" time.

However, this time of year can also be very hard for some. So if you know someone who is struggling, remember to include them. Even just a phone call telling them that you care.

A couple of Christmas suggestions:

1. Reach out to a neighbour or friend

There may be a neighbour or friend who is lonely, so why not reach out to them for Christmas lunch or afternoon tea, or leave a little gift with a card on their doorstep to let them know you're thinking of them.



2. Be your own Christmas Santa – treat yourself

Christmas is a time for treats, so there's no better excuse for practicing the art of finding and doing what brings you joy. Prepare your favourite food, binge on your favourite TV series, go to a movie, create your own home health retreat, get lost in a good book, take a swim at the beach, or take a walk and indulge in the health perks of reconnecting with nature. And remember to book your next course/ activity at the Community House



On behalf of everyone at the North Ringwood House, have a great Christmas/holiday season and we look forward to seeing you next year.

From our Chief Executive Officer, Helen

A Warm Thank You to Our Incredible Community

As the year comes to a close, I want to take a moment to thank each and every one of you who has been a part of what makes North Ringwood Community House so special. Whether you've participated in a course, attended an event, or simply showed up, your presence is what truly makes our community thrive.



Community is the heart of everything we do. It's your stories, your involvement, and your dedication that shape this space, and for that, we are incredibly grateful.

It's been an amazing year, and we're excited for what the next one holds. Thank you for being with us, for your involvement,

**SEASONS GREETINGS
AND BEST WISHES FOR 2025**



and for helping create the community we are so proud of.

Wishing you all a joyful holiday season and a wonderful New Year ahead. I look forward to seeing you in the New Year!

Warm regards, Helen



Our Christmas Party – lots of fun and community connection

Community House opening times



The Community House opening times generally align with school terms. The House will therefore be closed from Thursday 19 December and reopening on Tuesday 28th January. Courses resume from 3rd February 2025.

However, you can still book courses on line or by email, so start planning next year's courses and activities.

Start Planning your courses and activities for next year

Its nearly 2025 and there are many things to do during January. So, it is the ideal time now to book next year's courses.

There may be courses you have already done and would like to continue, such as an exercise class. But there may also be others that you could try. For example, if you haven't done lead lighting, drawing or learnt a new language, then 2025 may be the year to try.

Start by looking at the course guide on the NRCH website on your computer. Go to the website www.nrch.org.au and click on "Programs".

Some courses teach new skills or help you improve your existing skills while others focus on fitness or social connection. Some, such as the Bush Nomads focus on both fitness and social connection. By the way, social connection means meeting people from your local community and having fun. Courses include:

- **Cryptic Crossword** - Brainstorm and nut out the clues needed to complete the weeks cryptic crossword.
- **Coffee & Craft Group** - Bring along your latest craft project, sip coffee and share your creativity with new friends.
- **Fab Group** – Meet and have fun with friends over different events during a fun social morning.
- **Bush Nomads Walking Group** - Walk a leisurely 8-10km (stopping for lunch) through nature with friends.
- **Monday Book Club** - Expand your literary horizons, challenge your perspectives, and indulge in the joy of reading.



There are also new courses for 2025 including:



Mixed Media Workshops.

- 4 hour sessions to create stunning pieces of art using a range of mixed media

Preserving Workshops

- 2 hour workshop where you will learn the art and science of making delicious preserves



Abstract Art

- Discover your inner artist and create works of art using different techniques and materials

Seated Dance Grooves

- This will get you moving and grooving to improve circulation and flexibility and strength

Mindful meditation

- Learn techniques to help improve stress, anxiety, relaxation. Sleep and blood pressure



Christmas Raffle



At our Christmas lunch the Christmas Raffle was drawn. This raffle is a way that the Community House raises some funds to support the community of North Ringwood. We therefore thank our sponsors who have provided the wonderful prizes.

Warren Glen Nursery
Target Chirnside Park
Costco Ringwood

Michael Sukkar MP
Bunnings Ringwood
Officeworks Ringwood



Congratulations to our prize winners:

1st prize - Ann (from Seated Yoga)
3rd prize - Eileen (from Fab Group)

2nd prize - Duh (from Cert III in Individual Support)
4th prize - Jan (from Yoga)

Garden

Thanks to the support of the Ringwood Men's shed our new garden is nearly ready. Plants have been purchased and are ready to be planted. But it is important to note that these will just be the start of the garden. Over time the Community House hopes that the garden will continue to evolve and that people will use the outdoor space. Maybe to just relax, read a book and enjoy a coffee. Or maybe have a party with family and friends.

To help this become a really used space the Community House is putting a BBQ in the undercover area and is exploring options to improve the surface. If you have ideas or would like to use the space please contact the office.



Chocolate and Raspberry Cheese Cake

At our Christmas lunch we were provided with some lovely food, but the highlight was the amazing Chocolate and Raspberry Cheesecake made by Jennifer. And as many people commented on it we asked Jennifer to provide the recipe. This means that you can make one (or more) for your guests at Christmas or take one with you when you go out.



Ingredients

- 2 x 160g pkt chocolate ripple biscuits
- 375g Philadelphia cream cheese (room temp)
- 70gm (1/3 cup) caster sugar
- 1 tbsp gelatine powder
- 300g fresh raspberries
- fresh baby mint sprigs or peppermint crisps to serve
- 80g butter, melted, cooled
- 125ml (1/2 cup) thickened cream
- 1 lemon rind, finely grated
- 60ml (1/4 cup) boiling water
- 60g Nestles Baker Choice dark choc melts) (melted)

Method

1. Process biscuits and butter in a food processor until well combined. Press over the base and sides of a 2.5cm deep, 13 x 36 rectangular fluted tart tin with removable base. Freeze for 15 min or until firm
2. Use electric beater to beat cream cheese, cream, sugar and lemon rind until well combined and sugar has dissolved.
3. In a small jug sprinkle gelatine over boiling water and whisk until dissolved. Add cheese mixture and beat until smooth
4. Fold through 200g raspberries. Spoon into tin, Chill in fridge for 4 hours or until set.

A holiday driving tip

Over Christmas and the New Year many people like to take a road trip, often with family. It's great to get out and enjoy the wonderful country we live in. But there are some drivers who are in a hurry and sit too close behind you. This is not only dangerous; it is also uncomfortable for you. And if you are towing a van you may want to pull over and let trucks and other vehicles safely pass.

You can wait until the next wayside stop or town, but did you know there are markers appearing on the side of some country roads that signify where it is safe to pull over. These are green reflectors on guide posts beside the road. Three reflectors signify that a safe place to pull over is approximately 500 metres ahead, two reflectors signify that the safe space is 250 metres ahead and one reflector is just before the safe place.



These were started by a truck driver (Rod Hannifey) as an aide for truck drivers to find a safe place to pull over if tired or to check the load etc. They are now in all Australian states apart from Tasmania and the number is constantly growing.

