

Health & Wellbeing



Arts & Craft

Digital Literacy



Accredited Training

Languages



Social Groups

North Ringwood Community House

Term 3, JUL - SEP 2025

Essential Oils - NEW

Learn about the uses & benefits of essential oils. Explore aromatherapy and topical application. Make a DIY blend to take home each week. Only top quality materials are used from trusted suppliers like doTerra.

All materials are included in the cost, payment is required minimum of 2 weeks' prior to class to allow for order of materials.

Saturdays, 30 August - 13 September, 10.00am - 11.30am (3 weeks)
\$195 (includes take-home blends)

Cheese Making - NEW

Dive into the creamy world of fresh cheesemaking in this hands-on, beginner-friendly workshop where you'll learn to craft four versatile and delicious cheeses from scratch: ricotta, paneer, mozzarella, and express halloumi. Guided by an experienced cheesemaker, you'll explore the simple science behind milk transformation (all recipes, except halloumi, can be adapted to lactose free milk). Cheese tasting included.

Thursday, 11 September, 12.30pm - 2.00pm
\$50 (includes ingredients)

Rail Safety & Awareness Presented by METRO

This FREE session, presented by Metro Trains, will cover the following topics:

- Myki purchase and top up, concession entitlements
- Journey planning, timetables, apps and websites
- Laws and etiquette, safety zones and assistance
- Metro Tunnel

Monday, 11 August, 1.30pm - 2.30pm

Bookings essential



35-39 Tortice Dve
Ringwood North



www.nrch.org.au



9876 3421

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, 9.30am - 10.30am

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, 8.00am - 9.00am **NEW**

Thursdays, 9.15am - 10.15am

Thursdays, 10.30am - 11.30am

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, 11.40am - 12.40pm

Tuesdays, 10.00am - 11.00am

HEALTH & WELLBEING 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

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

Seated Yoga

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

Mondays, 10.30am-11.30am

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, 9.15am - 10.15am **NEW**

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

For class dates visit
www.nrch.org.au

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, 9.30am - 12.00pm

8 weeks, \$30 (tuition fee

\$10, student services \$20)

50%
OFF

Digital Literacy (Intermediate)

Designed for individuals who already have a foundation in using computers —but want to go further. Through practical, hands-on learning, you'll gain greater confidence in file management, word processing, spread sheets, digital presentations and online meeting platforms.

Tuesdays, 12.30pm - 3.00pm

8 weeks, \$30 (tuition fee

\$10, student services \$20)

50%
OFF



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

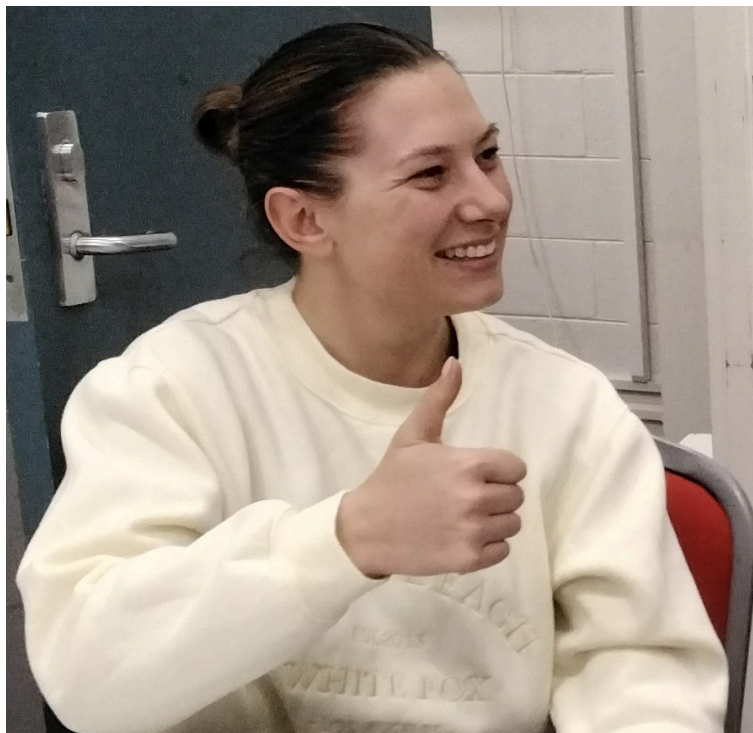
- Advanced

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 & CRAFTS

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

Wednesdays, 1.00pm - 3.00pm **NEW**

For class dates visit
www.nrch.org.au

SOCIAL GROUPS & SPECIAL INTEREST

\$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 21/7

Mondays, 10.00am - 1.00pm

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 (starts 21/7)

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

Uniting animalaid

North Ringwood Community House proudly supports these community organisations by collecting donations for 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!

For class dates visit our website.

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

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 or phone

9876 3421 for more information. RTO 6434

Park Orchards Community House & Learning Centre 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 TAE40122,
Diploma of Early Childhood Education and Care CHC50121
Call 9876 4381 for more information. RTO 4008



OTHER COMMUNITY HOUSES IN MAROONDAH:



Glen Park
Community Centre



Arrabri
Community House Inc.

ROOM HIRE

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 \$18 per hour.

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

Visit our website at www.nrch.org.au for more photos and information



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