



Course & Activity Guide

Term 4 2025

Art & Craft • Health & Fitness

Work Skills • Languages

Social Activities • Workshops

Accredited Training

Join us for our 50th ANNIVERSARY CELEBRATION

Sunday 16th November, 10am - 2pm
Everyone welcome

☎ 9876 3421

🌐 www.nrch.org.au



Health & Fitness

Bookings by the term, \$15 p/hour
(unless stated)

Strength & Balance

A low-impact, strength-focused workout using resistance bands to train muscle control, coordination, and flexibility. It's accessible, portable, and adaptable for all fitness levels
Tuesdays, 1.00pm - 2.00pm

Jungle Body : Get Low

A fun and supportive environment that combines movement, music, and motivation to help you feel strong, confident, and energised.
Fridays, 10.45am - 11.45am

Strong People Stay Young

This class focuses on building muscle tone, improving strength, and supporting overall fitness. Designed specifically for individuals aged 50 and over.
Thursdays, 8.00am - 9.00am NEW
Thursdays, 9.15am - 10.15am
Thursdays, 10.30am - 11.30am

Pilates

Build core strength, flexibility, and overall physical balance to improve your physical wellbeing and confidence.
Mondays, 9.15am - 10.15am NEW
Mondays, 7.30pm - 8.30pm
Wednesdays, 9.15am - 10.15am
Wednesdays, 10.30am - 11.30am
Thursdays, 6.30pm - 7.30pm

Zumba Gold

Enjoy interval-style cardio that helps build stamina, coordination, and overall fitness — all while having a great time moving to the rhythm
Mondays, 11.40am - 12.40pm
Tuesdays, 10.00am - 11.00am

All our exercise tutors are experienced and fully qualified fitness professionals dedicated to helping you achieve your goals.

Tai Chi

Our Accredited Tai Chi fitness instructor will guide you through slow, controlled movements that promote physical awareness, mobility, and calm, rhythmic breathing
Wednesdays, 12.20pm - 1.20pm
Wednesdays, 1.30pm - 2.30pm

Bush Nomads

These outings are a great way to stay active, explore new locations, and enjoy the company of like-minded walkers. Walks are 8 -10km long and a moderate level of fitness is recommended.
Mondays, 9.15am - 3.30pm
\$2 per session

Yoga

A holistic movement practice that combines physical postures, breathing techniques, and mindful focus. This guided session supports strength, flexibility, balance, and body awareness — suitable for all experience levels.
Tuesdays, 7.00pm - 8.00pm

Seated Dance

This energetic and inclusive class offers a great way to enjoy movement — all from a chair. It's ideal for anyone looking for a low-impact cardio workout that supports flexibility, coordination, and overall fitness.
Tuesdays, 11.15am - 12.15pm

Seated Yoga

This low-impact session includes seated poses, light movement, and mindful breathing to support flexibility, posture, and ease of movement
Mondays, 10.30am - 11.30am

Art & 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 stenciling to create unique and personal compositions.
Thursdays, 12.15pm - 2.15pm

Leadlighting

Create 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.
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, landscape hints, structural aspects, and shading techniques.
Wednesdays, 10.00am - 12.00pm

Watercolour for Beginners

A beginners look into the exquisite world of painting with watercolour. Start with basic drawing techniques and move in to watercolour painting using these new skills
Thursdays, 10.00am - 12.00pm



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

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



Work Skills

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

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

Introduction to Auslan

An introduction to 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 expressions of interest for 2026

OUR COURSES
HELP YOU REACH
YOUR GOALS, YOUR WAY.

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 from 6/10
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
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



Christmas Workshops

Bookings essential on 9876 3421

Cheese Making & Dinner Experience

Explore the simple science behind milk transformation to make ricotta, paneer, mozzarella, and express halloumi. Dinner- a paneer curry, is included.
Tuesday, 11 Nov, 6.30pm - 8.30pm
\$60 (includes ingredients)



Christmas Cookies

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
Saturday 15 Nov, 10.00am - 12.00pm

Preserving Workshop

Learn the secrets to making delicious preserves out of seasonal produce. Take home a jar of Cranberry Chutney, Spicy Eggplant Pickle, Onion Jam and Dessert Figs infused with Earl Grey
\$75 inc. all materials
Saturday 22 Nov, 10.00am - 12.30pm



Introduction to Turkish Cooking

Discover the process of making a range of Turkish dishes that are sure to impress on your Christmas table this year!
\$75 inc. all ingredients
Saturday 29 Nov, 10.00am - 12.00pm



Bug Hotel

This workshop is a hands-on event where participants learn about beneficial insects and create safe, inviting habitats for them.
\$5 inc. all materials
Saturday 25 Oct, 10.00am - 12.00pm



Christmas Decoration

This festive workshop is perfect for getting into the spirit of the season! Create your own unique hanging decorations from colourful oven baked clay
\$50 inc. all materials
Saturday 15 Nov, 1.00pm - 3.00pm

Lighted Christmas Garland

Bring warmth and sparkle to your home this festive season by crafting your own lighted garland made from paper, ribbon and string lights
\$25 inc. all materials
Saturday 22 Nov, 1.00pm - 3.00pm



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

For class dates visit our website.

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



Other Community House in Maroondah



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