



# Course & Activity Guide Term 2 2026

## COMMUNITY INFORMATION SESSIONS

We are pleased to share the following upcoming community education events. These sessions are designed to support safety, confidence, wellbeing and informed decision-making. Bookings Essential.

### Crime Prevention Presentation



Presented by Victoria Police

Tuesday 19 May 2026 10.00 am Morning tea provided  
Join local Crime Prevention Officer Kate Isherwood from the Proactive Policing Unit (Eastern Division 2) for practical advice on reducing risk, improving home security, and staying safe in the community.

### DIY Basics & Using Power Drills



Presented by Bunnings

Thursday 11 June 2026 10.30 am Lunch provided  
A practical, hands-on session covering essential home maintenance skills and safe use of power drills. Ideal for beginners wanting to build confidence with basic tools.

### Financial Planning for Retirement



Presented by Prime Care Financial Planning

Tuesday 21 July 2026 10.00 am - 12 pm Refreshments provided  
An informative session exploring key considerations when planning for retirement, including financial readiness, lifestyle planning and next steps.

9876 3421

[www.nrch.org.au](http://www.nrch.org.au)

Art & Craft • Health & Fitness  
Work Skills • Languages  
Social Activities • Workshops  
Accredited Training

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](mailto:admin@nrch.org.au) Web: [www.nrch.org.au](http://www.nrch.org.au)

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

Facebook: [www.facebook.com/NorthRingwoodCHI](http://www.facebook.com/NorthRingwoodCHI)

Instagram: [www.instagram.com/northringwoodcommunityhouse](http://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)

Contact [linda@nrch.org.au](mailto:linda@nrch.org.au) or phone 9876 3421 for more information.  
RTO 6434



## Other Community Houses in Maroondah:



## Room Hire

NRCHI offers an extensive range of rooms & 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](http://www.nrch.org.au) for 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



## Social Groups

\$2 per week per class (unless stated), light refreshments provided

### Italian Social Morning - NEW

A social morning to chat with other Italian speakers, helping you keep your vocabulary and pronunciation skills sharp. Play card games, listen to Italian music, discuss culture, heritage and food plus more!  
Tuesdays, 11.00am- 12.00pm

### 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 20/4  
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  
1.30pm - 2.30pm

### Coffee & Craft

Join fellow crafters knitting, crocheting, and crafting together. Engage in lively conversations, sharing stories, tips, and enjoying a welcoming atmosphere whilst you work on your individual piece.  
Wednesdays, 10.00am - 12.00pm

### Fab Group

Enjoy trivia, crafts, guest speakers, outings and more in a relaxed and fun setting. Make new friends and have a great time!  
Thursdays, 10.00am - 12.00pm

### Monday Playgroup

This community-led group is a great way for children to play, explore, and make friends while parents and carers connect over a cuppa. We'll have a changing selection of toys each week thanks to the Maroondah Toy Library.  
Mondays 10.30am- 12.00pm



## Workshops

### Baklava & Gozleme Workshop

Our Baklava & Gözleme Workshop is a hands-on cooking experience where participants learn how to make two beloved dishes from Turkish cuisine: Baklava (a sweet nut layered pastry) and Gözleme (a savory stuffed flatbread). Take your dishes home to share with family and friends.  
Wednesday, 27<sup>th</sup> May 12.30pm-2.30pm  
\$75 includes all ingredients.

## Wiser Driver

A four-week education program designed to help older drivers develop techniques and skills to become safer and wiser drivers, update road rules knowledge, improve road safety skills, and boost confidence. It covers vehicle safety, health impacts, and local road updates through small-group sessions.  
Thursdays, 30th April (4 weeks)  
12.30pm-2.30pm  
\$20, includes afternoon tea



You're invited to join us for a FREE LUNCH to celebrate

**Neighbourhood House Week**  
WEDNESDAY  
MAY 13th @ 12pm

Please RSVP on 9876 3421



## Work Skills

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)

### 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, 9.30am - 12.00pm  
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 Semester 2

### General English for Everyday Life

#### (English Language and Literacy) - NEW

This course is perfect for people with limited English, literacy, or numeracy skills who want to build confidence in a relaxed and welcoming environment. In this class, you will practice speaking, listening, reading, and writing English for everyday life, further study, and future employment. You will also revise important basics like the alphabet, numbers, and greetings, helping you feel more confident using English in real-life situations.

There are no tests or assessments—just practical learning at your own pace with the support of an experienced teacher.  
Wednesdays, 10.00am - 1.00pm  
10 weeks, starting 14<sup>th</sup> May 2026  
\$20 (tuition fee \$10, student services \$10)

### Introduction to Home Services

This program equips learners with essential job-ready skills, including a guaranteed job interview. Gain an understanding of Health Services and Home Support including legal and ethical considerations in the home setting, importance of infection control, communication and practical skills.  
Wednesdays, 9.00am (during school hours, BYO lunch)  
12 weeks, starting 13<sup>th</sup> May 2026  
\$40 (tuition fee \$20, student services \$20)

### Skills for Work - Aged Care Level 1

Designed to develop industry-specific literacy & numeracy skills for the aged care sector. Gain knowledge and understanding of different roles, duties and responsibilities for an aged care worker. Examples of topics include: duty of care, workplace communication, WHS & safe work practices  
Mondays, 9.00am - 3.00pm  
12 weeks, \$40 (tuition fee \$20, student services \$20)



## Health & Fitness

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

### Chair Pilates - NEW

A low-impact workout using a chair as a prop to support, challenge, and deepen traditional Pilates movements. Designed to assist with strength, flexibility, posture, and balance  
Fridays, 9.30am - 10.30am

### 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

### Strong People Stay Young

This class focuses on building muscle tone, improving strength, and supporting overall fitness. Designed specifically for individuals aged 50+.  
Thursdays, 8.00am - 9.00am  
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  
Mondays, 7.35pm - 8.35pm  
Wednesdays, 9.15am - 10.15am  
Wednesdays, 10.30am - 11.30am  
Thursdays, 6.30pm - 7.30pm

### Zumba Gold

Our lively Zumba Gold class is a fun, energising workout with easy-to-follow dance moves. This session is designed to offer a lower-impact, moderate-intensity workout perfect for all fitness levels.  
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.*

## 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 watercolours, 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

### Mandarin Beginners - NEW

A gentle, practical, and confidence-building introduction to the Chinese language. Taught by a qualified and experienced Mandarin tutor.  
Thursdays, 7.00pm - 9.00pm



Register for our FREE trial Mandarin class on Thursday 30<sup>th</sup> April, 7pm

### 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.  
Mondays, 6.00pm - 8.00pm

### Italian Intermediate

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!  
Tuesdays, 6.00pm - 8.00pm