



North
Ringwood
Community
House

Course & Activity Guide Term 3 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.

Financial Planning for Retirement



FREE

Presented by Prime Care Financial Planning

Tues 21 July 2026 10.00am – 12pm Refreshments provided

An informative session exploring key considerations when planning for retirement, including financial readiness, lifestyle planning and next steps.

Housing Options As We Age



FREE

Presented by Seniors Rights Victoria

Tues 18 August 2026 11.00am – 12pm Refreshments provided

An overview of housing choices in later life, including retirement housing, residential care, rights, and protections.

Wills & Powers Of Attorney



FREE

Presented by Eastern Community Legal Centre

Tues 20 October 2026 10.30am – 12pm Light lunch provided

This session covers the importance of having an up-to-date will and understanding different types of powers of attorney, including how and when they operate.

9876 3421

www.nrch.org.au



SCAN ME
FOR OUR WEBSITE

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 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 qualification. 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 or phone 9876 3421 for more information.
RTO 6434



Other Community Houses 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 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

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 13/7
10.00am - 1.00pm

NRCH 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 or
4th Wednesday of the month - NEW
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



Special Interest

Guitar With Dom - NEW

A problem-solving guitar lesson focused on your current challenges. Improve your strumming, fingerstyle, technique or overcome a specific obstacle. Tutor Dom has over 50 years experience to share with you. For steel-string or nylon-string acoustic guitarists with prior playing experience.
Wednesdays, 2.00pm - 3.00pm
\$80 for 8 weeks, starting 15 July

Preserves Workshop

Make the most of abundant citrus in winter to make preserves to enjoy year-round. Think chunky marmalade, preserved lemons and other delights! And you get to take home a jar of each preserve made on the day.
Monday, 10 August 1.00pm-3.30pm
\$80 (includes all ingredients).

Cheese Making Workshop

Explore the simple science behind milk transformation to make ricotta, paneer, mozzarella, and express halloumi. Cheese tasting included.
Monday, 31 August, 1.00pm - 2.30pm
\$50 (includes ingredients)

From Waste to Taste

Make the most of your shop, storage and cooking of food. Discover practical tips and tricks to reduce food waste, minimise soft plastics, and extend the shelf life of your food. This engaging session includes storing herbs, utilising your freezer, and making smart choices at the supermarket. Take home your own salt seasonings
Thursday, 27 August, 1.00pm - 2.30pm
FREE *bookings essential



Parkwood Hub Community BBQ
Add Saturday 24th
October to your schedule so you don't miss our Community BBQ day!

Work Skills

OUR COURSES
HELP YOU REACH
YOUR GOALS, YOUR WAY.

Digital Literacy (Beginners)

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 Semester 2

Learn English (English Language and Literacy)

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.
Thursdays, 10.00am - 1.00pm
10 weeks
\$20 (tuition fee \$10, student services \$10) *taking expressions of interest for term 3

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, \$40 (tuition fee \$20, student services \$20) *taking expressions of interest for term 3

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
16 weeks, \$40 (tuition fee \$20, student services \$20) *taking expressions of interest for term 3



Health & Fitness

Bookings by the term, \$16 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

Strong People Stay Young

This class focuses on building muscle tone, improving strength, and supporting overall fitness. Designed specifically for individuals aged 50+
Tuesdays, 11.15am - 12.15pm (with Nicola) - **NEW**
Thursdays, 8.00am - 9.00am
Thursdays, 9.15am - 10.15am
Thursdays, 10.30am - 11.30am

Pilates

Build core strength, flexibility, and overall 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.



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
Saturdays, 9.30am - 10.30am - **NEW**

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 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

Jungle Body : Get Low

A fun and supportive class that combines dance, cardio, boxing, and body-sculpting to help you feel strong, confident, and energised while the upbeat music helps keep you motivated. The workouts are designed to be easy to follow, even for people with little dance or fitness experience.
Fridays, 10.45am - 11.45am

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

A gentle, practical, and confidence-building introduction to the Chinese language. Taught by a qualified and experienced Mandarin tutor.
Thursdays, 6.45pm - 8.45pm

Spanish Language

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, 5.45pm - 7.15pm
- Conversation
Mondays, 7.30pm - 9.00pm

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

