



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

NRCH 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



Christmas Workshops



Wrap It Green - Bees Wax Wraps & Festive Low Waste - FREE

Join us for a hands-on workshop and learn to make your own reusable
beeswax wraps (makes a great handmade present). You'll also pick up
plenty of fun, practical tips for making your festive celebrations kinder
to the planet.

Thursday, 5 Nov 1.00pm - 3.00pm Presented by Maroondah
City Council

Finger Knit A Throw Rug Workshop

In this cosy, creative workshop you will learn how to make a soft,
chunky throw using your fingers instead of traditional knitting needles.
Complete a full throw rug in one lesson. Perfect as a Christmas gift!
Saturday, 7 Nov 1.00pm - 3.30pm \$50 (BYO yarn)

Flower Wreath Workshop

This is a hands-on creative experience where you'll design and create
your very own beautiful wreath using high-quality artificial flowers. A
timeless piece you can proudly display throughout the festive season
and enjoy for many years to come.

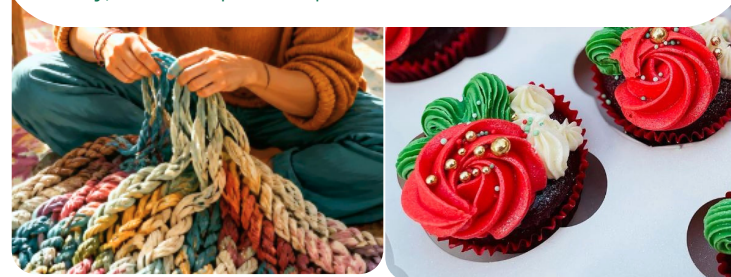
Saturday, 14 Nov 1.00pm-3.30pm \$70 (includes all materials).

Christmas Cookies Workshop

Get creative and decorate your very own pre-made biscuits with
fondant icing! Stamp out your favourite designs, then add your
personal touch with food-safe paints, sparkles and plenty of edible
bling. A fun and festive activity that's almost too pretty to eat!
Saturday, 21 Nov 1pm - 4pm \$50 inc. all materials

Christmas Cupcake Workshop

Learn the art of swirling, piping and accessorising pre-baked cupcakes,
and create your own beautifully decorated treats—perfect for sharing
and enjoying at your Christmas celebrations!
Saturday, 5 Dec 1.00pm - 3.00pm \$60 inc. all materials



COMMUNITY CHRISTMAS BBQ

Join us for our Community
Christmas BBQ!

Great food, raffles, music and
friends

SATURDAY,
NOVEMBER 28th
12.30pm - 2.30pm

Please RSVP on 9876 3421
by Monday 23 Nov

Friends are welcome too!

CHECK INSIDE FOR CHRISTMAS WORKSHOPS



9876 3421



www.nrch.org.au

Work Skills



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 4

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 4

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 2027



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 4

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)

Special Interest

Poetic Expression - NEW

Breathe fresh life into your world, experiences and emotions through poetic expression. A chance to slow down, be inspired and discover the joy of poetry — no experience necessary, just an open heart and a little imagination. Tuesdays, 27 Oct - 17 Nov 1.30pm - 3.00pm \$60 for 3 weeks

Guitar With Dom

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. Tuesdays, 9.30am - 10.45am \$100 for 10 weeks

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 5/10 10.00am - 1.00pm \$2 per session



Health & Fitness

Bookings by the term, \$16 p/hour (unless stated)

Indoor Boot Camp - NEW

Our Indoor Boot Camp sessions are high-energy group workouts combining cardio, strength, and functional exercises in short, challenging intervals. Different routines and workouts will help you keep focused and having fun! It's fast-paced, motivating, and enjoyable! Mondays, 7.00pm - 8.00pm

Strong People Stay Young

This class focuses on building muscle tone, improving strength, and supporting overall fitness. Activities and exercises change weekly to help keep you engaged and stay motivated. 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

Our mat pilates classes are performed mainly on a mat, using your body weight and controlled movements. It focuses on:

- Core strength — especially the deep abdominal muscles
- Posture and alignment — improving how you hold and move your body
- Flexibility and mobility
- Balance and coordination
- Controlled breathing
- Muscular endurance

Mondays, 9.15am - 10.15am 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



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

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 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

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

Yoga

A 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

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

GARDENING CLUB: We are looking for avid gardeners interested in attending a fortnightly Gardening Club to help maintain our beautiful outdoor area. We'd love to hear from you!



Art & Craft

Bookings by the term, \$12 p/hour

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

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. Learn the four tones, practice pronunciation, grammar, listening and speaking. Taught by a qualified and experienced Mandarin tutor. Thursdays, 6.45pm - 8.45pm

Spanish Language

Our native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at Spanish 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 help you gain the confidence and skills needed to carry a conversation like a native Italian! Prior experience in basic Italian is required for this class. Tuesdays, 6.00pm - 8.00pm

Social Groups

Italian Social Morning

A social morning to chat with other Italian speakers. Play card games, listen to Italian music, discuss culture, heritage and food plus more! Tuesdays, 11.00am- 12.00pm

NRCH Book Club

Our monthly book club offers a wonderful opportunity to explore new genres and authors 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. Share stories and crafting 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