North Ringwood Community House

July 2026

Newsletter

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It's winter and term 3 begins!

Wow, it is July already and the cold weather of winter has started. So, if you haven't already, it's time to book some activities at your Community House. And we will make sure the rooms are warm. Details of our courses are available on our website or call into the Community House and you can pick up a program.

Maybe in the cold weather an exercise class would be just what you need. Sitting in a warm home watching TV can be relaxing. If you are working from home, you can also keep warm. But after sitting watching TV, reading a book or looking at your computer you do need to get up and move and an exercise class at your community house may be just what you need.

- Pilates
- Strength and Balance
- Strong People Stay Young
- Seated Yoga
- Yoga
- Jungle Body Get Low
- Tai Chi
- Zumba Gold





Classes are on different days and times so there may be one that suits you. Even if you are working from home, you may be able to take an hour off to enjoy a class. For example, there is a Strong People Stay Young course early Thursday morning 8:00am and a new session on Tuesdays at 11:15am. This is a strength training program designed specifically for people 50 and over.



Tai Chi is now also offered on Saturday mornings (9:30 - 10:30), the perfect way to start your weekend.

Another way to stay warm and enjoy the company of others is to join the Bush Nomads. This is a friendly walking group that goes on weekly walks of 8-10 km through some of our beautiful bush parks and natural areas. Walks require just a moderate level of fitness and there is a lunch stop where you can enjoy your own (bring your own) lunch. The Nomads meet at the Community House on Mondays at 9:15am and carpool to different locations.



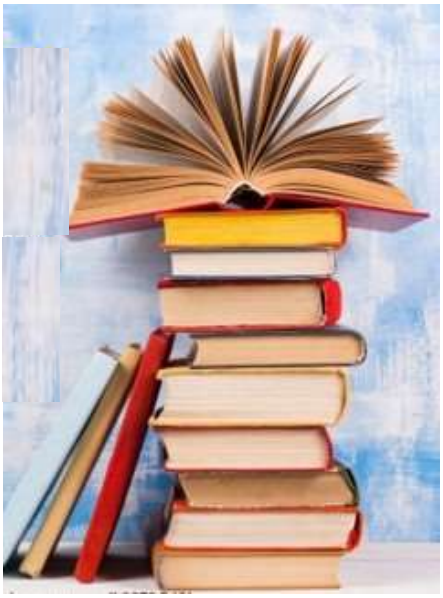
This is a great way to stay active, explore new locations, and enjoy the company of like-minded walkers and costs just $2 per walk, plus a contribution for fuel for those carpooling.

Guitar with Dom

Do you play a guitar, either steel-string or nylon string acoustic guitars and would like to improve and practice your skills? Dom has over 50 years of experience to share with you and is offering courses on Wednesdays (2:00 – 3:00pm) for 8 weeks.



Book Club



Do you enjoy reading and would you like the opportunity to discuss those books with other keen readers? Then come and join the Wednesday Book Club.

Join fellow book lovers in a cosy setting, where you can discuss your books, sip your favourite drink, and engage in lively conversations. Dive deep into themes and characters, enhancing your understanding and appreciation of the text.

The Book Club connects individuals with a shared love for literature. It also forms friendships and swap book suggestions while challenging perspectives, broadening literary horizons, and growing the joy of reading

The Wednesday Book Club held once a month on the fourth Wednesday (1:30 - 2:30pm). The cost is $2 per session

One Off Special Workshops

Each Term your Community House offers special one-off activities. Some of these are specialist cooking or food related courses while others offer important skills or learning activities. This Term we have four interesting and very relevant courses. So, if you want to attend any of these, register now.

Financial Planning For Retirement

An informative session exploring key considerations when planning for retirement, including financial readiness, lifestyle planning and next steps. Refreshments provided
Presented by Prime Care Financial Planning

Tuesday, 21 July, 10.00am – 12pm FREE *bookings essential

PrimeCare FINANCIAL PLANNING
Independent Aged Care Financial Specialists



Citrus Preserving Workshop

Do you have a citrus tree that gives you lots of fruit? Or do you just like citrus and would like to learn how to preserve it? Then come and learn the art and science of making delicious preserves out of citrus produce.

You can then enjoy the abundant citrus in winter to enjoy year-round. Think about chunky marmalade, preserved lemons and other delights!

The workshop is to be held on Monday August 10 (1:00pm - 3.30pm)
Cost is $80 and this includes all ingredients. And you get to take home a jar of each preserve you made.

From Waste to Taste



In this workshop will discover practical tips and tricks to reduce food waste, minimise soft plastics, and extend the shelf life of your food. It will discuss storing herbs, using your freezer and making smart choices when shopping. This will not only save you money and give you great cooking tips, it will also save food going to land waste. A win for you and the environment.

Thursday, 27 August, 1.00pm -2.30pm FREE *bookings essential

Cheese making

Do you enjoy cheese and would you like to make your own? In this beginner friendly workshop, you will dive into the creamy world of fresh cheesemaking and learn how to craft four versatile and delicious cheeses from scratch



- Ricotta – used for a toast topper or for cooking
- Paneer (lemon cheese) – used in Indian curries as a meat substitute
- Mozzarella – great for pizza and pasta dishes
- Halloumi - a wonderful cheese for frying

The course will explore the simple science behind milk transformation to achieve different textures and tastes (all recipes, except halloumi, can be adapted to lactose free milk)

Monday 31 August (1:00 - 2:30pm) Cost $50.

Housing Options As We Age

This session will be presented by Seniors Rights Victoria and will discuss retirement housing, residential care, rights, and protections. It will also provide an overview of housing choices in later life, including retirement housing, residential care, rights, and protections.

The presentation will help you make informed decisions and give you a better understanding of your legal rights.

Seniors Rights Victoria is a specialist Community Legal Centre and a member of the Victorian Federation of Community Legal Centres and the national association, Community Legal Centres Australia.

Seniors Rights Victoria advances the rights of older people and works to prevent elder abuse.

Seniors Rights VICTORIA

The presentation will be on Tuesday, 18 August (11:00 - 12:00) and includes refreshments. This is a free event but Bookings are essential

Term 3 Course & Activity Guide

SCAN ME FOR OUR WEBSITE

The courses and activities above are just some of those available in Term 3. For a full list you can open the North Ringwood Community House website and go to **Browse programs online** or **download the course guide**. To open the website, scan the QR code or type in www.nrch.org.au

Then you can read about all this term's courses and activities. Or call in to the Office and pick up a paper copy to read. And remember to book soon as many courses fill up quickly.

Community Value Report

Each year Neighbourhood Houses Victoria prepares a report that estimates the value in dollars of each Community House. The 2025 report was recently released and calculated that the value (in dollar terms) of the North Ringwood Community House was $4,928.760.

The number was calculated taking into account values assigned to the improved quality of life of people and the value of adult education. The report also noted that this was achieved with a total income of just $588,177. That means every dollar of income returns $8.38 of value back to the community.

Of course, putting a financial figure on outcomes is just one way of determining value. The actual value of community connection, quality of life, etc can be priceless to many. But it does provide a way of highlighting the value of Community Houses such as the North Ringwood Community House. It also enables the value of the Community House to be presented to our supporters.



So, thanks to our amazing staff, volunteers and trainers. You are all amazing.

Christmas In July



As the cold winter settles in maybe it is time to plan to invite your friends and/or family over for a **Christmas in July** lunch or dinner. In Australia, we do have great Christmas celebrations on warm days with family and friends.



Meanwhile, in the Northern hemisphere, Christmas is often celebrated with snow, warm fires, hot meals and even mulled wine.

Wouldn't it be nice to share a similar hot roast dinner, plum pudding and even some mulled wine with friends, as they do in the Northern hemisphere? So why not organise a Christmas in July lunch or dinner on July 25th (or some other date in July). This could be at your place or someone else's. Or it could be at a restaurant or pub. There are many places planning Christmas in July functions.

If you decide to host the meal yourself, you could ask each of your guests to bring a contribution (eg. pre-dinner nibbles, entrée or dessert). Then you just need to make the main course.

To find a place having a Christmas in July dinner, look around at your local restaurants and pubs or search for "Christmas in July" on your computer.

Christmas in July gifts. Many of us don't need any more random gifts, we already have enough things we don't need. So, give every guest the name of one other guest to buy a gift for up to the value of $10. Then recommend they purchased the gift from a local op-shop. And the person who receives the gift can then donate it to their local op-shop, unless they really want to keep it.

Queen Victoria Market is running a Winter Night Market every Wednesday until 26 August from 5 -10pm