

Health & Fitness

Tai Chi For Health

Improves muscle tone, strength, fitness, joint flexibility, balance and coordination. Suitable for everyone including arthritis sufferers. Qualified Tai Chi instructor.

Date: Wed 10th Oct x 10 weeks
Time: 12:15pm - 1:15pm
Cost: \$125 Conc: \$120
Time: 1:30pm - 2:30pm
Cost: \$125 Conc: \$120

Pilates

Build greater endurance, strength and flexibility to create harmony within your body. Suits any age or fitness level. BYO yoga mat. Qualified Pilates Instructors.

Date: Wed 10th Oct x 10 weeks
Time: 9:15am - 10:15am or
Time: 10:30am - 11:30am
Cost: \$125 Conc: \$120
Date: Thu 11th Oct x 10 weeks
Time: 6:00pm - 7:00pm or
Time: 7:00pm - 8:00pm
Cost: \$125 Conc: \$120

Belly Dancing

Belly dance is an ancient art of expression. The course will include a vocabulary for belly dance and a simple way to use the language to express yourself. Included are choreographed steps, free dancing, fun and fitness. Low to medium impact on body, suitable for all ages.

Date: Mon 8th Oct x 9 weeks
No class 5th Nov
Time: 1:00pm - 2:00pm
Cost: \$113 Conc: \$108

Maroondah Houses

Arundel
Community House Inc.



42 Almbanan Drive, Baywater North
(03) 9720 0877 arundel@arundel.org.au
www.arundel.org

Bedford Park, Rosewarne Lane, Ringwood
(03) 9870 2602 info@ccrnc.org.au
www.ccrnc.org.au



30 Glen Park Road, Baywater North
(03) 9720 5097 info@glenparkcc.com.au
www.glenparkcc.com.au



76 - 86 Croydon Hills Dr, Croydon Hills
(03) 9722 8942 info@yarrunga.org.au
www.yarrunga.org.au

The Staff and Committee of North Ringwood Community House send our best wishes for the Festive Season and coming year.

Please note the office will be closed
Wednesday 19th December, 2018 and reopen
Monday 21st January, 2019.



Zumba Gold

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love but at a lower intensity. Qualified Zumba Gold Instructors.

Date: Tue 9th Oct x 8 weeks
No class 6th Nov & 20th Nov
Time: 11:30am - 12:30pm
Cost: \$101 Conc: \$96
Date: Fri 12th Oct x 9 weeks
No class 23rd Nov
Time: 1:00pm - 2:00pm
Cost: \$113 Conc: \$108

Hatha Yoga

Our yoga classes are a gentle flow of poses with synchronised breath, calming and ideal for reducing stress. Suitable for all ages and fitness levels. Experienced and qualified yoga teacher.

BYO yoga mat
Date: Tue 9th Oct x 8 weeks
No class 30th Oct & 6th Nov
Time: 7:00pm - 8:00pm
Cost: \$101 Conc: \$96
Time: 8:05pm - 9:05pm
Cost: \$101 Conc: \$96

NEW - Chair Yoga

This new 60 minute class is suitable for all and is especially designed for you if you still like to move and connect with your body but are finding it difficult to get up and down from the floor. The class is chair-based and offers a beautiful combination of yoga based movements, breath awareness and relaxation.

Date: Mon 8th Oct x 9 weeks
No class 5th Nov
Time: 10:30am - 11:30am
Cost: \$113 Conc: \$108

Strong People Stay Young

Strength training - ideal for people 50+ years. Aids in body toning, strength and weight loss. Helps to prevent osteoporosis. Experienced Vic. Fit Instructors. BYO leg weights and yoga mat.

Date: Mon 8th Oct x 9 weeks
No class 5th Nov
Time: 6:00pm - 7:00pm
Cost: \$113 Conc: \$108
Date: Thu 11th Oct x 10 weeks
Time: 8:30am - 9:30am
Cost: \$125 Conc: \$120

The House

North Ringwood Community House is a non-profit organisation whose core business is to offer support for all people who wish to develop personal or professional skills, whilst providing an avenue for social and recreational interaction in secure and non threatening surroundings.

House Staff

Manager: Helen Ferguson
Receptionist: Gaye Angus
Administration Officer: Holly Edgar
Finance Administrator: Yanti Tanto
VCAL Coordinator: Julie Reid
Training Coordinator: Linda Pedersen
Cleaner: Jennifer Deakin

Committee of Management

Chairperson: Steve Allen
Vice Chairperson: Ron Barker
Secretary: Pat King
Treasurer: Chengchen Wang
General Member: Yuyun Jiang

Enrolments

Save time and fill in your enrolment form online at www.nrch.org.au

OR phone us on **9876 3421**.

North Ringwood Community House
PO Box 2489, Ringwood North 3134

- Fees to be paid in full at the beginning of term.

- A fee reduction of no more than two classes per term will be made where you expect to miss classes for holidays or other obligations. (No reduction for classes marked with a Learn Local logo).

Refunds will be given if:

1. Class is cancelled by the Community House - we refund fees in full.
2. You cancel your enrolment at least 7 days prior to course commencement. This will be less \$15 non-refundable deposit.
3. No refunds given if student cancels within the week prior to or after class commences.

Materials: Before purchasing materials check that your class is going ahead.

How to find us:

Melways Reference:
Map 35 K12
From Ringwood Station take Bus 364



NORTH RINGWOOD COMMUNITY HOUSE Inc.

TERM 4

Course Guide Oct - Dec 2018



Nationally Accredited Qualifications



NATIONALLY RECOGNISED
TRAINING

SIR20216 Certificate II in Retail Services
CHC33015 Cert III in Individual Support
(Ageing & Home and Community)
CHC43115 Certificate IV in Disability
CHC43415 Certificate IV in Leisure & Health
CHC53415 Diploma of Leisure & Health
CHC52015 Diploma of Community Services

Nationally Accredited courses at North Ringwood Community House are offered under both fee for service and funded places.

Training delivered with Victorian State & Commonwealth Government Funding
For details of Victorian Skills First support for students go to <https://www.education.vic.gov.au/skillsfirst/Pages/students.aspx>

For more information or details call the Accredited Training Coordinator on 9876 3421

VCAL

Has your child experienced barriers in, or to, accessing education? Would your child thrive in a small, individualised learning environment? If so, check out our VCAL program.

The Victorian Certificate of Applied Learning (VCAL) is a senior secondary certificate and is an alternative to VCE. Students who do VCAL are more likely to be interested in training at TAFE, doing an apprenticeship or going straight into the workplace after formal schooling.

Please visit www.nrch.org.au for more information about the VCAL Program that NRCH offers.

Registered Senior Secondary
Provider No. SSP69

Phone: (03) 9876 3421
Email: vcal@nrch.org.au

Pre-Accredited Training

Professional Creative Writing

code 18VOCPROFCW
Learn research, writing and editing skills to create a folio of work, together with insights on submitting work for publication. Students will work at their own pace. Minimum Year 10 English and good communication skills are recommended. Cost includes manual.
Date: Tue 16th Oct Jul x 8 weeks
Time: 7:00pm - 9:30pm
Funded Cost: \$85
Fee For Service: \$182
Date: Wed 17th Oct x 7 weeks
No class 7th Nov
Time: 9:30am - 12:30pm
Funded Cost: \$86
Fee For Service: \$191



Essential Skills for Business Administration

code 18ESBUSINESS
Refresh or learn new business administration skills that will help you get that job! Participants will gain a solid, working knowledge of Microsoft Office Suite, understanding mail merge principles, developing a powerpoint presentation and building a resume.
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 9:30am - 12:00pm
Cost: \$78 (incl. notes)
Date: Wed 17th Oct x 8 weeks
Time: 12:30pm - 3:00pm
Cost: \$78 (incl. notes)



Developing Skills for Finding Employment

code 18ALNSKILLS
Self-paced job-ready course designed to teach participants how to source employment opportunities, look at job options, qualifications, prerequisites and understanding employment lingo. Participants will also work on developing cover letters, resumes and answering interview questions.
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 12:30pm - 3:00pm
Cost: \$68 (incl. notes)



Computers - The Beginning

code 18ESCOMPBEG
Gain skills and confidence in a fun and relaxed atmosphere. Introduces mouse and keyboard secrets, files, folders and the internet.
Date: Wed 17th Oct x 8 weeks
Time: 9:30am - 12:00pm
Cost: \$63



Word & Excel

code 18ESWORDEX
Increase your computer skills using Microsoft Office products. Learn Word to create letters and reports, format documents, use mail merge tools and create labels. Using Excel you will create spreadsheets, simple formulas, learn to draw graphs and create tables. Ideal for home or office. Prerequisite: basic computer skills.
Date: Tue 16th x 8 weeks
No class 6th Nov
Time: 9:30am - 12:00pm
Cost: \$63
Time: 7:00pm - 9:30pm
Cost: \$63



Computers - Moving Ahead

code 18ESCOMAHE
This is the next step from Computers - The Beginning or those with basic computer knowledge. Includes an introduction to Word, Excel and Powerpoint and understanding files and folders. Learn at your own pace in a relaxed environment.
Date: Tue 16th Oct x 8 weeks
No class 6th Nov
Time: 12:30pm - 3:00pm
Cost: \$63



Permaculture Design Course by Pete the Permie (in partnership with North Ringwood Community House)

code 18INTROHORT34
Pete the Permie and his team will conduct an 80 hour course covering the full PDC at Central Ringwood Community Centre. The course will be held on Thursdays and three Saturdays, at the site of a developing new Community Garden.
More info on course content can be found at www.petepermie.com or contact Central Ringwood Community Centre on 9870 2602 to book.
Date: 11th Oct to 13th Dec, Time: 9am-4.30pm
Cost: \$495



MaroonDAH Immunisations

A free immunisation service for babies, children and adults based on the national immunisation program at North Ringwood Community House on;
Oct 23rd & 25th,
Nov 22nd & 27th
Visit www.maroonDAH.vic.gov.au for more information.

Seniors Festival

Victorian Seniors Festival

This year for the 2018 Victorian Seniors Festival, North Ringwood Community House are celebrating by offering you **FREE** activities during the week.

Limited places available so you will need to book quickly!

Bush Nomads

Great social walk of 8-10kms with an experienced leader. Bring along your own lunch and wear sturdy shoes for the walk.
Date: Monday 8th October
Time: 9:15am - 3:30pm

Belly Dancing

Come along and experience the beautiful art of expression that is belly dancing.
Date: Monday 8th October
Time: 1:00pm - 2:00pm

Coffee & Craft

Come along for a cuppa and enjoy the company of others while you work on your craft projects. This social group is fun, social and welcoming and will create a space where you will feel supported and make new friends. Morning tea provided.
Date: Wednesday 10th October
Time: 10:30am - 12:30pm

Rummikub

Want to join a fun and welcoming group to play Rummikub - a tile based game which is addictive and interesting. Afternoon tea provided.
Date: Wednesday 10th October
Time: 1:00pm - 3:00pm

To book your place, email admin@nrch.org.au or phone us on (03) 9876 3421.

Victorian
Seniors
Festival
October
2018

Christmas Workshops

Christmas Word Decorating

Join Betha and decorate Christmas words to bring the festive spirit to your home. Day: Friday 7th Dec
Time: 10:30am - 12:00pm
Cost: \$10
Materials: \$15 payable to trainer on day



Copper Foiling Christmas Decorations

Join Noel for a Christmas themed workshop making copper foil Christmas Decorations. BYO Lunch
Day: Saturday 17th November
Time: 10:00am - 3:30pm
Cost: \$45
Materials: \$30 payable to trainer on day

Christmas Bauble Frame

Create your own festive frame to display at home.
Day: Friday 7th December
Time: 12:30pm - 2:00pm
Cost: \$10
Materials: \$15 payable to trainer on day



Language

Spanish

Planning a trip to South America? Our native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at the culture and customs.

Beginners
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 6:00pm - 7:45pm
Cost: \$128 Conc: \$123
Intermediate
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 7:45pm - 9:30pm
Cost: \$128 Conc: \$123



Italian

Pronouncing, spelling and reading Italian is easy by comparison with English. Ideal for people planning to travel to Italy. Includes vocabulary, grammar and conversation.
Beginners - Ongoing
Date: Thu 18th Oct x 8 weeks
Time: 9:30am - 11:30am
Cost: \$146 Conc: \$141
Time: 7:00pm - 9:00pm
Cost: \$146 Conc: \$141
Intermediate
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 7:00pm - 9:00pm
Cost: \$146 Conc: \$141



Art & Craft

NEW - Macrame Workshop Series

Hanging Planter

Kelly will teach you how to make two hanging planters for your home. Cost includes pots.
Day: Friday 19th October
Time: 10:00am - 12:00pm
Cost: \$25
Materials: \$30 payable to trainer on day

Macramé Basic Wall Hanging

Make a 40cm wall hanging with this introduction to macramé knots.
Day: Friday 2nd November
Time: 10:00am - 12:00pm
Cost: \$25
Materials: \$30 payable to trainer on day

Macramé Advanced Wall Hanging

Follow on from Basic Knots with this Advanced Knot workshop where you will make a 40cm wall hanging.
Day: Friday 16th November
Time: 10:00am - 12:00pm
Cost: \$25
Materials: \$40 payable to trainer on day

Macraweave Wall Hanging

Learn how to combine Macramé with Weaving in the art of Macraweave. Create your own combined 40cm wall hanging.
Day: Friday 30th November
Time: 10:00am - 12:00pm
Cost: \$25
Materials: \$50 payable to trainer on day

*** Book all 4 workshops for \$90 plus materials**

Porcelain Dolls & Figurines

Annette will show you the art of hand painting beautiful ornaments, figurines, brooches, dolls or porcelain antique reproductions. Modern and traditional designs. Beginners welcome.
Date: Mon 8th Oct x 9 weeks
No class 5th Nov
Time: 10:00am - 12:00pm
Cost: \$143 Conc: \$138
Time: 1:00pm - 3:00pm
Cost: \$143 Conc: \$138

Leadlighting

Leadlight a beautiful stained glass window panel - traditional and modern designs. Make copperfoil suncatchers, jewel boxes and mirrors etc. Requirements list upon enrolment.
Date: Thu 11th Oct x 10 weeks
Time: 12:30pm - 3:30pm
Cost: \$236 Conc: \$231
Time: 7:00pm - 9:30pm **NEW TIME**
Cost: \$196 Conc: \$191

Watercolour Painting - Botanical Art

Discover your creativity and show your artistic ability. Designed for beginners. Your love for plants and flowers could translate into beautiful framed art to decorate your wall or give to friends on special occasions.
Materials list upon enrolment or \$70 to facilitator.
Date: Mon 15th Oct x 8 weeks
No class 5th Nov
Time: 12:30pm - 3:00pm
Cost: \$149 Conc: \$144

Special Interest

Coffee & Craft

Come along for a cuppa and enjoy the company of others while you work on your craft projects. Examples - crochet patterns, cross stitching, patchwork, knitting, colouring in, or any other craft. This social group is fun, social and welcoming and will create a space where you will feel supported and make new friends. Morning tea provided.
Date: Wed 10th Oct x 10 weeks
Time: 10:30am - 12:30pm
Cost: \$2 per session

Meet Me @ the Movies

Meet Isobel at Croydon Cinemas to see the latest blockbuster with a social group of likeminded movie lovers. Enjoy a nice cuppa and afternoon tea afterwards. This social group will meet on the last Tuesday of the month for an early afternoon session. Call 9876 3421 for more details and to register your place.
Date: Last Tuesday of the month: 30th Oct & 27th Nov
Time: 12:00pm - 4:00pm

Bush Nomads

Great social outing and walks of 8-10 kms with an experienced group leader. Discover new bush parks and walking locations. Moderate level of fitness required. BYO lunch and sturdy shoes. Car pooling and shared transport costs.
Date: Mon 8th Oct x 9 weeks
No class 5th Nov
Time: 9:15am - 3:30pm
Cost: \$1.50 per session

Fab Group

A friendly social morning for women over 50. Guest speakers, craft activities and outings. Join in the fun and friendship. Carpool to outings. New members most welcome.
Morning tea provided.
Date: Thu 11th Oct x 10 weeks
Time: 10:00am - 12:00pm
Cost: \$4 per session