

# What's on Guide

2020  
TERM 3

DISCOVER, LEARN & CONNECT @ **SURREY HILLS NEIGHBOURHOOD CENTRE**



We are still offering a range of activities and courses delivered online via Zoom in Term 3 while the Centre is closed due to COVID-19. If you are new to Zoom, we will help you install it so you can participate in our courses from your home.

Our online courses help you to continue learning, connect with others and keep active.

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



# Arts & Creative Pursuits

## Drawing via Zoom

Drawing skills can be a great introduction to other art mediums. This class is particularly suitable for beginners but also suits those wanting to expand their repertoire of drawing and art skills.

**Tuesdays 2.30pm – 4.30pm**  
**\$10 per lesson paid per term**

## Watercolour painting via Zoom

Taught by local artist, Velda Palazzi, students explore and apply a variety of techniques to increase their confidence and skills in using this beautiful and versatile medium.

**Wednesdays 1pm – 3pm**  
**\$10 per lesson paid by term**

## Mixed media for beginners via Zoom

Release your inner creativity and explore a new medium including watercolour, drawing, collage and abstract.

**Fridays 2pm – 4pm**  
**\$10 per lesson paid per term**

## Creating Connections via Zoom

A weekly facilitated art program run for people with early on-set dementia.

**Starts Friday 24 July, 1pm – 2:30pm**  
**\$240 (8 weeks)**

# Fitness & Wellbeing

## Strength training via Zoom

Our strength training classes aim to exercise core muscles using weights. Designed to cover a wide range of abilities. Contact SHNC for class availability as this is a popular program.

**Mondays, Tuesdays, Wednesdays, Thursdays and Fridays 8.30am – 9.30am**  
**Tuesdays 11.30am – 12.30am**  
**\$5.75 per class (over 65 years)**  
**\$8 per class (under 65 years) paid per term**

## Yoga via Zoom

Enjoy the wonderful benefits of the deeply nourishing hatha yoga with our experienced facilitators. Suitable for beginners to experienced.

**Mondays 6pm – 7pm or 7.15pm – 8.15pm**  
**\$17 per lesson paid per term**

## Active Living 60 plus via Zoom

This class focusses on balance, stretch, strength and light cardio to keep you active and confident about your movement.

**Mondays 11.30pm - 12.30pm**  
**\$16 per class paid per term**

## Pilates via Zoom

These classes focus on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and an increased sense of wellbeing.

**Mondays 10am - 11am**  
**\$17 per class paid per term**

# Music

## Ukulele via zoom

Learn to play the ukulele with Des Mahoney. Des will infect you with his love for this compact instrument! The most fun you can have with four strings! Classes available for all levels.

## Beginners

**Wednesday 2.45pm – 3.45pm**  
**\$16 per lesson paid per term**

## Beginners Continuing

**Wednesday 1.30pm – 2.30pm**  
**\$16 per lesson paid per term**

## Advanced

**Tuesday 7pm – 8pm**  
**\$16 per lesson paid per term**  
**Wednesday 2.45pm – 3.45pm**  
**\$16 per lesson paid per term**

# Literature and Languages

## Book groups

Connect and share your pleasure of reading with other like-minded people.

**4th Tuesday 7pm – 8.30pm**

# Social Groups

## Women's Reflection Circle

Come together in a relaxed space that honours women's wisdom and share life experiences. Reflect, connect and enjoy themes and topics chosen by the group.

**Fridays fortnightly 10am – 11.30am**  
**\$4.50 per session**

# Children

## Karma Kids Yoga - 4 weeks introductory course via Zoom

Yoga is an activity suitable for all ages and levels of physical capabilities. It provides a holistic approach that supports not only the physical aspect of a person's wellbeing, but also takes care of mental, emotional, spiritual and social needs - things that are so important for children's development.

These classes are taught by Rachael Kent who is passionate about sharing her knowledge to help children achieve happier bodies and minds.

## Mini Yogis (3-4 years old)

**Starts Tuesday 18 August 9.30am - 10am**  
**\$40 (4 weeks)**

## Minor Yogis (5-8 years old)

**Starts Wed 19 August 4.30pm - 5.15pm**  
**\$60 (4 weeks)**

## Tween Yogis (9 - 12 years old)

**Starts Thursday 20 August 4.30pm - 5.15pm**  
**\$60 (4 weeks)**

## Become a member

Your membership helps support the important community based work of the Centre. Membership is \$15 per calendar year and is compulsory for term enrolments.

## To book a class or term activity

**Online:** [surreyhillsc.org.au](http://surreyhillsc.org.au)  
**In person:** 157 Union Road  
Surrey Hills  
**Phone:** 9890 2467



**surrey hills**  
NEIGHBOURHOOD CENTRE

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