

What's on Guide

2020
TERM 4
ONLINE

DISCOVER, LEARN & CONNECT @ SURREY HILLS NEIGHBOURHOOD CENTRE



We're offering a range of activities, courses and workshops via Zoom in Term 4, while the Centre is closed due to COVID-19. If you're new to Zoom, we'll help you install it so you can participate in our courses from home. Our online courses help you stay connected, keep active and continue learning.

www.surreyhillsnc.org.au



Arts & creativity

Drawing via Zoom

Drawing is a great introduction to other art mediums. This class is suitable for beginners but will also expand your range of skills and techniques if you're more advanced.

Tuesdays from 6 October

2.30pm – 4.30pm

\$10 per lesson paid per term (9 weeks)

Watercolour painting via Zoom

Taught by local artist, Velda Palazzi, you'll explore a variety of techniques to increase your confidence and skills in using this beautiful and versatile medium.

Wednesdays from 7 October

10am – 12pm

\$10 per lesson paid by term (10 weeks)

Creating Connections via Zoom

A weekly facilitated art program run for people with early on-set dementia. The aim of this program is to connect participants through creativity and shared experiences.

Fridays from 9 October

1pm – 2:30pm

\$30 per session paid by term (10 weeks)

Fitness & wellbeing

Strength training via Zoom

Our strength classes exercise core muscles and work on balance using weights. The program covers a wide range of abilities. Contact SHNC for availability as these classes are popular.

Mondays - 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 benefits of deeply nourishing Hatha yoga with our experienced tutor. Suitable for all levels.

Mondays from 5 October 6pm - 7pm or

7.15pm - 8.15pm

\$17 per lesson paid per term (9 weeks)

Active living 60 plus via Zoom

This class focusses on balance, stretching, strength and light cardio to keep you active and confident.

Mondays from 5 October

11.30am - 12.30pm

\$16 per class paid per term (9 weeks)

Ageless Grace via Zoom

A fun, seated exercise program to challenge your brain and keep your body active. Suitable for all ages and abilities.

Mondays from 5 October

10am - 10.45am

\$16 per class paid per term (9 weeks)

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 from 5 October 10am - 11am

\$17 per class paid per term (9 weeks)

Music

Ukulele via Zoom

Learn to play the ukulele with tutor Des Mahoney. His enthusiasm and skill is renowned. It's the most fun you can have with four strings!

Beginners

Wednesdays from 7 October

2.45pm - 3.45pm

\$16 per lesson paid per term (10 weeks)

Beginners continuing

Wednesday from 7 October

11.45pm - 12.45pm

\$16 per lesson paid per term (10 weeks)

Intermediate

Wednesdays from 7 October

1.30pm - 2.30pm

\$16 per lesson paid per term (10 weeks)

Advanced

Tuesdays from 6 October

7pm - 8pm

\$16 per lesson paid per term (9 weeks)

Book groups

Book groups via Zoom

Connect, discuss and share your pleasure of reading with others.

4th Tuesday 7pm - 8.30pm or

1st Thursday 7pm - 9.30pm

\$4.50 per session

Children

Play, Learn & Grow with drawing via Zoom

This 4 part workshop promotes play, learning and development through shared drawing activities for children aged 2+ and their parents. Presented by the team from Squiggle Kids.

Fridays from 9 October

10.30am - 11.20am

\$22.50 per session paid per term (4

weeks); includes materials

Karma Kids Yoga via Zoom

These new yoga classes for kids have been designed by Rachael Kent who is passionate about sharing her knowledge to help children achieve happier bodies and minds.

Mini Yogis (3-4 years old)

Tuesdays from 6 October 9.30am -

10am

\$10 per session paid per term (9 weeks)

Minor Yogis (5-8 years old)

Wednesday from 7 October 4pm-

4.45pm

\$15 per session paid per term (10 weeks)

Tween Yogis (9-12 years old)

Thursdays 8 October

4pm - 4.45pm

\$15 per session paid per term (10 weeks)

Teen Yogis (13+)

Mondays from 5 October

4pm - 5pm

\$18 per session paid per term (9 weeks)

Hands on workshops

Ikebana with wild grasses via Zoom

A perfect introduction to the Japanese art of Ikebana using grasses and foliage from your surrounds. Gather your materials and tutor Azumi will show you how to arrange an artful display.

Sunday 18 October

10am - 11.30am

\$65

Dumpling making party via Zoom

Learn how to make traditional dumplings with an experienced chef. Make pastry from scratch, learn how to fold dumplings and cook them perfectly. Then enjoy a dumpling feast.

Saturday 7 November

2pm - 4pm

\$95 including ingredients

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 an activity or workshop

Online: surreyhillsnc.org.au

Phone: 9890 2467



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Supported by

