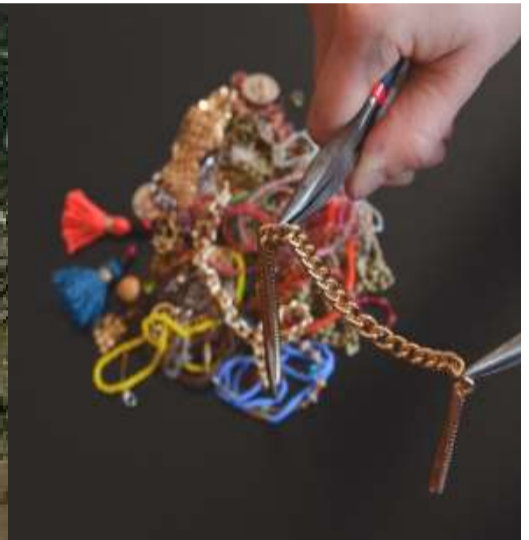


What's on Guide

2021
TERM 2

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



Workshops

Japanese Sashiko Stitching

A great introductory start to learning this relaxing technique in Japanese decorative hand-stitching, which you can take further to decorate other items.

Friday 7 May

7pm - 9.30pm

\$80/\$70 (members) including materials



Make a Coiled Basket

You are invited to use material from clothes no longer in use to create a small but functional basket. Start by making string with fabric lengths which will then be used to make the coiled basket using raffia with buttonhole stitch.

Sunday 16 May, 10am - 4pm

\$120/\$110 (members)



Jewellery Collage

Fix old jewellery & create new unique pieces from vintage jewellery - learn basic techniques to become self-sufficient in fixing and maintaining jewellery, and changing around pieces if you want to freshen them up.

Friday 28 May, 7pm - 9pm

\$85/\$75 (members) including materials



Japanese Boro Stitching

Learn how to repurpose vintage cloth, giving it new life using Japanese traditional methods include piecing, patching and stitching.

Sunday 6 June, 2pm - 4.30pm

\$80/\$70 (members) including materials



Sumie - Japanese Ink Art

You will learn to feel and capture the meaning of objects in nature and express these with various brush strokes, pressure, rhythm and tones. Learn to prepare your own ink and create your own masterpieces including Koi Fish, cherry blossoms and more on washi paper made from the mulberry tree.

Saturday 5 June, 10am - 1pm

\$85 including materials



Beeswax Wraps

Learn how to make 2 wraps and start your journey to sustainable living. Easy to make at home, they have many uses, including sealing bowls, wrapping sandwiches and making lovely gifts.

Friday 11 June, 7pm - 9pm

\$75/\$65 (members)



Make a mosaic garden wall plaque

A hands-on workshop making a beautiful garden wall plaque over two sessions in a creative, fun and relaxed environment.

Friday 18 June and Friday 25 June

6pm - 9pm

\$150/\$140 (members) including materials



Arts & Creativity

Drawing

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 arts skills.

Tuesday 2.30pm - 4.30pm

Starts 20 April, (10 wks) \$180

Mixed Media

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

Monday 2.15pm - 4.15pm

Starts 19 April, (9 wks) \$162

Watercolour painting

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.

Wednesday 10am - 12pm, or

Wednesday 1pm - 3pm

Starts 21 April, (10 wks) \$162

Children

Parent led Playgroup - (0-5 yrs)

Fun playgroup activities for babies, toddlers and preschoolers. Connect with families in your community.

Thursday 9.30am - 11.30am

Starts 22 April, (10wks) \$50

Play, learn & grow

This 6 week creative class is for little ones from 2 years old through to preschool age, plus a parent/grandparent/carer. Through creative activities, the workshops encourage play-based learning, early literacy and social skills. Classes are presented by the team at Squiggle Kids. The workshop includes a materials pack to use and take home.

Friday 10am - 10.45am

Starts 30 April, (6 weeks)

\$135 includes materials

Community

Heritage collection

Volunteers with us to curating local items with heritage value.

Monday viewing 10am - 3pm per term

Free with SHNC membership.

Historical society

Learn about various local history themes with guest presenters. Visitors most welcome.

3rd Tuesday of the month, February -

November 8pm - 10pm

\$4.50 per session

Cooking

Blokes in the kitchen

Learn to prepare simple and delicious meals with other blokes under Pieter's guidance. Enjoy a shared meal and great conversation to finish the session.

Friday 23 April, 21 May, 18 June

8am - 12pm \$35 per session

Fitness & Wellbeing

Bootcamp is back!

A new you! A 6 week intensive boot camp with accredited fitness instructor Felipe Macia. There are two early morning classes per week (Wednesdays and Fridays) and you'll undertake a of variety exercises including HIIT, boxing and pilates. All equipment provided.

6 weeks/11 sessions.

Wed and Fridays 6.15am - 7.10am

Starts Wednesday 12 May

\$190/\$180 (members)

Active living 60 plus

A friendly class focusing on balance, stretch, strength and light cardio.

Monday 8.45am - 9.45am

Starts 19 April, (9wks) \$144

Ageless Grace - fun fitness for the brain and body

A fun, seated exercise program designed to focus on the healthy longevity of the body and mind. This class helps with memory retention, coordination and balance.

Monday 10am - 10.45am

Starts 19 April, (9 wks) \$144

Bike riding groups

Riding for all abilities, multiple groups covering various distances available.

Monday, Wednesday and Thursday mornings

Contact SHNC to confirm availability

Free with SHNC membership

Pilates

Our pilates classes focus on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and wellbeing.

Monday 10am - 11am

Starts 19 April, (9wks) \$153

Tuesday 11am - 12pm

Starts 20 April, (10wks) \$170

Qi Gong

A deeply therapeutic and restorative form of Tai Chi involving low impact meditative exercise.

Wednesday 10am - 11.15am

Starts 21 April

\$8 per session

Strength training

Facilitated by YMCA instructors, our strength training classes exercise core muscles using weights. Designed to cover a wide range of abilities. Contact SHNC for class availability and levels (medical clearance required prior to commencement).

Monday 8.15am - 9.15am, 11.30am - 12.30pm, 12.45pm - 1.45pm
Tuesday 9.30am - 10.30am, 12.30pm - 1.30pm, 7.15pm - 8.15pm
Wednesday 8.15am - 9.15am
Friday 8.15am - 9.15am, 12pm - 1pm

Classes via Zoom

Tuesday and Thursday 8.30am - 9.30am
Thursday 7.15pm - 8.15pm

Starts week beginning 19 April
\$6.50 per class (over 65 years)
\$9 per class (under 65 years)
paid per term

Table tennis

Enjoy friendly, social table tennis.

Thursday 1.30pm - 3pm
Starts 22 April, (10 wks) \$5 per session

Tai Chi – self-directed sessions

This is a self-taught group which welcomes new members who either have some tai chi experience or are comfortable to learn from others and tai chi videos.

Tuesday, Thursday and Friday,
8.15am – 9am (ongoing)
\$25/single weekly or
\$45/multiple weekly sessions

Walking groups

Enjoy a medium paced walk around the neighbourhood and stop for a coffee along the way.

Monday 9am – 10.30am
Starts 19 April
Friday 8.30am – 9.30am
Starts 23 April
Free with SHNC membership

Yoga

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

Monday 6pm – 7pm,
7.15pm – 8.15pm
Starts 19 April, (9wks) \$153
Tuesday 6pm - 7pm
Starts 20 April, (10wks) \$170
Thursday 12noon - 1pm
Starts 22 April, (10wks) \$170
Class via Zoom Tuesday 6pm - 7pm
Starts 20 April, (10wks) \$170

Music

Surrey Hills community choir

Sing your heart out on Sunday night with your local fun and supportive choir. Suits all ages and abilities.

Sunday 7pm – 8.30pm
Starts 2 May, (8wks) \$80

Ukulele

Learn to play the ukulele with experienced tutor Des Mahoney. It's the most fun you can have with four strings! Classes available for all levels.



New Beginner

I've got my Ukulele, what do I do now?

If you've always wanted to play the ukulele, come along and go through the basics of tuning and strumming, and have fun learning three chords that feature in thousands of songs.

Tuesday 6pm - 7 pm
20 April, (10wks) \$160

Consolidating Beginner

I know the three chords (C, F, G7), what can I do now?

Wednesday 11.45am – 12.45pm
21 April, (10wks) \$160

Intermediate

Maintain your knowledge and challenge yourself!

Wednesday 1.30pm – 2.30pm
Starts 21 April, (10wks) \$160

Advanced

Continue to challenge yourself with different techniques!

Tuesday 7.15pm – 8.15pm
Starts 20 April, (10wks) \$160

Literature and Languages

Book group

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

Tuesday 7pm - 8.30pm (fourth week of each month)
Starts 27 April, \$4.50 per session

Conversational Spanish

Study the basics of this beautiful language in a relaxed way. Over 8 weeks, you'll learn how to introduce yourself, shop, order food, ask for directions and converse with the locals. Get ready for when we can travel again. Your next trip will definitely be more enjoyable and engaging when you have a grasp of the language.

Mondays 7pm – 8.30pm (8 weeks)
Starts 26 April, \$160/\$150 (members)

Social Groups

Charity knitting group

Knit to help others in need.

Monday 7pm – 9pm
Starts 19 April
Free with SHNC membership

Florins

This women's social group meets fortnightly to chat and enjoy excursions.

2nd and 4th Thursday monthly
2pm – 4pm
Starts 13 May, \$4.50 per session

Laughter group

Laughter is a celebration of the human spirit. Laugh your way to improved physical, mental, emotional and spiritual wellbeing.

Wednesday 8.30am – 8.50am
Starts 21 April
Free with SHNC membership

Mahjong (Western)

Join our enthusiastic group and experience the challenges of the Western version of this Chinese game.

Friday 1.30pm – 4pm
Starts 23 April, \$4.50 per session

Men's discussion group

Surrey Hills OM:NI (Older men, New Ideas) covers a wide range of topics and always welcomes new participants. Morning tea included.

Fridays 9.30am – 11.30am fortnightly
Starts 30 April, \$4.50 per session

Needleworkers

Enjoy the art of needlework in a supportive and welcoming space.

Sunday 10am - 12pm
Starts 2 May (fortnightly)
\$4.50 per session

Scrabble

Enjoy the challenge of words.

This friendly group welcomes new players as well as experienced or beginners.

1st, 3rd & 5th Tuesday 1pm – 4pm
Starts 20 April, \$4.50 per session

SHNC foreign film society

Enjoy watching a foreign film at the Centre followed by a discussion and nibbles.

Thursday 7.30pm - 10.30pm
22 April, 20 May and 17 June
\$10 per session, bookings essential

Stitch & chat

Bring your sewing and enjoy making new friends. Afternoon tea provided by members on a rotating basis.

2nd and 4th Monday

1.30pm – 3.30pm

Starts 26 April, \$4.50 per session

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.

Friday 10am - 11.30am (fortnightly)

Starts Friday 23 April, \$4.50 per session

Neighbourhood House Week

Neighbourhood House week 2021 is being held from Saturday 8 May to Friday 14 May. We have two free workshops available:

Ageless Grace (Fun Fitness for Mind and Body) Tuesday 11 May, 10am - 10.45am

I've got a ukulele - what do I do now?

Thursday 13 May, 11am - 12 noon

Free but bookings are essential.

Love where you live

Do you have one of our Surrey Hills market bags, designed exclusively for the Neighbourhood Centre? Made from sustainable jute with cotton handles, designed and printed in Melbourne, they are perfect for shopping locally, heading to the market, park and beach. Or bring one along to your next class. The bags are only available at the Neighbourhood Centre for \$15.95/\$12.95 (members).



School Holiday Hours at SHNC

The Centre will be closed from 3.30pm on Thursday 1 April and will reopen from 9am on Monday 12 April 2021.

We wish you all a safe and happy Easter and a wonderful break during the School Holidays.

2021 – T2 Surrey Hills Neighbourhood Centre What's On Guide

Volunteering at Surrey Hills

The Centre relies on volunteers who generously provide their time. Volunteering is a wonderful way to meet people in your local community, share your skills or learn new ones. For a rewarding experience please contact the Centre or visit our website to explore new opportunities.

Room hire @ Surrey Hills



We offer room hire from 6 to 80 capacity. Fully equipped kitchens, alfresco dining and outdoor enclosed areas for all your party, meeting, workshop and seminar needs (with wheelchair access). Ask how you can hire a room for your next celebration. Check with the Centre for current COVID precautions.



Become a member

The Surrey Hills Neighbourhood Centre is a not-for-profit, community-led organisation. Membership is required to enrol in term-based courses but is not required for short-courses and workshops.

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

To book a class or term activity

Online: surreyhillsnc.org.au

In person: 157 Union Road
Surrey Hills

Phone: 9890 2467

QR Code link to Centre website:



Please note:

Fees must be paid in full at the time of booking. Classes will only run with enough bookings. A full refund will be provided if a class is cancelled. Refunds will not be given once classes commence unless there are exceptional circumstances. Course information is correct at the time of printing but subject to occasional change.



**157 Union Road,
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Ph: 9890 2467

E: enquiries@surreyhillsnc.org.au

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