

What's On Guide



Scan the QR
Code to enrol

**TERM 1
2024**

DISCOVER, LEARN & CONNECT @ SURREY HILLS NEIGHBOURHOOD CENTRE



Contact Us:

157 Union Road,
Surrey Hills, 3127

Ph: 9890 2467

www.surreyhillsnc.org.au

enquiries@surreyhillsnc.org.au

Special Community Events



Surrey Hills Music Festival

Be amazed and entertained by the sensational sounds of Surrey Hills! Musicians, bands, choirs and performers will come together across multiple Union Road sites to provide a fun-filled day of wonderful music entertainment.

Smoking Ceremony Welcome to Country 12 noon

Music from 1pm – 10pm

Saturday, 24 February

International Women's Day Breakfast

Join the women of Surrey Hills and surrounds as we celebrate International Women's Day 2024

Join us for a breakfast pastry and a barista coffee.

\$15, Friday 8 March 8am – 9.30am



Chatty Café

Chatty Café is about building friendly, social connections over a cup of tea or coffee and brightening your day. Everyone is welcome at Chatty Café!

Mondays 10am – 11am from 29 January

(FREE with SHNC Membership)

Courses and Workshops

New Year Retreat

Begin 2024 with a day of nurturing, self-discovery and sanctuary. Join like-minded others as we explore the energy centres of the human body, and mandalas through the art medicine process in a relaxed, supportive and nourishing 1-day retreat.

Saturday 17 February 10am – 3.30pm

\$65 (includes light lunch)



Sip and Paint

Unleash your inner artist at our Sip and Paint workshop! Whether you're a seasoned artist or a first-time painter, come and discover the joy of creating a masterpiece in a laid-back and social atmosphere.

Friday 16 February 7pm – 9pm

\$65 (incl. glass of sparkling wine on arrival)

Family History and Genealogy

Embark on a journey of discovery about your family's past, as we help to uncover fascinating stories and connections about your heritage.

Thursdays from 1 February 1pm – 2pm

(12 wks) \$200 / \$180 (members)



FREE Wiser Driver Course

A FREE 4-week refresher course for responsible, older drivers to upgrade your knowledge and build on your experience to keep you driving safely.

Tuesdays 5, 12, 19, 26 March 10am – 12pm

(4 sessions) FREE to attend. Bookings Essential

Mosaics

Back by popular demand!

Discover the art of mosaics as you piece together stunning masterpieces using an array of colourful tiles and materials. A hands-on, inspiring workshop over three Thursday evening sessions.

Thursdays 7, 14, 21 March 7pm – 9pm

\$230/\$215 (members) incl. materials and a glass of sparkling wine

Arts & Creativity

Mixed Media Art

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

Mondays 2pm - 4pm from 29 January

(8 wks) \$158.40

Drawing

Drawing is a valuable skill that can be a great introduction to other art mediums. This class is suitable for beginners, but will also appeal to those wanting to expand their repertoire of drawing and art skills.

Tuesdays 2pm - 4pm from 30 January

(9 sessions) \$178.20

Watercolour Painting

(Note: the afternoon class incorporates some drawing)
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 10am - 12pm from 31 January

Wednesdays 1pm - 3pm from 31 January

(9 wks) \$178.20

Children and Families

Playgroup (1-5 yrs)

Structured playgroup for babies, toddlers and pre-schoolers. Activities include a range of music, dance, craft, storytime and occasional incursions. Casual or term enrolments available.

Fridays 9.30am - 10.45am from 2 February

Term 1 enrolment (9 wks): \$108 (\$12 per session) or \$15 per casual session



Parents with Prams Walking Group

Join us for a one hour walk, often including a coffee afterwards and play at a local park.

Wednesdays 9.30am - 10.30am from 31 January

Free with SHNC Membership

Cooking

Blokes in the Kitchen

Learn to prepare simple and delicious meals under the guidance of our chef, Shawn, then enjoy great company and conversation over a shared meal to finish the session. enjoy great company and conversation over a shared meal to finish the session.

2nd Friday of each month: 2 February and Friday 8 March 9am - 12pm

\$90 incl. ingredients, materials and lunch

Culture and Languages



Italian

Beginners

A beginners' Italian class introducing language skills, basic vocabulary, essential grammar rules, and simple conversational phrases. Students learn pronunciation, greetings, and everyday expressions, building a foundation for communication in Italian.

Thursdays 6.30pm - 8:00pm from 1 February

(9 wks) \$198

Level 2

Our 'Level 2' Italian class caters to learners with some prior knowledge of Italian, helping them build upon their existing skills. It is suitable for our continuing students, or new students with some basic Italian language skills.

Wednesdays 6.30pm - 8:00pm from 31 January

(9 wks) \$198

Spanish for beginners

Study the basics of this beautiful language in a relaxed way. Over 8 weeks, you'll learn how to begin conversing with the locals. **For continuing students, or students with basic knowledge of Spanish.**

Mondays 7pm - 8.30pm from 29 January
(8 wks) \$176

Fitness and Wellbeing



Group Personal Training

Whether you're a beginner or a seasoned fitness enthusiast, this class is the perfect blend of personalised attention and group synergy. Focusing on overall wellness and designed to help you reach your fitness goals in a fun and engaging environment.

Mondays 11.30am - 12.30pm from 29 January
(8wks) \$158.40

After-drop-off Group Personal Training

Conveniently timed for just after school drop-off. Get in, get a fun work out done and get on with your day. Small children welcome under the supervision of their parent/carer.

Wednesdays 9.15am - 10.15am from 31 January
(9wks) \$178.20

Ageless Grace

Fun and Fitness for the Brain and Body!

Based on the science of neuroplasticity this uplifting class is for anyone interested in keeping their brains sharp and bodies agile.

Suitable for all ages and levels of fitness.

Mondays 9.15am - 10am from 29 January
(8 wks) \$158.40

Active Living 60 Plus

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

Mondays 8.45am - 9.45am from 29 January
(8 wks) \$158.40

Bike Riding Groups

Riding for all abilities. Groups covering various distances are available. Monday and Wednesday 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.

Mondays 10.15am - 11.15am from 29 January
(8 wks) \$158.40

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 is required prior to commencement): **Please contact SHNC before joining if you're new to these classes.**

- **Monday 8am-9am**
(8 sessions) \$88 / \$72*
- **Tuesday 9.30am - 10.30am, 12.30pm - 1.30pm**
(9 sessions) \$99 / \$81*
- **Wednesday 8.15am - 9.15am**
(9 sessions) \$99 / \$81*
- **Thursday 9.30am - 10.30am**
(9 sessions) \$99 / \$81*
- **Friday 8.15am - 9.15am, 12pm - 1pm**
(8 sessions) \$88 / \$72*

Strength Training Classes via Zoom

- **Tues 8.30am - 9.30am** (9 sessions) \$99 / \$81*
- **Thurs 8.30am - 9.30am** (9 sessions) \$99 / \$81*
- **Thurs 7.15pm - 8.15pm** (9 sessions) \$99 / \$81*

Term 1 strength classes begin Monday, 29 January

*subsidised rate:

To be eligible for the subsidised rate, you must be over 65, registered with 'My Aged Care' and live in Boroondara. Please contact the Centre to apply for the subsidised price.

Laughter Group

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

Wednesdays 8.30am - 8.50am from 31 January

Free with SHNC membership

Qi Gong

A deeply therapeutic and restorative form of Tai Chi involving low impact, meditative exercise. Feel free to join the friendly coffee catch-up that often takes place after this class.

Wednesdays 10.30am - 11.30am from 31 January (9 wks) \$139.50



Tai Chi - Self-Directed Sessions

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

Tuesdays, Thursdays and Fridays, 8am - 9am (9 wks)

\$66 per term for two or more sessions per week

\$44 per term for one session per week

2024 yearly passes also available from reception)

Walking Groups

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

- **Mondays 9am - 10.30am (1½ hr walk) from 29 January**
- **Fridays 8.30am - 9.30am (1 hr) from 2 February**
- **Monday Men's Walk 6.30am - 7.15am (45 mins) from 29 January**

Free with SHNC membership

Table Tennis

Enjoy friendly and sociable table tennis.

Mondays 7.30pm - 9pm from 29 January

Thursdays 11.30am - 1pm from 1 February

\$5 per session with the SHNC 'Connect' Card*

Yoga

Enjoy the benefits of the deeply nourishing Hatha Yoga with our experienced and much-loved tutors. Suitable for beginners to experienced yogis alike.

- **Mondays 6pm - 7pm from 29 Jan (8 wks) \$158.40**
- **Tuesdays 6pm - 7pm from 30 Jan (9 wks) \$178.20**
- **Thursdays 9.30am - 10.30am from 1 Feb (9 wks) \$178.20**

Music

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

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.

Tuesdays 6pm - 7pm from 30 January (9 wks) \$178.20

Consolidating Beginner

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

Wednesdays 11.45am - 12.45pm from 31 (9 wks) \$178.20

Intermediate

Maintain your knowledge and challenge yourself!

Wednesdays 1.30pm - 2.30pm from 31 January (9 wks) \$178.20

Advanced

Continue to challenge yourself with different techniques!

Tuesdays 7.15pm - 8.15pm from 30 January (9 wks) \$178.20

'Connect' Groups at SHNC

All 'Connect' Groups cost \$5 per session with the SHNC 'Connect' Card

Book Group

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

2nd Tuesday of each month, 7.30pm - 9pm

13 February and 12 March

English Conversation for Chinese Community

刚来澳洲的你，还一直语言障碍羞于开口交友吗？因为语言不地道失去了你的自信心吗？来加入我们的华人英语培训小组。在这里我们热情专业的团队可以帮您锻炼提升英语会话技巧；在这里你可以认识更多的朋友，更有利于你快速融入社区重获你的自信心。

我们的活动从1月30日起每周二上午

9.30 - 11:00。参与费仅需要5块钱每次。

Mahjong (Western)

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

Fridays 1pm - 4pm from 2 February

Scrabble

Enjoy the challenge of words. This friendly group welcomes new players and is suitable for all skill levels.

1st, 3rd & 5th Tues of each month 12.30pm - 4pm from 30 January

Stitch & Chat

Bring your sewing and enjoy making new friends.

2nd and 4th Monday of each month 1.30 - 3.30pm from 12 February

Women's Reflection Circle

Come together in a relaxed space which honours women's wisdom and share life experiences. Connect and enjoy themes and topics chosen by the group.

2nd and last Friday of each month (incl. school holidays) 10am - 11.30am from 9 February

Table Tennis: See page 5 under "Fitness and Wellbeing"

* 'Connect' Pass at SHNC

Our 'Connect' Pass is used in place of a cash payment system for our volunteer led programs.

The card is available for purchase for \$25 (FIVE sessions) or \$50 (TEN sessions) online or from the SHNC office and is valid for any \$5 sessions across all 'Connect' groups. At each session the group leader will punch the card as payment for that session. The card is valid for 12 months from the date of purchase



Host your event at SHNC!

Did you know that you can book a space at our Neighbourhood Centre for your next event? Whether you're looking for a space that can host 2 people or 60 people, the Centre has a range of rooms that can accommodate your room hire needs. We regularly host, parties, meetings, workshops and classes for our community.

For further information and to book, please visit our website (www.surreyhillssnc.org.au) and refer to the 'venue hire' menu tab.

Supported by:



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 \$20 per calendar year.

To book a workshop, class or term activity:

Online: www.surreyhillssnc.org.au

In person:

157 Union Road, Surrey Hills

Phone: 9890 2467

