

What's On Guide



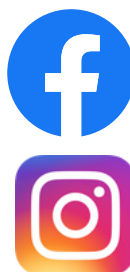
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TERM 2
2024

DISCOVER, LEARN & CONNECT @ SURREY HILLS NEIGHBOURHOOD CENTRE



surrey hills
NEIGHBOURHOOD CENTRE



Contact Us:

157 Union Road,
Surrey Hills, 3127

Ph: 9890 2467

www.surreyhillsnc.org.au

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Community Events



School Holiday Program: Mario Kart and Switch Tournament!

Put Mario and Luigi's racing skills to the test at our fun-filled gaming afternoon. Run by Boroondara Youth Team, come hang-out at the Centre and let's go racing!

Wednesday 10 April 12pm - 3pm

\$5.00 (snacks provided)



Community Dinner

Join us for a community catch-up over a shared meal. Celebrating Refugee Week 2024, the dinner will be catered for by an organisation that employs and empowers people from migrant and refugee backgrounds. Each dish will tantalise your tastebuds and take you on a culinary cultural journey.

Thursday, 20 June 7pm - 9pm

\$20.00



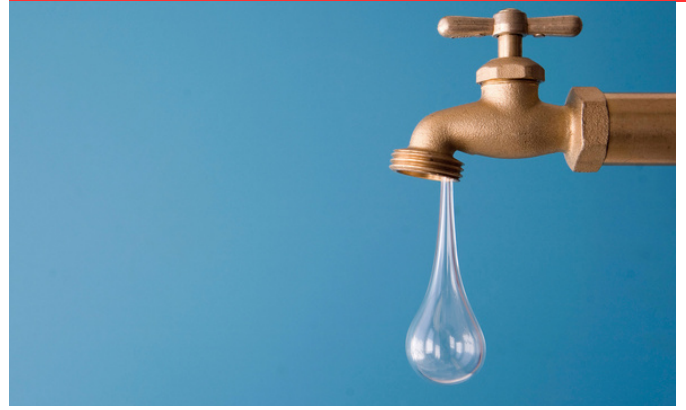
Electrify Boroondara

Discover easy and affordable ways to reduce your energy bills. Hear from home energy assessors who have years of experience helping households reduce their bills and increase their comfort.

TBA

FREE (more details to follow)

Courses and Workshops



How to repair a leaking tap

In this 2-hour workshop, participants will learn to fix leaking taps including turning off water mains, changing washers, o-rings, and body washers, replacing mixer tap cartridges and shower heads. All necessary tools provided, with take-home notes for future reference.

\$49.50 Monday 20 May 7pm - 9pm

How to Replace a broken tile

This hands-on workshop will cover tile removal, replacement, cutting and grouting. All necessary tools and materials are provided for a hands-on learning experience.

\$49.50 Friday 28 June 6.30pm - 9.30pm

Children and Families



Playgroup (1-5 yrs)

Learning, laughter and LOTS of fun!

Fridays 9.30am - 10.45am from 19 April

Term 2 enrolment (11 sessions): \$132 (\$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 17 April

Free with SHNC Membership

Arts & Creativity

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 16 April

(11 sessions) \$217.80

Mixed Media Art

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

Mondays 2pm - 4pm from 15 April

(10 sessions) \$198

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.

Wednesdays 10am - 12pm from 17 April

Wednesdays 1pm - 3pm from 17 April

(11 wks) \$217.80

Cooking

Blokes in the Kitchen

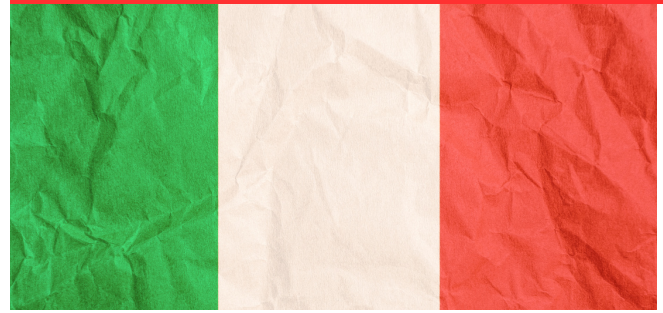
Learn to prepare simple and delicious meals under the guidance of our chef, Shawn, then enjoy great company and conversation over a shared meal to finish the session.

2nd Friday of each month: 10 May and 14 June

9am - 12pm

\$90 incl. ingredients, materials and lunch

Italian Classes



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 18 April

(10 sessions) \$220

Intermediate

Our 'Intermediate' 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 17 April

(11 sessions) \$242

Fitness and Wellbeing

Active Living 60 Plus

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

Mondays 8.45am - 9.45am from 15 April

(10 sessions) \$198.00

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 15 April

(10 sessions) \$198.00



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 15 April
(10 sessions) \$198.00

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 17 April
(11 sessions) \$217.80

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 15 April
(10 sessions) \$198.00

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 17 April
(11 sessions) \$170.50

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.**

Term 2 strength classes begin 15 April

- **Monday 8am-9am**
(10 sessions) \$110/ \$90*
- **Tuesday 9.30am - 10.30am, 12.30pm - 1.30pm**
(11 sessions) \$121/ \$99*
- **Wednesday 8.15am - 9.15am**
(11 sessions) \$121/ \$99*
- **Thursday 9.30am - 10.30am**
(10 sessions) \$110/ \$90*
- **Friday 8am - 9am, 12pm - 1pm**
(11 sessions) \$121/ \$99*

Strength Training Classes via Zoom

- **Tues 8.30am - 9.30am**
(11 sessions) \$121/ \$99*
- **Thurs 8.30am - 9.30am**
(10 sessions) \$110/ \$90*
- **Thurs 7.15pm - 8.15pm**
(10 sessions) \$110/ \$90*

*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.**

Table Tennis

Enjoy friendly and sociable table tennis.

Mondays 7.30pm - 9pm from 15 April

Thursdays 11.30am - 1pm from 18 April

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

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 17 April
Free with SHNC membership



Yoga

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

- **Monday 6pm - 7pm from 15 April**
(10 sessions) \$198
- **Tuesday 6pm-7pm from 16 April**
(11 sessions) \$217.80
- **Thursday 9.30am - 10.30am from 18 April**
(10 sessions) \$198

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
(11 weeks)

\$70 per term for two or more sessions per week
\$50 per term for one session per week

Walking Groups

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

- **Mondays 9am - 10.30am**
from 15 April
- **Fridays 8.30am - 9.30am**
from 19 April
- **Monday Men's Walk 6.30am - 7.15am**
(45 mins) from 15 April
- **Wednesdays Parents with Prams Walking Group 9.30am - 10.30am from 17 April**
- **Carer's Walk - 10.30am - 12pm**
2nd Monday each month: **Monday 13 May**

All walking groups are FREE with SHNC membership

Social Groups

Charity Knitting Group (KOGO)

Join our knitting group, where every stitch creates warmth and support for those in need.

FREE with SHNC Membership

Mondays 7 pm - 9pm from 15 April



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 15 April

FREE with SHNC Membership

Ukulele Classes

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

Tuesdays 6pm - 7pm from 16 April
(11 sessions) \$217.80

Consolidating Beginner

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

Wednesdays 11.45am - 12.45pm from 17 April
(11 sessions) \$217.80

Intermediate

Maintain your knowledge and challenge yourself!

Wednesdays 1.30pm - 2.30pm from 17 April
(11 sessions) \$217.80

Advanced

Continue to challenge yourself with different techniques!

Tuesdays 7.15pm - 8.15pm from 16 April
(11 sessions) \$217.80

'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
9 April, 14 May and 11 June

Mahjong (Western)

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

Fridays 1pm - 4pm from 19 April

Scrabble

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

1st, 3rd & 5th Tuesday of each month
12.30pm - 4pm from 16 April

Stitch & Chat

Bring your sewing and enjoy making new friends.
2nd and 4th Monday of each month 1.30 - 3.30pm from 22 April

Women's Reflection Circle

Come together in a relaxed space which honours women's wisdom and share life experiences.

2nd and last Friday of each month (incl. school holidays) 10am - 11.30am from 26 April

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.surreyhillsc.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.surreyhillsc.org.au

In person:

157 Union Road, Surrey Hills

Phone: 9890 2467

