

What's On Guide



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TERM 4
2024

DISCOVER, LEARN & CONNECT @ SURREY HILLS NEIGHBOURHOOD CENTRE



mental
health
awareness



Contact Us:

157 Union Road,
Surrey Hills, 3127

Ph: 9890 2467



www.surreyhillsnc.org.au

enquiries@surreyhillsnc.org.au

Community Events

Community Afternoon Tea with Author and former Police Officer, Cameron Hardiman

Join us as we acknowledge **World Mental Health Day** with an inspiring talk and afternoon tea with acclaimed Australian Author, Cameron Hardiman. Hear Cameron's incredible story working in policing for over 32 years and his experience living with PTSD.

Thursday, 10 October 2pm - 4pm

\$15.00 (Includes Afternoon Tea)



FREE Coffee with a Cop

Coffee with a Cop brings police officers and the community members they serve together over coffee and tea to discuss issues and learn more about each other.

Monday 21 October 11.30am - 1pm

FREE

FREE Healthy Brain, Healthy Body Presented by Bolton Clarke

Happy people live longer, have stronger immune systems and have improved coping skills. Learn how to experience happiness and satisfaction at any age.

Monday 25 November 12pm - 1pm

FREE (bookings essential)



Christmas Vibes Community Festival

Come join us for some fabulous festive fun! Christmas crafts and activities for kids, photos with the 'man of the moment' (Santa!), carols and music entertainment, community BBQ and stalls.

Saturday, 7 December 11am - 2pm

FREE Falls Prevention Session

Presented by Bolton Clarke

One third of people over 65 fall at least once per year. In this session (facilitated by a registered nurse), learn why we fall and how you can reduce your risk of falling.

Thursday 5 December 2pm - 3pm

FREE (bookings essential)

Courses and Workshops

FREE Wiser Driver

Join us for an informative, informal and friendly refresher course, to upgrade your knowledge and build on your experience to keep you driving safely. These workshops booked out in Term 2, so register quickly to secure your place!

Thursdays 17, 24, 31 Oct and 7 Nov (4 sessions)

1.30pm - 3.30pm

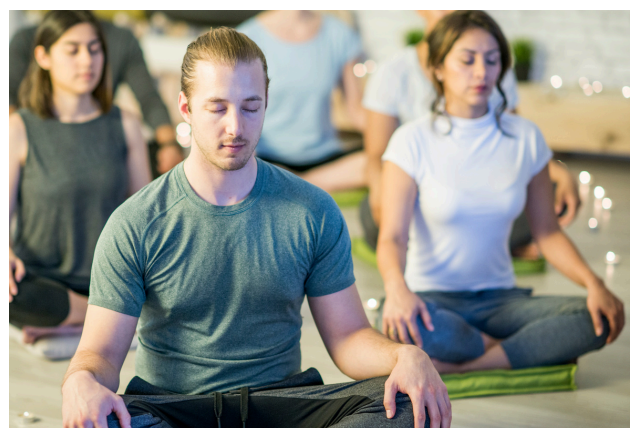
FREE (bookings required)

Women's Retreat Day

Nourish your soul in a supportive retreat experience, surrounded by like-minded individuals. Delve into the energies of stones & crystals and unleash your creativity through restorative art medicine practices. No experience needed - all materials provided.

Saturday 19 October 10.15am - 3.30pm

\$75 (including lunch)



NEW TIME!

Mindfulness and Meditation

Join our enriching 8-week Meditation and Mindfulness course, where you'll learn practical skills to help you reduce stress, enhance well-being, and cultivate a deeper sense of inner peace.

Tuesdays 10am - 11am from 8 October

\$160 (8 sessions)

Children and Families

School Holiday Program

Join us for some frightfully-fun Halloween Cupcake Decorating! **Run by Boroondara Youth Hub**, this 'spooktacular' afternoon will have your tweens and teens decorating delicious cupcakes with creepy designs - think ghosts and ghoulish delights! All supplies are provided.

Tuesday 1 October 12pm - 3.30pm

\$5



Playgroup (1-5 yrs)

Learning, laughter and LOTS of fun!

Join us for an engaging and structured playgroup, where children can learn, play, and make new friends in a safe and supportive environment.

Fridays 9.30am - 11am from 11 October

Term 4 enrolment (9 sessions): \$117 (\$13 per session) or \$16 per casual session

Arts & Creativity

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 9 October**
- **Wednesdays 1pm - 3pm from 9 October**

(9 weeks) \$187.20

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 8 October

(8 weeks) \$166.40

Mixed Media Art

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

Mondays 2pm - 4pm from 7 October

(9 weeks) \$187.20

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 10 October

(9 sessions) \$207

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 9 October

(9 sessions) \$207

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: 11 October and 8 November 9am - 12pm

\$92 including ingredients, materials and lunch

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 11.15am - 12.15pm**
from 7 October (9 sessions) \$187.20
- **Wednesdays 9.15am - 10.15am**
from 9 October (9 sessions) \$187.20

Active Living 60 Plus

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

Mondays 8.45am - 9.45am from 7 October
(9 sessions) \$187.20

Ageless Grace

Fun and Fitness for the Brain and Body!

Imagine drawing a square with your right hand, a triangle with your left foot, and a circle with your left hand all simultaneously. It might sound unusual, but this challenge is exactly what stimulates your brain! Join us to discover the profound benefits of the Ageless Grace class.

Mondays 9.15am - 10am from 7 October
(9 sessions) \$187.20

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 7 October
(9 sessions) \$187.20

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 9 October
(9 sessions) \$148.50

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

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 4 strength classes begin 7 October

- **Monday 8am-9am**
(9 sessions) \$108/ \$90*
- **Tuesday 9.30am - 10.30am, 12.30pm - 1.30pm**
(8 sessions) \$96/ \$80*
- **Wednesday 8.15am - 9.15am**
(9 sessions) \$108/ \$90*
- **Thursday 9.30am - 10.30am**
(9 sessions) \$108/ \$90*
- **Friday 8am - 9am, 12pm - 1pm**
(9 sessions) \$108/ \$90*

Strength Training Classes via Zoom

- **Tues 8.30am - 9.30am**
(8 sessions) \$96/ \$80*
- **Thurs 8.30am - 9.30am**
(9 sessions) \$108/ \$90*
- **Thurs 7.15pm - 8.15pm**
(9 sessions) \$108/ \$90*

*SUBSIDISED RATE:

To be eligible for the subsidised rate, you must be over 65 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 7 October
Thursdays 11am - 12.30pm from 10 October
\$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 9 October

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.

- **Mondays 6pm - 7pm from 7 October**
(9 sessions) \$187.20
- **Tuesdays 6pm - 7pm from 8 October**
(8 sessions) \$166.40
- **Thursdays 9.30am - 10.30am from 10 October**
(9 sessions) \$187.20

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 or from Tai Chi videos.

Tuesdays, Thursdays and Fridays, 8am - 9am

(9 weeks)

\$75 per term for two or more sessions per week

\$55 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 7 October**
- **Fridays 8.30am - 9.30am from 11 October**
- **NEW Monday 'Early Bird' Walk 6.30am - 7.15am from 7 October**
(Dogs welcome on 'Early Bird' walk!)

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.

Mondays 7 pm - 9pm from 7 October

FREE with SHNC Membership



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 7 October

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 8 October

(8 sessions) \$166.40

Consolidating Beginner

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

Wednesdays 11.45am - 12.45pm from 9 October

(9 sessions) \$187.20

Intermediate

Maintain your knowledge and challenge yourself!

Wednesdays 1.30pm - 2.30pm from 9 October

(9 sessions) \$187.20

Advanced

Continue to challenge yourself with different techniques!

Tuesdays 7.15pm - 8.15pm from 8 October

(8 sessions) \$166.40

'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
8 October and 12 November

Mahjong (Western)

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

Fridays 1pm - 4pm from 11 October

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 15 October

Stitch & Chat

Bring your sewing and enjoy making new friends.

2nd and 4th Monday of each month
1.30pm - 3.30pm from 14 October

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 11 Oct

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

Community Support



Our community pantry is open to everyone, offering a variety of fresh and non-perishable foods for all to enjoy.

Whether you're picking up a few items to round out your meals or just want to see what's available, the pantry is a shared resource for everyone in our community.

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.surreyhillshnc.org.au

In person:

157 Union Road, Surrey Hills

Phone: 9890 2467

