

be active

Pilates **G**

Mondays 8.30am, 9.45am, 12.15pm, 1.30pm

Term 3: 10/7 (10wk) \$130*

Term 4: 2/10 (11wk) \$141*

Thursdays 8.30am, 9.45am

Term 3: 13/7 (10wk) \$130*

Term 4: 5/10 (11wk) \$141*

Fridays 8.30am (NEW) 9.45am

Term 3: 14/7 (10wk) \$130*

Term 4: 6/10 (11wk) \$141*

Saturday Dynamic Mat Pilates **H**

Saturday Term 3 8.15am

Saturday Term 4 8.00am

Term 3: 15/7 (10 wk) \$130

Term 4: 7/10 (11wk) \$143

Strength & Balance **G**

Mondays 11am–12pm

Term 3: 10/7 (10wk) \$130*

Term 4: 2/10 (11wk), \$141*

Wednesdays 9.15am-10.15am,

10.30am – 11.30am

Term 3: 12/7 (10wk) \$130*

Term 4: 4/10 (11wk), \$141*

Friday 11am – 12am

Term 3: 14/7 (10 wk)

Term 4: 6/10 (11wk)

Qi Gong & Tai Chi (Basic) **G**

Thursdays 12.15pm–1.15pm

Term 3: 13/7 (10wk) \$130*

Term 4: 5/10 (11wk) \$141*

Qi Gong & Tai Chi (Intermediate) **G**

Thursdays 11am–12pm

Term 3: 14/7 (10wk) \$120*

Term 4: 6/10 (11wk) \$132*

Qi Gong & Tai Chi (Follow on) **H**

Thursdays 9.45am–10.45pm

Term 3: 13/7 (10wk) \$120*

Term 4: 6/10 (11wk) \$132*

Slow Flow Yoga (Beginner) **H**

Mondays 11am-12pm (NEW TIME)

Term 3: 17/7 (9wk) \$119*

Term 4: 2/10 (11wk) \$146*

Walking Group **H**

Fridays 10am–11.30am (ongoing).

Gold coin donation

be curious

Beginner Italian **G**

Wednesday 10.30am–12.00pm

Term 3: 19/7 (9wk) \$179,

Term 4: 4/10 (11wk) \$219

French One (6–12 months experience) **H**

Tuesdays 9.15am–10.45am,

Starting Term 4: 3/10 (11wk) \$229

iPads for Beginners **G**

Thursday 10.30am – 12.00pm

Term 3: 20/7 (9wk) \$45 (MAC)

Term 4: 5/10 (11wk) \$45 (MAC)

iPads at Your Own Pace Continuation **G**

Thursdays 1pm – 2.30pm

Term 3: 13/7 (10wk) \$45 (MAC)

Term 4: 5/10 (11wk) \$45 (MAC)

Lifelong Learning Meetings (LLM)

Hawthorn Community House: **G**

Thursday (weekly) 1.30pm – 3.30pm

Term 3: 13/7, (10wks)

Term 4: 5/10, (11wks), \$45 (MAC)

Ashburton Community Centre:

Fridays (fortnightly) 1.30pm–3.30pm

Term 3: 21/7 (5wk)

Term 4: 13/10 (5wk), \$25 (MAC)

Short Story Book Club **G**

Tuesdays fortnightly, 10.30am–12.30pm

Term 3: 25/7 (5wk), \$129*

Term 4: 3/10 (6wk) \$154*

Cinema & Chat **G**

Mondays fortnightly, 11am–12pm

Term 3: 31/7 (5wk), \$75* (MAC Price

available)

Term 4: 9/10 (5wk) \$75* (MAC Price available)

Men's OM:NI Group **H**

1st & 3rd Fridays every month, 10am–12pm,

starting 7/7 Gold coin



be creative

Art for All **H**

Thursday 12:15pm – 1:45pm

Term 3: 13/3 – 14/9 (10wks)

Term 4: 5/10 – 15/11 (7 wks)

Rendezvous to Write **G**

Tuesdays fortnightly, 1pm–3pm

Term 3: 18/7 (5wks)

Term 4: 10/10 (5wks)

Learn to Play Bridge **G**

Wednesday 1pm – 3pm

Term 4: 11/10 - 6/12 (9wks) \$101

Life Writing **G**

For people who are elderly, isolated or housebound but not thought bound. This program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Writers are individually linked to an encourager, who reads the writer's work and offers constructive feedback. **Contact us for details.**

be playful

Mums and Bubs Exercise **G**

Mondays 9.30am–10.30am

Term 3: starting 10/7 (10wk) \$130

Term 4: 2/10 (11wk) \$143*

Supported Playgroup (under the age of five) **H**

Fridays 1pm–3pm

Term 3: 14/7 (10wks)

Term 4: 6/10 (11wks) **FREE**

Choux Pastry

Tuesday 1st August 6pm – 8.30pm \$65

Start with the basic pastry and then create eclairs, profiteroles and croquembouche. Lots of fun to make and impressive to serve. We will make a set of yummy choux treats, nibble on a few with a cup of coffee, and take home the rest to impress those on the home front.

<https://www.trybooking.com/CJRTQ>

Kombucha

Tuesday 22nd August 6pm – 7.30pm \$35

Easy to make and delicious to drink. Jennifer will take you through the process of making fermented tea with your SCOBY and have samples of different flavour combinations. The class will be instructed in first and second ferments and encouraged to indulge in their favourite flavours, each participant will take home their own SCOBY to get their first brew going at home.

Let's Party.

Finger foods to make at home

Tuesday 24th October 6pm – 8.30pm \$65

The class will make a set of small, tasty treats and share them with a glass of wine at the end of the class, and take home whatever isn't gobbled up. While waiting for the blinis, tartlets and dumplings to cook we will run through an extensive list of easy things to wow your guests.

<https://www.trybooking.com/CJRVR>

Spring Flower Decorating

Tuesday 10th October 7pm - 8.30pm \$40

As the weather fines and the garden comes into bloom, join our wonderful tutor Kelly from Petal Provedore to learn the fundamentals of flower arranging. Everything will be provided but if there are, things in your own garden that you would like to learn how to incorporate, feel free to bring them along. Take home your creation as a reminder that Spring has sprung!

<https://www.trybooking.com/CJSLO>

Marinating

Tuesday 21st November 6pm – 8.30pm \$65

There is all manner of things that marinate well. In the class, we will do feta cheese with the options of fabulous flavours that will enhance your cheese and marinated mushrooms and marinated capsicums. Each participant will go home with a couple of jars from the class and the class notes to try other fruits and vegetables in their own kitchens

Christmas Wreath Making

Tuesday 5th December 7pm – 8.30pm \$40

Tuesday 12th December 7pm – 8.30pm \$40

Join our local Florist Kelli Brown, from Petal Provedore as she demonstrates how to design and create your own beautiful Christmas Wreath to take home. Hugely popular so 2 sessions in December



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- G 584 Glenferrie Rd Hawthorn

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NDIS

We are an NDIS registered service provider and run community and centre based social and recreational programs, including music, art and cooking classes. If you would like to attend one of our programs and have an NDIS package, please contact us to check availability. Our fees are charged at the rate listed in the NDIS price guide. Our programs are listed on our website <https://www.hch.org.au/community-and-ndis-program> or call us.

* My Aged Care (MAC)

* A discounted rate is available for people who have had a My Aged Care assessment and been referred to the program. If you would like help or more information about My Aged Care, please call us on 9819 5758 or call 1800 200 422.

