

# Course Guide: Semester 1, 2025

Term 1: January-April, Term 2: April-July

32 Henry Street, Hawthorn 3122  
**Phone:** 9819 2629  
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**Website:** [www.hch.org.au](http://www.hch.org.au)

## Hawthorn Community House

Hawthorn Community House is a socially inclusive, supportive, vibrant hub that provides interesting programs for all members of the community. Together we build a fairer and more equitable society through a sense of belonging as we welcome new faces and are grateful for all our visitors. Our classes and workshops are fun, informative, accessible and affordable for all age groups.

**\*\*My Aged Care (MAC) fee**  
\*MAC fee 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 2629 or call 1800 200 422.

### Classes Run from:

- H** 32 Henry Street, Hawthorn
- G** Level 1, 584 Glenferrie Road, Hawthorn
- W** William Street Playhouse: 39 William Street, Hawthorn

### Room Hire:

We have rooms available for hire. If you plan to run a workshop, hold a meeting or a larger event, please get in touch. Find out more about the spaces available for hire on our website at: <https://www.hch.org.au/room-hire>

### NDIS Services:

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 NDIS programs are listed on our website at: <https://www.hch.org.au/ndis>

### Enrolments:

Book and pay for courses as early as possible. Preference will be given to existing participants who re-enroll before the end of each term. Enrolments are taken on a first come, first served basis until the class is full. Payments can be made over the phone on 9819 5758. You will need to complete an enrolment form which can be downloaded from our website [www.hch.org.au](http://www.hch.org.au) or call us and we will send you a copy. It is a requirement for some of our classes that you bring your own equipment or resources. You will be provided with a list of what you need to bring when you enroll. We do not offer pro-rata rates. If you are unable to attend some sessions, you will still need to pay the full-term fee. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. If you wish to cancel your enrolment you must notify us at least 7 days prior to the start of the course to receive a refund. We may provide a refund for a missed session on receipt of a medical certificate.

## Coming Soon to Hawthorn Community House

### Expressions of Interest

The Hawthorn Community House is establishing an inclusive choir for people living with dementia and the family or friends who support them. Our six week pilot program will run from mid-March 2025. Please contact us on 9819 2629 if you or someone you know, would like to join in.

## Special Event: Wiser Driver

A refresher course for responsible older drivers. Join us for an informative, informal and friendly refresher course, to upgrade your knowledge and build on your experience to keep you driving safely.

### Topics covered include:

- Driving today
- Safety tips for wiser driving
- Safety rules
- Car safety features
- Being roadworthy
- Planning for the future

### Resources Included:

- VicRoads: Road to Solo Driving Handbook
- VicRoads: Ageing and Safe Driving – Am I Still Fit to Drive
- Online Videos from RACV
- Fun quizzes to update your knowledge of the road rules
- Visit from Vic Police to answer your questions and queries
- ANCAP Rating: How safe is your car

**Dates:** Wednesday 5th, 12th, 19th, 26th March  
**Time:** 12.30pm–2.30pm  
**Where:** Level 1, 584 Glenferrie Rd, Hawthorn

## Parkside Pop-ups

Our Parkside Pop-Ups run in the early evenings and are a fun and affordable way to try something new. Come on your own or bring along a group of friends.  
**Where:** 32 Henry Street, Hawthorn  
Book via Trybooking links.



## Creative Workshop Series: January Muse

Engage in a variety of hands-on sessions that encourage creative exploration and foster self-expression. Each workshop focuses on introducing participants to different artistic mediums and techniques, designed to introduce imaginative ways of engaging with art-making. Throughout this series, you'll engage your senses, and skills. We will experiment with rhythm, focusing on experiences that enhance our awareness of what we touch, see, and taste, and how these elements can find representation in art-making. Our main objective is to become familiar with diverse art mediums—learning how to use them and how to test their possibilities. Designed for all skills levels. All are welcome!

**Saturday 11 January, 18 January, 1 February**  
**10.00am–12.00pm, \$150**  
**Book:** <https://www.trybooking.com/CWUUV>



## Sri Lankan Cooking workshop

Swarna Pereira was born in Sri Lanka, and for 10 years ran a restaurant in Melbourne where she famously cooked for Matt Preston and was overjoyed when he mentioned her curries in his *Cravat-a-Licious!* Learn about the staple dishes like Dahl, enjoyed at any meal (breakfast, lunch, or dinner!) as well as delicacies liked devilled prawns reserved for special occasions, and Swarna's signature dish at her restaurant. Learn from Swarna as she takes you on a culinary journey then share a delicious meal of all that she demonstrates.



**Two Sessions: Tuesday 8 April and Tuesday 17 June, 6.30pm–8.30pm, \$55**  
**Book:** <https://www.trybooking.com/CWUQC>



## Mother's Day Paper Flower Making

What better way to celebrate Mother's Day than by letting your creativity bloom! Join us for a fun and relaxed workshop where simple crepe paper turns into lifelike daisies. You'll love the process as you fold, shape, and bring each petal to life, surrounded by fellow crafters, share your passion for creativity with your Mum or a special friend. Before the class, pick your favourite daisy colour—white, pink, or purple—to add a personal touch to your creation.

**Tuesday 6 May, 6.00pm–8.00pm, \$50**  
**Book:** <https://www.trybooking.com/CWUSY>





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## Be Curious

### Learn to Play Bridge G

Our popular Bridge course for beginners. This course covers basic bidding & constructive card play. Each class lesson occurs with cards in hand and deals are selected to illustrate the topic of the day.  
Wednesdays, 10.30am–12.30pm  
Term 1: 05/02 (9 weeks) \$150, \*running again in Term 3

### Bridge: Supervised Play G

Practise your skills and improve game play in this follow-on program from Learn to Play Bridge.  
Wednesdays, 1.00pm–3.00pm  
Term 1: 05/02 (9 weeks) \$120, Term 2: 23/04 (11 weeks) \$150

### French ONE (False Beginner) G

Start with the basics in our French ONE speaking class, for people with memory of “School French”. The class is supportive and inclusive, focusing on spoken language rather than language structure. Contact the office to arrange a “come and try”  
Tuesdays, 11.00am–12.30pm  
Term 1: 28/01 (10 weeks) \$210, Term 2: 22/04 (11 weeks) \$231

### French TWO (12 months’ experience) G

Continue your “Speak to Learn French” journey with Anne Morel. Level 2 builds on Level 1’s basics, introducing the past tense for everyday conversations. Learn in a lively, supportive environment without overwhelming grammar. Join us for this next step in your language adventure!  
Tuesdays, 9.15am–10.45am  
Term 1: 28/01 (10 weeks) \$210, Term 2: 22/04 (11 weeks) \$231

### Lifelong Learning Meetings (LLM)

For older people who are keen to learn, share stories and make new friends. Programs include armchair travels to faraway places, Melbourne’s lost architecture, a visit from the NGV curator and much more! Come and join this interesting and social group, we love welcoming new people.  
**Hawthorn Community House G**  
Thursdays (weekly), 1.30pm–3.30pm  
Term 1: 30/01 (10 weeks) \$50 (MAC\*), Term 2: 24/04 (11 weeks) \$55 (MAC\*)  
**Ashburton Community Centre**  
Fridays (fortnightly), 1.30pm–3.30pm  
Term 1: 31/01 (5 sessions) \$25 (MAC\*), Term 2: 09/05 (5 sessions), \$25 (MAC\*)

### iPad: Getting More from Your Device G

Get more value from your iPad and explore the special features of what your device can do. Explore using your iPad for productivity, relaxation, mini projects, entertainment and improving accessibility. The possibilities are endless! BYO iPad.  
Thursdays 1.00pm–2.30pm  
Term 1: 30/01 (10 weeks) \$50 (MAC\*), Term 2: 24/04 (11 weeks) \$55 (MAC\*)

### iPad: Beginner G

A new group to help you start your journey with iPads, exploring the variety of functions this device offers. Progress at your pace in a relaxed and friendly environment. BYO iPad.  
Thursdays 2.45pm–4.00pm  
Term 1: 30/01 (10 weeks) \$50 (MAC\*), Term 2: 24/04 (11 weeks) \$55 (MAC\*)

### Cinema & Chat H

A fortnightly event where our tutor Maree will select a movie to watch from the extensive SBS on Demand catalogue. A great opportunity to connect with others and participate in engaging discussions. Maree has run our Short Story Book Club for many years and is well versed in finding interesting angles for conversation. It is so simple, first watch the film at home, and then join us for a discussion in person.  
Tuesdays (fortnightly) 1.30pm–3.00pm  
Term 1: 04/02 (5 sessions) \$84\*, Term 2: 29/04 (5 sessions) \$84\*

### Rendezvous to Write H

A series of fortnightly sessions to assist you to write about your life and to provide useful ideas and strategies to ensure your writing comes to life on the page. Life writing topics, readings from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories. So often, we find that one person’s memory brings back a flood of recollections in another. There is much joy in finding your own voice and the right words to express your experiences.  
Tuesdays (fortnightly) 10.00am–12.00pm, 1.00pm–3.00pm  
Term 1: 28/01 (5 sessions) \$50 (MAC\*), Term 2: 06/05 (5 sessions) \$50 (MAC\*)

### Life Writing H

For over 35 years, the Life Writing Program has been supporting emerging memoir writers to find their own voice and the right words to express their experiences. The Life Writing Program can also connect writers with a personal Encourager who provides individual, constructive feedback and helps to develop the writer’s skills. There is no fixed timetable for writing – participants write when it’s convenient, and over time, the writers and Encouragers develop their own rhythm for communicating. Our volunteers love supporting writers to tell their stories –it’s an opportunity for them to share a love of writing and stories.

### Women’s Circle H

Enjoy a cupper and meet in an informal, welcoming and social setting to share knowledge, experience, and aspects of life in an atmosphere of respect and trust.  
Tuesdays (fortnightly), 10.00am–12.00pm  
Term 1: 04/02 (5 sessions), Term 2: 29/04 (5 sessions)  
\$2 gold coin donation

### Men’s Discussion Group H

A small and lively male-only discussion group where men chat and share their knowledge and experience in a supportive environment. The group fosters a strong sense of belonging and wellbeing, with a greater interest in life after retirement.  
1st & 3rd Fridays every month, commencing 07/02 10am–12pm  
\$2 gold coin donation



## Be Active

### Pilates G

A one-hour full-body exercise with precise movements and breath control to strengthen muscles while improving postural alignment and flexibility.  
**Mondays** 8.30am–9.30am, 9.30am–10.30am, 12.15pm–1.15pm, 1.30pm–2.30pm  
Term 1: 03/02 (8 weeks) \$103\*, Term 2: 28/04 (9 weeks) \$116\*  
**Thursdays** 8.30am–9.30am, 9.30am–10.30am  
Term 1: 30/01 (10 weeks) \$130\*, Term 2: 24/04 (11 weeks) \$141\*  
**Friday** 9.45am–10.45am  
Term 1: 31/01 (10 weeks) \$130\*, Term 2: 02/05 (10 weeks) \$130\*

### Strength & Balance G

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.  
**Mondays** 11.00am–12.00pm  
Term 1: 03/02 (8 weeks) \$103\*, Term 2: 28/04 (9 weeks), \$116\*  
**Wednesdays** 10.30am–11.30am  
Term 1: 29/01 (10 weeks) \$130\*, Term 2: 23/04 (11 weeks), \$141\*  
**Fridays** 11.00am–12.00pm  
Term 1: 31/01 (10 weeks) \$130\*, Term 2: 02/05 (10 weeks) \$130\*

### Qi Gong & Tai Chi (Beginner) G

Our beginners combined Qi Gong/Tai Chi exercise is a powerful system integrating physical postures, breathing techniques and focus.  
Thursdays 12.15pm–1.15pm  
Term 1: 30/01 (10 weeks) \$124\*, Term 2: 24/04 (11 weeks) \$136\*

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

This combined Qi Gong/Tai Chi exercise is a powerful system integrating physical postures, breathing techniques and focus.  
Thursdays 11.00am–12.00pm  
Term 1: 30/01 (10 weeks) \$124\*, Term 2: 24/04 (11 weeks) \$136\*

### Qi Gong & Tai Chi (Follow On) H

Join our teacher, Margaret, in this follow on Qi Gong/Tai Chi class. A powerful system of healing and energy, an integration of physical postures, breathing techniques and focus.  
Thursdays 9.45am–10.45am  
Term 1: 30/01 (10 weeks) \$124\*, Term 2: 24/04 (11 weeks) \$136\*

### Slow Flow Yoga (Beginner) G

A blend of hatha, slow flow and yin yoga to stretch, strengthen and relax your body. Suitable for people familiar with yoga basics.  
Mondays 11.00am–12.00pm  
Term 1: 03/02 (8 weeks) \$125\*, Term 2: 28/04 (9 weeks) \$141\*

### Zumba Gold G

Using a chair, this class is an excellent way to strengthen the bones and muscles, while increasing overall endurance. The cognitive benefits of Zumba keep the mind sharp and the upbeat music makes everyone happy!  
Mondays 3.00pm–4.00pm  
Term 1: 03/02 (8 weeks) \$103\*, Term 2: 28/04 (9 weeks) \$116\*

### Walking Group H

Fridays 9:45am for a 10.00am start –11.30am (ongoing), gold coin donation

### Pathways for Carers Walking Group H

A walk by carers for carers, where participants can learn about news, services and support available to them. Includes morning tea. Every third Thursday of the month, 9.45am for a 10.00am start. Free

## Be Creative

### Natural Object and Still Life Drawing Class H

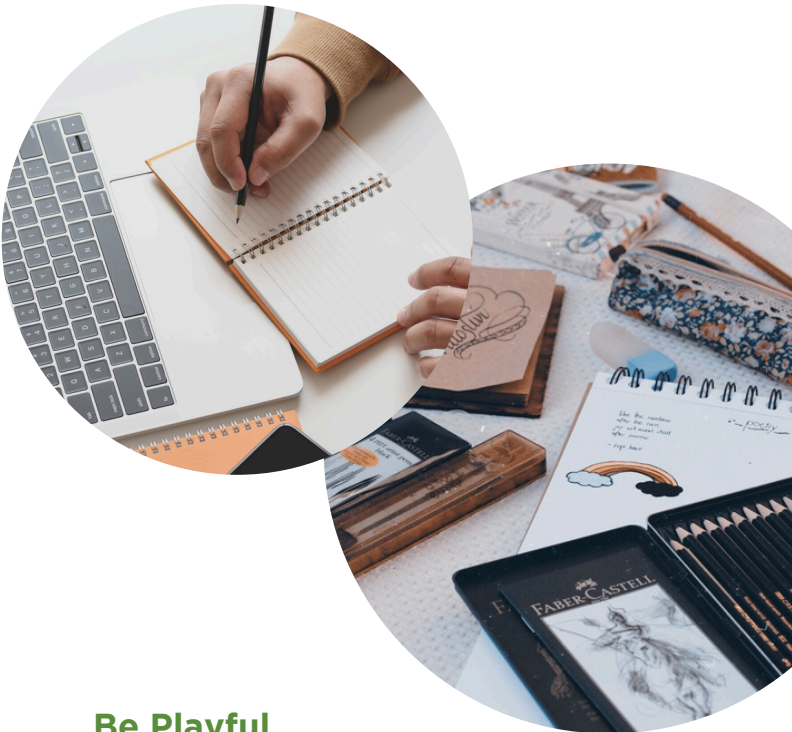
Whether you are new to drawing, want to explore your creative side, or would like to refine your drawing skills, this is the class for you! Learn new ways of seeing and explore concepts such as negative space, line weight and tone, as well as incorporating different techniques to improve your drawing skills. There will be plenty of opportunities to experiment with different mediums in a relaxed and supportive environment.  
Thursday 1.00pm–3.00pm  
Term 1: 30/01 (10 weeks) \$257, Term 2: 24/04 (11 weeks) \$283

### Leftover Theatre (ages 13-17) or (ages 18-26) H

Hawthorn Community House is home to a brand new youth & young adult Theatre Company: Leftover Theatre (LOT). Led by local theatre makers Liz Everett and Sarah Hartnell, LOT will host weekly ongoing workshops focusing on devising theatre skills, creative writing, as well as offering a welcoming and supportive ‘third place’. LOT is a great way to meet like-minded young people in a creative space, where you are given the tools to make art about things that are important to you.  
**Ages 13-17:** Mondays 4.30pm–6.30pm  
Term 1: 10/02 (6 weeks) \$60\*, Term 2: 12/05 (6 weeks) \$60\*  
**Ages 18-26:** Wednesdays 7.00pm–9.00pm  
Term 1: 12/02 (7 weeks) \$60\*, Term 2: 14/05 (7 weeks) \$60\*  
\*contact staff

### Saturday Studio Sessions: A Creative Escape H

A dynamic series designed for artists of all skill levels. Every second Saturday, enter a creative space, and explore colour, texture, innovation and imagination. Explore a variety of mediums and techniques, guided by an experienced arts facilitator. An invitation to connect with your senses and enjoy creative exploration in a small, welcoming community. Each session focuses on different themes, allowing you to experiment with various materials and playful approaches to art-making. Saturday Studio Sessions offer a blend of inspiration and connection. A moment to gather, share ideas, and open a creative doorway. Designed for all skill levels of art making, no preparation or materials needed. All are welcome!  
Saturdays (fortnightly) 10.00am–12.00pm  
Term 1: 15/02 (4 weeks) \$111, Term 2: 26/04 (6 weeks) \$166



## Be Playful

### Mums and Bubs Exercise G

A program run by a newish mum for new mums. Join our exercise class, specifically targeting areas of concern for post-natal mothers, focusing on safe pelvic floor options. We welcome all fitness levels and encourage you to bring your babies along!  
Mondays 9.30am–10.30am  
Term 1: 03/02 (8 weeks) \$120, Term 2: 28/04 (9 weeks) \$135

### Supported Playgroup (ages 0-5) W

For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone the office for details.  
Fridays 10.00am–12.00pm & 1.00pm–3.00pm, during school terms

### William Street Playhouse Membership (Children aged 0-5) W

Includes free play, socialization for both children and their parents, and explorations of the centre, with hands-on activities. Members can also enjoy a facilitated playgroup on Mondays, a story time session once a month, and a reduced party hire rate on weekends.  
6-month membership: \$80

### Classes Run from:

- H 32 Henry Street, Hawthorn
- G Level 1, 584 Glenferrie Road, Hawthorn
- W William Street Playhouse: 39 William Street, Hawthorn

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