

Enrolments:

Enrolments are taken on a first come, first served basis until the class is full. Preference will be given to existing participants who re-enrol before the end of each term. Payments and enrolments can be made over the phone on 9819 5758, or online at www.hch.org.au. You will need to fill out an enrolment form.

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 enrol.

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.

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.



Learn How to Crochet

Have you always wanted to learn how to crochet? Join our tutor Marian in a Tuesday pop-up class. You will learn the basics of crochet and how to make chain stitches. Once you have conquered this, you will move onto other stitches like double crochet and treble crochet. When you have these skills, you can crochet blankets, granny squares etc. Just bring along a crochet hook and yarn to get started.

Numbers are limited for this course to ensure each participant receives tutor assistance.

Book: <https://www.trybooking.com/COCYW>
Tuesday 13 February, 2024
6:30pm-8:30pm, \$60



Semester 1, 2024 Course Guide



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>

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>

Meditation and Mindfulness for Beginners (6 weeks)

The perfect place to start, no matter how busy your mind or life is. Understand meditation in a way that few people ever do, so you can easily relax your body, calm your mind, overcome anxiety, sleep better and generally enjoy life more.

The course covers:

- What meditation is, how it works and how to meditate
- A selection of simple meditation and mindfulness techniques, empowering you to find what suits you best
- The fastest and most reliable ways to relax your body and calm your mind
- How to seamlessly integrate meditation into your busy life and bring calm and balance into your day
- How to break free from stress and worry, restore clarity and calm, and better handle troubling thoughts and emotions
- How to use meditation to fall asleep, or to sleep more deeply, and as a means of relieving pain and anxiety

Term 1: Commences Tuesday 20th February
6:30pm-7:30pm, \$120
Book for Term 1:
<https://www.trybooking.com/CODHC>



Term 2: Commences Tuesday 23rd April
6:30pm-7:30pm, \$120
Book for Term 2:
<https://www.trybooking.com/COJPY>



Makeup Workshop: Take your look from Day to Night

Bring along your makeup bag with your usual favourite products, learn to apply them with techniques you haven't used before, and maybe even approach your makeup routine in a new way! Go through your existing makeup bag and discuss how to use the products you have and if there are any gaps, we can fill them with recommendations to suit every budget. Finally, our tutor will guide everyone with steps to elevate your look, taking your makeup from Day to Night!

NB Our tutor is not affiliated with a cosmetic company or retailer.

Book: <https://www.trybooking.com/CODGK>
Tuesday 25 June, 2024
6:30pm-8:30pm, \$60



Semester 1, 2024 Course Guide

Be Curious

Learn to Play Bridge **G**

Covers basic bidding and constructive card play. Lessons occur with cards in hand and Deals are selected to illustrate the topic of the day.

Wednesdays 10:30am-12:30pm,
Term 1: from 31/01 (9 weeks) \$110
Term 2: from 01/05 (9 weeks) \$110

Supervised Bridge 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: 31/01 (9 weeks) \$90
Term 2: 01/05 (9 weeks) \$90

Beginner Italian **H**

Perfect course for beginners. Study and reinforce the Italian language. Some knowledge from school or travel is useful, but not essential!

Thursdays 10.30am-12.00pm,
Term 1: 01/02 (9 weeks) \$179
Term 2: 18/04 (10 weeks) \$199

French TWO (12 months' experience) **H**

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 9.00am-10.30am
Term 1: 30/1 (9 weeks) \$187
Term 2: 16/4 (11 weeks) \$229

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

OM:NI (Older Men: New Ideas) is a small and lively male-only discussion group where men chat and share their knowledge, and experience 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, 10:00am-12:00pm
Term 1: 02/02, Gold coin donation

Rendezvous to Write **H**

Life writing topics, readings, from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories. There is much joy in finding your own voice and the right words to express your experiences.

Tuesdays (fortnightly) 10:30am-12:30pm, 1:00pm-3:00pm
Term 1: 30/01 (4 weeks) \$40 (MAC fee)**
Term 2: 23/04 (5 weeks) \$50 (MAC fee)**

Life Writing

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. The Life Writers publish an annual anthology and everyone's writing is included. Contact us for more information.

Lifelong Learning Meetings (LLM)

For older people keen to learn, share stories and make new friends. Includes armchair travel to faraway places, Melbourne's lost architecture, a visit from the NGV curator and much more!
Come and join, we love welcoming new people.

Hawthorn Community House **G**

Thursdays (weekly) 1:30pm-3:30pm
Term 1: 01/02 (9 weeks) \$45 (MAC fee)**
Term 2: 18/04 (10 weeks) \$50 (MAC fee)**

Ashburton Community Centre

Fridays (fortnightly) 1:30pm-3:30pm
Term 1: 02/02 (4 weeks) \$20 (MAC fee)**
Term 2: 26/04 (5 weeks) \$25 (MAC fee)**

iPad: Getting More from Your Device **G**

Getting more value from your iPad and exploring the special features of what your device can do. Explore using your iPad for productivity, relaxation, mini projects, entertainment and increasing accessibility. The possibilities are endless! BYO iPad.

Thursdays 1:00pm-2:30pm
Term 1: 01/02 (9 weeks) \$45 (MAC fee)**
Term 2: 18/04 (10 weeks) \$50 (MAC fee)**

Cinema & Chat **H**

Our host Maree will select a movie for you to watch at home from the extensive SBS on Demand catalogue. Then join us in person for a discussion about the film. A great opportunity to connect with others and participate in engaging conversation.

Mondays (fortnightly) 11:00am-12:00pm
Term 1: 29/01 (4 weeks) \$72*
Term 2: 22/04 (5 weeks) \$90*

Short Story Book Club **H**

For older people to meet and discuss Short Stories, discover new authors, and share a love of reading and exploring literature.

Mondays (fortnightly) 11:00am-1:00pm
Term 1: 05/02 (4 weeks) \$90*
Term 2: 15/4 (5 weeks) \$113*

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, 12:15pm, 1:30pm
Term 1: 29/01 (8 weeks) \$103*, Term 2: 15/04 (10 weeks) \$129*
Wednesdays 9:30am
Term 1: 31/01 (9 weeks) \$116*, Term 2: 17/04 (11 weeks) \$141*
Thursdays 8:30am, 9:30am
Term 1: 01/02 (9 weeks) \$116*, Term 2: 18/04 (10 weeks) \$129*
Fridays 8:30am, 9:45am
Term 1: 02/02 (8 weeks) \$103*, Term 2: 19/04 (11 weeks) \$141*

Dynamic Pilates **H**

Saturday 8:00am
Term 1: 03/02 (8 weeks) \$111, Term 2: 20/04 (11 weeks) \$152

Zumba Gold **G**

Using a chair, an excellent way to strengthen 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: 29/01 (8 weeks) \$103*
Term 2: 15/04 (10 weeks) \$129*

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 **Fridays 11:00am-12:00pm**
Term 1: 29/01 (8 weeks) \$104* **Term 1: 02/02 (8 weeks) \$104***
Term 2: 15/04 (10 weeks) \$130* **Term 2: 19/04 (11 weeks) \$141***
Wednesdays 10:30am-11:30am
Term 1: 31/01 (9 weeks) \$116*
Term 2: 17/04 (11 weeks) \$141*

Qi Gong/Tai Chi **G**

A powerful system integrating physical postures, breathing techniques and focus.

(Beginner) **(Intermediate)**
Thursdays 12:15pm-1:15pm **Thursdays 11:00am-12:00pm**
Term 1: 01/02 (9 weeks) \$111* **Term 1: 01/02 (9 weeks) \$111***
Term 2: 18/04 (10 weeks) \$124* **Term 2: 18/04 (10 weeks) \$124***

Qi Gong/Tai Chi Follow-On **H**

Join our teacher, Margaret, in this follow-on Qi Gong/Tai Chi class once you have mastered the basics.

Thursdays 9:45am-10:45am
Term 1: 01/02 (9 weeks) \$111*
Term 2: 18/04 (10 weeks) \$124*

Slow Flow Yoga **G**

A blend of hatha, slow flow and yin yoga to stretch, strengthen and relax your body. Suitable for all age groups familiar with yoga basics.

Mondays 11:00am-12:00pm
Term 1: 29/01 (8 weeks) \$115*
Term 2: 15/04 (10 weeks) \$143*

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 (Feb-Nov)
9:45am for a 10:00am start. Free

Walking Group **H**

Our fast-paced walking group will take you through the parks and streets of the local community for some fresh air. Contact us for more information.

Fridays, 9:45am for a 10:00am start, Gold coin donation

Be Creative

Teen Theatre Group: LOT (ages 13-17) **H**

Hawthorn Community House will be home to a BRAND NEW youth Theatre Company: Leftover Theatre (LOT). Local theatre makers Liz Everett and Sarah Hartnell, LOT, will host ongoing workshops for young people aged 13-17 focusing on devising theatre skills, creative writing, as well as offering a welcoming and supportive 'third place' for teenagers. LOT is a great way to meet like-minded people in a creative space, where you are given the tools to make art about things that are important to you.

Wednesdays 4:00pm-6:00pm
Term 1: 07/02 (8 weeks) \$60*
Term 2: 17/04 (11 weeks) \$60*

*contact staff

Natural Object and Still Life Drawing **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.

Thursdays 12:15pm-1:45pm
Term 1: 08/02 (8 weeks) \$154
Term 2: 18/04 (10 weeks) \$193



Be Playful

Mums and Bubs Exercise **G**

Specifically targeting areas of concern for post-natal mothers, an exercise class focusing on safe pelvic floor options. We welcome all fitness levels and encourage you to bring your babies along!

Monday 9:30am-10:30am
Term 1: 29/01 (8 weeks) \$104
Term 2: 15/04 (10 weeks) \$130

Supported Playgroup **W**

For families who may need extra support to participate in a community playgroup in a welcoming environment. This is a free program by referral only. Phone the office for details.

Fridays 10:30am-12:00pm, 1:00pm-2:30pm
Term 1: 02/02 (8 weeks)
Term 2: 19/04 (11 weeks)

Playcircle, (Part of the William Street Playhouse Membership) (Children ages 0-5) **W**

Session includes free play and chances for socialization for both children and their parents, and exploration of the centre, with hands-on activities. Contact us for more information.

Classes Run from:

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

**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.