



LINK

What's on at the Canterbury Neighbourhood Centre and Surrey Hills Neighbourhood Centre – your local community places, offering programs for people of all ages, interests and abilities.

What's new

- Community choir
- Kinder kids yoga
- Mixed media for beginners
- Musical playgroup
- Tech and tea
- Twined basketry

Events

Surrey Hills Twilight Market

Friday 15 February

5pm to 9pm

Surrey Hills Neighbourhood Centre
157 Union Rd, Surrey Hills

International Women's Day

Friday 8 March

Celebrate women's achievements



**2019
TERM 1**

Canterbury Neighbourhood Centre

1st Floor, 2 Rochester Rd Canterbury P: 9830 4214 canterburynh.org.au

Surrey Hills Neighbourhood Centre

157 Union Rd Surrey Hills P: 9890 2467 surreyhillsnc.org.au



What's on

workshops courses & events

Children

Musical playgroup **C** NEW

Research-based, award-winning music program, which brings together children and older adults through music and play that incorporates fun, multi-sensory activities, designed to encourage positive interactions between the generations in a nurturing and respectful environment.
Friday 10.30am to 11.15am
Starts 8 February (8wks), \$120

Kinder kids yoga (3-5 years) **C** NEW

Your little one will discover balance, calm, movement and fun!
Thursday 10am to 10.40am
Starts 14 February (8wks), \$120

Playgroup – parent led (0-5 years) **S**

Fun playgroup activities for children and their parents, grandparents or carers.
Thursday or Friday 9.30am to 11.30am
Starts 7 and 8 February (10wks), \$50

Playgroup – structured **C**

Facilitated by our early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are welcome.

Monday and Tuesday 9.30am to 11.30am
Monday starts 4 February (8wks), \$112
Tuesday starts 5 February (9wks), \$126

Music

Surrey Hills Community Choir **S** NEW

Sing your heart out on a Sunday night! Join Emily, a trained and experienced performer and vocal coach in a friendly, fun and supportive environment. Suits all ages and abilities.
Sunday 7pm to 8.30pm
Starts 3 February, (9wks), \$90

Ukulele **S**

Learn to play the ukulele with Des. The most fun you can have with four strings! Contact the centre if you are unsure about which level suits you.

Beginners

Wednesday 11.45am to 12.45am
Starts 30 January (10wks), \$160

Intermediate

Wednesday 1.30pm to 2.30pm
Starts 30 January (10wks), \$160

Advanced

Tuesday 7pm to 8pm
Starts 29 January (10wks), \$160
Wednesday 2.45pm to 3.45pm
Starts 30 January (10wks), \$160

Workshop – singalong songs **S** NEW

Bring your uke for this fun workshop playing and singing favourite songs. Requires knowledge of basic C, F and G7 chords. Includes sheet music to take home.
Wednesday 17 April, 2pm to 3.30pm,
\$25 / \$20 SHNC member

Community

Blokes in the kitchen **S**

Learn to prepare simple meals which you'll enjoy as a shared meal at the end of the class.
Friday 8am to noon
8 February, 8 March and 5 April
\$33 per session

Charity knitting group **S**

Knit to help others in need. This group knits items for KOGO (Knit One, Give One).
Monday 7pm to 9pm
Starts 4 February, Free with SHNC membership

Community mini library **S** **C**

Both centres have a mini library. Share books and DVDs on an honour system. Donations of books and DVDs are welcome. Visit the centres to see the selection.

Drop in morning tea **S**

Join us for morning tea and conversation.
Monday 9.30am to 11.30am
Starts 4 February, \$3 per session

Florins **S**

This women's social group meets fortnightly to chat and enjoy outings.
2nd and 4th Thursday monthly, 2pm to 4pm
Starts 14 February, \$4.50 per session

Mah-jong (Western) **S**

Join our enthusiastic group and experience the challenges of this Chinese game.
Friday 1.30pm to 4pm
Starts 1 February, \$4.50 per session

Men's discussion group **S**

Surrey Hills OM:NI covers a wide range of topics and always welcome new participants. Morning tea included.
Friday 9.30am to 11.30am fortnightly
1 and 15 February, 1, 15 and 29 March, and 12 and 26 April, \$4.50 per session

Rummy **O** **S**

Test your categorising, counting and strategic skills. The aim is to be the first to eliminate all the tiles from your rack.
Friday 10am to noon fortnightly
Starts 1 February, \$4.50 per session

Scrabble **S**

Enjoy the challenge of words. This friendly group welcomes new players – experienced or beginners.
1st, 3rd and 5th Tuesday, 1pm to 4pm
Starts 29 January, \$4.50 per session

Small Seeds **C** NEW

Help create and maintain a small raised garden and grow fresh vegetables. Contact centre to register your interest.

Stitch and chat **S**

Bring your sewing and enjoy making new friends. Afternoon tea provided by participants on a rotating basis.
2nd and 4th Monday, 1.30pm to 3.30pm
Starts 11 February, \$4.50 per session

Table tennis **S**

Enjoy a friendly game of social table tennis.
Thursday 1.30pm to 3pm
Starts 31 January, \$4.50 per session

Workshops

Decluttering **S** NEW

Are you drowning in clutter and stuff or need to get organised? This workshop will help give you some great tools to create a life that you love. Pair with our 'Buying and Selling on Ebay and Gumtree' workshop to help get rid of what you don't need.
Saturday 16 February, 2pm to 4pm
\$30 / \$25 SHNC member

Family meal planning **S** NEW

Meal preparation can be a chore, but with a little forethought and planning the nightly grind be much easier and more enjoyable.
Saturday 2 March, 2pm to 4pm
\$30 / \$25 SHNC member

Styled by Dad **S** NEW

Are school mornings a struggle? Don't know a pony from a pigtail? This session will teach you the basics of brushing and detangling, how to create the perfect pony, pigtails and basic plaiting. Perfect for Dads with daughters aged 4 to 8 years. BYO daughter and hairbrush!
Sunday 10 February 10am to 11.30am
\$30 / \$25 SHNC member

Wednesday Workshops **C** NEW

Handmade prints for cards and gifts

Create a collograph using textures on a board to print an image that can be used to make cards or pictures.
Wednesday 20 and 27 February
10am to noon (2wks), \$10

Introduction to mindfulness FREE

This small class provides an introduction and high level understanding of mindfulness.
Wednesday 6 March, 10am to noon (1wk)

First aid for the home FREE

Refresh yourself on first aid basics around the home with an experienced trainer. (workshop is not accredited).
Wednesday 13 March, 10am to noon (1wk)

Introduction to running FREE

Discover the benefits of running. Tips for getting started, posture and form, including warm ups, drills, games and cool down.
Wednesday 20 March, 10am to noon (1wk)

Australian history FREE

Be taken on a fascinating journey through aspects of Australian history.
Wednesday 27 March, 1pm to 3pm (1wk)

A hug in an envelope

Enjoy the experience of creating handmade cards – that you will enjoy gifting.
Wednesday 3 April, 10am to noon (1wk), \$5

Interested in sharing your skills and knowledge? Contact CNC to express an interest in running a workshop.

Volunteering

Both centres rely on volunteers to help them run. Volunteering is a wonderful way to meet people in the community, learn or share new skills and feel good about contributing. Contact either centre to find out what opportunities are available.

What's on

workshops courses & events

Creative pursuits

Acrylic painting **S**

Each week you will be introduced to a new technique, subject or challenge to extend your painting. Class is suitable for beginner to advanced levels.

Monday 1pm to 3pm

Starts 4 February (8wks), \$144

Drawing **S**

Drawing skills can be a great introduction to other art mediums. This class is suitable for beginners and those wanting to expand their repertoire.

Tuesday 2.30pm to 4.30pm

Starts 29 January (10wks), \$180

Mixed media for beginners **S** **NEW**

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

Friday 2pm to 4pm

Starts 1 February (10wks), \$180

Nature in Art **C**

Small, friendly classes allow for individual attention, inspiration and encouragement. Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am to 12pm or 12.30pm to 3pm

Starts 4 February (8wks), \$216

Twined basketry **S** **NEW**

Learn how to use natural materials to make a basket using this traditional basketry technique. You will create your own basket to take home at the end of the workshop.

Sunday 17 March, 10am to 4pm, \$90 / \$80 SHNC member (+\$20 materials)

Watercolour **C**

Beginners to advanced students are welcome to explore a range of mediums and techniques in this small, welcoming class with our experienced and talented artist Deb Mawdsley.

Tuesday 9.30 to 11.30am or

12.45pm to 2.45pm

Starts 5 February (8wks), \$200

Watercolour painting **S**

This class is taught by a local, experienced painter of different art media, students can explore a variety of techniques.

Wednesday 10am to 12pm or 1pm to 3pm

Starts 30 January (10wks), \$180

Creating connections **S** **NEW**

Facilitated art group for people living with younger onset dementia.

Friday 2pm to 4pm

Starts 15 February (8 wks)

Contact centre for further details

Upholstery and soft furnishing **C**

Suitable for beginners to advanced.

Create your own bolster, bean bag or cushion or reinvigorate that tired piece of furniture. Storage is available between classes. Places are limited.

Tuesday 9.45am to 12.45pm or

12.45pm to 3.45pm

Starts 5 February (9wks), \$270

Languages

French for absolute beginners **C**

No experience needed.

Wednesday 10am to noon

Starts 6 February (9wks), \$207

French for beginners **C**

3 to 6 months prior experience.

Wednesday 12.30pm to 2.30pm

Starts 6 February (9wks), \$207

French beginners plus **C**

Enhance your skills in your French language journey. 6 months + prior experience.

Tuesday 1.15pm to 3.15pm

Starts 5 February (9wks), \$207

French intermediate **C**

Build on your French language skills.

12 months prior experience.

Monday 1pm to 3pm

Starts 4 February (8wks), \$184

French advanced **C**

Challenge your conversational skills while continuing to develop grammatical concepts. 4+ years prior experience.

Monday 10.45am to 12.45pm

Starts 4 February (8wks), \$184

Italian absolute beginners **C**

No experience needed.

Thursday 12.30pm to 2.30pm

Starts 7 February (9wks), \$207

Italian beginners 1 **C**

Build on basic grammar, conversation and comprehension skills of the Italian language. 6 months+ prior experience.

Thursday 9.45am to 11.45am

Starts 7 February (9wks), \$207

Italian beginners 2 **C**

Enhance conversation, grammar and comprehension skills of the Italian language. 12 months + prior experience.

Wednesday 3pm to 5pm

Starts 6 February (9wks), \$207

Italian intermediate 1 **C**

Need Italian for travel and pleasure?

This is an intermediate language level of conversation and grammar. 12 months + prior experience.

Wednesday 12.45pm to 2.45pm

Starts 6 February (9wks), \$207

Italian intermediate 2 **C**

Increase your Italian language skill, learning to speak, read and write Italian with this practical course relating to everyday situations. 2 years prior experience.

Thursday 12.20pm to 2.20pm

Starts 7 February (9wks), \$207

Italian advanced 1 **C**

This class focuses on conversation with some writing including revision of grammar. 4 to 5 years prior experience.

Thursday 10am to 12pm

Starts 7 February (9wks), \$207

Italian advanced 2 **C**

Refines grammar, writing skills and discusses ideas and issues. 6 years prior experience.

Wednesday 9.30am to 11.30am

Starts 6 February (9wks), \$207

Spanish absolute beginners **C**

No experience needed. Monday 1pm to 3pm

Starts 4 February (7wks), \$161

Spanish intermediate **C**

Builds on conversation, grammar and written language skills. 6 months + prior experience.

Monday 10.30am to 12.30pm

Starts 4 February (7wks), \$161

The arts – reading, writing, history and film

Book circles – Maling Rd & Bellevue **C**

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details.

Maling Rd

1st Tuesday/month 10am to 11am

2nd Tuesday/month 10am to 11am

3rd Tuesday/month 2.30pm to 3.30pm **NEW**

Bellevue

3rd Tuesday/month 10am to 11am

Free for CNC members

Book groups **S**

Share your pleasure of reading with other like-minded people.

4th Tuesday of the month 7pm to 8.30pm

Starts 26 February, \$4.50 per session

Foreign films and discussion **S**

Enjoy a foreign film followed by a discussion and nibbles. Contact SHNC for details.

3rd Wed of the month, 7.30pm to 10.30pm

Starts 20 February, \$10 per session

Heritage collection **S**

Volunteers curate items of heritage value.

Monday 10am to 3pm during term dates.

Free with SHNC membership

Historical society **S**

Learn about various local history themes, with guest presenters. Visitors welcome.

3rd Tuesday of the month

Start 19 February, 8pm to 10pm, \$4.50

Literature – Greek, Roman and Norse myths **C** **NEW**

Explore a broad range of written works and other media from literary, philosophical and other perspectives.

Wednesday 1pm to 3pm

Starts 6 February (9wks), \$207

Writing life (beginners) **C** **NEW**

Structured lessons to guide you in capturing your stories of life and precious memories.

Tuesday 1pm to 3pm

Starts 5 February (9wks), \$207

Writing life (continuing) **C**

Tuesday 10am to 12pm

Starts 5 February (9wks), \$207

What's on workshops courses & events

Health & wellbeing

Active living 60 plus **S**

This friendly and inclusive class focusses on balance, stretching, strength and light cardio.

Monday 8.45am to 9.45am
Starts 4 February (8wks), \$128

Bike riding groups **S**

Monday, Tuesday, Wednesday and Thursday mornings. Free with SHNC membership. Contact SHNC to confirm availability and level of fitness required.

Buff bones for osteoporosis **C**

A pilates based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises. Please bring a yoga mat and a small towel.

Monday 9.30am to 10.30am and 10.45am to 11.45am
Starts 4 February (8wks), \$136
Thursday 9.30am to 10.30am and 10.45am to 11.45am
Starts 7 February (9wks), \$153

Fun fitness for brain and body (Ageless Grace) **S C**

An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, coordination, balance and promotes creativity. Suitable for people of all ages and abilities who are interested in maintaining their brain health.

Surrey Hills

Monday 10am to 10.45am
Starts 4 February (8wks), \$128

Canterbury

Friday 10am to 10.45am
Starts 8 February (9wks), \$126

Laughter club **S**

Laughter is a celebration of the human spirit. Improve your physical, mental, emotional and spiritual wellbeing.

Wednesday 8.30am to 8.50am
Starts 30 January
Free with SHNC membership

Pilates **S**

Pilates focuses on strengthening deep abdominal and pelvic floor muscles – improve posture, body awareness, breathing and wellbeing.

Monday 10am to 11am
Starts 4 February (8wks), \$128
Tuesday 11am to noon
Starts 29 January (10wks), \$160
Thursday 6pm to 7pm
Starts 31 January (10wks), \$160

Qigong **S**

Experience this therapeutic form of Tai Chi involving low impact meditative exercise.

Wednesday 10am to 11.15am
Starts 31 January, \$8 per session

Strength training **S**

Facilitated by YMCA instructors. Exercise core muscles using weights. Participants must complete a medical clearance form with their doctor prior to commencement.

Contact the centre for class availability and enrolment information.

Monday, Wednesday and Friday 8.15am to 9.15am
Tuesday 9.30am to 10.30am
Tuesday and Thursday 7.15pm to 8.15pm
Tuesday and Friday 12.30pm to 1.30pm
\$5.50 per class (over 65 years)
\$7.50 per class (under 65 years)
Classes start Tuesday 29 January (Pay by term)

Tai Chi **C**

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.

Friday 9.30am to 10.30am (ongoing)
Friday 11am to noon (beginners) **NEW**
Starts 8 February (9wks), \$126

Tai Chi – self-directed sessions **S**

This self-led group welcomes new participants who either have some tai chi experience or are comfortable to view tai chi videos to support their participation.

Tuesday, Thursday and Friday 8.15am to 9am (ongoing)
Classes start 29 January
\$25 per term for single weekly session or \$45 per term for multiple weekly sessions

Walking groups **S**

Enjoy a medium-paced walk around our neighbourhood and a coffee along the way!
Monday 9am to 10.30am Starts 4 February
Friday 8.30am to 10am Starts 1 February
Free with SHNC membership

Walking group – Parents with prams **S NEW**

Explore the neighbourhood and meet other local parents.
Wednesday 9.30am to 11am
Starts 30 January, Free with SHNC membership

Walk and talk **C**

Get fit and make friends. Enjoy an hour's walk through the streets and gardens of Canterbury followed by a well-deserved cuppa and chat.

Thursday 9.30am to 11am (fast pace)
Thursday 9.30am to 11am (gentle) **NEW**
Starts 7 February, Free for CNC members

Yoga – Chair Based **C**

Experience hatha yoga in a safe, friendly way, seated on a chair and standing with the assistance of a chair. Breath work, short meditations and seated relaxations included.

Monday 10.45am to 11.45am
Starts 4 February (8wks), \$112

Yoga – Hatha **C**

Small class of gentle hatha yoga using gentle stretching techniques to release tension, increase flexibility create a sense of calm.

Bring a yoga mat and pillow.
Monday 9.30am to 10.30am
Starts 4 February (8wks), \$112

Yoga – Gentle **C**

Focused on a gentle approach incorporating stretching and strengthening techniques
Tuesday 9.30am to 10.30am
Starts 5 February (9wks), \$126

Yoga – Hatha **S**

Enjoy the benefits of hatha yoga. Suitable for beginners to experienced.

Monday 6pm to 7pm **NEW**
Monday 7.15pm to 8.15pm
Starts 4 February (8wks), \$128
Wednesday 5.45pm to 6.45pm
Starts 30 February (10wks), \$160
Thursday 9.30am to 10.30am
Starts 31 February (10wks), \$160

Technology

Buying and selling on Ebay and Gumtree **S NEW**

Learn how to sell your unwanted goods on Ebay and Gumtree. Pair this with our 'Decluttering' workshop to make some space and money after Christmas.

Tuesday 10am to 12.30pm
Starts 12 February (2wks), \$50 / \$40 SHNC member

Tech and Tea **C NEW**

Learn more about how to use your smart phone or tablet in a relaxed, friendly café.
Monday 9.30am to 10.30am
Starts 4 February (4wks), \$20

Room Hire @ SHNC

The Chandler Room is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area. The Cottage is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops and seminars. All facilities are wheelchair accessible.

How to book

Phone: **C** 9830 4214 **S** 9890 2467

In person:

C 1st floor, 2 Rochester Rd, Canterbury

S 157 Union Rd, Surrey Hills

Online:

C canterburynh.org.au

S surreyhillsnc.org.au

Please note: Fees must be paid in full at the time of booking. Classes will only run with enough bookings. A full refund will be provided if a class is cancelled. Refunds will not be given once classes commence unless there are exceptional circumstances. Course information is correct at the time of printing but subject to occasional change.

Become a member: The Canterbury and Surrey Hills Neighbourhood Centres are not-for-profit, community-led organisations. Membership is required to enrol in term-based courses. Membership is not required to join a workshop or short-course (although members receive a discount). Your membership helps support the important work of the centres. Membership is \$15 per year for each centre. If you are already a member of one centre you can join the other centre for a reduced fee of \$10.

