

What's on Guide

2019
TERM 4

DISCOVER, LEARN & CONNECT @ **SURREY HILLS NEIGHBOURHOOD CENTRE**



Events

Surrey Hills Music Festival – Saturday 18 November

Surrey Hills Twilight Market – Friday 25 October 5 – 9pm

Surrey Hills End of Year Celebration – Friday 6 December 4 – 6pm

Featuring

Creating Connections – Community Program

Creating Connections is a community based weekly program run at the Surrey Hills Neighbourhood Centre for people living with early onset dementia (EOD).

Through the use of art therapy and art related activities, this project helps people with EOD de-stress, exercise increased cognitive, memory and neurosensory abilities, improve interpersonal relationships and feel more self-confident. It allows people with dementia to feel valued for what they can produce now as part of their unique identity. Through the participation of carers and families, the program provides an opportunity for carers and families to engage in a playful and creative way for their own wellbeing and in relating to their cared one.

The program is funded by a Boroondara Innovations Grant, in recognition of the valuable effect it has in countering the real and significant stigma associated with living with dementia.

Over time, we have seen the group flourish. Many participants who were

at first hesitant and nervous now look forward to attending the weekly sessions. The group has generated amazing art works and provided a wonderful opportunity for participants to meet others living with the condition, resulting in new friendships and strengthening their support base which is vital to the social and mental wellbeing of group members. The group behave as a cohort at ease with

each other and there is a warm, friendly feeling in the room where they meet. Once one of the carers wrote, "I wanted to express my thanks to facilitators, Janelle, Audrey, Sheena and Angela. The program is fantastic! The calm, creative and supportive environment was a tonic. I am so grateful for the opportunity that you gave us. If you ever run one for carers I would love to attend!"



Arts & Creative Pursuits



Metal Embossing and Pewter Art Classes

Mandi Potgieter introduces you to the beautiful antique art form of metal embossing and pewter. This course covers the history of pewter, techniques, chemical processing and provides all materials (including pewter) for you to create your own masterpieces and take home 3 framed art works. They make unique gifts for Christmas.

Starts Monday 21 October
11.30am – 1.30pm (6wks) \$210

Kokedama - Japanese Moss Balls Floral Arrangements by Azumi



Learn the art of Kokedama or Japanese Moss Balls with Azumi. Azumi will demonstrate how to make Kokedama using a style of bonsai and will explain the Japanese art of creating living designs made to replicate formations found in nature. All materials provided.

Friday 25 October, 7pm – 9pm
\$120/\$110 SHNC member
(includes bubbles and cheese)

Ikebana, Hanakubari - Japanese Floral Arrangements by Azumi



Learn the art of Hanakubari, a contemporary version of Japanese Ikebana flower arranging. Modern Ikebana techniques are known for their simplicity, economical and ecological designs. Join Azumi as she demonstrates and guides you in traditional Ikebana techniques. All materials provided so you can continue your Hanakubari journey at home.

Friday 1 November, 7pm – 9pm
\$140/\$130 SHNC member
(includes bubbles and cheese)

Introduction to Gold Leaf and Ink Painting Workshop



Join Sophie Dieu, artist and facilitator, as she spends the day introducing you to ink painting and gold leaf techniques. Complete at least 3 art pieces using wet-on-wet, paper layering and gold leaf techniques. All materials provided.

Sunday 10 November, 10am – 4pm
\$140 (includes light lunch and a glass of bubbles)

Creating connections

An inspiring and creative facilitated art group for people living with younger onset dementia (early stage), funded by the City of Boroondara. Bond with others who are on the same journey.

Friday 1.30pm – 3.30pm
Starts 11 October (8wks) Free
Contact centre for further information

Drawing M

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

Tuesdays 2.30pm – 4.30pm
Starts 8 October (9wks) \$162

Watercolour painting **M**

Taught by local artist, Velda Palazzi, students explore and apply a variety of techniques in each session to increase their confidence and skills in using this beautiful and versatile medium.

**Wednesday 10am – 12pm or
1pm – 3pm**
Starts 9 October (10wks) \$180

Mixed media for beginners **M**

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

Friday 2pm – 4pm
Starts 11 October (9wks), \$162

Beeswax Wraps (Back by popular demand)

Join Emma Grace for a Christmas themed Beeswax wraps session. Learn how to make and take home two wraps.

Friday 22 November, 6pm – 8pm
\$65/\$55 SHNC member
(includes bubbles and cheese)



Children

Playgroups – Parent Led (0–5 yrs) **M**

Fun playgroup activities for babies, toddlers and preschoolers with their parents, grandparents or carers. Includes monthly visits from the Balwyn Library on 17 October and 15 November for a singalong, reading and activities. A great way to connect with families in the area.

Thursday or Friday 9.30am – 11.30am
Thursday starts 10 October (10wks) \$50
Friday starts 11 October (10wks) \$50

Cooking



Plant based Mediterranean Cooking Workshop

Mediterranean cooking is known to be amongst the healthiest in the world. Arzu returns to the SHNC to show us the health benefits of both Mediterranean and plant-based cooking by demonstrating how to make three vegan dishes. Arzu's techniques also incorporate Middle-Eastern influences. Don't forget to bring containers! Recipes and step-by-step instructions provided.

Friday 8 November, 6pm – 8pm
\$70/\$60 SHNC member



Summer Mediterranean Cooking Workshop

Join Arzu just before summer commences and learn to cook a delicious Mediterranean summer feast. This workshop will also explain the health benefits of using olive oil, garlic and fresh herbs. The class will focus on three dishes demonstrated by Arzu. You get step-by-step instructions to take home and don't forget to bring containers!

Friday 29 November, 6pm – 8pm
\$70/\$60 SHNC member



Blokes in the Kitchen **M**

Learn to prepare simple, delicious meals with other blokes under Pieter's guidance and enjoy as a shared meal and great conversation to finish the session.

**Friday 18 October and 29 November,
8am – 12pm \$20 per session**

Community

Seniors Week

Come and try a class for free. To celebrate Seniors Week, join one of our many yoga, Pilates or art classes for free from 7 – 31 October.

7 October to 31 October, Free
Bookings essential, please call office



Heritage collection **M**

Volunteers curating local items of heritage value.

Monday viewing 10am – 3pm per term
Free with SHNC membership.

Historical society

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

3rd Tuesdays 8pm – 10pm
\$4.50 per session

Music

Surrey Hills Community Choir **M**

Sing your heart out on a Sunday night with your local fun and supportive choir. Suits all ages and abilities.

Sundays 7pm – 8.30pm
Starts 6 October (10wks) \$100

Ukulele **M**

Learn to play the ukulele with Des Mahoney. Des will infect you with his love for this compact instrument! The most fun you can have with four strings! Classes available for all levels.

Beginners

Wednesday 11.45am – 12.45am
Starts 16 October (8wks), \$128

Intermediate

Wednesday 1.30pm – 2.30pm
Starts 16 October (8wks), \$128

Advanced

Tuesday 7pm – 8pm
Starts 15 October (7wks), \$112
Wednesday 2.45pm – 3.45pm
Starts 16 October (8wks), \$128

Literature

Book groups **M**

Connect and share your pleasure of reading with other like-minded people.

4th Tuesday 7pm – 8.30pm
Starts 22 October

1st Thursday 7.30pm – 9.30pm
Starts 7 November \$4.50 per session

Fitness & Wellbeing

Spring Fling – Summer Get Back into Shape Bootcamp



Join Felipe Macia, accredited fitness instructor, in a group fitness class that aims to get you back into shape and rejuvenate your health and fitness just before summer. Perfect if you don't want to commit to a gym membership! Includes pre and post assessments (and photos) and weekly challenges on off days. Classes include a variety of MuVit, Pilates, HIT and Boxing! (all equipment included, cost equates to \$15 per session).

8 weeks/16 sessions Tuesday and Thursday 6.15am – 7.10am
Starts Tuesday 15 October \$240

Active living 60 plus **M**

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

Mondays 8.45am – 9.45am
Starts 7 October (9wks) \$144

Bike riding groups **M**

Riding for all abilities, multiple groups covering various distances available.

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

Fun fitness for the brain and body – Ageless grace **M**

A fun, seated exercise program to uplifting music, which is designed to focus on healthy longevity of the body and mind. It is fun, playful and for people of all ages and abilities.

Mondays 10am – 10.45am
Starts 7 October (9wks) \$144

Pilates **M**

Our Pilates classes focus on strengthening deep abdominal and pelvic floor muscles to improve posture, body awareness, breathing and increased sense of wellbeing.

Mondays 10am – 11am
Starts 7 October (9wks) \$144
Tuesdays 11am – 12pm
Starts 8 October (9wks) \$144
Thursdays 6pm – 7pm
Starts 10 October (10wks) \$160

Qi Gong **M**

A deeply therapeutic and restorative form of Tai Chi involving low impact meditative exercise.

Wednesdays 10am – 11.15am
Starts 9 October
\$8 per session



Strength training **M**

Facilitated by YMCA instructors, our strength training classes aim to exercise core muscles using weights. Designed to cover a wide range of abilities. Contact SHNC for class availability and levels (medical clearance required prior to commencement).

Chair based, Low Intensity

Wednesday 3pm – 4pm
(expressions of interest)
Mondays, Wednesdays and Fridays
8.15am – 9.15am
Tuesdays, 9.30am – 10.30am and
12.30pm – 1.30pm
Tuesdays and Thursdays
7.15pm – 8.15pm
Tuesdays, 12.30pm – 1.30pm
Fridays 12 – 1pm
Starts 7 October
\$5.75 per class (over 65 years)
\$8 per class (under 65 years)
paid per term

Tai Chi – Self-directed sessions **M**

This is a self-taught group which would welcome new members who either have some tai chi experience or are comfortable to learn from others and tai chi videos.

Tuesdays, Thursdays and Fridays,
8.15am – 9am (ongoing)
Starts 8 October \$25/single weekly or
\$45/multiple weekly sessions

Table tennis **M**

Enjoy friendly social table tennis.
Thursdays 1.30pm – 3pm
Starts 10 October \$4.50 per session

Walking groups **M**

Enjoy a medium paced walk around the Neighbourhood and stop for a coffee along the way!
Mondays 9am – 10.30am
Starts 7 October
Fridays 8.30am – 10am
Starts 11 October
Free with SHNC membership

Yoga **M**

Enjoy the wonderful benefits of the deeply nourishing hatha yoga with our experienced facilitators. Suitable for beginners to experienced.

Mondays 6pm – 7pm,
7.15pm – 8.15pm
Starts 7 October (9wks) \$144
Tuesdays 8.15am – 9.15am (NEW)
Starts 8 October (9wks) \$144
Wednesdays 5.45pm – 6.45pm
Starts 9 October (10wks) \$160
Thursday 9.30am – 10.30am
Starts 10 October (10wks) \$160

Felipe Macia

Tutor Profile – Spring Fling



My passion is helping people get stronger, fitter, more flexible and mobile, but more than that, I love helping them gain confidence and overcome their fears through movement.

I like creating fun and enjoyable experiences that motivate participants and help them get the best of every session. I strongly believe that fitness programs require variety to achieve balance and better results. Come join my classes and find out how fun fitness can be!

Social Groups

Bubbles and Wine Tasting at Purvis

Celebrate Melbourne Cup and Christmas by popping down to Purvis for some wine tasting. Over 60 premium wines and bubbles from local and international wineries. Discounts available on purchases, giveaways, light refreshments included.

Thursday 24 October
6.30pm – 8pm \$40



Chess Group

Enjoy a game of chess. Learn new techniques, strategies or just have fun! All abilities welcome. Please bring a board if you have one.

Starts Monday 21 October
11am – 12.30pm (weekly)
\$4.50 per session



Needleworkers

Come together in a relaxed space and enjoy the art of needlework.

Starts Sunday 13 October
10am – 12pm (2nd Sunday each month)
\$4.50 per session



Women's Reflection Circle

Come together in a relaxed space that honours women's wisdom and share life experiences. Reflect, connect and enjoy themes and topics chosen by the group.

Starts Friday 11 October
10am – 11.30am (fortnightly)
\$4.50 per session



Charity knitting group

Knit to help others in need.

Mondays 7pm – 9pm
Starts 7 October
Free with SHNC membership

Drop in morning tea

Join us for morning tea and conversation.

Mondays 9.30am – 11.30am
Starts 7 October, \$3 per session

SHNC Foreign Film Society

Enjoy a foreign film followed by a discussion and nibbles.

3rd Wednesday 7.30pm – 10.30pm
Starts 16 October \$10 per session

Florins

This women's social group meets fortnightly to chat and enjoy excursions.

2nd and 4th Thursdays monthly
2pm – 4pm
Starts 10 October \$4.50 per session

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
Starts 9 October
Free with SHNC membership

Mahjong (Western)

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

Friday 1.30pm – 4pm
Starts 11 October \$4.50 per session

Men's discussion group

Surrey Hills OM:NI (Older men, New Ideas) covers a wide range of topics and always welcome new participants. Morning tea included.

Fridays 9.30am – 11.30am fortnightly
11, 25 October, 8, 22 November and 6 December \$4.50 per session

Scrabble

Enjoy the challenge of words. This friendly group welcomes new players – experienced or beginners.

1st, 3rd & 5th Tuesdays 1pm – 4pm
Starts 15 October \$4.50 per session

Stitch & chat

Bring your sewing and enjoy making new friends. Afternoon tea provided by members on a rotating basis.

Mondays fortnightly
1.30pm – 3.30pm
Starts 14 October, \$4.50 per session

Technology

iPhone/iPad for beginners Short Course

Learn how to use your iPad and iPhone in a relaxed environment. These comprehensive sessions will show you how to use all the key features of your device and more.

Tuesday 15, 22, 29 October
10am – 12.30pm (3 sessions)
\$100/\$90 SHNC member



iPhone/iPad intermediate Short Course

If you are across the basics and want to get more from your iPhone/iPad join these comprehensive sessions and get to the next level.

Tuesday 12, 19, 26 November
10am – 12.30pm (3 sessions)
\$100/\$90 SHNC member



Smartphone and Tablet photography

Learn how to take great shots on your smart device (including Apple). Explore different modes and lighting. Includes how to manage, back-up and print photos.

Monday 21 October
1pm – 3.30pm (1 session)
\$35/\$30 SHNC member



Buying and Selling on E-bay and Gumtree

A great way to shop for Christmas presents, sell unwanted items or buy new ones. All from the comfort of your own home.

Tuesday 3, 10 December
10am – 12.30pm (2 sessions)
\$65/\$55 SHNC member



Scott Moran Tutor Technology Profile



Scott is a regular tutor at Surrey Hills Neighbourhood Centre and has been teaching computers and other related IT courses for more than 10 years. Scott understands how confronting IT can be for the novice, and he loves seeing people build confidence in their use of technology.

Scott is across Smart Device trends and his courses specialise in computing, cloud, social media. As well as working with beginners, Scott also teaches advanced techniques. He also welcomes enquiries from people who need help with their computer needs.

Volunteering at Surrey Hills

The Centre relies on volunteers who generously provide their time. Volunteering is a wonderful way to meet people in your local community, share your skills or learn new ones. For a rewarding experience please contact the Centre or visit our website to explore new opportunities.

Carlos Ramos Salazar

Volunteer Profile



Carlos recently joined the Surrey Hills Neighbourhood Centre as a volunteer marketing assistant. His experience includes social work in México for the City Council of Hermosillo and then after moving from Mexico he helped at-risk youth and encouraged Hispanic kids connect with their community in Boys Town in Nebraska in the US.

As a journalist, specifically in politics and social issues, Carlos has helped raise awareness through social media for political campaigns, activism events, and community fundraisings.

Carlos recently moved to Australia from the US in hopes of learning about the culture and expanding his views of what goes on around the world. So far he has thoroughly enjoyed his time in Australia.

Room hire @ Surrey Hills



We offer room hire from 6 to 80 capacity. Fully equipped kitchens, alfresco dining and outdoor enclosed areas for all your party, meeting, workshop and seminar needs (with wheelchair access). Ask how you can hire a room for your next celebration.



Can't find the class you're looking for? Why not look at Canterbury Neighbourhood House programs, here are just some of the classes they have on offer:

- Upholstery
- Chinese dumplings
- Pink ribbon program
- Philosophy
- Writing life
- Dance Latino style

For more details visit www.canterburyhnsnc.org.au

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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 \$15 per calendar year.

To book a session

Online: surreyhillsc.org.au

In person: 157 Union Road
Surrey Hills

Phone: 9890 2467

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.

M Membership to Centre required to participate



**157 Union Road,
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Ph: 9890 2467

E: enquiries@surreyhillsc.org.au

W: www.surreyhillsc.org.au

Supported by

