

Term 1 2021

Monday 1st February - Thursday 30th April
(not 8th March - Labour Day)



Some activities will be run in both face-to-face (onsite attendance and remote via Zoom modes). If you wish to book, please contact us by phone or email. For updates please LIKE US on Facebook.

Due to COVID Safe protocols we ask that you wear a mask if you cannot distance 1.5 metres from others and comply with our Covid Safe Plan. Thank you for supporting the House. We are here for you!

Music

Ukulele

Ukulele is such a fun and social way to play music. Tutor Margaret Crichton expertly teaches to play songs and tunes in no time. Have great fun playing the instrument of the moment!

Tutor: Margaret

Monday Ukulele

(Beginners & Beyond)

Mondays 11.30am - 12.30pm

8th Feb - 29th Mar

(not on 8th Mar - Labour Day)

7 Weeks

Cost: \$70

Tuesday Ukulele

(Advanced)

Tuesdays 7pm - 8pm

2nd Feb - 30th Mar

9 Weeks

Cost: \$90

Wednesday Ukulele

(Beginners)

Wednesdays 11.30am - 12.30pm

10th Feb - 31st Mar

8 Weeks

Cost: \$80



BAMS (1st Wednesdays in month)

Wednesdays 7.30pm - 9.30pm

3rd Mar & 7th Apr

Cost: \$5 per session

BYO musical instrument for the

Bennettswood Acoustic Music Session – any musical genre included.

Bookings essential due to Covid Safe protocols. BYO snack due to Covid Safe protocols.

Facilitator: Margaret Crichton

Exercise

via Zoom & face to face

Strength Training

Improve your muscle and core strength through a guided series of exercises using small weights. Weights can be loaned. Zoom & face-to-face.

Tutor: Sandy

Mondays 9am - 10am

8th Feb - 29th Mar

(not on 8th Mar - Labour Day)

7 Weeks

Cost: \$70

Tuesdays 4.30pm - 5.30pm

9th Feb - 30th Mar

8 Weeks

Cost: \$80

Gentle Fitness

Gentle exercises are great for improving muscular and core strength, cardiovascular fitness and flexibility. Suitable for older adults with mobility issues and a great way to keep fit. Zoom & face-to-face.

Tutor: Ruth

Tuesdays 12.30pm - 1.30pm

9th Feb - 30th Mar

8 Weeks

Cost: \$80

Tai Chi for Arthritis

(face to face only)

Specifically designed to help treat arthritis and relieve pain, increase core strength, flexibility and general fitness.

Tutor: Brian

Wednesdays 9.30am - 10.30pm

10th Feb - 31st Mar

8 Weeks

Cost: \$80

Art - Painting & Drawing

Art – Pencils, Pastels, Paint

Anthony's Art class will stimulate your creativity, your ideas flowing, fingers activated and your mind calm and relaxed. See illustration below for Anthony's pastel art. All levels are welcome.

Tutor: Anthony

Thursdays 11.30pm - 1.30pm

11th Feb – 1st Apr

8 Weeks

Cost: \$110



Watercolour Painting & Drawing

(face to face only)

Wonderful for developing drawing ability and watercolour, gouache, acrylic painting technique. Explore your own interests or draw from still-life and photos while using any type of watercolour paint.

Tutor: Gary

Wednesdays 1.30pm - 3.30pm

10th Feb - 31st Mar

8 Weeks

Cost: \$110



Craft

Community Craft Group

Knitting for Melbourne's Needy volunteers knit or crochet items for charity. All ability levels. **BYO snack due to Covid Safe protocols.**

Tuesdays 10am

2nd Feb - 30th Mar

9 Weeks

Cost: \$4 per session or

\$30 full Term payment (preferred)

Community Groups & Activities

Abbey Girls Book Group

6th February

3rd April

5th June

7th August

2nd October and 4th December

Saturdays, 11am - 5pm

A social cup of tea with enthusiasts of the Abbey Series of books by Elsie J. Oxenham.

Enquiries: Margaret 0409212037



Mahjong Group

All players are welcome to play this (non-gambling) style of Mahjong in a friendly group. **BYO snack due to Covid Safe protocols.**

Wednesdays 1 - 3pm

3rd Feb – 31st Mar

9 Weeks

Cost: \$4 per session or

\$30 full Term payment (preferred)

Social Catch Ups

Virtual Cuppa on Zoom

Please join us for our weekly virtual cuppa. We chat, we laugh, we even learn! Everybody is welcome.

Tuesdays 10am

2nd Feb - 30th Mar

9 Weeks

Cost: Free



Café Capers with Rowie

Everyone is welcome to meet up with Rowie and the lunch group for a monthly outing to one of the lovely local cafés or eateries in Whitehorse. Bookings essential. Contact us for details.

Fridays 12pm

Times, prices and venues vary.

Technology Training

One-on-one Tech with Tom

Technology trainer Tom Fagernes offers individual sessions tailored to you needs to help you with everything online, website development and software.

Call or email to book a session.

Cost: \$40 (for one hour).

Be Connected - free technology help for over 50s

Our Be Connected Digital Mentors are available you get online, use your mobile device and be confident with technology. Free training.

Cost: Free

Digital Mentor: Ben

Venue Hire

Room Hire

The whole House or individual rooms are available to hire to community groups, classes, small business and for daytime children's parties and events. Facilities include two large spaces, trestle tables, whiteboard, projector, large screen smart TV, chairs, heating/cooling, registered kitchen and outdoor enclosed playground. Access ramp and off-street parking available. Enquire about our affordable rates at: info@bennettswoodnh.org.au

Bennettswood Neighbourhood House is partially funded by the City of Whitehorse Community Partnership Program and the Victorian Government (DHHS) Neighbourhood House Coordination Program. The House is one of ten Whitehorse Community Houses.

Thank you for supporting the House in the past and future. We trust we are making a difference for you.



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Australian Government

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Neighbourhood Houses
The heart of our community



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