

BENNETTSWOOD Neighbourhood House

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 (unless you are legally exempt) and socially distance 1.5 metres to comply with our Covid Safe Plan. Thank you for supporting the House!

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 &/or face to face (f2f)

Strength Training

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

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

(on Zoom)

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. You can do Zoom at the House – ask us about it.

Tutor: Ruth

Tuesdays 12.30pm - 1.30pm

9th Feb - 30th Mar

8 Weeks

Cost: \$80

Tai Chi for Arthritis

(f2f 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

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: Anthony

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 Feb, 6th Mar, 3rd Apr,
5th Jun, 3rd Jul, 7th Aug, 4th Sep,
2nd Oct, 6th Nov and 4th Dec

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

Be Connected Virtual Cuppa (on Zoom)

Please join us for our Be Connected virtual cuppa. We chat, we laugh, we even learn! Helping you with technology. Contact us to send you the Zoom link. We'll show you how.

Tuesdays 10am

Cost: Free



Café Capers with Rowie

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.



7 Greenwood Street

Burwood 3125

Ph: 9888 0234

E: info@bennettswoodnh.org.au

W: www.bennettswoodnh.org.au



Covid Safe Guidelines for Participating at the House

Thank you for keeping us all safe!

To keep us all safe and in line with government requirements the House has enacted a Covid Safe Plan. The plan is summarised below. The full plan is available on request.

If you are unwell it is most important that you do not attend activities at the House.

If you have Covid symptoms (sore throat, loss of smell & taste, fever, cough) do not enter the House. You are advised to get a test. You may return to activities at the House when you are completely well.

Information about Covid-19 and government mandated restrictions are at the Department of Health website <https://www.dhhs.vic.gov.au/coronavirus>

COVID SAFE PRACTICES:

- Anyone who has cold/ flu symptoms should not enter the House. They should not attend any activity, class or event. If Covid symptoms are present they should arrange to get tested.
- Contact tracing register – record your name and contact phone number by scanning the QR Code signs around the House. The QR Code collects your contact information for Department of Health contact tracers if the House is connected to an outbreak or a positive case of Covid. Staff are happy to scan the QR Code for you if you don't have a device, so please ask at Reception if you require assistance. Alternately, a paper contact register form is supplied on a clipboard at Reception and you may complete this form if you wish. Contact tracing records will be kept for 28 days and then destroyed as required by government.
- Covid Safe room density restrictions apply. Maximum numbers are allowed per room/ space at any one time. Signs indicating how many people are allowed per space are displayed.
- No more than 20 people (plus staff, personnel needed to run the activity) are allowed per back and front room. Exercise classes are limited to 1 person per 4 square metres (if electronic register is available – QR Code).
- Covid Safe practices are encouraged – 1.5 metres social distancing between people when possible.
- Face masks are required to be worn indoors (when mandated by government) except when eating/ drinking or people who are legally exempt.
- Practise good hygiene and wash hands, sanitise hands at electronic hand sanitisers inside back and front doors on entering the House.
- Assist staff to wipe high touch areas, chairs, tables and surfaces with sanitiser (70% Isopropyl solution & handtowel supplied) after your activity.
- Ventilation – to enhance airflow the back door may be left open during the activity. Windows should be opened and are not locked. Do not press the button to lock the windows. For safety and security do not allow the front door to remain open.
- Singing (and shouting) are high risk activities due to aerosol and droplet transmission. Enjoy your singing outside or wear a face mask when singing indoors.
- Avoid crossing over into different rooms/ spaces and mixing between rooms as much as possible.
- Read and follow advice on all signs relating to Covid Safe practices.
- Leave the House straight away after your class. Socialise outside. Thank you.
- Feel free to ask staff for help or any clarification needed. Stay safe and be kind.