

BENNETTSWOOD

Neighbourhood House



Monday 19th April – Friday 21st June
(not 14th Jun - Queen's Birthday)



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 to comply with our Covid Safe Plan (see back page).

Music

Ukulele

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

Tutor: Margaret

Monday Ukulele Sing & String-along (Intermediate)

Mondays 11.30am - 12.30pm

19th Apr - 21st Jun

(not 14th Jun - Queen's Birthday)

9 Weeks

Cost: \$100

Tuesday Ukulele (Intermediate, Advanced)

Tuesdays 7pm - 8pm

20th Apr - 22nd Jun

10 Weeks

Cost: \$110

Wednesday Ukulele

Wednesdays 11.30am - 12.30pm

21st Apr - 23rd Jun

10 Weeks

Cost: \$110

NEW CLASS

Wednesday Newbies Ukulele (Beginners)

Wednesdays 10.15am - 11.15am

21st Apr - 23rd Jun

10 Weeks

Cost: \$100



BAMS (1st Wednesday in month)

Wednesday 7.30pm - 9.30pm

5th May, 2nd Jun & 7th Jul

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 (Covid Safe protocols).

Facilitator: Margaret Crichton

Exercise

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

19th Apr - 7th Jun

(not 14th Jun - Queen's Birthday & 21st Jun - Sandy away)

8 Weeks

Cost: \$80

Tuesdays 4.30pm - 5.30pm

20th Apr - 22nd Jun

10 Weeks

Cost: \$100

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 your home or at the House.

Tutor: Ruth

Tuesdays 12.30pm - 1.30pm

20th Apr - 22nd Jun

10 Weeks

Cost: \$100

Tai Chi for Arthritis

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

Tutor: Brian

Wednesdays 9.30am - 10.30pm

21st Apr - 23rd Jun

10 Weeks

Cost: \$100

Art - Painting & Drawing

Art – Pencils, Pastels, Paint

Anthony's Art class will stimulate your creativity, get your ideas flowing and keep your mind calm and relaxed. See image below for Anthony's pastel art.

All levels are welcome.

Tutor: Anthony

Thursdays 11.30pm - 1.30pm

22nd Apr - 24th Jun

10 Weeks

Cost: \$150



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 1.00pm - 3.00pm

21st Apr - 23rd Jun

10 Weeks

Cost: \$150



Community Groups

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

20th Apr - 22nd Jun

10 Weeks

Cost: \$4 per session or

\$35 full Term payment (preferred)

Abbey Girls Book Group

3rd April, 5th Jun, 3rd Jul, 7th August, 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 social group. **BYO snack due to Covid Safe protocols.**

Wednesdays 1 - 3pm

21st Apr - 23rd Jun

10 Weeks

Cost: \$4 per session or

\$35 full Term payment (preferred)

Community Cuppa

Be Connected (OPEN HOUSE)

1st Tuesday in month.

Please join us for our Be Connected community cuppa. BYO any digital device (mobile, phone, iPad, laptop) if you want some help using technology.

Tue 4th May, 1st June, 10am

Cost: Free

Coffee, tea and biscuits provided.

(Covid Safe serves).

Café Capers

Meet up with Rowie and the lunch group for a monthly outing to one of the lovely local cafés in Whitehorse. Bookings essential.

Friday 23rd Apr & 11th Jun at 12pm

Times, prices and venues vary.

Contact us for details.

Neighbourhood House Week

Be part of the Whitehorse Community Houses Moveable Feast Please join us at the local café.

Fri 14th May at 11am.

Call for further details. Bookings essential. Café menu prices.

Technology Training

One-on-one Tech with Tom

Technology trainer Tom Fagernes offers individual sessions to help you with digital technology - includes devices, Microsoft, G Suite, WordPress, computers. 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 to help you use your mobile device and learn technology. Free learning resources.

Cost: Free

Digital Mentor: Ben

Venue Hire

Room Hire

The whole House or individual rooms are available for community groups and small businesses to hire. Facilities include two large spaces, trestle tables, whiteboard, projector, large screen smart TV, chairs, heating/cooling, registered kitchen and outdoor enclosed area.

Access ramp and off-street parking available.

Enquire about our affordable rates.

Save the Date:



Australia's Biggest Morning Tea

Bring a plate to share and donate to Cancer Council.

Tue 18th May 10am

Call or email to book.

Donate at:

<https://www.biggestmorningtea.com.au/fundraisers/rowenagarrett>

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

Thank you for supporting the House. We trust we are making a difference for you.



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Be Connected Network Partner
Every Australian online.



Covid Safe Guidelines for Participating at the House

Thank you for keeping us all safe!

Bennettswood Neighbourhood House has enacted a Covid Safe Plan summarised below. The full plan is available on request.

If you are feeling unwell it is most important that you do not attend activities or enter 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 Covid 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:

- 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. A paper register is also located opposite Reception. Contact tracing records are kept for 28 days and then destroyed as required by government.
- Space density restrictions apply. Maximum numbers are allowed per room/ space at any one time. Signs are displayed in each space indicating how many people are allowed. No more than 20 people (plus personnel needed to run the activity) are allowed per back and front room.
- Exercise classes are limited to 10 people (plus personnel needed to run the activity). Room density is 1 person per 4 square metres (if electronic register is available – QR Code).
- Covid Safe social distancing is encouraged – 1.5 metres social distancing between people when possible.
- Face masks are recommended indoors (when physical distancing 1.5 metres is not possible). Masks are not required when eating/ drinking or for people who are legally exempt. Face masks may be compulsory from time to time if mandated by government.
- Practise good hygiene and wash hands, sanitise hands at electronic hand sanitisers inside back and front doors on entering the House.
- Please assist staff to wipe down high touch areas, chairs, tables and surfaces with sanitiser (70% Isopropyl solution & handtowel supplied) after your activity. Do not dispose of used hand towel in recycling.
- Ventilation – to enhance airflow the back door may be left open. 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. You are recommended to sing outdoors or wear a face mask when singing if you cannot physically distance 2 metres from others.
- Avoid crossing over into different rooms/ spaces and mixing between rooms as much as possible.
- Read and follow advice on signs relating to Covid Safe practices.
- Leave the House straight after your class. Please socialise outdoors.
- Please feel free to ask staff for any help or clarification needed.
- Stay safe and be kind to staff and each other.