



BENNETTSWOOD NEIGHBOURHOOD HOUSE

WHAT'S ON GUIDE

TERM 4 2021
MON 4TH OCT - FRI 17TH DEC

Closed 2nd Nov - Melbourne Cup

E: info@bennettswoodnh.org.au , P: 9888 0234
W: www.bennettswoodnh.org.au

Music

Ukulele

Ukulele is such a fun and social way to play music. Community music leader 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 uke 3-part harmony)

Mondays 11.30am - 12.30pm

4th Oct - 13th Dec (no class 1st Nov) 10 Weeks

Cost: \$110

Tuesday Ukulele

(Intermediate, Advanced)

Tuesdays 7pm - 8pm

5th Oct - 7th Dec (no class 2nd Nov - Melb Cup)

9 Weeks

Cost: \$100

Wednesday Ukulele

(Beginners, Intermediate)

Wednesdays 11.30am - 12.30pm

6th Oct - 15th Dec

11 Weeks

Cost: \$120

Wednesday Newbies Ukulele

(Absolute beginners)

Wednesdays 10.00am - 11.00am

6th Oct - 15th Dec

11 Weeks

Cost: \$120

BAMS

(1st Wednesday in month)

Wednesdays 7.30pm - 9.30pm

6th Oct, 3rd Nov, 1st Dec

Cost: \$5 per session

BYO musical instrument – any musical genre included.

Facilitator: Margaret Crichton

Bookings essential – no 'walk-ups' due to Covid Safe protocol. BYO snack.



Exercise

Strength Training

Improve muscle and core strength through a guided series of exercises using small weights. Weights can be loaned if on Zoom at home.

Tutor: Sandy

Mondays 9am - 10am

4th Oct - 13th Dec

11 Weeks

Cost: \$110

Tuesdays 4.30pm - 5.30pm

5th Oct - 14th Dec

(no class on 2nd Nov - Melb Cup)

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. Mostly chair exercises, no floor work. Do Zoom at your home or at the House.

Tutor: Ruth

Tuesdays 12.30pm - 1.30pm

5th Oct - 14th Dec (no class 2nd Nov - Melb Cup)

10 Weeks

Cost: \$100



Tai Chi for Arthritis

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

Tutor: Brian

Wednesdays 9.30am - 10.30pm

6th Oct - 15th Dec

11 Weeks

Cost: \$110



Art

Art – Pencils, Pastels, Paint

Anthony's Art class will stimulate your creativity, get your ideas flowing and keep your mind calm and relaxed. All levels – from beginners to experienced artists.

Tutor: Anthony

Wednesdays 1.00pm - 3.00pm

6th Oct - 15th Dec

11 Weeks

Cost: \$165

Thursdays 11am - 1.30pm

7th Oct - 9th Dec

10 Weeks

Cost: \$150

Social Groups

English Country Dancing

English Country Dancing is an early original style of folk dancing. Dances are done in various sets and combinations; most are quite gentle, and all are lots of fun. Flat-soled shoes recommended, preferably not rubber-soled. All dances are taught. Individuals are most welcome; partners are not required. For more info, phone George 9890 5650.

Tuesdays 8pm – 10.30 pm, \$5 weekly

Social Groups

Community Craft Group

Our Knitting for Melbourne's Needy volunteers knit or crochet items for charity. Wool is donated and items made are donated to people in need. No need to buy wool.

BYO snack due to Covid Safe protocols.

Tuesdays 10am

5th Oct - 14th Dec (no class 2nd Nov - Melb Cup)

10 Weeks

Cost: \$4 per session or

\$35 (full term payment preferred)

Abbey Girls Book Group

6th Nov & 4th Dec

Saturdays 11am - 5pm

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

Enquiries: Call 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 1pm - 3pm

6th Oct - 15th Dec

11 Weeks

Cost: \$4 per session or

\$35 (full term payment preferred)

Community Cuppa

Be Connected - OPEN House or virtual (on Zoom)

First or second Tuesday of the month or weekly (Zoom)

Please join us for our Be Connected Community Cuppa. BYO any digital device if you want some help using digital technology.

Digital Mentor: Ben

Tue 9th Nov 10am

Cost: Free

Coffee, tea and biscuits provided.

(Covid Safe separate serves).

Café Capers

Meet up for a monthly chat at one of the lovely local cafés in Whitehorse. Lunch or morning tea. Bookings essential.

Friday 22nd Oct & 3rd Dec at 12pm

Times, prices and venues vary.

Contact us for details.

Facilitator: Rowie

Technology Training

One-on-one Tech with Tom

Technology trainer Tom Fagernes offers individual sessions to help you with digital technology - includes mobile devices, Microsoft, GSuite, websites, Cloud, computers. Call or email to book a session.

Cost: \$40 (for one hour).

Be Connected - free technology help for over 50s

Be Connected Digital Mentors are available to help you use your mobile devices. Register with us on the Be Connected Learner portal for free resources.

Cost: Free

Digital Mentor: Ben

Venue Hire

The whole House or individual rooms are available for community groups, individuals, families and small businesses to hire. Facilities include two large spaces, chairs, trestle tables, whiteboard, projector, large screen smart TV, split system heating/cooling, registered kitchen and outdoor enclosed area. Access ramp and off-street parking available.

Call or email to enquire about our affordable community rates.

Venue hire is subject to compliance with the Bennettswood Neighbourhood House Venue Hire Terms & Conditions and Covid Safe Plan. No party hires.

Bennettswood

Neighbourhood House

receives funding and support from the City of Whitehorse Community Partnership Program and coordination funding from the Victorian Government (DFFH) Neighbourhood House Coordination Program (NHCP). The House is one of ten Whitehorse Community Houses and member of the Network of Inner East Neighbourhood Houses (NIECH) and the peak body Neighbourhood Houses Victoria (NHVic).



Thank you for continuing to participate at Bennettswood Neighbourhood House.

We are pleased to be able to make a difference for the people around us - especially during this challenging time.

7 Greenwood Street, Burwood 3125

Ph: 9888 0234

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Please LIKE us on FACEBOOK



Annual General Meeting

of Bennettswood Neighbourhood House Inc.

Monday 18th October 2021 at 1pm.

Due to pandemic settings/ density restriction this year's AGM will be on Zoom for all members.

Zoom invites will be sent out closer to the date.

Please RSVP by 11th October

Victorian Seniors Festival

FREE EVENTS!



Uke 'n Play Ukulele (on Zoom)

Mon 11th Oct

10am - 11am

New beginners only

Learn to play songs on the ukulele in this fun - filled introductory session. All you need is access to a ukulele. No experience necessary.

Ukulele (on Zoom)

Wed 13th Oct

Time: 7 - 8pm

Something for all levels of expertise from just starting out to a bit more advanced. All you need is a ukulele. We'll send you the Zoom link. New participants only.

Come 'n Try Mahjong

Wednesday 13th & 20th October

Time: 1.00pm - 2.30pm

Mahjong is like Rummy only played with tiles based on Chinese characters and symbols.

BE CONNECTED



Be Connected ' Health My Way'

Tuesday 19th October

11.30 - 12.30pm Information

session with free online

resources. Morning tea

provided (at the House)

followed by Gentle Fitness on

Zoom - so wear comfy

clothes. An Informal session on

how to find reliable health and

wellbeing information online to

compliment the support from

your healthcare professionals.

Tip sheets for the Health My

Way program will be available.

12.30 - 1.30pm Gentle Fitness (Zoom)

At the House or at your home!

Requirements:

- Wear loose comfortable clothing and gym shoes suitable for gentle chair exercises
- BYO smartphone or tablet
- Advise of dietary restrictions
- Limited places available (f2f at the House), unlimited places (on Zoom) at home
- Please note: In accordance with our funding agreement
 - photos will be taken
 - participants agree to be registered on Be Connected Learner Portal

Power Saving Bonus



We are helping eligible people in our community to apply for the Victorian Government's \$250 Power Saving Bonus. To be eligible someone in your household must have Pensioner concession, or Jobseeker, ABSTUDY or Youth Allowance. This is a one off payment to help with the cost of living. Contact us for more information.

NO INTEREST LOAN SCHEME (NILs)

Are you aware we can refer you for a NO INTEREST LOAN?

We have partnered with Good Shepherd to provide No Interest Loans (NILs) for people and families on low incomes with safe, fair and affordable credit. No Interest Loans are here to help when unexpected costs arise for essential household items.

Loans are available up to \$1,500

✓ No interest

✓ No fees

Check your eligibility and enquire today: www.nhvic.org.au/nils

