

32 Henry St, Hawthorn 3122

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**Website:** [www.hch.org.au](http://www.hch.org.au)



# Semester 2, 2024 Course Guide



## Enrolments:

Enrolments are taken on a first come, first served basis until the class is full. Preference will be given to existing participants who re-enrol before the end of each term. Payments and enrolments can be made over the phone on 9819 2629, or online at [www.hch.org.au](http://www.hch.org.au). You will need to fill out an enrolment form.

It is a requirement for some of our classes that you bring your own equipment or resources. You will be provided with a list of what you need to bring when you enrol.

We do not offer pro-rata rates. If you are unable to attend some sessions, you will still need to pay the full-term fee. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full.

If you wish to cancel your enrolment you must notify us at least 7 days prior to the start of the course to receive a refund.

We may provide a refund for a missed session on receipt of a medical certificate.

## NDIS Services:

We are an NDIS registered service provider and run community and centre-based social and recreational programs, including music, art and cooking classes. If you would like to attend one of our programs and have an NDIS package, please contact us to check availability. Our fees are charged at the rate listed in the NDIS price guide. Our NDIS programs are listed on our website at: <https://www.hch.org.au/ndis>

## Room Hire:

We have rooms available for hire. If you plan to run a workshop, hold a meeting or a larger event, please get in touch.

Find out more about the spaces available for hire on our website at:

<https://www.hch.org.au/room-hire>

## Pop-Ups

Our Parkside Pop-Ups run in the early evenings and are a fun and affordable way to try something new. Come on your own or bring along a group of friends.

**Where:** 32 Henry Street, Hawthorn

Book via Trybooking links.



### Electrify Boroondara

Electrify Boroondara is a grassroots volunteer group educating the community about energy efficiency and electrification. Even if electrification seems 'too big', accurate information and education about 'small steps' is given in this session e.g. draught proofing or heating/cooling changes.

Come along and enjoy this free information session at Hawthorn Community House.

**Tuesday 23 July, 2024**

**6:30pm-8:30pm, free**

**Book:** <https://www.trybooking.com/CTCEF>



### Draw Plants Together

Plant drawing workshops for everyone. Find your way with illustration, connect with plants and learn with others. Experience a feeling of wellbeing and gain confidence with drawing. This one-off course will give you the confidence to start on your artistic journey.

**Tuesday 22 October 2024**

**6:00pm - 8:00pm, \$55**

**Book:** <https://www.trybooking.com/CTHIL>



### Christmas Wreath Making

Back by popular demand!

Join our local florist Kelli Brown, from Petal Provedore as she demonstrates how to design and create your own beautiful Christmas Wreath to take home. This workshop is incredibly popular so there will be two sessions. All materials provided. Book as early as you can to ensure a spot!

**Tuesday 03 December 2024**

**7:00pm-8:30pm, \$55**

**Book:** <https://www.trybooking.com/CTGPY>



**Tuesday 10 December 2024**

**7:00pm-8:30pm, \$55**

**Book:** <https://www.trybooking.com/CTGQM>



# Semester 2, 2024 Course Guide

## Be Curious

### Learn to Play Bridge G

Covers basic bidding and constructive card play. Lessons occur with cards in hand and Deals are selected to illustrate the topic of the day.

**Wednesdays 10:30am-12:30pm**  
**Term 3: 17/07 (9 weeks) \$150**  
**Term 4: 09/10 (9 weeks) \$150**

### Supervised Bridge Play G

Practise your skills and improve game play in this follow-on program from Learn to Play Bridge.

**Wednesdays 1:00pm-3:00pm**  
**Term 3: 17/07 (10 weeks) \$120**  
**Term 4: 09/10 (10 weeks) \$120**

### Beginner Italian H

Perfect course for beginners. Study and reinforce the Italian language. Some knowledge from school or travel is useful, but not essential!

**Thursdays 10.30am-12.00pm,**  
**Term 3: 18/07 (10 weeks) \$210**  
**Term 4: 10/10 (10 weeks) \$210**

### French ONE (False Beginner, some knowledge) French TWO (12 months' experience) G

Start with the basics in our French 1 speaking class for people with some memory of "School French"; then continue your "Speak to Learn French" journey in Level 2, which builds on Level 1's basics, introducing the past tense for everyday conversations. Learn in a lively, supportive environment without overwhelming grammar. Join us for this next step in your language adventure!

Please note: No new enrolments Term 3, our wonderful tutor Anne Morel will be in France!

**Term 4: 8/10 (9 weeks) \$221**  
**Tuesdays 9:15am-10:45am (French TWO)**  
**Tuesdays 11:00am - 12:30pm (French ONE)**

### Men's OM:NI Group H

OM:NI (Older Men: New Ideas) is a small and lively male-only discussion group where men chat and share their knowledge, and experience a supportive environment. The group fosters a strong sense of belonging and wellbeing, with a greater interest in life after retirement.

**1st & 3rd Fridays every month, 10:00am-12:00pm**  
**Gold coin donation**

### Rendezvous to Write H

Life writing topics, readings, from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories. There is much joy in finding your own voice and the right words to express your experiences.

**Tuesdays (fortnightly) 10:30am-12:30pm, 1:00pm-3:00pm**  
**Term 3: 16/07 (5 weeks) \$50**  
**Term 4: 08/10 (5 weeks) \$50**

### Life Writing

This program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Writers are individually linked to an Encourager, who reads the writer's work and offers constructive feedback. The Life Writers publish an annual anthology and everyone's writing is included. Contact us for more information.

### iPad: Getting More from Your Device G

Getting more value from your iPad and exploring the special features of what your device can do. Explore using your iPad for productivity, relaxation, mini projects, entertainment and increasing accessibility. The possibilities are endless! BYO iPad.

**Thursdays 1:00pm-2:30pm**  
**Term 3: 19/07 (10 weeks) \$50 (MAC\*\* fee)**  
**Term 4: 11/10 (10 weeks) \$50 (MAC\*\* fee)**

### Lifelong Learning Meetings (LLM)

For older people keen to learn, share stories and make new friends. Includes armchair travel to faraway places, Melbourne's lost architecture, a visit from the NGV curator and much more!

Come and join, we love welcoming new people.

### Hawthorn Community House G

**Thursdays (weekly) 1:30pm - 3:30pm**  
**Term 3: 18/07 (10 weeks) \$50 (MAC\*\* fee)**  
**Term 4: 10/10 (10 weeks) \$50 (MAC\*\* fee)**

### Ashburton Community Centre

**Fridays (fortnightly) 1:30pm-3:30pm**  
**Term 3: 19/07 (5 sessions) \$25 (MAC\*\* fee)**  
**Term 4: 11/10 (5 sessions) \$25 (MAC\*\* fee)**

### Women's Circle H

Enjoy a cuppa and meet in an informal, welcoming and social setting to share knowledge, experience, and aspects of life in an atmosphere of respect and trust.

**Tuesdays (fortnightly), 10:00am-12:00pm**  
**23/07, \$2 Gold coin donation**



Photo on the left by Alex Threlfall

## Be Creative

### Leftover Theatre: The Connections Workshop (ages 18-26) H

A workshop series for young adults aged 18-26 focused on theatre skills, devising, and creative writing. The Connections Workshop is a great place to do something creative, move your body, and connect with like-minded people.

**Mondays 6.30pm - 8.30pm**  
**Term 3: 29/07 (6 weeks) \$30\***  
**Term 4: 11/11 (5 weeks) \$25\***

\*contact staff

### Natural Object and Still Life Drawing H

Whether you are new to drawing, want to explore your creative side, or would like to refine your drawing skills, this is the class for you! Learn new ways of seeing and explore concepts such as negative space, line weight and tone, as well as incorporating different techniques to improve your drawing skills.

**Thursdays 12:15pm-1:45pm**  
**Term 3: 18/07 (10 weeks) \$225**  
**Term 4: 10/10 (10 weeks) \$225**



## Be Active

### Pilates G

A one-hour, full-body exercise with precise movements and breath control to strengthen muscles while improving postural alignment and flexibility.

**Mondays 8:30am, 9:30am, 12:15pm, 1:30pm**  
**Term 3: 15/7 (10 weeks) \$130\* Term 4: 7/10 (10 weeks) \$130\***  
**Thursdays 8:30am, 9:30am**  
**Term 3: 18/7 (10 weeks) \$130\* Term 4: 10/10 (10 weeks) \$130\***  
**Fridays 9:45am**  
**Term 3: 19/7 (10 weeks) \$130\* Term 4: 11/10 (10 weeks) \$130\***

### Strength & Balance G

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.

**Mondays 11:00am-12:00pm**    **Wednesdays 10:30am-11:30am**  
**Term 3: 15/7 (10 weeks) \$130\* Term 3: 17/7 (10 weeks) \$130\***  
**Term 4: 7/10 (10 weeks) \$130\* Term 4: 9/10 (10 weeks) \$130\***  
**Fridays 11:00am-12:00pm**  
**Term 3: 19/7 (10 weeks) \$130\***  
**Term 4: 11/10 (10 weeks) \$130\***

### Zumba Gold G

Using a chair, an excellent way to strengthen bones and muscles, while increasing overall endurance. The cognitive benefits of Zumba keep the mind sharp, and the upbeat music makes everyone happy!

**Mondays 3:00pm-4:00pm**  
**Term 3: 15/07 (10 weeks) \$130\***  
**Term 4: 07/10 (10 weeks) \$130\***

### Qi Gong/Tai Chi G

A powerful system integrating physical postures, breathing techniques and focus.

#### Beginner

**Thursdays 12:15pm-1:15pm**  
**Term 3: 18/07 (10 weeks) \$124\***  
**Term 4: 10/10 (10 weeks) \$124\***

#### Intermediate

**Thursdays 11:00am-12:00pm**  
**Term 3: 18/07 (10 weeks) \$124\***  
**Term 4: 10/10 (10 weeks) \$124\***

### Qi Gong/Tai Chi Follow-On H

Join our teacher, Margaret, in this follow-on Qi Gong/Tai Chi class once you have mastered the basics.

**Thursdays 9:45am-10:45am**  
**Term 3: 18/07 (10 weeks) \$124\***  
**Term 4: 10/10 (10 weeks) \$124\***

### Slow Flow Yoga G

A blend of hatha, slow flow and yin yoga to stretch, strengthen and relax your body. Suitable for all age groups familiar with yoga basics.

**Mondays 11:00am-12:00pm**  
**Term 3: 15/07 (10 weeks) \$134\***  
**Term 4: 07/10 (10 weeks) \$134\***

### Pathways for Carers Walking Group H

A walk by carers for carers, where participants can learn about news, services and support available to them. Includes morning tea.

**Every third Thursday of the month (Feb-Nov)**  
**9:45am for a 10:00am start. Free**

### Walking Group H

Our fast-paced walking group will take you through the parks and streets of the local community for some fresh air. Contact us for more information.

**Fridays (ongoing), 9:45am for a 10:00am start**  
**Gold coin donation**

## Be Playful

### Supported Playgroup W

For families who may need extra support to participate in a community playgroup in a welcoming environment. This is a free program by referral only. Phone the office for details.

**Fridays 10:30am-12:00pm, 1:00pm-2:30pm**

### William Street Playhouse Membership (Children ages 0-5) W

Includes free play, chances for socialization for both children and their parents, and exploration of the centre, with hands-on activities. Members can also enjoy a facilitated playgroup on Mondays, a story time session once a month, and a reduced party hire rate on weekends.

**6-month membership: \$80**



### Classes Run from:

- H 32 Henry Street, Hawthorn
- G Level 1, 584 Glenferrie Road, Hawthorn
- W William Street Playhouse: 39 William Street, Hawthorn

### \*\*My Aged Care (MAC) fee

\*MAC fee is available for people who have had a My Aged Care assessment and been referred to the program. If you would like help or more information about My Aged Care, please call us on 9819 2629 or call 1800 200 422.