

# Portarlington NEIGHBOURHOOD HOUSE

OPEN Monday–Friday, 10.00am to 3.00pm | (CLOSED THE FIRST THURSDAY OF EACH MONTH)

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**TERM PROGRAM, 2019**

**\*\*\*\* CHEAPER & EASIER \*\*\*\***

**PAY BY TERM OPTION**

## HIGHLIGHTS FOR 2019

### MUSIC MATTERS

Are you a talented musician/singer, classical or otherwise, and would like to get together with others and make music?

Come and join a group of musicians and singers who want to perform in 'different' venues around Victoria, starting with Portarlington! Age, race, affiliation etc unimportant.... Just a love of music is required.

Day: Thursday | Time: 7.30pm | Cost: \$2.50 (except 1<sup>st</sup> Thursday of the month)

## BOLLYWOOD COMES TO PORT...

### BASIC BOLLYWOOD DANCE

Come along and have fun and enjoy learning basic Bollywood dance moves ~ Learn at your own pace with others. Enjoy the colour and music of Bollywood right here in Portarlington! Wear loose clothing and a smile!

Day: Wednesday | Time: 3.30pm ~ 4.30pm | Cost: \$2.50 (weekly)

## YOGA

### YOGA WITH CHRIS

Come and enjoy a relaxing hour of gentle exercise, designed to refresh both body and mind.  
BYO mat and blanket, suitable for all ages.

Day: Monday | Time: 11.00am ~ 12.00pm | Cost: \$2.50 (weekly)

## RESIN JEWELLERY MAKING & MEMENTOS

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Have fun using your imagination to create your own memento and jewellery of photos, dried flowers, crystals and shells or any small item to embed in resin.... Any little thing!

Day: Thursday | Time: 12.00pm ~ 1.30pm | Cost: \$2.50 + materials (weekly)

## NON FICTION WRITING GROUP

### PORT NON FICTION WRITING GROUP ~ HAVE YOU GOT A STORY TO TELL?

Have you got a skeleton in your closet? Come and be part of this group to write family anecdotes and history ~ it's time to document those True Stories! What happens in the group.... stays in the group!!



## MUSIC & DANCING

### HARMONICA GROUP

This group welcomes complete novices ~ just come along and learn as you play. If you are experienced with this instrument, why not share your musical interests with others!

Day: Monday | Time: 7.00pm - 8.30pm | Cost: \$2.50

### GUITAR GROUP RECOMMENCING IN TERM 2

All guitar players welcome to this relaxed, just-for-fun Guitar Group. Share songs you know with others, improve your playing. *This is a non-tutored class*

Day: Thursday | Time: 5.00pm ~ 6.00pm | Cost: \$2.50 (except for the 1<sup>st</sup> Thursday of the month)

### BEGINNER GUITAR LESSONS WITH RUTH ~ THIS CLASS IS NOW FULL AND HAS A WAITING LIST

Always wanted to learn the Guitar? OR improve beginner skills & techniques that you already have?

Join Ruth on Thursday afternoons for these friendly and supportive lessons.

Day: Thursday | Time: 4.30pm | Cost: \$3.00 (except for the 1<sup>st</sup> Thursday of the month)

### SING ALONG

Sing Along is community singing with no performances, just for the fun and joy of singing – regardless of your singing ability. Singing is therapeutic both emotionally and physically. Join in the fun! Instrumentalists (unplugged) are welcome.

Day: Monday | Time: 3.30pm ~ 5.00pm | Cost: \$2.50

### LINE DANCING ~ RAW BEGINNERS

Never tried line dancing before? Here is your chance to give it a go and learn the basic moves before joining the Next Step Class.

Day: Tuesday | Time: 12.30pm ~ 1.30pm | Cost: \$3.00

### LINE DANCING ~ THE NEXT STEP

Not a 'Raw Beginner' anymore? Ready to take the 'Next Step' in your Line Dancing journey? Join this class! .

Day: Tuesday | Time: 1.30pm ~ 2.50pm | Cost: \$5.00

Day: Tuesday | Time: 3.10pm ~ 4.10pm | Cost: \$5.00 ~ INTERMEDIATE

## THEATRE DRAMA GROUP

### THEATRE DRAMA GROUP

Come and learn some basic drama/theatre in a supportive, welcoming environment. Learn how to act on stage and take part in short plays, or just gain confidence speaking to an audience. Enjoy yourselves!

Ages 18 upwards welcome.

Day: Wednesday | Time: 5.00pm – 6.30pm | Cost: \$2.50

## NEW ~ NATURAL THERAPIES AND BEAUTY

### NATURAL THERAPIES AND BEAUTY

A NEW LOOK ON HOW TO KEEP YOURSELF HEALTHY! EACH SESSION WILL BE DEVOTED TO A VARIETY OF THERAPIES SUCH AS; AROMATHERAPY, QIGONG, REFLEXOLOGY & MORE...

Day: FRIDAY | Time: 11.00AM ~ 12.30PM | Cost: \$2.50 (MONTHLY)



## DESIGNING AND CREATING

### DRAWING & SKETCHING JUST FOR FUN

Tutor Facilitator : Jenny Macaulay

Did you enjoy drawing as a child? Renew your enjoyment by joining in a group to sketch set tasks – with emphasis on relaxation and fun.

Day: Wednesday | Time: 10.30am – 12.30pm, morning session

| Time: 1.00pm – 3.00pm, afternoon session | Cost: \$3.00

### PAINTING JUST FOR FUN NON TUTORED CLASS

This painting group is facilitated by Maureen and Jenny who invite you to come along and simply paint with others just for fun! *BYO all materials.....*

Day: Thursday | Time: 10.00pm – 12.30pm | Cost: \$2.50 (Except the 1<sup>st</sup> Thursday of each month)

### ART GROUP

Tutor Facilitator : Beth Sternbeck

Self-tutored, and tutored group, accommodating both beginners and more experienced participants. The Art Group covers a wide range of skills, including drawing & painting, using different materials such as pastels, pencils, oil, acrylic paints, ink & mixed media.

Day: Tuesday | Time: 9.30am – 12.30pm | Cost: \$3.00

### CARD MAKING NON TUTORED GROUP

This is a friendly welcoming group with a spirit of sharing and mutual encouragement. This group shares ideas and skills and sometimes works together on a new technique but mostly, participants complete their own projects.

Day: Tuesday | Time: 9.30am – 12.30pm | Cost: \$2.50

### CROCHET & KNITTING NON TUTORED GROUP

This group is full of fun and laughter! Welcoming all skill levels from beginner to advanced.

Day: Wednesday | Time: 10.00am – 12.00pm | Cost: \$2.50

### MOSAICS IN THE SHED NON TUTORED GROUP

Come and join this creative group to mosaic your own colourful creations.

Day: Wednesday | Time: 1.00pm – 3.00pm | Cost: \$2.50

### SCRAPBOOKING

2nd Tuesday of each month.

Day: Tuesday | Time: 1.00pm – 3.30pm | Cost: \$2.50 Traditional Scrapbooking

## CARPET BOWLS

### INDOOR CARPET BOWLS

Come and meet new friends and play a friendly game of Indoor Carpet Bowls!!

Day: Monday | Time: 1.00pm ~ 4.00pm | Cost: \$2.50



## TECH SAVVY

### ONE ON ONE COMPUTER HELP ONE HOUR SESSION

PCs, MACs, iPads and iPhones.

Day: Thursday | Time: 10.00am & 11.00am | Cost: \$5.00 | Bookings required (Except the 1<sup>st</sup> Thursday of each month)

### IPADS FOR BEGINNERS

Come and explore ways in which these devices can make your life easier!

Day: Friday | Time: 11.00am – 12.00pm | Cost: \$2.50

## COOKING TOGETHER

### COOK, EAT, LAUGH

Come and join others in the kitchen to learn and share cooking skills and enjoy a delicious lunch together.

Spend the morning cooking soups, casseroles, stir-fry's, slices and desserts!

Chat with others over a sit down lunch to sample the morning's meals.

This is a great opportunity to meet others while you cook delicious and healthy recipes to use at home.

Day: Wednesday | Time: 10.00am ~ 12.30pm | Cost: \$7.50 approximately, *includes groceries*

## ALL FOR THE MIND

### MAHJONG ~ BEGINNERS WELCOME

Mahjong is a tile-based game which was developed in China and has since spread throughout the world.

Join this group for a friendly game!

Day: Friday | Time: 11.00 – 1.00pm | Cost: \$2.50

### PHILOSOPHY CAFE

Come and explore art, literature, architecture, music philosophy, religion, and politics in various combinations.

Day: Wednesday (fortnightly) | Time: 10.00am – 12.00pm | Cost: \$3.00

### ITALIAN CONVERSATION HOUR

Come and speak & learn **SIMPLE** Italian phrases and explore Italian Culture.

Day: Tuesday (weekly) | Time: 1.30pm – 2.30pm | Cost: \$2.50

## GARDENING & BIRDS

### BIRD WATCHING GROUP

Join this group to share in an appreciation of the great outdoors. Each month a new destination is chosen for either a local or further afield birdwatching adventure!!

Day: Last Thursday of every Month | Time: 9.00am (usually, depending on destination) | Cost: \$2.50

### GARDEN CLUB

Portarlington is a proud gardening town ~ come and be part of it!!

Topics and first-hand experiences are discussed freely at our friendly meetings. Many members have a vast knowledge on various subjects, ranging from organics, herbs, landscaping, orchids etc etc.....

Day: 4<sup>th</sup> Monday of each month | Time: 7.30pm | Cost: \$2.50



## HEALTH AND WELLBEING

### ZUMBA FOR BABY BOOMERS

Join Jenny Macaulay in enjoying the fun and musical rhythms of ZUMBA for Baby Boomers ~ guided by a DVD.

Day: Wednesday | Time: 9.15am – 10.00pm | Cost: \$2.50 per week

### DANCING IN THE HALL NON TUTORED GROUP

Come and enjoy the health benefits of dancing and simply enjoying movement to music. Shirley will put the music on.... after that it's up to you whether you sway to the beat OR go all out! A proven way to increase flexibility and fitness while having fun.

Day: Monday | Time: 1.00pm – 2.00pm | Cost: \$2.50

### TUMMY, HIPS & THIGHS WITH IRENE

Exercises for Seniors of all fitness levels ~ focusing on those areas that might need it most. You will need a certain degree of mobility and comfortable with floor based exercises.

Day: Monday | Time: 12.00pm | Cost: \$2.50

### TAI CHI

Enjoyable and easy to learn, bringing many health benefits safely and quickly.

Day: Monday | Time: 10.00am – 11.00am | Cost: \$3.00

Day: Thursday | Time: 2.00pm – 3.00pm | Cost: \$3.00 (Except the 1<sup>st</sup> Thursday of each month)

### STRETCHING & STRENGTH FOR SENIORS NON TUTORED GROUP

Classes based on Pilates techniques are conducted with participants each seated in a chair.

Day: Thursday | Time: 1.00pm – 2.00pm | Cost: \$2.50 (Except the 1<sup>st</sup> Thursday of each month)

### PILATES WITH GEORGE

BYO mat and start stretching and strengthening.

Day: Friday | Time: 12.00pm – 1.00pm | Cost: \$3.00

### POWER WALKING IN THE HALL ~ WALK THIS WAY NON TUTORED GROUP

A beginners 2 Mile Walk ~ The more you walk the better you feel!.

Day: Monday | Time: 9.00am | Cost: \$2.50

Day: Thursday | Time: 9.00am | Cost: \$2.50

## MEDITATION & TIBETIAN HEALING BOWLS

### MEDITATION & TIBETIAN HEALING BOWLS

Come and join Jennifer for a relaxing meditation and the gentle sounds of the Tibetan Healing Bowls. Enliven your spirit!

Day: Every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month | Time: 2.00pm ~ 3.00pm | Cost: \$2.50 (Fortnightly)



## PORTARLINGTON FILM SOCIETY

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The last Friday of every month is Movie Night at The Portarlington Neighbourhood House. You need to be a member of the Film Society ~ enquiry at the Neighbourhood House office.

**Day: Last Friday of each month | Time: 7.00pm**

## ANNUAL MEMBERSHIP

### MEMBERSHIP

To participate in activities and programs, become a member of the Neighbourhood House!

**Annual Membership | Cost: \$10.00 | Due: Beginning of each calendar year**

## GENEALOGY

### FAMILY HISTORY GROUP ~ BOOKINGS ESSENTIAL FOR NEW MEMBERS!

Come and join this friendly, helpful and knowledgeable group. Enjoy access to the ancestry.com online software to research your family history.

**Day: Monday | Time: 2.00pm – 3.00pm | Cost: \$2.50**

## FOUR LEGGED BEST FRIENDS

### WOOFERS & WALKERS

Get out and about with these dog lovers...

**Day: Saturday (4<sup>th</sup> of each month) | Time: 11.00am | Cost: \$3.00**

## SHARPEN YOUR MIND

### CHESS

The Portarlington Chess Club offers a warm welcome to visitors, and players of all abilities to play friendly social games and to learn more about chess and to develop your chess skills.

**Day: Monday | Time: 11.00am | Cost: \$2.50**

### BACK TO SCHOOL FOR SENIORS

Simple activities conducted on an adult level to sharpen your mind. No computers ~ just pencils and the 3Rs ~ reading, writing and arithmetic. Learn poetry!!!

**Day: Friday | Time: 10.00am – 12.00pm | Cost: \$3.00**

## COMMUNITY LIBRARY

### NEIGHBOURHOOD HOUSE LIBRARY

Our community Library consists of a considerable collection of novels which are constantly updated by our librarians. Also included are some very good quality Jigsaw Puzzles together with some up-to-date DVD's that can be borrowed.

Why wait for a visit from the Book Mobile? Check out Portarlington's own community library...

**Day: Operates during Neighbourhood House hours FREE**



## SOMETHING FOR CHILDREN

### MUSIC & MOVEMENT FOR PARENTS & PRESCHOOLERS ~ WEEKLY GROUP

Tutor/Facilitator : Di Hutchinson

A fun, interactive music and movement session that encourages children to explore musical sounds, beat, pitch, tempo and rhythm as well as planned and free movement and expression. Parents and grandparents are welcomed and encouraged to participate and guide their children with the aim of sharing the pleasure of music.

Day: Friday | Time: 9.15am – 10.15am | Cost: \$3.00 per family

## APRIL SCHOOL HOLIDAYS AND ITS PUPPET TIME!!

### A LITTLE BIT OF BLUE ~ LITTLE WING PUPPETS



*A Little bit of Blue* is an interactive detective show for families, told through puppetry. As well as helping to unravel a mystery, the audience will learn about the extraordinary habits of the Australian Satin Bowerbird, and why they are so fascinated by the colour blue!

Day: Monday, 15 April | Time: 10.30am |

Cost: \$3.00 | FREE

## THE FANTASTIC MR FOX

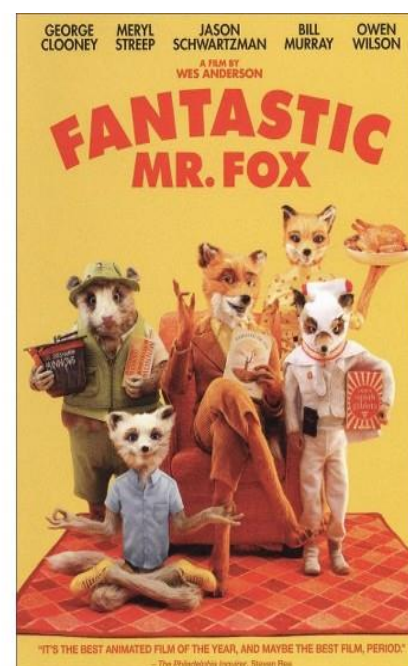
### ~ MOVIE MORNING

\*\*\*\* Includes FREE POPCORN \*\*\*\*

After 12 years of bucolic bliss, Mr. Fox (George Clooney) breaks a promise to his wife (Meryl Streep) and raids the farms of their human neighbours, Boggis, Bunce and Bean. Giving in to his animal instincts endangers not only his marriage but also the lives of his family and their animal friends. When the farmers force Mr. Fox and company deep underground, he has to resort to his natural craftiness to rise above the opposition.

Day: Wednesday, 10 April | Time: 10.30am |

Cost: \$3.00 | FREE





## SHARING OF PHOTOGRAPHIC EXPERIENCES

### PORT SNAPPERS ~ ARMCHAIR TRAVEL

Everyone is welcome to come and, while enjoying a glass of wine, travel to various parts of the world and see them through the eyes of others. If you would like to share your travel experiences please contact Gemma on 0417 052 870 or gtobschall@yahoo.com.

Day: First and Third FRIDAY of each month | Time: 2.00pm – 3.30pm | Cost: \$3.00

## FRIENDLY GAME OF CARDS

### BOLIVIA

Playing cards in a very happy environment ~ new members always welcome.

Day: Monday | Time: 10.00am – 12.00pm - | Cost: \$2.50

Day: Thursday | Time: 10.00am – 12.00pm | Cost: \$2.50 | Except the 1<sup>st</sup> Thursday of each month

### 500

A small group of friendly and fun people, meeting weekly to play 500. Everyone is welcome!

Day: Thursday | Time: 10.00 – 12.00pm | Cost: \$2.50 | Except the 1<sup>st</sup> Thursday of each month

## WRITING & READING

### PORT NON FICTION WRITING GROUP ~ HAVE YOU GOT A STORY TO TELL?

Have you got a skeleton in your closet?

Come and be part of this group to write family anecdotes and history ~ it's time to document those True Stories! What happens in the group.... Stays in the group!!

Day: Last Thursday of the Month | Time: 5.00pm – 6.30pm | Cost: \$2.50

### MAIN STREET WRITERS

This group meets on the second Sunday of each month.

Day: Sunday | Time: 10.00am

– 12.00pm - | Cost: \$2.50

(This group is currently booked out)

## WRITING GROUPS

Interested in writing poetry or short (flash) fiction but not sure where to start?

This is a group for writers interested in meeting monthly to work through various writing tasks as well as sharing their own material for discussion.

Writing Group 1 ~ Day: Last Thursday of each month | Time: 6.30pm – 8.30pm | Cost: \$3.00

(This group is currently booked out)

Writing Group 2 ~ Day: Last Thursday of each month | Time: 3.00pm – 5.00pm | Cost: \$3.00