



Portarlington NEIGHBOURHOOD HOUSE

OPEN Monday–Friday, 10.00am to 3.00pm | (CLOSED THE FIRST THURSDAY OF EACH MONTH)
28 Brown Street, Portarlington | EMAIL enquiry@portnh.org.au | TELE 5259 2290

TERM 2 PROGRAM, 2019

****** CHEAPER & EASIER ****
PAY BY TERM OPTION**

FRENCH CONVERSATION WITH RENE

FRENCH CONVERSATION

Everyone loves something a little French so why not become a little French yourself?

Join us in the new French conversation course taught by Rene here at PNH.

We will be concentrating on the language as it is spoken with little of the basic like pronunciation, grammar, greetings, and even songs!!

This is designed for us to have fun while learning a language and stimulating the brain...

Day: Wednesday, commencing Wednesday 24 April | Time: 1.00pm - 2.30pm | Cost: \$3.00

Please note : Italian Conversation with Julie will continue for Term 2 on Tuesday mornings @ 10.00am

SEWING CLUB WITH SUE

SEWING CLUB

GUIDANCE AND INSTRUCTION TO COMPLETE YOU OWN SEWING PROJECT

BYO YOUR OWN SEWING MACHINE & SEWING KIT

Wonderful opportunity to learn how to Repair & Rejuvenate existing clothing OR really get creative and make you own clothing & home ware ~ the project is up to you!

*** Guidance and Instruction will ensure you complete your own sewing project ****

Day: Monday, commencing Wednesday 29 April | Time: 1.00pm - 2.30pm | Cost: \$3.00

REPAIR CAFÉ WITH TIM

A Repair Cafe is a monthly meeting place that is all about repairing & rejuvenating things together. Valuable practical knowledge can be passed on and repair experiences shared.

The Saturday morning Repair Cafe aims to reduce waste and things going to landfill, teach new skills, connect people and building community. Nothing to fix?? Just come along from a chat, free cuppa & cake on a Saturday morning!!

You bring you Broken Stuff and you'll find tools, materials and volunteers with repair skills to help fix your stuff.

DO YOU HAVE A TALENT FOR REPAIRING THINGS??

We need volunteers with practical skills who are willing to offer their repair advice and knowledge.

Please get in touch if you would like to get involved or wish to know more about the Repair Cafe.
Phone Tim Sheed 0438 861 271

Day: 2nd Saturday of each month ~ COMMENCING SATURDAY 11 MAY

At The SHED at the back of the Portarlington Neighbourhood House TIME: 10.00am - 11.30am COST: \$2.00



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 FOR 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 1st 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 1st 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

MEDITATION & TIBETIAN HEALING BOWLS

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

Day: Last Thursday of the month | Time: 3.00pm ~ 4.00pm | 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 1st 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

RESIN JEWELLERY MAKING & MEMENTOS RECOMMENCING IN TERM 3

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

CARPET BOWLS

INDOOR CARPET BOWLS

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

Day: Monday | Time: 12.30pm ~ 3.30pm | Cost: \$3.50



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 1st 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.

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: 10.00am – 11.30pm | Cost: \$2.50

GARDENING & BIRDS

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: 4th Monday of each month | Time: 7.30pm | Cost: \$2.50

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



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 1st 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 1st 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

YOGA with Chris

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)



PORTARLINGTON FILM SOCIETY

PORTARLINGTON FILM SOCIETY

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 (4th 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

TOURS

AUTUMN GARDEN TOUR & AFTERNOON IN TRENTHAM



Come and enjoy the Autumnal Gardens of St Erth in Blackwood followed by a lovely lunch in Trentham. Spend a leisurely hour or so in Trentham enjoying the various shops and galleries.

Day: Thursday, 2 May

Time: BUS LEAVES PNH @ 8.00AM

Cost: - \$30.00 without lunch OR

- \$60.00 with 2 course lunch with
tea & coffee @ Cosmopolitan Hotel

MOSAIC GARDEN IN BATESFORD

FOLLOWED BY
LUNCH AT THE MOORABOOL VALLEY CAFÉ & CHOCOLATERIE

The garden areas have been created over years to unleash the beauty of nature with romantic and raw artistic touch. The gardens evoke smile, thoughts, and dreams. They can also inspire for meditation.

Day: Thursday, 6 June

Time: BUS LEAVES PNH @ 9.30AM

Cost: \$17.00 includes bus & entry to garden
(Lunch at own expense)





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 1st 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 1st Thursday of each month

WRITING GROUPS

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