



# Portarlington NEIGHBOURHOOD HOUSE

OPEN Monday–Friday, 10.00am to 3.00pm |

Parks Hall, Newcombe Street, Portarlington | EMAIL [enquiry@portnh.org.au](mailto:enquiry@portnh.org.au) | TELE 5259 2290

**TERM 4 PROGRAM, 2019**

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

**PAY BY TERM OPTION**

## MELBOURNE CUP DAY

Come and join in the fun on Melbourne Cup Day.

Enjoy watching the races on the 'big screen' while having a flutter on the sweeps!  
BYO a basket lunch & nibbles & drinks BUT there will be a glass of *bubbly* on arrival.

Cost: \$10.00 Time: 12pm ~ 4pm

**\*\*\* Decorate your table and win a prize for the most decorative table \*\*\***

## NAVY BAND

### ROYAL AUSTRALIAN NAVY BAND IN CONCERT ON

**SUNDAY 6 OCTOBER ~ COMMENCING AT 2PM**

**AT PARKS HALL NEWCOMBE STREET PORTARLINGTON**

**\*\*\* Ticket sales commence at the beginning of September \*\*\***

**General Tickets @ \$12 ~ tickets available from** The Neighbourhood House during opening hours **OR**  
Book online @ [www.trybooking.com/BEXKI](http://www.trybooking.com/BEXKI)

## ROUND ROBIN OF PNH PROGRAMS

**FREE AFTERNOON TO COME AND TRY WHAT IS ON OFFER.....**

On Friday 11 October come and sample 15 minute sessions on what is on offer at the Portarlington Neighbourhood House and meet some of the people involved. Sample activities such as Tai Chi, French & Italian Conversation, Drawing & Sketching and Mosaics... *and more*, you will also be able to watch a short, 15 minute Film (*Lorne*, directed by Jesse Leaman and starring Guy Pearce) presented by the North Bellarine Film Festival.

This event commences at 1.30pm to 3.00pm and offers the opportunity to sample some local wine & cheese (tea & coffee) and dips & crackers in between activities.

There will be no need to participate in each session, only those that interest you!

FREE door prize of 4 x Ferry Tickets to Melbourne for guessing the number of stamps in a bag!!

*Offered as part of the City of Greater Geelong's Seniors Festival*



## 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 | Venue: BAYVIEW ROOM

### GUITAR GROUP

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: 4.30pm ~ 6.00pm | Cost: \$3.00 | Venue: PARKVIEW

### BEGINNER GUITAR LESSONS ~ EXPRESSIONS OF INTEREST BEING TAKEN FOR THIS 10 WEEK COURSE

Always wanted to learn the Guitar?

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

Day: Thursday | Time: 3.30pm ~ 4.30pm | Cost: \$3.00 | Venue: PARKVIEW

### 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 | Venue: BAYVIEW ROOM

### 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 | Venue: HALL

### 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 | Venue: HALL

## 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: Monday | Time: 12.30pm – 2.00pm | Cost: \$2.50 | Venue: BAYVIEW ROOM



## 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 | Venue: PARKVIEW ROOM

### PAINTING JUST FOR FUN NON TUTORED CLASS

This painting group is facilitated by Jenny who invites 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 | Venue: BAYVIEW ROOM

### 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 | Venue: PARKVIEW ROOM

### 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 | Venue: BAYVIEW ROOM

### 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 | Venue: BAYVIEW ROOM

### MOSAICS IN THE HALL 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 | Venue: HALL

### HAVING FUN WITH RESIN

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 | Venue: TBA

## 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 | Venue: HALL



## 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 Essential | Cost: \$5.00 | Venue: TBA

## Repair Cafe

### REPAIR CAFE

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

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

Bring your broken stuff and you'll find tools, materials and volunteers with repair skills to help fix your stuff.

Day: Second Saturday of each month | Time: 10.00 – 11.30am | Cost: \$2.50 | Venue: SHED at 28 Brown Street

## 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: 12.00 – 2.00pm | Cost: \$2.50 | Venue: **PARKVIEW ROOM**

### 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 | Venue: TBA

### ITALIAN CONVERSATION

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

Day: Tuesday (weekly) | Time: 10.00am – 11.30am | Cost: \$2.50 | Venue: TBA

### FRENCH CONVERSATION COME AND EXPLORE ALL THINGS FRENCH

Day: Wednesday (weekly) | Time: 1.00pm ~ 2.30pm | Cost: \$3.00 | Venue: TBA

## 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: 4<sup>th</sup> Monday of each month | Time: 7.30pm | Cost: \$2.50 | Venue: **PARKVIEW ROOM**

### BIRD WATCHING GROUP ~ MEET OUT THE FRONT OF PARKS HALL

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 | Cost: \$2.50 | Venue: HALL

### DANCING IN THE PARKVIEW ROOM 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 | Venue: PARKVIEW ROOM

### TAI CHI

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

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

Day: Thursday | Time: 2.00pm – 3.00pm | Cost: \$3.00 | Venue: HALL

### 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 | Venue: HALL

### PILATES WITH GEORGE

BYO mat and start stretching and strengthening.

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

### 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 | Venue: HALL

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

## MEDITATION

### MEDITATION & MINDFULNESS ~ WEEKLY

Come and join Nicole in a weekly Meditation & Mindfulness hour every Monday afternoon.

Day: Monday | Time: 2.00pm - 3.00pm | Cost: \$2.50 | Venue: BAYVIEW ROOM

### MEDITATION & TIBETAN HEALING BOWLS ~ MONTHLY

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

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



## 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. One on One Family History Help can be arranged for other days and times, please contact PNH.

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

## 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: 10.00am | Cost: \$2.50 | Venue: BAYVIEW

### 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: 10.30am – 12.00pm | Venue: PARKVIEW

## COMMUNITY LIBRARY

### NEIGHBOURHOOD HOUSE LIBRARY ~ 28 BROWN STREET, PORTARLINGTON

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: Monday | Time: 10.30am – 11.00pm & Friday | Time: 10.30am – 11.00pm | Cost: 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 | **VENUE: PARKVIEW ROOM**

## FREE 'LIGHTHOUSE' SCHOOL HOLIDAY PROGRAM

# The Last Lighthouse Keeper ~

A children's play by BLACK HOLE THEATRE

Wednesday 2 October at 10.30 @ Parks Hall

FREE... BUT bookings are essential ~ email: [enquiry@portnh.org.au](mailto:enquiry@portnh.org.au) OR phone: 5259 2290

On a rocky outcrop facing the sea a Lighthouse, a Keeper, and his wife the Fisherwoman live a wonderful life in the open air, with the fish, the birds, and the changing seasons. Until the Fisherwoman is taken by a storm.

The Lighthouse and the Keeper feel devastated. They tried so hard and still, they failed! They grieve. The old man grows lonely, solitary, and cranky. Then two young Fisher-folk move in just down the shore. They are foolish and funny. The Keeper stays away. The young ones laugh, tease one another, work but not too hard, every day is filled with joy – until a storm sweeps one of them away. The Lighthouse, remembering what happened before, uses all her power, and a bit of magic, to save the day. The Keeper feels so relieved and so proud of his Lighthouse, that he reaches out to the young people with open arms. Together they rejoice. With newfound friends, the Keeper's life is transformed.

Written by Katie Reeve, this beautiful new work will engage and enthrall children of all ages as its characters come to life to share a story of longing and companionship.

**Written by** Katie Reeve / **Directed by** Nancy Black / **Designed by** Hamish Fletcher

**Music and Lyrics by** Darren Clark

**Image by** Adelaide Leede

FREE SCREENING OF EPISODES FROM THE AUSTRALIAN DRAMA:

## AROUND THE TWIST

The adventures of a father and his two children who live in an old lighthouse.

**WEDNESDAY 25 SEPTEMBER @ 10.30AM**

\*\*\* No need to book ~ just come along on the day..... FREE POPCORN \*\*\*



## 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 ~ Venue: PARKVIEW ROOM

## 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 ~ Venue: PARKVIEW ROOM

Day: Thursday | Time: 10.00am – 12.00pm | Cost: \$2.50 ~ Venue: HALL

### 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 ~ Venue: HALL

## 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 ~ Venue: BAYVIEW ROOM

(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 ~ Venue: BAYVIEW ROOM

(This group is currently booked out)

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

(New Members Welcome)