

PORTARLINGTON NEIGHBOURHOOD HOUSE (PNH) PROGRAM OF ACTIVITIES - TERM 3 2022 Version 3 - updated 27/7/22

IMPORTANT: Please enrol in activities. A waiting List applies to many activities. If you are new to an activity, please apply at the Office prior to your first session, to place your name on the activity list or waiting list.

Art & Crafts

ART GROUP Tuesday 9.30 - 12.30pm. \$3.00 per session. Parkview Room. Facilitator: Beth. Participants range from beginners to experienced. All members are welcome to discover their creativity. Please bring your own materials and any equipment you may require.

CARD MAKING Tuesday 9.45am to 12.30 pm. \$3.00 per session. Bayview Room. Facilitator: Marg. Mostly participants complete their own projects but sometimes they work together on new techniques and styles.

CREATIVE ART Tuesday 12.30pm - 3.00pm. \$3.00 per session. Bayview Room. Facilitator Jan. Participants: experienced, not a tutored class. All members are welcome to discover their creativity. Please bring your own materials and any equipment you may require.

CROCHET & KNITTING Wednesday 10.00am - 12.00pm. \$3.00 per session. Bayview Room. Facilitator: Liz.

Participants work on individual projects while enjoying a cuppa and chat. Learn a new skill, share your skill and enjoy some laughter. Bring your own yarn, needles and crochet hooks.

DRAWING WITH DEE (AKA PICASSO) Wednesday 5.30pm – 8.00pm. \$150.00/course. Parkview Room. Facilitator: Dee.

The second term from Dee. Building on Drawing and Sketching with Dee, this guided series will take you from the beginning of mark making, through tone, composition and is suitable for beginners or advanced beginners.

DRAWING AND SKETCHING Wednesday 10.30 - 12.30pm or Wednesday @ 1.00 - 3.00pm. \$3.00 per session. Parkview Room. Facilitator: Doreen/Deb.

Participants are encouraged to sketch a nominated subject at their own level of ability. This activity is lead and supported to encourage further learning whilst having fun. Bring your own materials and equipment.

GETTING CREATIVE WITH MOSAICS Wednesday 12.45pm - 3.00pm. \$3.00 per session. Bayview Room. Facilitator:

A hands-on fun activity so prepare to get dirty. Learn as you go with support from others. Come and observe, then start your own project.

PAINTING FOR FUN Thursday 10.00am - 12.00. \$3.00 per session. Bayview Room. Facilitator: Jenny.

In this activity everyone paints for their own enjoyment but also share knowledge and skills. Bring your own materials and equipment and enjoy the company of others.

THURSDAY ART Thursday 1.30 - 4.00pm \$3.00 per session. Bayview Room. Facilitator: Rene. Where seasoned artists meet to paint and socialise amidst the picturesque views of the bay. Please bring your own materials and any equipment you may require.

Dance & Music

DANCING IN PARKVIEW Monday 12.30 - 1.30pm. \$3.00 per session. Parkview Room. Facilitator: Phyllis.

Move and groove to your own style of dance. Enjoy the music and rhythm while increasing flexibility and fitness. Come along and enjoy.

Literature & Learning

LINE DANCING FOR BEGINNERS Tuesday 12.30 - 1.30pm. \$3.00 per session. Parks Hall. Facilitator: Peta.

This is a newbie session for learning the basics. You will be guided through the steps so that you can progress up the line dancing ladder.

LINE DANCING NEXT STEP Tuesday 1.30 - 2.50pm. \$3.00 per session. Parks Hall. Facilitator: Peta.

Not a newbie anymore? Take the Next Step journey while you enjoy the music and dance.

LINE DANCING IMPROVER Tuesday 3.10 - 4.10pm. \$3.00 per session. Parks Hall. Facilitator: Peta.

This is for the more advanced line dancer. You will continue to learn new steps and routines, enjoy music, dance and the company of other line dancers.

GUITAR Thursday 4.00 - 5.30pm. Parks Hall. \$3.00 per session. Facilitators: Fred and Ruth.

Guitar players of all levels of ability are welcome to join the fun in a relaxed atmosphere. Share songs you know with others and improve your playing skills. Please bring your own guitar.

HARMONICA Monday 1.30 - 3.00pm. \$3.00 per session. Parkview Room. Facilitator: Dale.

Novices are welcome to come along and learn as you play. If you do have experience, come and share your expertise. Join the Portarlington Harmonica Band, playing at community events. Please bring your own harmonica.

SING-A-LONG Monday 3.15 - 4.45pm. \$3.00 per session. Parkview Room. Facilitator: Margaret.

Enjoy community singing – no performances – just for fun. All members are welcome to join in and sing, sing, sing. No skill required.

Guitar/ukulele players welcome to accompany.

UKULELE STRUMMERS Wednesday 11.00am - 12.00pm. \$3.00 per session. Parks Hall. Facilitator: Fiona.

Learn the basics and have lots of fun. Designed for beginners and those that haven't played for some time and want to brush up on their skills.

FICTION FIDDLERS WRITING Last Thursday of the month. 4pm - 5.30pm. \$3.00 per session. Bayview Room. Facilitator: Jenny.

This activity is suitable for either the new enthusiast or someone who has been enjoying the pleasure of writing for some time. Each month a prompt is selected for a story, poem or piece of prose. Participants share their work by reading it to others.

NON FICTION WRITERS Last Thursday of the month. 5.30 - 6.30pm \$3.00 per session. Bayview Room. Facilitator: Jenny.

Characters, settings and events must conform to what is true. Share your stories, enthusiasm and learning with others.

PORT WRITERS Last Thursday of the month. 6.30 - 8.30pm. \$3.00 per session. Bayview Room. Facilitator: Jenny.

Where budding writers share their stories, enthusiasm and learning with others.

MAIN STREET WRITERS 2ND Sunday of the month. 10.00am - 12.00pm. Bayview Room Facilitator: Pearl.

Where budding writers share their stories, enthusiasm and learning with others.

BACK TO SCHOOL FOR SENIORS Friday 10.30am - 12.00pm. \$3.00 per session. Parkview Room. Facilitator: Jackie/Julie.

Be part of a classroom again solving puzzles, show & tell, language, maths and history activities. Bring a pencil, ruler and exercise book – there are no computers at this school. This is an informative, fun-filled school for seniors only.

BOOKCLUB #1 1st Monday of the month. 6.30pm - 9.00pm \$3.00 per session. Portarlington Golf Club. Facilitator: Christine.

Share your joy of reading with others. Participants discuss and critique the book of the month. Books are supplied by the CoGG library.

BOOKCLUB #2 1st Tuesday of the month. 5.30 - 8.30pm \$3.00 per session. Bayview Room. Facilitator: Bev.

Share your joy of reading with others. Participants discuss and critique the book of the month. Books are supplied by the CoGG library.

HISTORY OF EVERYTHING via CARTOONS 1st & 3rd Wednesday of the month 3.00 – 5.00pm \$3.00 per session. Parkview room
Facilitator: Jim

This activity covers anything and everything that has taken place in the past. Memories triggered by Cartoons related to topics raised. Very much an activity encouraging group participation.

WHAT IS A GOOD LIFE? Tuesday Fortnightly. 7pm – 8.30pm \$3.00/session. Facilitator: Anne.

***** ON HOLD FOR TERM 3 *****

Uses inspiration from philosophy & a variety of religions & cultures as prompts for discussion & reflection about what group members have found to be sound ways to live well & harmoniously in their lives.

PHILOSOPHY CAFE Fortnightly Wednesday. 10.30 - 12.30pm. \$3.00 per session. St Andrews.
Facilitator: Rene. ***** ON HOLD FOR TERM 3 *****

Through this activity you are guided to participate in a philosophical discussion of diverse subjects including literature, religion, and politics. Explore some general and fundamental questions, come along and join in.

READING DISCUSSION GROUP Every 3 weeks Thursday. 1.30 - 3.00pm. \$3.00 per session. St Andrews. Facilitator: Anne.

Unlike usual book groups which discuss a particular title, in this activity participants are invited to share their reading of books associated with a topic (e.g. memorable characters). A different topic is selected for each meeting.

PORTARLINGTON FILM SOCIETY (PFS) Last Friday per month. 7.00pm and Sunday winter screenings in June and July. Cost \$50 per year, \$45 for concession holders. Portarlington Guide Hall. Working in partnership with PNH, PFS screens good quality art house films and provides a great social atmosphere. Waiting List applies.

ARMCHAIR TRAVEL 1st and 3rd Friday of the month @ 2.00 - 4.00pm. \$3.00 per session. Bayview Room. Facilitator: Gemma.

Enjoy a glass of wine or a cup of tea while travelling to various parts of the world via DVD presentation or speaker. If you would like to share your travels, please contact the Office.

Fitness & Relaxation

POWER WALKING Mon/Tue/Thu/Fri 9.00 - 10.00am. \$3.00 per session. Parks Hall.
Facilitator: Robyn/Sally/Rob.

DVD session. An energetic 'power walk' of three miles (on the spot) inside the hall. This activity can be performed at your own pace. Get Moving and set yourself up for the rest of the day. Note: Wear loose clothing and footwear.

STRENGTH AND STRETCH - Tuesday 11.00am - 12.00 & Thursday 1.30 – 2.30. \$3.00 per session. Parks Hall. Facilitator:
DVD Session. Gentle seated exercises to stretch and strengthen your body to assist with fitness and good health. Note: Wear comfortable clothing.

TAI CHI Monday 10.00 - 11.00am and Wednesday @ 2.00 - 3.00pm. \$3.00 per session. Parks Hall.
Facilitator: Amelia/Desmond.

This form of Tai Chi helps with arthritis, fall prevention and general well-being. Note: Wear loose clothing and comfortable shoes.

YOGA Monday 1.30 - 2.30pm. \$3.00 per session. Bayview Room. Facilitator: Julie.
***** ON HOLD FOR TERM 3 *****

This graceful form of yoga is based on soft flowing movements, directed breathing and visualisation, and the session finishes with relaxing meditation. Note: Wear comfortable clothing and bring your own mat.

LAUGHTER YOGA Friday 2.00 – 3.00pm. \$3.00 per session. Bayview Room
Facilitator: Debra

A different take on yoga using laughter. It combines laughter exercises with Yoga breathing. It's a BODY to MIND activity in which the body cannot tell the difference between real and stimulated laughter.

ZUMBA Wednesday 9.00 - 10.00am. \$3.00 per session. Parkview Room. Facilitator:

DVD session. Begin with power walk warm-up then Zumba dance movements to South American music. Note: Wear comfortable footwear and clothing.

INDOOR CARPET BOWLS Monday 12.30 - 3.00pm. \$3.00 per session. Parks Hall. Facilitator: Marjorie.

If you like avoiding all weather conditions, join in and get bowling in the Hall. Players of all abilities are very welcome.

Cards & Gaming

BOLIVIA Monday 10.00am - 12.00pm Parkview Room and Thursday 10.00am - 12.00 Stage End. \$3.00 per session. Facilitator: Gemma.

If you enjoy Canasta come and learn Bolivia, a more advanced version of Canasta played with 3 decks of card. The game can be played in partnerships or with just 2 players. The game is great for socialising. Experienced and novice players are all welcome.

CHESS Monday 9.30am - 12.00pm. \$3.00/session. Bayview Room. Facilitator: Stan.

Chess is believed to be derived from the Indian game Chaturanga sometime before the 7th century and is a two-player strategy game. If you are a beginner or would like to play more often, join this activity of like-minded people.

MAHJONG Friday 10.30am - 12.30pm. \$3.00/session. Bayview Room. Facilitator: Mary.

The ancient Chinese game of Mah-jong is a tile-based game and commonly played by 4 players, and involves tactics, observation, and memory. If you would like to learn, or can already play, join this activity.

500 CARD GAME Tuesday 1.00 - 3.00pm.& Thursday 10.00 – 12.00pm \$3.00 per session. Parkview Room. Facilitator: John.

This card game is a trick-taking game that is an extension of Euchre with some ideas from bridge. For 2 to 6 players, it is usually played by 4 players in partnerships, but can be a fun three-player game. New players are always welcome so come along and learn.

LOCAL LEGACY VIDEO GAMING Friday 5.00pm – 11.00pm \$5.00 per session. Hall. Facilitator Mark

Compete against others in the ultimate fighting and platform games on the PS4. Improve your skills, and learn the latest games. Plenty of consoles available to play on.

Nature & Environment

GARDEN CLUB 4th Monday of the month 3.00 - 5.00pm. \$3.00 per session. Bayview Room. Facilitator: Rita.

For 'green thumbs' both experienced and novice gardeners. Regular 'garden' outings are arranged providing inspiration and information.

BIRD WATCHING AND NATURE RAMBLE 3rd Thursday of the month. 9.30am - 3.30pm. \$3.00 per session. (outdoor activity various locations) Facilitator: Marg.

Each month a new destination, either local or further afield, is chosen for those interested in either bird watching or a delightful nature ramble. Mostly, participants travel in a ride-share arrangement, and everyone is asked to make a small contribution to fuel costs. Sometimes a bus is organised. Please wear and bring appropriate clothing for weather conditions. Everyone supplies their own snacks, lunch, and drinks in a picnic setting. This activity is a great way to have a break from home and enjoy the pleasures of nature and great company.

REPAIR SHOP 2nd Saturday of the month at 10.00am - 12.00. Donation per repair. Bayview Room. Facilitator: Peter.

The purpose is to repair and rejuvenate broken or old items and so reduce waste, teach new skills, connect people, and build community. Even if you have nothing to fix, feel free to call in for a coffee and chat. Tools, materials, and volunteers with repair skills will do their best to help. Donations towards fix costs appreciated.

Technology

ONE ON ONE TECH HELP Thursday 10.00 - 11.00 and 11.00 - 12.00. \$5.00 per session. Stage End. Facilitator: Vic.

Our Tech guru will help you through most technical questions and issues out there for such devices as smart phones, PC's and tablets. Bookings are essential