



# LINK

What's on at the Canterbury Neighbourhood Centre and Surrey Hills Neighbourhood Centre – your local community places, offering programs for people of all ages, interests and abilities.

## What's new

- Community choir
- Kinder kids yoga
- Mixed media for beginners
- Musical playgroup
- Tech and tea
- Twined basketry

## Events

**Surrey Hills Twilight Market**

**Friday 15 February**

**5pm to 9pm**

Surrey Hills Neighbourhood Centre  
157 Union Rd, Surrey Hills

**International Women's Day**

**Friday 8 March**

Celebrate women's achievements



**2019  
TERM 1**

**Canterbury Neighbourhood Centre**

1st Floor, 2 Rochester Rd Canterbury P: 9830 4214 [canterburynh.org.au](http://canterburynh.org.au)

**Surrey Hills Neighbourhood Centre**

157 Union Rd Surrey Hills P: 9890 2467 [surreyhillsnc.org.au](http://surreyhillsnc.org.au)



# What's on

## workshops courses & events

### Children

#### Musical playgroup **C** NEW

Research-based, award-winning music program, which brings together children and older adults through music and play that incorporates fun, multi-sensory activities, designed to encourage positive interactions between the generations in a nurturing and respectful environment.  
Friday 10.30am to 11.15am  
Starts 8 February (8wks), \$120

#### Kinder kids yoga (3-5 years) **C** NEW

Your little one will discover balance, calm, movement and fun!  
Thursday 10am to 10.40am  
Starts 14 February (8wks), \$120

#### Playgroup – parent led (0-5 years) **S**

Fun playgroup activities for children and their parents, grandparents or carers.  
Thursday or Friday 9.30am to 11.30am  
Starts 7 and 8 February (10wks), \$50

#### Playgroup – structured **C**

Facilitated by our early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are welcome.

Monday and Tuesday 9.30am to 11.30am  
Monday starts 4 February (8wks), \$112  
Tuesday starts 5 February (9wks), \$126

### Music

#### Surrey Hills Community Choir **S** NEW

Sing your heart out on a Sunday night! Join Emily, a trained and experienced performer and vocal coach in a friendly, fun and supportive environment. Suits all ages and abilities.  
Sunday 7pm to 8.30pm  
Starts 3 February, (9wks), \$90

#### Ukulele **S**

Learn to play the ukulele with Des. The most fun you can have with four strings! Contact the centre if you are unsure about which level suits you.

#### Beginners

Wednesday 11.45am to 12.45am  
Starts 30 January (10wks), \$160

#### Intermediate

Wednesday 1.30pm to 2.30pm  
Starts 30 January (10wks), \$160

#### Advanced

Tuesday 7pm to 8pm  
Starts 29 January (10wks), \$160  
Wednesday 2.45pm to 3.45pm  
Starts 30 January (10wks), \$160

#### Workshop – singalong songs **S** NEW

Bring your uke for this fun workshop playing and singing favourite songs. Requires knowledge of basic C, F and G7 chords. Includes sheet music to take home.  
Wednesday 17 April, 2pm to 3.30pm,  
\$25 / \$20 SHNC member

### Community

#### Blokes in the kitchen **S**

Learn to prepare simple meals which you'll enjoy as a shared meal at the end of the class.  
Friday 8am to noon  
8 February, 8 March and 5 April  
\$33 per session

#### Charity knitting group **S**

Knit to help others in need. This group knits items for KOGO (Knit One, Give One).  
Monday 7pm to 9pm  
Starts 4 February, Free with SHNC membership

#### Community mini library **S** **C**

Both centres have a mini library. Share books and DVDs on an honour system. Donations of books and DVDs are welcome. Visit the centres to see the selection.

#### Drop in morning tea **S**

Join us for morning tea and conversation.  
Monday 9.30am to 11.30am  
Starts 4 February, \$3 per session

#### Florins **S**

This women's social group meets fortnightly to chat and enjoy outings.  
2nd and 4th Thursday monthly, 2pm to 4pm  
Starts 14 February, \$4.50 per session

#### Mah-jong (Western) **S**

Join our enthusiastic group and experience the challenges of this Chinese game.  
Friday 1.30pm to 4pm  
Starts 1 February, \$4.50 per session

#### Men's discussion group **S**

Surrey Hills OM:NI covers a wide range of topics and always welcome new participants. Morning tea included.  
Friday 9.30am to 11.30am fortnightly  
1 and 15 February, 1, 15 and 29 March, and 12 and 26 April, \$4.50 per session

#### Rummy **O** **S**

Test your categorising, counting and strategic skills. The aim is to be the first to eliminate all the tiles from your rack.  
Friday 10am to noon fortnightly  
Starts 1 February, \$4.50 per session

#### Scrabble **S**

Enjoy the challenge of words. This friendly group welcomes new players – experienced or beginners.  
1st, 3rd and 5th Tuesday, 1pm to 4pm  
Starts 29 January, \$4.50 per session

#### Small Seeds **C** NEW

Help create and maintain a small raised garden and grow fresh vegetables. Contact centre to register your interest.

#### Stitch and chat **S**

Bring your sewing and enjoy making new friends. Afternoon tea provided by participants on a rotating basis.  
2nd and 4th Monday, 1.30pm to 3.30pm  
Starts 11 February, \$4.50 per session

#### Table tennis **S**

Enjoy a friendly game of social table tennis.  
Thursday 1.30pm to 3pm  
Starts 31 January, \$4.50 per session

### Workshops

#### Decluttering **S** NEW

Are you drowning in clutter and stuff or need to get organised? This workshop will help give you some great tools to create a life that you love. Pair with our 'Buying and Selling on Ebay and Gumtree' workshop to help get rid of what you don't need.  
Saturday 16 February, 2pm to 4pm  
\$30 / \$25 SHNC member

#### Family meal planning **S** NEW

Meal preparation can be a chore, but with a little forethought and planning the nightly grind be much easier and more enjoyable.  
Saturday 2 March, 2pm to 4pm  
\$30 / \$25 SHNC member

#### Styled by Dad **S** NEW

Are school mornings a struggle? Don't know a pony from a pigtail? This session will teach you the basics of brushing and detangling, how to create the perfect pony, pigtails and basic plaiting. Perfect for Dads with daughters aged 4 to 8 years. BYO daughter and hairbrush!  
Sunday 10 February 10am to 11.30am  
\$30 / \$25 SHNC member

#### Wednesday Workshops **C** NEW

##### Handmade prints for cards and gifts

Create a collograph using textures on a board to print an image that can be used to make cards or pictures.  
Wednesday 20 and 27 February  
10am to noon (2wks), \$10

##### Introduction to mindfulness FREE

This small class provides an introduction and high level understanding of mindfulness.  
Wednesday 6 March, 10am to noon (1wk)

##### First aid for the home FREE

Refresh yourself on first aid basics around the home with an experienced trainer. (workshop is not accredited).  
Wednesday 13 March, 10am to noon (1wk)

##### Introduction to running FREE

Discover the benefits of running. Tips for getting started, posture and form, including warm ups, drills, games and cool down.  
Wednesday 20 March, 10am to noon (1wk)

##### Australian history FREE

Be taken on a fascinating journey through aspects of Australian history.  
Wednesday 27 March, 1pm to 3pm (1wk)

##### A hug in an envelope

Enjoy the experience of creating handmade cards – that you will enjoy gifting.  
Wednesday 3 April, 10am to noon (1wk), \$5

**Interested in sharing your skills and knowledge? Contact CNC to express an interest in running a workshop.**

### Volunteering

Both centres rely on volunteers to help them run. Volunteering is a wonderful way to meet people in the community, learn or share new skills and feel good about contributing. Contact either centre to find out what opportunities are available.

# What's on

## workshops courses & events

### Creative pursuits

#### Acrylic painting **S**

Each week you will be introduced to a new technique, subject or challenge to extend your painting. Class is suitable for beginner to advanced levels.

Monday 1pm to 3pm

Starts 4 February (8wks), \$144

#### Drawing **S**

Drawing skills can be a great introduction to other art mediums. This class is suitable for beginners and those wanting to expand their repertoire.

Tuesday 2.30pm to 4.30pm

Starts 29 January (10wks), \$180

#### Mixed media for beginners **S** **NEW**

Release your inner creativity and explore a new medium including watercolour, drawing, collage and abstract.

Friday 2pm to 4pm

Starts 1 February (10wks), \$180

#### Nature in Art **C**

Small, friendly classes allow for individual attention, inspiration and encouragement. Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am to 12pm or 12.30pm to 3pm

Starts 4 February (8wks), \$216

#### Twined basketry **S** **NEW**

Learn how to use natural materials to make a basket using this traditional basketry technique. You will create your own basket to take home at the end of the workshop.

Sunday 17 March, 10am to 4pm, \$90 / \$80 SHNC member (+\$20 materials)

#### Watercolour **C**

Beginners to advanced students are welcome to explore a range of mediums and techniques in this small, welcoming class with our experienced and talented artist Deb Mawdsley.

Tuesday 9.30 to 11.30am or

12.45pm to 2.45pm

Starts 5 February (8wks), \$200

#### Watercolour painting **S**

This class is taught by a local, experienced painter of different art media, students can explore a variety of techniques.

Wednesday 10am to 12pm or 1pm to 3pm

Starts 30 January (10wks), \$180

#### Creating connections **S** **NEW**

Facilitated art group for people living with younger onset dementia.

Friday 2pm to 4pm

Starts 15 February (8 wks)

Contact centre for further details

#### Upholstery and soft furnishing **C**

Suitable for beginners to advanced.

Create your own bolster, bean bag or cushion or reinvigorate that tired piece of furniture. Storage is available between classes. Places are limited.

Tuesday 9.45am to 12.45pm or

12.45pm to 3.45pm

Starts 5 February (9wks), \$270

### Languages

#### French for absolute beginners **C**

No experience needed.

Wednesday 10am to noon

Starts 6 February (9wks), \$207

#### French for beginners **C**

3 to 6 months prior experience.

Wednesday 12.30pm to 2.30pm

Starts 6 February (9wks), \$207

#### French beginners plus **C**

Enhance your skills in your French language journey. 6 months + prior experience.

Tuesday 1.15pm to 3.15pm

Starts 5 February (9wks), \$207

#### French intermediate **C**

Build on your French language skills.

12 months prior experience.

Monday 1pm to 3pm

Starts 4 February (8wks), \$184

#### French advanced **C**

Challenge your conversational skills while continuing to develop grammatical concepts. 4+ years prior experience.

Monday 10.45am to 12.45pm

Starts 4 February (8wks), \$184

#### Italian absolute beginners **C**

No experience needed.

Thursday 12.30pm to 2.30pm

Starts 7 February (9wks), \$207

#### Italian beginners 1 **C**

Build on basic grammar, conversation and comprehension skills of the Italian language. 6 months+ prior experience.

Thursday 9.45am to 11.45am

Starts 7 February (9wks), \$207

#### Italian beginners 2 **C**

Enhance conversation, grammar and comprehension skills of the Italian language. 12 months + prior experience.

Wednesday 3pm to 5pm

Starts 6 February (9wks), \$207

#### Italian intermediate 1 **C**

Need Italian for travel and pleasure?

This is an intermediate language level of conversation and grammar. 12 months + prior experience.

Wednesday 12.45pm to 2.45pm

Starts 6 February (9wks), \$207

#### Italian intermediate 2 **C**

Increase your Italian language skill, learning to speak, read and write Italian with this practical course relating to everyday situations. 2 years prior experience.

Thursday 12.20pm to 2.20pm

Starts 7 February (9wks), \$207

#### Italian advanced 1 **C**

This class focuses on conversation with some writing including revision of grammar. 4 to 5 years prior experience.

Thursday 10am to 12pm

Starts 7 February (9wks), \$207

#### Italian advanced 2 **C**

Refines grammar, writing skills and discusses ideas and issues. 6 years prior experience.

Wednesday 9.30am to 11.30am

Starts 6 February (9wks), \$207

#### Spanish absolute beginners **C**

No experience needed. Monday 1pm to 3pm

Starts 4 February (7wks), \$161

#### Spanish intermediate **C**

Builds on conversation, grammar and written language skills. 6 months + prior experience.

Monday 10.30am to 12.30pm

Starts 4 February (7wks), \$161

### The arts – reading, writing, history and film

#### Book circles – Maling Rd & Bellevue **C**

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details.

#### Maling Rd

1st Tuesday/month 10am to 11am

2nd Tuesday/month 10am to 11am

3rd Tuesday/month 2.30pm to 3.30pm **NEW**

#### Bellevue

3rd Tuesday/month 10am to 11am

Free for CNC members

#### Book groups **S**

Share your pleasure of reading with other like-minded people.

4th Tuesday of the month 7pm to 8.30pm

Starts 26 February, \$4.50 per session

#### Foreign films and discussion **S**

Enjoy a foreign film followed by a discussion and nibbles. Contact SHNC for details.

3rd Wed of the month, 7.30pm to 10.30pm

Starts 20 February, \$10 per session

#### Heritage collection **S**

Volunteers curate items of heritage value.

Monday 10am to 3pm during term dates.

Free with SHNC membership

#### Historical society **S**

Learn about various local history themes, with guest presenters. Visitors welcome.

3rd Tuesday of the month

Start 19 February, 8pm to 10pm, \$4.50

#### Literature – Greek, Roman and Norse myths **C** **NEW**

Explore a broad range of written works and other media from literary, philosophical and other perspectives.

Wednesday 1pm to 3pm

Starts 6 February (9wks), \$207

#### Writing life (beginners) **C** **NEW**

Structured lessons to guide you in capturing your stories of life and precious memories.

Tuesday 1pm to 3pm

Starts 5 February (9wks), \$207

#### Writing life (continuing) **C**

Tuesday 10am to 12pm

Starts 5 February (9wks), \$207



# What's on **workshops courses & events**

## Health & wellbeing

### Active living 60 plus **S**

This friendly and inclusive class focusses on balance, stretching, strength and light cardio.

Monday 8.45am to 9.45am  
Starts 4 February (8wks), \$128

### Bike riding groups **S**

Monday, Tuesday, Wednesday and Thursday mornings. Free with SHNC membership. Contact SHNC to confirm availability and level of fitness required.

### Buff bones for osteoporosis **C**

A pilates based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises. Please bring a yoga mat and a small towel.

Monday 9.30am to 10.30am and 10.45am to 11.45am  
Starts 4 February (8wks), \$136  
Thursday 9.30am to 10.30am and 10.45am to 11.45am  
Starts 7 February (9wks), \$153

### Fun fitness for brain and body (Ageless Grace) **S C**

An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, coordination, balance and promotes creativity. Suitable for people of all ages and abilities who are interested in maintaining their brain health.

#### Surrey Hills

Monday 10am to 10.45am  
Starts 4 February (8wks), \$128

#### Canterbury

Friday 10am to 10.45am  
Starts 8 February (9wks), \$126

### Laughter club **S**

Laughter is a celebration of the human spirit. Improve your physical, mental, emotional and spiritual wellbeing.

Wednesday 8.30am to 8.50am  
Starts 30 January  
Free with SHNC membership

### Pilates **S**

Pilates focuses on strengthening deep abdominal and pelvic floor muscles – improve posture, body awareness, breathing and wellbeing.

Monday 10am to 11am  
Starts 4 February (8wks), \$128  
Tuesday 11am to noon  
Starts 29 January (10wks), \$160  
Thursday 6pm to 7pm  
Starts 31 January (10wks), \$160

### Qigong **S**

Experience this therapeutic form of Tai Chi involving low impact meditative exercise.

Wednesday 10am to 11.15am  
Starts 31 January, \$8 per session

### Strength training **S**

Facilitated by YMCA instructors. Exercise core muscles using weights. Participants must complete a medical clearance form with their doctor prior to commencement.

Contact the centre for class availability and enrolment information.

Monday, Wednesday and Friday 8.15am to 9.15am  
Tuesday 9.30am to 10.30am  
Tuesday and Thursday 7.15pm to 8.15pm  
Tuesday and Friday 12.30pm to 1.30pm  
\$5.50 per class (over 65 years)  
\$7.50 per class (under 65 years)  
Classes start Tuesday 29 January (Pay by term)

### Tai Chi **C**

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.

Friday 9.30am to 10.30am (ongoing)  
Friday 11am to noon (beginners) **NEW**  
Starts 8 February (9wks), \$126

### Tai Chi – self-directed sessions **S**

This self-led group welcomes new participants who either have some tai chi experience or are comfortable to view tai chi videos to support their participation.

Tuesday, Thursday and Friday 8.15am to 9am (ongoing)  
Classes start 29 January  
\$25 per term for single weekly session or \$45 per term for multiple weekly sessions

### Walking groups **S**

Enjoy a medium-paced walk around our neighbourhood and a coffee along the way!

Monday 9am to 10.30am Starts 4 February  
Friday 8.30am to 10am Starts 1 February  
Free with SHNC membership

### Walking group – Parents with prams **S NEW**

Explore the neighbourhood and meet other local parents.

Wednesday 9.30am to 11am  
Starts 30 January, Free with SHNC membership

### Walk and talk **C**

Get fit and make friends. Enjoy an hour's walk through the streets and gardens of Canterbury followed by a well-deserved cuppa and chat.

Thursday 9.30am to 11am (fast pace)  
Thursday 9.30am to 11am (gentle) **NEW**  
Starts 7 February, Free for CNC members

### Yoga – Chair Based **C**

Experience hatha yoga in a safe, friendly way, seated on a chair and standing with the assistance of a chair. Breath work, short meditations and seated relaxations included.

Monday 10.45am to 11.45am  
Starts 4 February (8wks), \$112

### Yoga – Hatha **C**

Small class of gentle hatha yoga using gentle stretching techniques to release tension, increase flexibility create a sense of calm.

Bring a yoga mat and pillow.  
Monday 9.30am to 10.30am  
Starts 4 February (8wks), \$112

### Yoga – Gentle **C**

Focused on a gentle approach incorporating stretching and strengthening techniques

Tuesday 9.30am to 10.30am  
Starts 5 February (9wks), \$126

### Yoga – Hatha **S**

Enjoy the benefits of hatha yoga. Suitable for beginners to experienced.

Monday 6pm to 7pm **NEW**  
Monday 7.15pm to 8.15pm  
Starts 4 February (8wks), \$128  
Wednesday 5.45pm to 6.45pm  
Starts 30 February (10wks), \$160  
Thursday 9.30am to 10.30am  
Starts 31 February (10wks), \$160

## Technology

### Buying and selling on Ebay and Gumtree **S NEW**

Learn how to sell your unwanted goods on Ebay and Gumtree. Pair this with our 'Decluttering' workshop to make some space and money after Christmas.

Tuesday 10am to 12.30pm  
Starts 12 February (2wks), \$50 / \$40 SHNC member

### Tech and Tea **C NEW**

Learn more about how to use your smart phone or tablet in a relaxed, friendly café.

Monday 9.30am to 10.30am  
Starts 4 February (4wks), \$20

### Room Hire @ SHNC

The Chandler Room is a large, light-filled octagonal room with kitchen and fully fenced, grassed outdoor area. The Cottage is a heritage building with two rooms and a kitchen opening onto an alfresco garden. Available for parties, meetings, workshops and seminars. All facilities are wheelchair accessible.

### How to book

Phone: **C** 9830 4214 **S** 9890 2467

#### In person:

**C** 1st floor, 2 Rochester Rd, Canterbury

**S** 157 Union Rd, Surrey Hills

#### Online:

**C** canterburynh.org.au

**S** surreyhillsnc.org.au

**Please note:** Fees must be paid in full at the time of booking. Classes will only run with enough bookings. A full refund will be provided if a class is cancelled. Refunds will not be given once classes commence unless there are exceptional circumstances. Course information is correct at the time of printing but subject to occasional change.

**Become a member:** The Canterbury and Surrey Hills Neighbourhood Centres are not-for-profit, community-led organisations. Membership is required to enrol in term-based courses. Membership is not required to join a workshop or short-course (although members receive a discount). Your membership helps support the important work of the centres. Membership is \$15 per year for each centre. If you are already a member of one centre you can join the other centre for a reduced fee of \$10.

