

Be Inspired



Tuesday Parkside Pop Ups **H**

Our Parkside Pop Ups run on Tuesday evenings and are a fun and affordable way to try something new. Come on your own or bring along a group of friends.

Where: 32 Henry Street, Hawthorn

Cost: \$30. Book via Trybooking.

Wine Workshop for Enthusiasts 20 July, 7pm–8.30pm, \$30
Join Lily, who has over a decade of experience in the Australian wine industry. She is a writer of wine reviews, connoisseur of global wines and diploma of wine technology. This is a fun introduction to what we can taste from the wine, the difference between shiraz and cabernet sauvignon, how to pair with food, and much more.
<https://www.trybooking.com/BRHHU>

My Hero's Journey 3 Aug, 7pm–8.30pm, \$30
Join motivational speaker, Esther Xu, in this workshop learning how to connect with ourselves, others, and finding your personal purpose. It's a guided presentation to find connection in the current age of disconnection. This workshop will be accompanied by a downloadable mindfulness exercise and guided meditation.
<https://www.trybooking.com/BRHHY>

The Art of Salad Making 7 Sep, 7pm–8.30pm, \$30
This is a hands on veggie-packed salad-making workshop, using seasonal produce. You will be learning about inventive, hearty salads that deliver big, punchy flavours and delicious homemade sauces. Enjoy sharing what you make with others and indulge in lively conversation.
<https://www.trybooking.com/BRHIB>

Making Natural Cleaning Solutions 5 Oct, 7pm–8.30pm, \$30
Are you interested in learning more about how to reduce the chemical load on you and your family, and the benefits for your wellbeing? In this workshop, Lucia, will create some low-tox cleaning and personal care products to take home that are both good for you and good for the environment.
<https://www.trybooking.com/BRLFX>

DIY Christmas Wreath Making 7pm–8.30pm, \$30
Join our local florist, Kelli Brown, from The Petal Provedore as she demonstrates how to design and create your own beautiful Christmas wreath to take home. As this workshop is hugely popular we have made two sessions available to choose from, so make sure you book early.
Tue 7 Dec: <https://www.trybooking.com/BRHIS>
Tue 14 Dec: <https://www.trybooking.com/BRHIZ>

Enrolments: Book and pay for courses as early as possible. Preference will be given to existing participants who re-enrol before the end of each term. Enrolments are taken on a first come, first served basis until the class is full. Payments can be made over the phone on 9819 5758. You will need to complete an enrolment form which can be downloaded from our website www.hch.org.au or call us and we will send you a copy. It is a requirement for some of our classes that you bring your own equipment or resources. You will be provided with a list of what you need to bring when you enrol. We do not offer pro rata rates. If you are unable to attend some sessions, you will still need to pay the full-term fee. Courses will be cancelled if there are insufficient enrolments and fees will be refunded in full. If you wish to cancel your enrolment you must notify us at least 7 days prior to the start of the course to receive a refund. We may provide a refund for a missed session on receipt of a medical certificate.

Sunday Afternoon Series **H**

Do you have an inquisitive mind and a love of learning? We have put together a fun series of Sunday afternoon workshops that enable us to dive into a topic or participate in a broad ranging conversation.

Where 32 Henry Street, Hawthorn

Cost: \$55. Book via Trybooking.

Meditation & Mindfulness 18 July, 2pm–5pm, \$55
Are you new to mediation and mindfulness or do you want to refine and develop your skill? Join us in a workshop that helps you to relax your body and mind, sample what is taught in more detail in our meditation and mindfulness weekly class.
<https://www.trybooking.com/BRHJM>

The Art of Ikebana 8 Aug, 2pm–5pm, \$55
The Japanese art of flower arranging, also known as Ikebana, plays an important role in Japanese culture. It is an art form that embeds a unique set of aesthetics. The class covers a brief history, the main principles for the composition, and a hands-on Ikebana experience. Please bring a pair of scissors and a shallow dish. You will take home your completed arrangement.
<https://www.trybooking.com/BRHJR>

The Art of Fermenting 8 Aug, 2pm–5pm, \$55
A class focusing on the ins and outs of obtaining great gut health through fermented foods, we learn how to make Sauerkraut and other fermented produce and sample this delicious food! We will also look at ways to make it healthier and more delicious with the addition of different spices and seasonal vegetables.
<https://www.trybooking.com/BRLGG>

Soapstone Jewellery Carving 29 Aug, 2pm–5pm, \$55
If you have ever wanted to make your own artisan jewellery but don't know where to start, then this class with Brittany is perfect for you! Soapstone is a very soft, porous, metamorphic rock. You will carve soapstone into a wearable pendant (or pair of earrings!) that you may colour and take home to enjoy. This jewellery class is totally beginner-friendly, bring a friend and enjoy an afternoon of fun soapstone carving!
<https://www.trybooking.com/BRHIH>

Persian Cooking 5 Sep, 2pm–5pm, \$55
Embark on a culinary journey through the wonders of Persian cuisine. In this hands-on class with host Forouzan, you will prepare a healthy four course Middle Eastern meal with traditional spices, ingredients and techniques from the region. Included in this flavoursome and healthy array will be ovenbaked mains, stews, dips, salads and sweets.
<https://www.trybooking.com/BRHJV>

My Hero's Journey 10 Oct, 2pm–5pm, \$55
My Hero's Journey is an interactive event, presented by Esther Xu, designed to take you to experience the full cycle of a transformational hero's journey (separation, initiation and return) based on true inspirations of her own journey. You will be guided to reconnect with the immensely powerful abilities we were born with, enabling us to become the heroes of our lives, realise our dreams and overcome every challenge we encounter in life.
<https://www.trybooking.com/BRLJC>

32 Henry Street

HAWTHORN COMMUNITY HOUSE

SHORT COURSES
INTERESTING HOBBIES
CREATIVE WORKSHOPS
FEEDING THE BRAIN
RELAXING THE BODY

Turn over for details

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32 Henry Street Hawthorn 3122
Ph: 9819 2629

584 Glenferrie Road Hawthorn 3122
Ph: 9819 5758

E: info@hch.org.au W: www.hch.org.au

Vegetarian Cooking, Meditation, Wine Workshop, Transformational Journeys, Ikebana, Christmas Wreath Making, Persian Cooking, Fermentation, Pilates, Languages... and more!

HAWTHORN COMMUNITY HOUSE

2021

Hawthorn Community House is a socially inclusive, supportive, friendly, vibrant hub that provides interesting programs for all members of the community. Together we build a fairer and more equitable society through a sense of belonging as we welcome new faces and are grateful for all our visitors. Our classes and workshops are fun, informative, accessible and affordable for adults, seniors, students and children. Please note our classes are held at two different venues, 32 Henry Street and 584 Glenferrie Road.

Be Curious

NEW! Spanish for Beginners **H**

Spanish is considered the world's second-most spoken language with about 570 million speakers in more than 20 countries. This beginner class will open the door to the fascinating world of Hispanic culture. We'll get you started with greetings and presentations, talking about yourself and asking about others, alphabet, pronunciation, numbers, and more.
Thursdays 10am–12pm, starting 15/7 (10wk) \$229,
7/10 (11wk) \$251

NEW! Beginner Italian **G**

This is the perfect course for absolute beginners who need to study and reinforce the Italian language. Start learning Italian from scratch in an engaging and supportive environment.
Wednesdays 1pm–2.30pm, starting 14/7 (10wk) \$180,
6/10 (11wk) \$198

Italian Conversation (12 months' + experience) **G**

Accelerate your learning of the Italian language within the context of every day practical, real-life situations.
Wednesdays 11.15am–12.45pm, starting 14/7 (10wk) \$180,
6/10 (11wk) \$198

French One (6–12 months' experience) **H**

If you want to start learning French from the bottom up, you've come to the right place! Immerse yourself in the beauty of the French language from the beginning in a highly interactive class.
Tuesdays 9.45am–11.45am, starting 13/7 (10wk) \$243,
5/10 (11wk) \$267

Intermediate French (18–24 months' experience) **G**

Immerse yourself in the beauty of the French language, develop an understanding of the culture and traditions.
Fridays 9.45am–11.45am, starting 16/7 (10wk) \$243,
8/10 (11wk) \$267

NEW! Morning Meditation **G**

A daily meditation practice is a powerful support for your life but it's not always an easy thing to establish. That's why we offer a morning meditation on Wednesdays as a way of supporting you and providing an opportunity to connect with others. Get into the habit of meditating before you begin your day.
Thursdays 9.15am–10.15am, starting 15/7 (10wk) \$114,
7/10 (11wk) \$126

Lifelong Learning Meetings **G**

For older people who are keen to learn, share stories and make new friends. Program includes armchair travels to faraway places, Melbourne's lost architecture, a visit from the curator at NGV, and much more.
Thursdays 1.30pm–3.30pm, starting 15/7 (10wk) \$40 (MAC),
7/10 (11wk) \$40 (MAC)
LLM Ashburton
Fridays (fortnightly) 1.30pm–3.30pm, starting 16/7 (5wk),
8/10 (5wk), \$20 (MAC)

NEW! Beginner iPads **G**

A new group to help you start your journey with iPads, exploring the variety of functions this device offers. Progress at your pace in a relaxed and friendly environment. BYO iPad.
Thursdays 1pm–3pm, starting 15/7 (10wk) \$40 (MAC),
7/10 (11wk) \$40 (MAC)

iPads at Your Pace Continuation **G**

A group that explores the variety of opportunities and functions this device has to offer. Learn about and practice iPad functions to enable you to get the most out of using it at home. Progress at your pace in a relaxed and friendly environment. BYO iPad.
Thursdays 10.30am–12.30pm, starting 15/7 (10wk) \$40 (MAC),
7/10 (11wk) \$40 (MAC)

Cooking Small, Eating Well **H**

An ongoing fortnightly program for older people to explore new recipes and learn to cook for one or two people.
Tuesdays fortnightly, 1pm–3pm, starting 13/7, 5/10, \$40*

Short Story Book Club **G**

This group is for older people to meet and discuss short stories, discover new authors and share a love of reading and exploring literature.
Tuesdays fortnightly, 10.30am–12.30pm, starting 13/7 (5wk), \$106*,
5/10 (5wk) \$106*

Cinema & Chat **G**

A fortnightly event where our host Maree will select a movie to watch from the extensive SBS on Demand catalogue. A great opportunity to connect with others and participate in engaging discussions. Maree has run our Short Story Book Club for many years and is well versed in finding interesting angles for conversation. It's so simple, first watch the film at home, and then join us for a discussion in person.
Mondays fortnightly, 11am–12pm, starting 19/7 (5wk), \$53*,
4/10 (5wk) \$53*

See over for our Parkside Pop Ups,
Sunday Afternoon Series & enrolment details

Rendezvous to Write **G**

A program for older people interested in life writing skills. Explore your personal history to share with your family and develop your writing skills. Fortnightly sessions ensure you make a permanent writing appointment in your diary. Participants develop their writing muscles with various exercises and prompts. New participants always welcome!
Tuesdays fortnightly, 1pm–3pm, starting 13/7, 5/10,
\$40 per semester

Life Writing **G**

For people who are elderly, isolated or housebound but not thought bound. This program offers a broad range of imaginative topics to make it easy and fun to start your writing journey. Writers are individually linked to an encourager, who reads the writer's work and offers constructive feedback. Contact us for details.

Men's OM:NI Group **H**

OM:NI (Older Men: New Ideas) is a small and lively male-only discussion group where men chat and share their knowledge and experience in a supportive environment. The group fosters a strong sense of belonging and wellbeing, with a greater interest in life after retirement.
1st & 3rd Fridays every month, 10am–12pm, starting 16/7, Gold coin

Be Active

Mums and Bubs Exercise **G**

A program run by a new mum for new mums. Join our exercise class, specifically targeting areas of concern for post-natal mothers, focusing on safe pelvic floor options. We welcome all fitness levels and encourage you to bring your babies along!
Mondays 9.30am–10.30am, starting 12/7 (10wk) \$102, 4/10 (11wk) \$112

Pilates **G**

A one-hour full-body exercise with precise movements and breath control to strengthen muscles while improving postural alignment and flexibility.
Mondays 8.30am, 9.45am, 12.15pm, 1.30pm,
starting 12/7 (10wk) \$120*, 4/10 (11wk) \$132*
Thursdays 8.30am, 9.45am, starting 15/7 (10wk) \$120*,
7/10 (11wk) \$132*
Fridays 9.45am, 11am, starting 16/7 (10wk) \$120*, 8/10 (11wk) \$132*

Strength & Balance **G**

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.
Mondays 11am–12pm, starting 4/10 (10wk) \$120*, 12/7 (11wk), \$132*

Qi Gong & Tai Chi (Basic) **G**

Our beginners combined Qi Gong/Tai Chi exercise is a powerful system integrating physical postures, breathing techniques and focus.
Thursdays 12.15pm–1.15pm, starting 15/7 (10wk) \$120*,
7/10 (11wk) \$132*

Qi Gong & Tai Chi (Intermediate) **G**

This combined Qi Gong/Tai Chi exercise is a powerful system integrating physical postures, breathing techniques and focus.
Thursdays 11am–12pm, starting 15/7 (10wk) \$120*, 7/10 (11wk) \$132*

Qi Gong & Tai Chi (Advanced) **H**

Join our delightful teacher, Yvonne, in this more advanced Qi Gong/Tai Chi class. A powerful system of healing and energy, an integration of physical postures, breathing techniques and focus.
Thursdays 9.45am–10.45pm, starting 15/7 (10wk) \$120*,
7/10 (11wk) \$132*

Chair Fitness **G**

An all-round chair based exercise class suitable for older people. It combines dynamic movement, stretching, pilates and yoga to keep the body and mind active. Suitable for 65+.
Tuesdays 10am–11.30am, starting 13/7 (10wk) \$120*,
5/10 (10wk) \$120*

Slow Yoga (Beginner) **H**

A blend of hatha, slow flow and yin yoga to stretch, strengthen and relax your body. Suitable for people familiar with yoga basics.
Thursdays 6.30pm–7.30pm, starting 15/7 (10wk) \$121*,
7/10 (11wk) \$134*

Walking Group **H**

Fridays 10am–11.30am (ongoing) Gold coin donation

Pathways for Carers Walking Group **H**

A walk by carers for carers, where participants can learn about news, services and support available to them. Includes morning tea.
Thursdays 10am–11am, starting 15/7. Free

Be Playful

Play Circle (under the age of five) **H**

Fun playgroup activities for children with their parents or carers.
Wednesdays 9.30am–11am, starting 14/7, 6/10, \$58

Supported Playgroup (under the age of five) **H**

For families who may need extra support to participate in a community playgroup in a welcoming environment. Phone for details.
Wednesdays 1pm–3pm, starting 14/7, 6/10. FREE

Be Connected

During 2020 Hawthorn Community House developed some fabulous online programs. Due to their success, we will be continuing to offer some of our more popular online activities.

Tech Talk for All FREE

A program to support you in learning to use your digital device. Participants will work through the modules for Be Connected and be individually teamed up with a volunteer mentor for guidance, assistance and encouragement. Contact us to enrol.

Strength & Balance delivered using MS Teams

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.
Wednesdays 9am–10am, starting 14/7 (10wk) \$120*,
6/10 (11wk) \$132*

Pilates delivered using MS Teams

A full-body exercise with precise movements and breath control to strengthen muscles while improving postural alignment and flexibility. Join Donna on Tuesdays 9am–10am, starting 13/7 (10wk) \$120*, 5/10 (10wk) \$120*
Join KB on Tuesdays 8.10am–9.10am, starting 13/7 (10wk) \$120*, 5/10 (10wk) \$120*

Beginner French delivered using MS Teams

Immerse yourself in the beauty of the French language from the beginning in a highly interactive class.
Wednesdays 1.30pm–3pm, starting 14/7 (10wk) \$182,
6/10 (11wk) \$200

Stretch, Roll and Release delivered using MS Teams

Bring your stiff and sore bodies and join KB in this 75-minute program focussing on slow stretching and releasing muscle tension.
Tuesdays 9.15am–10.30am, starting 13/7 (10wk) \$120*,
5/10 (10wk) \$120*

Be Creative

NEW! Beginner Knitting Class **H**

Have you always wanted to learn to knit or have you just started to knit but don't seem to be able to get your work to look neat? The aim of the course is to build confidence and teach you the basics which will help your progression into the world of garment knitting. The course will cover how to choose the right wool, the different wool plys and their uses, as well as how to choose what needle types to use for different projects. When you enrol we will send you a material list.
Mondays 10.30am–12pm, starting 12/7 (10wk) \$150,
4/10 (11wk) \$165

Botanical Illustration for Beginners **H**

Learn to create both traditional and contemporary botanical artworks in this tutor-led class, Lisa, an award winning artist, will guide you in realistically capturing botanical beauty. You will be provided with a resource list when you enrol.
Thursdays 1pm–3pm, starting 15/7 (10wk) \$241,
7/10 (11wk), \$265

iPad Procreate Art **H**

Learn to create exciting images using the Procreate App on your iPad or iPhone. Follow the tutor as you learn how to make a variety of styles from watercolour, drawing, oil and many other media. Learn how to print your artworks on paper and objects. You will be provided with a resource list when you enrol.
Thursdays 3.15pm–5.15pm, starting 15/7 (10wk) \$241,
7/10 (11wk), \$265

NEW! A Beginner's Guide to Watercolours **H**

In this class we'll create beautiful landscapes by exploring different techniques in a fun and relaxed atmosphere. Whilst travel is off the cards, let us journey to far off places by creating beautiful atmospheric art. Perfect for anyone keen to learn more about watercolours.
Wednesdays 2pm–4pm, starting 14/7 (10wk) \$229,
6/10 (11wk) \$255

NEW! Botanical Art, Animals and Birds Watercolour **H**

Designed for beginners, recreate the shape, colour and textures of individual plants, animals or birds of your choice. You will be provided with a resource list when you enrol.
Fridays 10am–12pm, starting 16/7 (10wk) \$241, 8/10 (11wk), \$265

*My Aged Care (MAC)

*A discounted rate is available for people who have had a My Aged Care assessment and been referred to the program. If you would like help or more information about My Aged Care, please call us on 9819 5758 or call 1800 200 422.

NDIS Services

We are an NDIS registered service provider and run community and centre based social and recreational programs, including music, art and cooking classes. If you would like to attend one of our programs and have an NDIS package, please contact us to check availability. Our fees are charged at the rate listed in the NDIS price guide. Our programs are listed on our website <https://www.hch.org.au/community-and-ndis-program> or call us for more information 9819 5758.

H 32 Henry St Hawthorn **G** 584 Glenferrie Rd Hawthorn