

Be Inspired



Tuesday Parkside Pop Ups

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: \$40. Book via Trybooking.

Wine Workshop for Enthusiasts 15 Feb, 7pm–8.30pm, \$40

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 has a diploma of wine technology. This is a fun introduction to what we taste from the wine, focusing on Shiraz, Australia's no 1 variety.

<https://www.trybooking.com/BUZEL>

The Art of Salad Making 22 March, 7pm–8.30pm, \$40

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 dressings. Enjoy sharing what you make with others and indulge in lively conversation.

<https://www.trybooking.com/BRHIB>

Creative Easter Decorations 5 April, 7pm–8.30pm, \$40

Kelli from The Petal Provedore, the host of our sold out Christmas Wreath workshop, has an undisputed passion for flowers and floral arrangements. Join her in this hands-on workshop creating unique and colourful Easter decorations for your home.

<https://www.trybooking.com/BUZFH>

My Hero's Journey 3 May, 7pm–8.30pm, \$40

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 relatedness in the current age of disconnection. This workshop will be accompanied by a downloadable mindfulness exercise and guided meditation.

<https://www.trybooking.com/BRHHY>

Meditation & Mindfulness 17 May, 2pm–5pm, \$40

Are you new to meditation 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/BVNZG>

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

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: \$65. Book via Trybooking.

Simple Sourdough Making 20 Feb, 2pm–5pm, \$65

Time to rise to the challenge and prove yourself capable of creating your own tough-crust and deliciously dense sourdough in this workshop for beginners. Sourdough is made through the process of fermentation, a natural leavening, you'll learn why sourdough is simply the best bread, get yourself a sourdough starter and bake perfect loaves.

<https://www.trybooking.com/BUZEJ>

Gnocchi Masterclass 27 March, 2pm–5pm, \$65

A workshop covering the science and health behind the Mediterranean Diet combined with demonstrating authentic foods, like potato gnocchi with a range of flavours and individual sauces. Carmel will provide adaptable recipes handed down through generations, using only the best seasonal ingredients.

www.trybooking.com/BVOAS

Soapstone Jewellery Carving 3 April, 2pm–5pm, \$65

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/BVXSU>

Persian Cooking 15 May, 2pm–5pm, \$65

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 19 June, 2pm–5pm, \$65

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/BRLLC>

Be curious, playful, connected, creative and active! Enrol in our exciting programs and classes for 2022.

SEM 1-2022

32 Henry Street

HAWTHORN COMMUNITY HOUSE

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

Turn over for details

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

Persian Cooking, Watercolour,
Wine Workshop, Easter Decorations,
Meditation and Mindfulness,
Soapstone Jewellery Carving, Pilates,
Languages... and more!



HAWTHORN COMMUNITY HOUSE



2022

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! 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 2/2 (10wk) \$180 27/4 (9wk) \$162

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 2/2 (10wk) \$180 27/4 (9wk) \$162

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 1/2 (10wk) \$243 26/4 (9wk) \$219

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 4/2 (10wk) \$243 29/4 (9wk) \$219

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 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. Wednesday 10.30am–11.30am, starting 2/2 (10wk) \$121 27/4 (9wk) \$109

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 2pm–4pm, starting 3/2 (10wk) \$40 (MAC) 28/4 (9wk) \$40 (MAC)

LLM Ashburton

Fridays (fortnightly) 1.30pm–3.30pm, starting 4/2 (5wk) 29/4 (5wk), \$20 (MAC)

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 10.30am–12.30pm, starting 3/2 (10wk) \$40 (MAC), 28/4 (9wk) \$40 (MAC)

iPads at Your Own 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 1pm–3pm, starting 3/2 (10wk) \$40 (MAC), 28/4 (9wk) \$40 (MAC)

Cooking Small, Eating Well **H**

Ongoing fortnightly cooking demonstration with a different theme each time! Let us show you how you can achieve healthy eating in fun and non-complicated ways. This is also a great opportunity for you to meet people and share your own experience of healthy living and eating.

Tuesdays fortnightly, 1pm–3pm, starting 1/2, 26/4, \$50*

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 1/2 (5wk), \$106*, 26/4 (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 7/2 (5wk), \$53*, 2/5 (5wk) \$53*

Rendezvous to Write **G**

A series of fortnightly sessions to assist you to write about your life and to provide useful ideas and strategies to ensure your writing comes to life on the page. Life writing topics, readings from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories. So often we find that one person's memory brings back a flood of recollections in another. There is much joy in finding your own voice and the right words to express your experiences. Tuesdays fortnightly, 1pm–3pm, starting 1/2, 26/4 \$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 4/2, 29/4 Gold coin

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 2/2, 27/4, \$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.

Fridays 10am–12pm and 1pm–3pm, starting 4/2, 29/4 FREE

Be Connected

Hawthorn Community House developed some fabulous online programs last year. 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.

Pilates delivered using MS Teams

Join Donna in a full-body exercise with precise movements and breath control to strengthen muscles while improving postural alignment and flexibility. Tuesdays 9am–10am, starting 1/2 (10wk) \$120*, 26/4 (9wk) \$108*

Be Creative

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

In this class we'll create beautiful art by exploring different techniques in a fun and relaxed atmosphere. Perfect for anyone keen to learn more about watercolours. You will be provided with a resource list when you enrol.

Fridays 12.30pm–2.30pm, starting 11/2 (9wk) \$217, 29/4 (9wk) \$217

Botanical Illustration Watercolour **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 10/2 (9wk) \$217, 28/4 (9wk), \$217

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, 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 10/2 (9wk) \$217 28/4 (9wk), \$217

*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.

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 31/1 (9wk) \$107 2/5 (7wk) \$83

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 31/1 (9wk) \$108*, 2/5 (7wk) \$84*

Thursdays 8.30am, 9.45am, starting 3/2 (10wk) \$120*, 28/4 (9wk) \$108*

Fridays 9.45am, 11am, starting 4/2 (10wk) \$120*, 29/4 (9wk) \$108*

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 31/1 (10wk) \$120*, 2/5 (9wk), \$108*

Wednesdays 9.15am–10.15am, starting 2/2 (10wk) \$120*, 27/4 (9wk), \$108*

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 3/2 (10wk) \$120*, 28/4 (9wk) \$108*

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 3/2 (10wk) \$120*, 28/4 (9wk) \$108*

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

Join our delightful teacher, Margaret, 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 3/2 (10wk) \$120*, 28/4 (9wk) \$108*

Slow Yoga **H**

A blend of hatha, slow flow and yin yoga to stretch, strengthen and relax your body. Suitable for people familiar with yoga basics.

Mondays 6.30pm–7.30pm, starting 31/1 (10wk) \$142*, 2/5 (7wk) \$99*

Thursdays 6.30pm–7.30pm, starting 3/2 (10wk) \$142, 28/4 (9wk) \$128

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 17/2 FREE

Rooms for hire

We have rooms available for hire. If you plan to run a workshop, hold a meeting or a larger event, please get in touch. We have two rooms available: the larger one has a beautiful outlook to Central Gardens and our communal garden with a verandah. The room comfortably seats 30* people. It is perfect for meetings, functions and gatherings. Our middle-sized room will seat 20* people for a meeting. Our sessions run on weekends 9.30am–1.30pm or 1.30pm–5.30pm and cost \$250/session. Full payment is required to secure your booking, plus a deposit of \$150 refundable on return of key and post-event room inspection.

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.

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

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