

## Our House

Located at the Greythorn Hub in Balwyn North, Trentwood Community House offers courses, workshops and events for the community with a mix of term-based, short courses and one-off activities.

Enrol in a course or activity and meet other community member. As a not-for-profit community organisation we strive to make our activities as affordable as possible.

## Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Where noted enrolments for some classes are through TryBooking.
- Pick up an enrolment form from the House or enrol from our website.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- 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.
- A change of restrictions may impact on our ability for on-site attendance. Where possible we will continue to deliver the class online. We are unable to provide a refund or credit classes that continue online however, if this proves difficult for you, please contact us.

For further information on our enrolment policy, please visit our website or contact the Office.

## Room Hire

There are fabulous community rooms available for hire at the Hub. We have a large function room suitable for family gatherings, corporate workshops and functions.

This space has a new, fully equipped kitchen, an AV system and seating for up to a COVIDSafe capacity of 80 people. We also have a number of smaller rooms available for community groups to hire on a regular basis for meetings.

Our smaller rooms also have AV equipment and whiteboards, as well as access to a small kitchenette. Please contact us to find out more.

## At the Hub

### How to find us

Trentwood at the Hub is at 2 Centre Way, Balwyn North. We are located in the Greythorn Community Hub, behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground carpark.

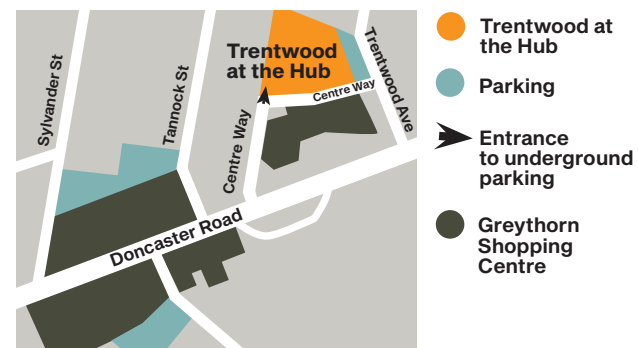
### Accessibility features

Trentwood at the Hub and Greythorn Community Hub are fully accessible with ramps, ambulant toilets and shower facilities, braille signage and hearing loop.

### Acknowledgment of Country

Trentwood at the Hub acknowledges the Traditional Owners of the Wurundjeri Woi Wurrung Country of the Kulin Nation on which our Community House is located.

We pay our respects to the spirits of Elders past, Elders of the present and those emerging who continue to guide us towards reconciliation and justice. We thank First Nations People for the care and nurturing of this sacred land.



**trentwood**  
at the hub  
your local community house

Greythorn Community Hub  
2 Centre Way  
Balwyn North 3104  
**P:** 9006 6590  
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## Trentwood at the Hub

# Activity & course guide

January – March 2022



Woodworking for women

**Be inspired**   
**Be engaged**   
**Be involved** 

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at the hub  
your local community house

**Call us on 9006 6590**

## Wicking Gardening Workshop

Learn how to make a wicking garden planter or bed system in a raised container. Suitable for any space including balconies/small courtyards. Recycled pots/materials provided. BYO gardening gloves. Build a wicking pot to take home.

**Wednesday 16/3 1.30pm – 3pm \$10**

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

## Your Space and Place

Whether your space is a balcony, indoor garden, courtyard, small or large garden, let Alison Watson, Landscape Designer from Outdoor Designs help you on your first step in your garden design journey. A fun, interactive design class. Bring photos, measurements, houses plans and a wish list! Time will also be spent on the therapeutic value of plants in the landscape.

**Saturday 19/3 2pm – 4.30pm \$65**

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

## Woodworking for women

In 2022 we are excited to create new woodworking spaces for women. Small groups allowing plenty of time for individual guidance. Hayley will share her skills and experience, supporting a new connection in the community. Find out more <https://www.facebook.com/hayleynicoleandco>

## Woodworking (4 week evening workshop)

Perfect to bring along that neglected or worn out piece of furniture, and give it a new story. Learn skills to sand, repair, rebuild and repaint in a relaxed, supportive space.

**Thursdays 10/3 7pm – 9pm (4wks) \$145**

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

## Makers shed (She-shed)

A new wood working space on Saturday afternoons. Share skills and learn how to confidently use power and hand tools. Make a small project or repair your own items in the company of others.

**Introductory day:**

**Saturday 5/3 2.30pm – 4.30pm. \$15**

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

**We are pleased to offer the following recycling initiatives at our House. Please come and make use of the opportunities to stop waste going to landfill.**

## Electronic Waste Station (e-waste)

Drop off small appliances, batteries, mobile phone and computer accessories.

## Bread Tags

The money from the sale of this plastic helps to purchase wheelchairs for people in Africa.

## Magazine Swap

Don't toss your read magazines away! Bring them in to share with someone else.

## TerraCycle Recycling

Help eliminate waste by recycling the conventional non-recyclable items! We are able to accept the items including:

- ✓ Empty and clean toothpaste and skincare tubes
- ✓ Empty dental floss containers
- ✓ Old nail polish bottles
- ✓ Unwanted and clean hosiery and tights
- ✓ Old pens and textas



## Recycling update

Thank you to everyone who has visited the Hub to drop off their non-recyclables. At this point we are unable to accept blister packs (our boxes are overflowing), but please continue to drop off the other products and e-waste.

Did you know that you join this recycling program at home! Start your own box, fill with your empty beauty tubes and containers, send to Flora and Fauna, and collect reward points to buy products! [www.florandfauna.com.au](http://www.florandfauna.com.au)

## Balwyn North Repair Café

The third Sunday of each month 10am – 12noon sees this very popular program give community members the opportunity to bring along broken or serviceable items and, with a skilled repairer, learn some basic skills on how to fix things. This includes mending or hemming clothes or linen.

**Be part of the solution and join our practical, hands-on sustainability workshops.**

## Boro Making Workshop

A traditional Japanese mending technique developed to extend the lives of clothes often over generations. Using this simple hand sewing technique participants will learn to make a beautiful purse. No experience is required.

**Saturday 19/3 2pm – 4pm \$45**

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

## Kokedama Workshop

A style of bonsai that originates from Japan, and involves binding a plant in moss and twine, transforming plants into mini works of art This workshop will take you through the simple process of making your own kokedama to take home and enjoy.

**Saturday 26/3 2pm – 4pm \$45**

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

## Make your own mini terrarium

Ideal Mothers Day present or as an early surprise to do with Mum or the special person in your life. Complimentary refreshments!

**Saturday 7/5 2pm – 4pm \$45**

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







## In the Kitchen

Nothing beats the experience of learning to cook in a real kitchen from someone who is passionate about cooking and teaching others.

### French Cooking Workshop

Have fun and become a French chef during a cooking class with Marie-Emilie from Le Pot de Moutarde.

Thursday 3/3 6.30pm – 8.30pm \$65  
<https://www.trybooking.com/BVSXR>

### Baklava and Gozleme Cooking Workshops

Join Arzu in one of these popular workshops. Take home what you cook, usually about 1.2 kg of baklava and 3-4 gozlemes.

Wednesday 23/2 6.30pm – 8.30pm \$65  
<https://www.trybooking.com/BVSXV>  
 Thursday 24/3 6.30pm – 8.30pm \$65  
<https://www.trybooking.com/BVSXZ>

### Dumplings Cooking Workshop

Jessica will teach you how to make and cook pork dumplings. Enjoy eating the dumplings at the end of the workshop and take home some if there are any left!

Thursday 17/2 6.30pm – 9pm \$65  
<https://www.trybooking.com/BVSYD>

### \$5 Meals

This weekly class with our nutritionist guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home and enjoy. Access this program using NDIS plan. Ref: 04170013661T

Mondays 10am – 12pm or 1pm – 3pm (ongoing)  
 Begins 7/2

## Be Involved

Learn something new, be involved and meet new people in the community!

### Explore Sleep, Our Super Power – Turning Sleep into Wellbeing **NEW**

Explore the 'body clock' and how the rhythms of our sleep impact all aspects of our life, and how our subconscious works to heal heart, mind, body and spirit. Develop a clearer understanding of the science of sleep and create a personal Sleep Diary to help record sleep patterns and enhance sleep habits.

Tuesday 7.30pm – 9pm 15/3  
<https://www.trybooking.com/BWCKT>

### French for absolute beginners (Online using MsTeams)

Wednesdays 1.30pm – 3pm 9/2 (8wks) \$135

### French Beginners (6 months+ experience)

Focus on grammar, pronunciation and conversation.  
 Tuesdays 12.30pm – 2.30pm 1/2 (10wks) \$220

### Mandarin for Beginners (Online using MsTeams)

Learn phonetics, some vocabulary, grammar, characters and daily conversation in the Mandarin language. Topics will include general greetings, self-introduction, numbers, dates and time, food and drinks etc. We will also talk about Chinese culture and customs to help you gain an insight into ancient and present day China.

Mondays 7pm – 8pm 14/2 (6wks) \$80

### Rendezvous to Write

A program for older people interested in life writing skills. Explore your personal history to share and develop your writing skills. Participants make a permanent writing appointment in their diary. Various exercises and prompts to assist in developing your writing muscles!

Thursdays fortnightly 1pm – 3pm 3/2 (5wks) \$40

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## For Kids and Teens

### Science for kids (8 – 14 yrs)

Interactive, hands-on supervised workshops with the team from Sci-sizz. Kids will use a Mini Laboratory kit, which includes a complete package of materials and equipment, guided by a facilitator. Have fun experimenting, working with other kids, and bring science to life! Cost of kit included.  
<https://scisizz.com.au> for further information.

Single sessions available.  
 Details on TryBooking or at Office

### Magnets and Microbes

Thursdays 4pm – 6pm. 17/2 (3wks) \$130  
<https://www.trybooking.com/BWCBW>

### Energy for the Future

Thursdays 4pm – 6pm 17/3 (3wks) \$130  
<https://www.trybooking.com/BWCMD>

### Study Space

A great space to do homework, study for exams or get your assignment done. Free Wi-Fi and tea and coffee making facilities. Run in partnership with Boroondara Libraries. **FREE**

Every weekday 3.30pm – 6pm (ongoing)

### Table Tennis

Come with some friends after school or during the holidays. Contact our Office for room availability.

## Be Creative

It's never too late to discover your artistic and creative side! Our tutors have extensive experience, are skilled and well known in the sector. Class sizes are kept to a minimum allowing individual attention and support.

### Art classes with Karen (All levels)

Our experienced tutor teaches a variety of art mediums: drawing skills, oil painting, portrait painting, pen and ink work and soft pastels. Materials list provided.

Fridays 10am – 12pm 4/2 (10wks) \$175

### Alcohol Ink Art Class **NEW**

Explore the stunning effects you can create using beautiful alcohol inks. Learn about the different surfaces and techniques you can use in its application to Yupo paper, other surfaces and homewares. Suitable for beginners.

Tuesdays 4.30pm – 6.30pm 15/2 (8wks) \$160

### Artlinks at Warrandyte

"Artlinks" is a Creative Art Group based at the Senior Citizens Centre in Warrandyte. It provides members of the community, with or without disabilities, the opportunity to get together, foster friendships, participate in art and craft projects and have some fun! No art skills required! Materials provided. The group facilitator, Nerina Lascelles is both an Artist and Art Therapist.

\$8 per week with a My Aged care referral

Wednesdays 10am – 3pm (ongoing).

Join the group for an open day on Wednesday 9/2.

### Botanical Watercolour Illustration

Discover the techniques to create beautiful botanical illustrations from traditional to contemporary pieces. Learn how to paint flowers, plants and fruit in watercolour, capturing colour and detail. Materials list provided.

Thursdays 9am – 11am 10/2 (9wks) \$155

### Drawing and Painting

Learn about watercolour, oils, acrylics and drawing, with colour theory, colour mixing, landscape hints, structural aspects and shading techniques.

Wednesdays 7.30pm – 9.30pm 2/2 (10wks) \$200

### Ukulele for beginners

Ideal for those new to learning uke or who feel like taking things easier. No uke needed for first class. Margaret will give you advice on what Uke will suit you!

Thursday 9.15am – 10.15am 3/2 **Free Taster session** (No uke needed)

Thursdays 9.15am – 10.15am 10/2 (9wks) \$125

### Watercolour

Join Lisa, an award winning artist and engage yourself in the world of watercolour painting. Learn watercolour techniques. Suitable for beginners and experienced. Material list provided.

Tuesdays 2.15pm – 4.15pm 15/2 (8wks) \$160

## Be Active

Being active can be an effective way to maintain your physical and mental health. Join one of our classes and have some fun at the same time in a welcoming supportive environment.

### Changing Directions Music

Our program encourages participants to explore their interests and develop skills through musical expression. A great social opportunity for people with disabilities. This program can be accessed using your NDIS plan.

Support item ref: 04\_180\_0136\_6\_1

Mondays 1pm – 2.30pm ongoing  
 Begins Monday 31/1

### Chinese Cultural Dancing Group

Tuesdays 10am – 1pm (ongoing)

### Pilates – Gentle (Mat)

Learn the foundations of Pilates. Suitable for beginners to the Pilates Method or anyone that requires a gentle class or for those requiring an introduction to Pilates. Not suitable for pregnant or post-natal women.

Mondays 10.30am – 11.30am 31/1 (9wks) \$120

### Pilates – Intermediate

A class developing on Pilates foundations focusing on stability, fitness level, balance, and posture.

Mondays 9.15am – 10.15am 31/1 (9wks) \$120

### Mindfulness Based Stillness Meditation

Carve out some peace and time for yourself. Experience relaxation, inner peace and clarity of mind.

Fridays 11.30am – 12.15pm 11/2 (6wks) \$85

### Post Natal Exercise (Babies welcome!)

Tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels.

Tuesdays 9.15am – 10.15am 1/2 (10wks) \$60

### Strength Training

Chair supported, light weight-bearing exercises to maintain bone density and muscle strength.

Thursdays 11.15am – 12.15pm 10/2 (9wks) \$100

### Table Tennis

Join our group to play a social game. New players welcome. **First session free**

Thursdays 2.30pm – 4.30pm \$3 per session (10 or 5 session pass)

### Tai Chi (Level 2)

Tai Chi improves muscular strength, flexibility and fitness. Rejuvenate your body and learn to create a tranquil mind. For those who have had some experience of Tai Chi.

Thursdays 1.15pm – 2.15pm 3/2 (10wks) \$115

### Tai Chi (Beginners)

Tai Chi improves muscular strength, flexibility and fitness. Rejuvenate your body and learn to create a tranquil mind.

Thursdays 2.30pm – 3.30pm 3/2 (10wks) \$115

### Yin & Flow Yoga

Slow, mindful movements to prepare the body to relax and stay in postures for longer periods of time. Suitable for all abilities.

Tuesdays 6.30pm – 7.30pm 15/2 (8wks) \$90

### Movement for Healthy Ageing (Ideal for seniors)

Movements and postures designed to address ageing challenges. Increase strength, agility and balance. Our classes are small and held in a safe, welcoming environment.

Visit <http://www.bronwenmander.com.au> for further information.

**Free Taster session 31/1**

Mondays 11.30am – 12.30pm 7/2 (8wks) \$120



See over for Trentwood's expanding program of recycling and environmental initiatives, room hire and new upcoming workshops!