



# NORTH RINGWOOD COMMUNITY HOUSE INC



All of our classes are taught by qualified and dedicated teachers and trainers. Classes are tailored to the needs of the individual and group. Teachers and trainers will give you the support you need to succeed!



[www.nrch.org.au](http://www.nrch.org.au)

Ph: 9876 3421

**TERMS 1 & 2**  
**Jan - Jun**  
**2024**



## Would you like to work in Aged Care in 2024?

### **Certificate IV in Leisure & Health** CHC43415

**Beginning Thursday, 15th February 2024**



This qualification allows you to work in residential facilities, in community agencies and day centres assisting with the design, implementation and evaluation of health and leisure activities and programs for clients.

Nationally recognised qualification. Small, face to face classes and lots of support from qualified and dedicated teachers with industry experience.

RTO 6434

**Contact [linda@nrch.org.au](mailto:linda@nrch.org.au) or phone 9876 3421  
for more information**

## Health & Wellbeing

Bookings by the term, \$14.50 p/hour

### Jungle Body - NEW

An addictive, easy-to-follow, high intensity fusion of Boxing, Cardio and Dance set to the hottest music. "The newest fitness craze taking over the world"

Tuesdays 11.30am - 12.30pm  
Wednesdays 5.30pm - 6.30pm  
Sundays 9.30am - 10.30am

### Meditation - NEW

Relax the body, calm the mind. In these 60-min meditation classes, you'll learn techniques to help improve: stress and anxiety, relaxation, mindfulness, sleep, and blood pressure. Suitable for all abilities and can be chair or floor based.

Fridays 12.30pm - 1.30pm  
Saturdays 9.30am - 10.30am

### Laughter for Wellbeing - NEW

Laughter lowers blood pressure, reduces stress, improves the immune system, increases energy and motivation and just makes you feel good.

Thursdays 10.30am - 11.30am

### Strong People Stay Young

Strength training exercise program ideal for people 60+ years. Aids in body toning, strength & weight loss. Helps to retain strong bones and prevent osteoporosis.

Thursdays, 9.15am - 10.15am  
Thursdays, 10.30am - 11.30am  
(10.30am class for beginners - NEW)

### Pilates

Build greater endurance, strength and flexibility. Suits any age

Mondays 6.10pm - 7.10pm  
Wednesdays 9.15am - 10.15am  
Wednesdays 10.30am - 11.30am  
Thursdays 6.30pm - 7.30pm

### Qi Gong/Tai Chi

A moving meditation, coordinating slow-flowing movement, deep rhythmic breathing and a calm meditative state of mind. This class is a foundation to Tai Chi

Wednesday, 12.20pm - 1.20pm

## Health & Wellbeing Cont.

Bookings by the term, \$14.50 p/hour

### Tai Chi

Improve muscle tone, strength, fitness, joint flexibility, balance and coordination

Wednesday, 1.30pm - 2.30pm

### Bush Nomads

Social walks of 8-10kms with an experienced leader.

Mondays, 9.15am - 3.30pm  
\$2 per session

### Seated Yoga

All the joy of Yoga that you love, with the added bonus of being seated or using support

Mondays 10.30am-11.30am  
Thursdays 9.15am - 10.15am

### Yoga

A gentle flow of poses and breath, ideal to reduce stress

Tuesdays 7.00pm - 8.00pm

### Zumba Gold

All the fun of regular Zumba, with a lower intensity

Tuesdays, 10.00am - 11.00am  
Fridays, 10.00am - 11.00am

## Workshops

Please call the office on 9876 3421 or visit [www.nrch.org.au](http://www.nrch.org.au) for costs

### Therapeutic Art Class - NEW

An art class infused with life coaching techniques aimed at empowering & strengthening your mindset

Monday 18th March 10.00am - 12.30pm

### Twinkle Jars

Create a magical world with origami butterflies and lights

Saturday 24th February 1.00pm - 3.30pm

### Cookie Decorating (Term 1)

Decorate pre-made biscuits for Easter, with fondant icing, stamp out your design and embellish with food safe paint, sparkles and other edible bling!

Saturday 23rd March 1.00pm - 4.00pm

### Cupcake Decorating (Term 2) -NEW

Decorate pre-made cupcakes with butter icing, learn how to create beautiful flower shapes and colour contrast. An ideal workshop to enjoy with your mum for Mother's Day

Saturday 11th May 1.00pm - 4.00pm

## Art & Crafts

Bookings by the term, \$10.50 p/hour

### Artful Journaling - NEW

Build a visual diary where you can creatively express your ideas, through any type of art.

Mondays 10.00am - 12.00pm

### Watercolour for Beginners

A beginners look into the exquisite world of painting with watercolour.

Thursdays, 10.00am - 12.00pm

### Leadlighting

Create your own masterpiece from coloured glass and lead.

Thursdays, 12.30pm - 3.30pm

### Drawing with Owen

A class devoted to the art of drawing. Explore techniques like shading & structure in depth.

Wednesdays, 1.00pm - 3.00pm

### Drawing & Painting

Develop your drawing with shading, landscapes & structure, and learn about various painting techniques with different media.

Wednesdays, 10.00am - 12.00pm

### Porcelain Dolls & Figures

Learn the art of delicate hand painting of porcelain dolls and other pieces

Mondays, 1.00pm - 3.00pm





## Work Ready



Please call the office on 9876 3421 or visit [www.nrch.org.au](http://www.nrch.org.au) for costs

### Domestic Aged Care

Learn the skills and knowledge needed to gain employment as a domestic worker in an aged care residential setting or in-home care for the elderly or those with a disability.

Thursdays, 9.15am - 3.15pm x 4 wks

### Basic Computer Skills

Focus on the basics of using a computer for everyday life. This fun and flexible class is perfect for anyone looking to gain confidence and understanding.

Tuesdays, 12.30pm - 3.00pm x 8 wks

### Beyond Basic Computer Skills

Follow up on your basic skills by reviewing tools of Microsoft Office software. Insert pictures, manipulate margins, headers & footers, spreadsheets including simple formulas.

Tuesdays, 9.30am - 12.00pm x 8 wks

### Introduction to Auslan

A beginners course in Auslan, the language of the Australian Deaf Community. A visual-spatial language where hands, eye gaze, facial expressions, body postures are used.

Thursdays, 6.30pm - 8.30pm x 20 wks

### Applications For Work

Develop a better understanding of online applications like MyGov, Working With Children and Police checks, NDIS forms, online payments and internet security.

Thursdays, 9.15am - 3.15pm x 1 wk

### Word & Excel (Term 1) - NEW EVENING CLASS

An intermediate class to develop your skills in file management, text manipulation, formatting images and objects, calculations, formulas and charts and more.

Wednesdays, 6.30pm - 9.00pm x 8 wks

### Advanced Excel (Term 2)

Build on your existing knowledge and look into advanced features.

Mondays, 12.30am - 3.00pm x 8 wks



## Work Ready (cont)



Please call the office on 9876 3421 or visit [www.nrch.org.au](http://www.nrch.org.au) for costs

### Skills For Work - Aged Care

Specially designed to aid students with English as a second language (ESL), interested in entering the Aged Care sector. Improve your literacy and numeracy knowledge, with a special focus on the Aged Care Industry.

Tuesdays, 9.00am - 3.00pm x 14 wks

### Cyber Safety Basics - NEW

Learn about the different ways you can help keep yourself, and your family, safe online.

Fridays, 9.30am - 12.00pm x 8 wks



## Languages

Bookings by the term, only \$12.00 per hour

### Spanish Conversation

Planning a trip? Native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at the culture and customs.

- **Beginners**

Mondays 6.00pm - 7.30pm

- **Intermediate**

Mondays 7.45pm - 9.15pm

### Italian Beginners

Suitable for beginners and travellers. Learn useful phrases, vocabulary, basic grammar and conversation skills - in a relaxed way.

Wednesdays 6.30pm - 8.30pm

### Italian Language

Formal classes including vocabulary, grammar and conversation.

- **Intermediate**

Tuesdays, 6.15pm - 8.15pm

- **Advanced**

Mondays, 7.00pm - 9.00pm

### Intermediate Auslan

An intermediate level course for people who have some knowledge of Auslan and would like to build upon their existing skills and and broaden their vocabulary

Thursdays, 7.15pm - 9.15pm



## Special Interest

Please call the office on 9876 3421 or visit [www.nrch.org.au](http://www.nrch.org.au) for costs

### Ukulele

Learn how to get the best out of your ukulele

Wednesdays, 9.30am - 10.30am

### Introduction to Family History

Research your family history and unearth fascinating stories from your ancestors in this 4 part beginners course

Wednesdays, 6.30pm - 8.30pm

### Peri Menopause/Menopause Workshop - NEW

Join Kinesiologist Rossana for this informative talk on symptoms and treatments for issues arising during this period of your life.

Wednesday 20th March, 7.00pm - 8.30pm

### Creative Writing

Writer's Workshop is for those with an interest in creative writing. In a relaxed, encouraging environment you'll join likeminded people to talk, write, read and be inspired.

Wednesdays, 9.30am - 11.30am



## Social Groups

Only \$2 per session

### Monday Book Club

Every 3rd Monday of the month  
1.30pm - 2.30pm

### Coffee & Craft

Come along with your craft and enjoy the company of others

Wednesdays, 10.00am - 12.00pm

### Fab Group

A friendly social morning with trivia, outings, craft & more

Thursdays, 10.00am - 12.00pm

### Theatre Group - NEW

Meet at the start of term to discuss local theater productions for a monthly show.

(1st show: March 23rd "Oliver" at The Round, Nunawading)

Thursday 1st Feb 12pm - 1.00pm



All courses and activities held at:

**35-39 Tortice Drive, Ringwood North, 3134**

P.O. Box 2489, Ringwood North, 3134 **Phone: 9876 3421**

ABN: 78 052 679 939 RTO: 6434

Email: [admin@nrch.org.au](mailto:admin@nrch.org.au) Web: [www.nrch.org.au](http://www.nrch.org.au)

From Ringwood Station take Bus 364 which drops you off at our entrance.

Office hours: Mon–Thu 9.00am–3.45pm

Facebook: [www.facebook.com/NorthRingwoodCHi](http://www.facebook.com/NorthRingwoodCHi)

Instagram: [www.instagram.com/northringwoodcommunityhouse](http://www.instagram.com/northringwoodcommunityhouse)



NRCHI is a registered training organisation that delivers nationally recognised training and qualifications. Our students can have confidence they will attain high quality skills of which are accepted and recognised everywhere in Australia.

Our programs are led by highly experienced trainers who have valuable experience in training and industry. They understand the needs of adults and especially those who are returning to study.

We offer a welcoming, friendly environment, with motivated and friendly staff. We have free on-site car parking and personal small class sizes. Classes are held during school hours and terms.

Courses are offered under both fee for service and funded places. Training is delivered with Victorian and Commonwealth Government Funding. For details of Victorian Skills First support for students go to:

<https://www.skills.vic.gov.au/s/how-to-check-your-eligibility>



North Ringwood Community House Inc would like to thank the following local business for their generous donation towards our 2023 Christmas Raffle. The proceeds of our Christmas Raffle go directly towards improving and implementing courses and facilities for use by our local community.

- Costco Ringwood
- Baker's Delight North Ringwood



North Ringwood Community House Inc would like to thank Maroondah City Council for the Small Equipment Grant we received to help transform our outdoor social space into a lush and inviting garden.

## Did you know we offer Room Hire?

**NRCHI offers an extensive range of rooms and facilities for hire. It is an ideal venue for office space, community functions, meetings, training sessions, support groups and more.**

**Free on-site carpark is available  
Rates start from \$20 per hour.**

**Available for weekdays, weekends, evenings and during school holidays.**

**Visit our website at [www.nrch.org.au](http://www.nrch.org.au) for more photos and information**



### Other Community Houses in Maroondah:

 Arrabri Community House  
Ph: 9720 0877

 Yarrunga Community Centre  
Ph: 9722 8942

 Glen Park Community Centre  
Ph: 9720 5097

 Central Ringwood Community Centre  
Ph: 9870 2602

Park Orchards Community House and Learning Centre Inc offer these Accredited Courses:

Cert III in Early Childhood Education and Care CHC30121,  
Cert III in School Based Education Support CHC30221,  
Diploma of Early Childhood Education and Care CHC50121

Call 9876 4381 for more information.  
RTO 4008

**Refund policy: Refunds will only be given if: a) The class is cancelled by the Community House; b) You cancel your enrolment at least 7 days prior to the course commencement (this will incur a \$15 admin fee); c) No refunds are given if you cancel within the week prior to, or after, class commencement; d) A fee reduction of no more than 2 classes per term will be made where you expect to miss classes for holidays or other obligations**