



OLINDA COMMUNITY HOUSE INC.

THE HOUSEHOLDER
POSTAGE PAID AUSTRALIA

ABN: 63 299 630 286
Registered No: A0018118Z
Supported by: Department of Health and Human Services
Yarra Ranges Council
Bendigo Bank – Upwey Community Bank Branch

79-81 Olinda – Monbulk Road, Olinda 3788
P.O. Box 120, Olinda 3788
Telephone: 9751 1264
Email: olindacommhouse@optusnet.com.au
Website: www.och.net.au

PROGRAM GUIDE – TERM 4 2018

Where to find us...

We are situated at 79-81 Olinda-Monbulk Road, Olinda (Melways ref. 122 A8)
Next to the Olinda Pool.

Hall Hire and enquiries
for:

**OLINDA COMMUNITY
HOUSE**
79-81 OLINDA-
MONBULK ROAD,
OLINDA

OLINDA HALL
69 OLINDA-MONBULK
ROAD, OLINDA

WHEEL CHAIR ACCESS

Please call 9751 1264

HOUSE STAFF

Program Coordinator - Christine Riddiford

Finance & Administration Coordinator – Carol Hoskins

OFFICE HOURS:

Monday & Wednesday 9am – 5pm

Tuesday 9am – 3pm

Thursday 9am – 11.30am every second week

Friday 9am – 2pm

During School Terms only - Answering service operates outside of office hours. Please leave a message.

TUTORS WANTED: We are interested to hear from people who would like to share their talents and be paid to do so.

MISSION STATEMENT

Olinda Community House aims to continue to grow and evolve in our efforts to provide avenues for participation, at an affordable cost, to all people within our “Hills” community.

In doing so, we aim to encourage self-development, personal growth and a feeling of community for participation within a friendly and supportive atmosphere

MARKET AND CAR BOOT SALE

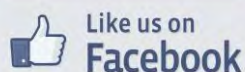
Saturday 17th November 9am – 3pm 79-81 Olinda Monbulk Road

Stall Bookings : 0409 960 048

**OLINDA COMMUNITY HOUSE
COMMERCIAL KITCHEN**
REGISTERED No.4307FOOD3C

Olinda Community House
has a Commercial Kitchen
available for hire.

Please call 9751 1264 for all
enquiries or to book the kitchen



- Back/neck pain
- Sports injuries
- Headaches
- Overuse injuries
- Sprains/strains
- Falls & balance
- Post-surgical rehab
- Women's health

OLINDA
9751 0400

Opposite Mt D. Hotel

www.drphysio.com.au

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Home of Vetcheck app
www.vetcheckapp.com

TERM FOUR 2018

ART & CRAFT

BOTANICAL ART

A style which focuses thoughtfully and closely on flowers, fruits and plants. An interest in plants is the essential factor.

Fri 12th Oct 9.30am – 11.30am

10 weeks for \$200.00

CROCHET

Learn how to crochet basic stitches, increase/decrease, decipher symbols and follow patterns. For all levels.

Fri 12th Oct 9.30am – 11.30am OR

1pm – 3pm

10 weeks for \$120.00

FROM DRAWING TO PAINTING – A JOURNEY IN COMPOSITION AND FORM

Learn about pictorial composition, light and shade, with some collage involved.

Thurs 25th Oct 10.30am – 12.30pm

8 weeks for \$160.00 including some materials

LEARNING ABOUT CLAY

This class will concentrate on simple hand-building techniques; learning to express ideas in clay. Techniques include: coiling, slab-building and pinching; making vessels and sculptures; decorating and glazing.

Thurs 25th Oct 1pm – 3pm

5 weeks for \$100.00 plus \$15.00 for materials and firing

PAINT YOUR OWN SILK SCARF With ANTOINETTE BLYTH

Enjoy a one day workshop in a tranquil and relaxing atmosphere and complete a beautiful scarf, approximately 1.8m long. Silk, patterns and materials provided.

Sat 24th Nov 9am – 4.30pm \$125.00

WATERCOLOURS with ANTOINETTE BLYTH

Landscape, Floral and Still Life painting. Covering drawing, sketching, colour mixing, brushes and brush strokes.

Tues 9th Oct 9.30am – 11.30am

8 weeks for \$120.00

CHILDREN'S ACTIVITIES

KIDS AFTERNOON ART STUDIO

Learn to draw and paint the subjects that you enjoy. Cartoon characters, birds and animals. A fun class for young artists!

Wed 24th Oct 4pm – 5.30pm

6 weeks for \$90.00

MOUNTAIN TOP TOY LIBRARY

Saturday mornings 9am – 10am at Olinda Hall. All enquiries:

mountaintoptoylibrary@fastmail.fm

COOKING

A TASTE OF SRI LANKA (an introduction to Sri Lanka cooking)

Immerse yourself in the spice, aroma and flavours in this hands-on workshop. Learn to make your own curry powder, use spices and condiments to build tantalising curries and enjoy a shared meal together.

Sat DTBA 10am – 1pm

\$60.00 plus \$20.00 for ingredients

\$5 ANNUAL MEMBERSHIP FEE APPLIES

CHEESE MAKING CLASSES

Learn how to make cheese at home using Cow, Goat or Sheep's milk. Learn to make both Feta and Camembert (choosing one cheese to take home), pot set yoghurts (Greek or ABY) and Quark. We will make Ricotta to eat on the day and discuss making others such as Brie, Cream cheese and Gourmet Feta. All materials are supplied and full class notes supplied cover all these products.

Sat 8th Dec 9am – 4pm \$125.00

CIDER, PERRY AND FRUIT WINE MAKING WORKSHOP

Looking at different methods of making Apple cider, Perry-Pear cider also apple cider vinegar – we will make a simple 5 day cider batch. What are proper cider varieties of apple or pear and how can you use what you have at home on your trees. Looking at ways to turn any kind of your excess fruit into a dessert wine, and make a batch. This day will also include tasting cider and home made wines and is strictly for over 18yr olds.

Sat 24th Nov 10am – 4.30pm

\$125.00 including light lunch

COMMUNITY KITCHEN

Seeking new participants interested in expanding cooking experiences in an informal setting, having fun and eating well – every 2nd Friday.

Fri's 12th Oct, 9th Nov, 23rd Nov and

7th Dec 10am – 1.30pm

4 sessions \$15.00 per session Total \$60.00 to cover ingredients payable on 1st session

HAINANESE CHICKEN RICE

A complete meal in itself. With one recipe you have the soup, rice and chicken. A very tasty meal that everyone enjoys!

Mon 26th Nov 10am – noon

\$25.00 plus \$12.00 for ingredients

SAN CHOY BOW

Favourite starter as well as a main meal, a good dish for entertaining. Appropriate for those into Ketogenic lifestyle.

Mon 22nd Oct 10am – noon

\$25.00 plus \$12.00 for ingredients

TURKISH COOKING WITH ARZU

5 TEA IN A TYPICAL TURKISH HOME

Join Arzu to learn, cook and dine. Taste something different, simple and healthy.

Arzu will teach you four dishes and talk about her experiences as an Istanbul girl.

Mon 19th Nov 11am – 1pm

\$55.00 plus \$15.00 for ingredients

SUMMER COOKING

Join Arzu to learn, cook and dine. Arzu will teach you light and healthy dishes from Turkey's Mediterranean region, including cold soup.

Mon 12th Nov 11am – 1pm

\$55.00 plus \$15.00 for ingredients

COMPUTERS

COMPUTER, INTERNET ACCESS AND PHOTOCOPYING SERVICE FOR PUBLIC USE

Computer, Internet access and Photocopying service available.

Monday – Friday

Ring 9751 1264 to make a booking.

FLEXIBLE COMPUTER TRAINING (18ESITFLEXI)

Update your computer skills or start from the beginning, this course allows you to learn at YOUR own pace with tutor's assistance. Choose from any Microsoft Office, Windows, QuickBooks, Zero or MYOB applications.

Tues 23rd Oct 1.30pm – 3.45pm

8 weeks for \$50.00 conc. or

\$90.00 full fee

INTRO TO MYOB (18MYOB0030)

For those with some bookkeeping Knowledge wanting to computerise *their accounting methods and/or small business this is the course for you. You will complete this course confident in using the MYOB system. Manual approx. \$45.00*

Wed 24th Oct 1.30pm – 3.30pm

8 weeks for \$50.00 conc. or

\$90.00 full fee

DANCING

BALLROOM DANCING

Learn to dance Social Latin, Ballroom and Rock n' Roll in a relaxed and comfortable environment. No partner necessary.

Thurs 18th Oct 7pm – 8pm

8 weeks for \$100.00

BELLY DANCING

Intensive classes teaching basic isolated & combination movements. Fantastic for fitness, flexibility and all levels.

Tues 16th Oct 6.30pm – 8pm

8 weeks for \$100.00

FITNESS

FITNESS FOR OVER 40's

Improve your balance, co-ordination and increase your strength and energy. Circuit style exercise class. Suitable for women and men, most ages and all fitness levels. Each individual is monitored carefully.

Thurs 11th Oct 9am – 10am

\$15.00 per session

YOLANDA – YOGA/BALLET/DANCE

Much laughter, light, inspiration and fitness. An hour class with Lady Shaula.

All enquiries please ring 0409 501 456

Mon 8th Oct 9.30am – 10.30am

10 classes for \$90.00 or Casual \$15.00 per person First lesson FREE

HEALTH AND WELLBEING

FELDENKRAIS: AWARENESS THRU MOVEMENT

Regardless of your age, you can learn easily to move your body – as you intend – to do what you want in life.

Mon 22nd and 29th Oct, 12th and 19th Nov

11am – 12noon
4 weeks \$50.00



**Minimum numbers applies
for courses to run
BOOKINGS ESSENTIAL**

INNER JOURNEY MEDITATION

Meditation sessions to still the mind and listen as stillness speaks. Inner healing journey work that will support and enhance your creativity, intuition, positivity and awareness for making the RIGHT decisions and choices in life at the RIGHT time. KNOW THYSELF!
Thurs 25th Oct 11am – 12noon
4 weeks \$80.00

OVERCOME ANXIETY, STRESS AND DEPRESSION

Are you feeling lethargic, unmotivated, anxious, stressed or depressed? Recent research has found the problem is not actually from your mind, it is created in your body. You will learn why this happens and how you can fix it.
Mon 22nd Oct 1.30pm – 3pm
Gold coin donation

PSYCHIC DEVELOPMENT GROUP

Learn to trust your intuition and enhance your psychic skills in a positive and supportive environment. Through meditation and mindful practices you will discover techniques to heighten your perception. Topics covered may include: Chakra balancing, Psychometry, Tarot, Healing, Colour and Flower readings.
Tues 23rd Oct 7pm – 9pm OR
Thurs 18th Oct 12.30pm – 2.30pm
6 weeks for \$100.00

PSYCHIC DEVELOPMENT TASTER

Enhance your intuition and learn to fine tune your psychic skills in this introductory workshop. Discover what to pay attention to and how you can best interpret this information.

Sat 20th Oct 1pm – 3.30pm \$25.00

QIGONG ENERGY PRACTICES

Qigong (life force) based on Chinese medicine principles, encourages the use of simple practices which assist us to consciously Balance and strengthen our Energy bodies.

Mon 22nd Oct 1.30pm – 2.45pm
6 weeks for \$120.00

TAI CHI

Tai Chi is a gentle exercise combining movement and breathing to help co-ordination, balance, breathing and muscle tone. Beginners and intermediate levels.

Wed 10th Oct Beginners 6pm – 7pm
Intermediate 7pm – 8pm
10 weeks for \$110.00

YOGA with FRANK RYDER

This class introduces the fundamentals of yoga practice through a safe progression of soft rhythmic movements and accessible postures. Suitable both for beginners and more experienced yogis
Mon 8th Oct 6.30pm – 7.45pm
10 weeks for \$200.00

MEN'S SHED

Are you interested in knowing more about or joining Monbulk District Men's Shed? Call Brian on 0430 380 379.

EFTPOS AND CREDIT CARD FACILITIES AVAILABLE
1.5% SURCHARGE FOR CREDIT CARDS AND 50 CENTS SURCHARGE FOR DEBIT CARD

MEETINGS

OLINDA COMMUNITY HOUSE COMMITTEE OF MANAGEMENT

3rd Tuesday of the month – 7pm

AGM – 9th October 7pm

Are you a person who has the vision, passion and commitment to make real differences for the benefits of our local community? If so, Olinda Community House is looking for **new volunteer Committee members** and would love to hear from you. 9751 1264

OLINDA PROBUS CLUB INC.

2nd Wed of the month – 9.30am -

12noon New Members Welcome.

Contact Sue Bosley on 0420 367 078

OLINDA SENIOR CITIZENS

Tuesdays 11.45am – 3.00pm

New members welcome. Phone:

Ron on 9756 6029 or 9751 1264

MUSIC

BLUES HARMONICA

Beginners and Intermediate. Please ring 9751 1264 with your expression of interest
Wed DTBA 7pm – 8.30pm
6 weeks \$100.00

GUITAR

In these group sessions, you will receive guitar tuition from beginner level and up to moderately advanced, covering what you need to get you playing songs or further expanding your skills or repertoire.
Mon 8th Oct Beginners 7pm – 8pm OR
Intermediate 8.15pm – 9.15pm
9 weeks for \$90.00

ORGANICS AND GARDENING

ALL ABOUT ESPALIERS

How to select the right trees to use, what espalier shapes to use for which species, creating and maintaining. Prune for fruit or for new growth, reduce workload.

Sun 25th Nov 10am – 4pm \$95.00

BUILD YOUR OWN NETTED STRUCTURE

How to select the right method to use to cover your trees, protect fruit from possums, birds, bats and foxes. Full plans and costings to build your own or what help is available.

Sun 7th Oct 10am – 4pm \$95.00

DESIGN A CIDERY FRUIT CLASS (Not Making Cider)

What variety and rootstocks to use, how to maintain these and layout.

Sun 2nd Dec 10am – 4pm \$95.00

PRACTICAL SKILLS

BEEKEEPING INFO SESSION

Learn how to start beekeeping. It isn't a practical workshop involving live bees but a pathway to the next step in learning the craft. So "create a buzz in your backyard"

Sun DTBA 10am – 12noon \$25.00

HLTAID003 - Provide First Aid

HLTAID001 - Provide

Cardiopulmonary Resuscitation CPR

Do you require just CPR or a CPR refresher? Join us in the morning to gain your quality accreditation.

Sat 1st Dec 9am – 1pm \$75.00

HLLC RTO 3851

FIRST AID

Current qualification holders can keep their training current. New students or those who haven't done the full course in three years will need to purchase a work book and manual \$20.00. To be completed before the course starts.

Sat 1st Dec 9am – 5pm \$130.00

HLLC RTO 3851

SOAP MAKING

Hands on experience of making soap, all equipment and ingredients provided (you can bring your own essential oils if you wish) and take home the equivalent of 5 bars of soap (\$25.00 value). Palm Oil free.

Mon 29th Oct 1pm – 3pm

\$60.00 plus \$5.00 for materials

SINGING

FREE YOUR VOICE

Do you want to learn to sing or learn how to take you singing to the next level? In these group sessions which include individual coaching, you will receive instruction on vocal technique (including warm-ups), voice placement, repertoire selection, development and stagecraft.

Mon 15th Oct 5.45pm – 6.45pm

6 weeks for \$60.00

SPECIAL SERVICES

D2DL

Supports people managing a mental illness to participate in our programs. Contact John Rickard – rickard@EACH.com.au for further information.

EASTERN RECHARGE PROGRAM

Recreational Respite program for adults with disabilities. Based at Olinda Community House, is held on one day of a weekend. For further details call Andy Sims at SCOPE on 9902 1077

SPORT

BADMINTON AT OLINDA HALL

Mon 8th Oct 7.30pm – 9.30pm

\$5.00 per session or \$50.00 for six

months. Ring Marcia Begg on 9728 4466

Waiting list may apply.

Men's Social Badminton

Wednesday nights – Please call Simon Bown 0439 309 144

FENCING – AN OLYMPIC SPORT

Please call Lisa on 0450 556 330

www.whitehorse.riposte.com.au

WRITING

CREATIVE WRITING

The world of imagination is unlimited. With practical exercises you will bring your imagination to life and let it flourish. Using pen and pad you will discover that you can write in an effortless way. For over 18 years.

Wed 31st Oct 2pm – 5pm \$25.00

OLINDA COMMUNITY HOUSE GRATEFULLY ACKNOWLEDGES THE FUNDING SUPPORT PROVIDED BY:

