



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 2 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 28th April 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



Like us on
Facebook



- 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

Dandenong Ranges Veterinary Centre
we care

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Platinum Paws Program
Complete Pet Care
10% off all services /products

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All Hours
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www.vetcheckapp.com

TERM TWO 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 20th April 9.30am – 11.30am

11 weeks for \$220.00

CROCHET

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

Fri 20th April 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 26th April 10.30am – 12.30pm

9 weeks \$180.00 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. Suitable for beginners and experienced.

Thurs 3rd May 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 16th June 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 17th April 9.30am – 11.30am

11 weeks for \$165.00

WOOL DYEING

Learn how to dye your own wool using Landscape dyes. Mix your own dyes and apply them to light coloured hanks of wool to create beautiful variegated balls of wool. BYO Lunch.

Sat 30th June 10am – 3pm \$50.00

CHILDREN'S ACTIVITIES

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 where you will learn the basics. Learn to make your own curry powder, use spices and condiments to build tantalising curries and enjoy a shared meal together.

Sat 19th May 10am – 1pm

\$60.00 plus \$20.00 for ingredients

BREAD MAKING FOR FEAST OR FAMINE

Learn to make sour dough, with or without yeast. Exploring variations including multigrain, olive and rosemary, spiced raisin bread and dinner rolls. Note: We will be using wheat and rye flour. This course is not adaptable for gluten free.

Sat 21st April 10am – 1pm \$40.00 plus

\$10.00 for ingredients

CHEESE MAKING CLASSES

Cheese can be made using Cow, Goat or Sheep's milk. If you wish to bring your own; this will need to be pasteurized on the day. You will take home your own 3 products. We will make and eat Ricotta on the day. BYO lunch to share.

CAMEMBERT, GOURMET FETA AND SOUR CREAM

Sat 7th July 9am – 4pm \$110.00

FETA, MASCARPONE AND GREEK STYLE YOGURT

Sun 24th June 9am – 4pm \$110.00

CHICKEN or LAMB DUM BIRYANI IN KACHI STYLE

Pearl will share her dad's special take on Nasi Biryani recipe. Enjoy all the flavours and taste of spices.

Mon 4th June 10am – noon

\$25.00 plus \$12.00 for ingredients

CIDER, PERRY & FRUIT WINE MAKING WORKSHOP

Looking at different methods of making Apple Cider, Perry-Pear cider and apple cider vinegar and making a simple 5day cider batch. Tasting of cider and home-made wines included. Strictly for over 18yr olds.

Sat 26th May 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 20th April, 4th and 18th May, 1st, 15th and 29th June 10am – 1.30pm

6 sessions \$10.00 per session Total \$90.00

to cover ingredients payable on 1st session

SINGAPORE LAKSA

Come and join Pearl to learn the tips and tricks of making an awesome Laksa.

Mon 7th May 10am – noon

\$25.00 plus \$12.00 for ingredients

TURKISH COOKING WITH ARZU

Light and healthy dishes from Turkey's Mediteranian region. Arzu will teach you yummy dishes you can easily try at home.

Mon 30th April 11am – 1pm

\$55.00 plus \$15.00 for ingredients

TURKISH SWEET DELIGHTS

Cooking Baklava and Turkish Delight

Monday 18th June 11am – 1pm

\$55.00 plus \$15.00 for ingredients

TURKISH SOUP IDEAS

Very easy to make, very fast to finish!

Learn lots of new tastes for winter soup.

Mon 30th July 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.

IPAD BASICS (17ESIPADS)

This course is for those new to or wanting to develop iPad fluency skills and gain knowledge to use the fundamental aspects of your iPad or Tablet.

Tues 1st May 1.30pm – 3.15pm

4 weeks for \$40.00 conc. or

\$60.00 full fee

SOCIAL MEDIA – SAVVY Business Pages (18ESSOC1)

Starting or own a small business and want to grow your social media presence to help market your business?

Learn how to set-up a business and Facebook page to advertise. Create electronic flyers, newsletters, access online financial systems and blogs that extend your business and marketing knowledge.

Wed 2nd May 6.30pm – 9pm

8 weeks for \$50.00 conc. or

\$100.00 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 3rd May 7pm – 8pm

8 weeks for \$100.00

BELLY DANCING

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

Tues 24th April 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 19th April 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 16th April 9.30am – 10.30am

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

HEALTH AND WELLBEING

HOW TO HAVE A BETTER LIFE

'USE' YOUR MIND – DON'T LET IT USE 'YOU' Come along to this interactive informal chat and learn that there is a way to control those negative automatic thoughts that swim around.

Thurs 24th May 7pm – 8.30pm \$10.00

\$5 ANNUAL MEMBERSHIP FEE APPLIES



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.
Monday DTBA 12noon – 1pm
4 weeks \$50.00
Please call 9751 1931 with your expression of interest.

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 7th May 1.30pm – 3pm
Gold coin donation

RESTORATIVE YOGAFIT with KERRIE HENDERSON

Yoga designed to fit our bodies, not force our bodies into yoga poses. This class will suit older adults, beginners, those carrying stress or compromised bodies. This class will increase muscular strength, endurance and flexibility, increase lung capacity and overall wellness whilst having a bit of fun. Self pacing for all levels.
Wed 2nd May 1.30pm – 2.30pm
9 weeks \$180.00

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 18th April 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 16th April 6.30pm – 7.45pm
10 weeks for \$200.00

LANGUAGE

JAPANESE FOR TRAVEL

Enjoy learning about basic greetings, useful expressions for travel purposes, etiquette, food, accommodation, transport, tourist attractions, Japanese gardens and architecture.
Tues 1st May 10am – 11.30am
7 weeks for \$105 plus \$20.00 for materials/ingredients payable to tutor

MEN'S SHED

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

MEETINGS

OLINDA COMMUNITY HOUSE COMMITTEE OF MANAGEMENT

3rd Tuesday of the month – 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 Neilma on 0414 506 036
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 16th April 7pm – 8pm OR
8.15pm – 9.15pm
10 weeks for \$100.00

MUSIC FOR ADULTS WITH JAN WOOD

Learn to play piano or keyboard. Beginners welcome. Bring keyboard if you have one.
Thurs 3rd May 1pm – 2pm
7 weeks for \$105.00

ORGANICS AND GARDENING

DESIGN A CIDERY FRUIT CLASS (Not Making Cider)

What variety and rootstocks to use, how to maintain these and layout.
Sun 3rd June 10am -4pm \$95.00

FRUIT TREE PREPARATION AND LAYOUT

Design, layout and what tree goes where.
Mon 11th June 10am – 4pm \$95.00

HERITAGE FRUIT TREES

This class covers the BASICS about the species, variety selection, grafting, rootstock selection for your conditions. FREE BOOK. BYO Lunch.
Sat 7th April 10am – 4pm \$95.00 OR
Sat 16th June 10am 4pm \$95.00

PHILOSOPHY

ANCIENT WISDOM FOR THE MODERN WORLD

Philosopher Dr Toby Mendelson examines Socrates, Aristotle, The Buddha, Confucius and Lao Tzu from ancient Greece, India and China respectively. Our aim is to uncover what forms of wisdom might be timeless enough to apply to our own lives. arethouse.com.au for more details.
Tues 24th April 7pm – 8.30pm
3 weeks for \$45.00

PRACTICAL SKILLS

HLTAID003 – Provide First Aid

HLTAID001 - Provide

Cardiopulmonary Resuscitation

FIRST AID

If you have a current qualification you can update your training in this one day course.
Sat 2nd June 9am – 5pm \$130.00
HLLC RTO 3851

CPR

Do you require just CPR or a CPR refresher? Join us in the morning to gain your quality accreditation.
Sat 2nd June 9am – 1pm \$75.00
HLLC RTO 3851

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
Ring 9751 1264 with expression of interest

SINGING

FREE YOUR VOICE

In these group sessions, you will receive instruction on vocal technique (including warm-ups), voice placement and repertoire development.
Mon 30th April 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 – jrickard@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 16th April 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 year olds.
Wed 23rd May 2pm – 5pm \$25.00

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

Minimum numbers applies

for courses to run
BOOKINGS ESSENTIAL

OLINDA COMMUNITY HOUSE GRATEFULLY ACKNOWLEDGES THE FUNDING SUPPORT PROVIDED BY:



