



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 2017

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

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 18th November 9am – 3pm 79 – 81 Olinda Monbulk Road
Stall Bookings 0409 960 048

EASTERN RECHARGE PROGRAM

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

D2DL supports people managing a mental illness to participate in our programs. Please contact John Rickard - jrickard@EACH.com.au for further information.

SPECIAL SERVICES

Wheelchair Access



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

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www.vetcheckapp.com

TERM FOUR 2017

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 13th Oct 9.30am – 11.30am

9 weeks for \$180.00

CROCHET

Learn how to crochet basic stitches, increase/decrease, decipher symbols and follow patterns. For beginner and experienced crocheters.

Fri 13th 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 the elements of form and composition – from line and shape, proportion, tonal contrast, depth of field and perspective. Materials provided.

Thurs 19th Oct 10.30am – 12.30pm

8 weeks \$160.00 including materials

SPIN THAT YARN! with MARION

WHEATLAND

Returning in 2018, ring with expression of interest.

WATERCOLOURS with

ANTOINETTE BLYTH

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

Tues 10th Oct 9.30am – 11.30am

8 weeks for \$120.00

WOOL DYEING

Learn how to dye your own wool using Landscape dyes. You will mix your own dyes and applying them to light coloured hanks of wool (preferably white or cream) to create beautiful variegated balls of wool to apply to any creative knitting or crocheting project. BYO Lunch.

Fri 6th Oct 10am – 3pm \$50.00

CHILDREN'S ACTIVITIES

MOUNTAIN TOP TOY LIBRARY

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

mountaintoptoylibrary@fastmail.fm

TAI CHI FOR KIDS – Gentle Exercise that calms

For further details please see under Health and Wellbeing section.

COOKING

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 28th Oct 10am – 1pm \$40.00 plus \$10.00 for ingredients

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

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, SOUR CREAM AND RICOTTA

Sat 2nd Dec 9am – 4pm \$110.00

FETA, MARSCAPONE, YOGHURT AND RICOTTA CHEESE

Sun 10th Dec 9am – 4pm \$110.00

CIDER, PERRY AND FRUIT WINE MAKING WORKSHOP

We will look at and use different methods of pressing and making Apple cider plus popular Perry Pear Cider vinegar. What are the cider varieties of apple or pear and how can you use what you have at home on your trees? We will look at ways you turn any kind of excess fruit into a dessert wine and make a batch. Including a light lunch, tasting ciders and homemade wines. Strictly for over 18 year olds.

Sun 26th Nov 10am – 4pm \$125.00

COMMUNITY KITCHEN

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

Fri's 3rd and 17th Nov, 1st and 15th Dec

10am – 1.30pm

4 sessions \$10.00 per session Total \$40.00 to cover ingredients payable on 1st session

KUNG PAO CHICKEN

This dish is spicy, authentic, full of flavours and delicious. As good as the real deal from Sichuan.

Mon 23rd Oct 10am – noon

\$20.00 plus \$10.00 for ingredients

TURKISH COOKING

Join Arzu to taste something different, simple and healthy. Arzu will teach you yummy dishes you can easily try at home and will talk about her culture.

Fri 10th Nov 7pm – 9pm OR

Mon 20th Nov 11am – 1pm

\$55.00 plus \$15.00 for ingredients

YUM CHA DISHES (Also known as Dim Sum dishes)

Learn how to cook three favourite dishes - Siew Mai (Steamed Prawn Dumplings), Siu Kow Soup (Wonton Soup) and Coconut pudding.

Mon 13th Nov 10am – noon

\$20.00 plus \$15.00 for ingredients

COMPUTERS

COMPUTER AND INTERNET ACCESS AND PHOTOCOPYING SERVICE FOR PUBLIC USE

Computer and Internet access and Photocopying service available.

Monday – Friday

Ring 9751 1264 to make a booking.

**\$5 ANNUAL MEMBERSHIP
FEE APPLIES**

INTRODUCTION TO EXCEL

(ACL17EXCEL)

Many business documents are required to be saved and submitted in excel format. A variety of templates will be explored. This short course will enable you to confidently use introductory concepts, basic format functions and formulas, graphs and charts, printing options and more.

Tues 17th Oct 1.30pm – 3.15pm 4 weeks for \$40.00 conc. or full fee \$60.00

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. No Experience required.

Thurs 26th Oct 9.30am – 11.45am 3 weeks for \$40.00 conc. or \$60.00 full fee

INTRODUCTION TO MYOB BASICS (ACL17MYOBO)

For those with some bookkeeping knowledge wanting to computerise their accounting methods and/or small business. You will complete this course confident in using the MYOB system.

Thurs 16th Nov 9.30am – 11.45am 3 weeks for \$40.00 conc. or \$60.00 full fee

INTRODUCTION TO WORD DOCS (ACL17WORD)

Confidently navigate the Microsoft Word program to create, save and modify a standard document presentation. You will recognise the different business templates available in Word and their different uses. Skills to enhance your resume or current abilities.

Tues 21st Nov 1.30pm – 3.15pm 4 weeks for \$40.00 conc. or \$60.00 full fee

DANCING

BELLY DANCING

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

Tues 17th 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 12th 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 9th Oct 9.30am – 10.30am

9 classes for \$81.00 or Casual \$15.00 per person First lesson FREE

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HEALTH AND WELLBEING

DRU YOGA with BARB McFARLANE

Dru Yoga can help with flexibility, balance, freedom of movement, posture, core strength while being suitable for people of all levels of fitness, ability and age.

*Thurs 19th Oct 10.30am – 11.45am
6 weeks for \$90.00*

FELDENKRAIS: AWARENESS THRU MOVEMENT

Four lessons on the use of our hips and legs to rise from lying down to walking.

*Monday 13th Nov 12noon – 1pm
4 weeks for \$50.00*

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 23rd Oct 1.30pm – 3pm
Gold Coin Donation*

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 11th Oct Beginners 6pm – 7pm
Intermediate 7pm – 8pm
10 weeks for \$110.00*

TAI CHI FOR KIDS – Gentle Exercise that calms

Are your kids uninterested in the traditional after school sports? Tai Chi is a great slower, less strenuous exercise, while still being physically and mentally challenging. Come and try this new class.

*Wed 25th Oct 4.30pm – 5.30pm
8 weeks for \$88.00*

THE HEALING ENERGIES OF MUSIC AND SOUND

We will explore how the beautiful sounds of 'cello, singing bowls, chimes, drum and voice can transform our whole being. Music and sound can shift energy and bring about relaxation, peace, clarity of thought; it can be healing, inspiring, nurturing, energizing, and can be a focus for Meditation. Take these enriching experiences into your life for your ongoing wellbeing.

Wed 15th Nov 11am – 1pm \$25.00

WANT TO LOOK YOUNGER – RECLAIM AND REJUVENATE YOUR SKIN

Yes, you can rejuvenate your skin without surgery, expensive cosmetic products or Botox. Learn the proven, simple and natural technique to rejuvenate your skin. Prevent and remove wrinkles with acupressure.

Wed 1st Nov 10am – 12noon \$40.00

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 9th Oct 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, architecture and activities for the more adventurous.

Tues 24th Oct 10am – 11.30am OR

Wed 25th Oct 7pm – 8.30pm

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

AGM – Tuesday 17th October at 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 9th Oct 7pm – 8pm OR

8.15pm – 9.15pm

9 weeks for \$90.00

UKULELE

Ukulele classes for those with some basic ukulele competence. If you know a few chords and can strum a little, but would like to extend your skills, this is the class for you.

Thurs 12th Oct 7pm – 8.15pm

8 weeks for \$120.00

ORGANICS AND GARDENING

COMMUNITY HOUSE GARDEN

We will be attending to the needs of the garden NOW whether it be plant, weed and add soil etc.

Sun 12th Nov 12noon – 1pm \$10.00

DESIGN A CIDERY FRUIT

What varieties and rootstocks to use and how to maintain these, how to layout the Cidery for an effective operation. BYO Lunch

Sun 3rd Dec 10am – 4pm \$95.00

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.

Wed 22nd Nov 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.

Wed 22nd Nov 9am – 1pm \$75.00

HLLC RTO 3851

BEEKEEPING INFO SESSION – for those wanting to get into bees

Learn what's necessary, time requirements and 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

SING FOR FUN with BARB McFARLANE

Come and sing for the joy of it! Learn short, easy part songs, rounds and longer songs with harmonies in a colourful mix of styles. Enjoy your voice and group singing.

Sun 22nd October 3pm – 5pm \$15.00

SINGING TUITION

In these group sessions, you will receive instruction on vocal technique (including warm-ups), voice placement and repertoire development.

Mon 16th Oct 5.45pm – 6.45pm

6 weeks for \$60.00

SPORT

BADMINTON AT OLINDA HALL

Mon 9th 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 year olds.

Wed 1st Nov 2pm – 5pm \$25.00

OLINDA COMMUNITY HOUSE GRATEFULLY ACKNOWLEDGES THE FUNDING SUPPORT PROVIDED BY:



