



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 1 2019

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

HIGH RISK DAYS

AT THE DESCRETION OF CO-ORDINATORS, OLINDA COMMUNITY HOUSE MA CLOSE ON DAYS OF VERY HIGH, SEVERE, EXTREME, CODE RED (CATASTROPHIC) DAYS AND TOTAL FIRE BAN DAYS. CO-ORDINATORS WILL ADVISE TUTORS, PARTICIPANTS AND HOUSE USERS THAT OLINDA COMMUNITY HOUSE WILL BE CLOSED.

**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



JOIN THE CLUB AND SAVE
**PLATINUM
PAWS PET CARE
CLUB**



DAILY HYDROBATH
OPEN HOURS
6AM - 10PM
7 DAYS / WEEK
COIN & CARD
OPERATED

PH 9751 2999

TERM ONE 2019

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 8th Feb 9.30am – 11.30am

9 weeks for \$180.00

CROCHET

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

Fri 1st Feb 9.30am – 11.30am OR

1pm – 3pm

10 weeks for \$120.00

OIL PAINTING WITH TERESA SCHIPANO

Learn how to create your own artwork using oil paints, canvas, brushes and palette knife. Introduction to mixing colours using primary colours and using oil mediums. Subjects explored are faces, still life, landscapes, seascapes and flowers. Advanced or beginners welcome.

Mon 18th Feb 10am – 12noon

6 weeks for \$120.00

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 2nd March 9am – 4.30pm \$125.00

SOFT PASTEL CLASS WITH TERESA SCHIPOANO

Soft Pastel is a versatile medium that assists you to express and create great artworks, using a different approach. Learn to use your soft pastels with a variety of tools and implements. Subjects explored are faces, still life, landscapes, seascapes and flowers. Advanced or beginners welcome.

Mon 18th Feb 1pm – 3pm

6 weeks for \$120.00

WATERCOLOURS with ANTOINETTE BLYTH

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

Tues 5th Feb 9.30am – 11.30am

9 weeks for \$135.00

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 2nd March 10am – 3pm \$50.00

CAREERS

CAREER DIRECTION WORKSHOP – For Parents and Teens – Year 7 up

Are you overwhelmed by choice? Not sure which direction to take? OR Just scared of getting it wrong?

This workshop is an introduction into how parents can support their teens throughout this most important time and for teens that need some clarity and strategies into how to plan their future and have strategies into career self-management. For teens or young adults in study, moving from study into employment, choosing a career path congruent with who they are or to increase their satisfaction and fulfilment.

Sat 30th March 10.30am – noon \$20.00

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!

Tues 19th Feb 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

COMMUNITY KITCHEN

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

Fri's 1st and 15th Feb, 1st and 29th March

10am – 1.30pm

4 sessions \$15.00 per session Total \$60.00

to cover ingredients payable on 1st session

SAN CHOY BOW

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

Mon 4th March 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 25th March 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 25th Feb 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 12th Feb 1.30pm – 3.45pm

8 weeks for \$50.00 conc. or

\$90.00 full fee, Manual \$45.00 extra

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.

Wed 13th Feb 1.30pm – 3.15pm

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 14th Feb 7pm – 8pm

8 weeks for \$100.00

BELLY DANCING

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

Tues 12th Feb 6.30pm – 8pm

8 weeks for \$100.00

FITNESS

ABS BLAST

Develop core strength and conditioning. Target your upper, lower abs and obliques. Meet new people and learn fun core exercises to music. All Ages and fitness levels welcome.

Sat 9th Feb 9.20am – 9.50am

8 weeks for \$56.00

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 7th Feb 9am – 10am

\$15.00 per session

STRENGTH AND TONE

Strengthen and tone your body. This class uses weights, resistance bands and body weight exercises to sculpt and define arms, shoulders, triceps, legs, back and glutes. All ages and fitness levels welcome.

Sat 9th Feb 8.30am – 9.15am

8 weeks \$80.00



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

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 25th Feb, 4th, 18th and 25th March
11am – 12noon
4 weeks \$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 4th March 1.00pm – 2.30pm \$25.00

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 16th Feb 1pm – 3.30pm \$25.00

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.

Thurs 21st Feb 12.30pm – 2.30pm

5 weeks for \$85.00

OR

Tues 26th Feb 7pm – 9pm

4 weeks for \$65.00

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 30th Jan Beginners 6pm – 7pm

Intermediate 7pm – 8pm

10 weeks for \$110.00

YOGA with KRISTINA

A classical practice that focuses on the fundamentals of yoga. Incorporating functional movement, strength and flexibility through a safe progression of movement and asana holds. Suitable for beginners as well as more experienced yogi's. Pregnant participants welcome. Please bring a mat and blanket.

Mon 4th Feb 6.30pm – 7.45pm

8 weeks for \$160.00

MEN'S SHED

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

**\$5 ANNUAL MEMBERSHIP
FEE APPLIES**

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

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 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 4th Feb Beginners 7.10pm – 8.10pm

OR

Intermediate 8.20pm – 9.20pm

8 weeks for \$80.00

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.

BYO lunch

Sun 10th Feb 10am – 4pm \$95.00

MAKING HOT COMPOST OR BD COMPOST FOR FRUIT TREES

We will build a heap ready for winter With recipes to suit different species of fruit and nut trees vs vegetable. BYO lunch.

Sunday 10th March 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

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 18th March 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 18th Feb 6pm – 7pm

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 4th Feb 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 27th Feb OR

Wed 20th March 2pm – 5pm \$25.00

**CAR BOOT SALE
AND MARKET
SATURDAY
27th APRIL
STALL BOOKINGS
0409 960 048**

**OLINDA COMMUNITY HOUSE
GRATEFULLY ACKNOWLEDGES THE
FUNDING SUPPORT PROVIDED BY:**

