



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 3 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



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

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www.vetcheckapp.com

TERM THREE 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 July 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 27th July 9.30am – 11.30am OR

1pm – 3pm

8 weeks for \$96.00

FROM DRAWING TO PAINTING – A JOURNEY IN COMPOSITION AND FORM

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

Thurs 2nd Aug 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. Suitable for beginners and experienced.

Thurs 2nd Aug 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 4th Aug 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 July 9.30am – 11.30am

10 weeks for \$150.00

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 25th Aug 10am – 3pm \$50.00

CHILDREN'S ACTIVITIES

TURKISH COOKING FOR FATHER'S DAY (5+ YEAR OLD)

A cooking lesson for kids and their heroes! Easy and fun food and a special cake for a big celebration. BYO apron, 2 containers and large tray.

Sat 1st Sept 2pm – 4pm

\$55.00 per family plus \$20.00 for ingredients per family

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 25th Aug 10am – 1pm

\$60.00 plus \$20.00 for ingredients

BREAD MAKING FOR FEAST OR FAMINE

Learn to make sour dough, with or without yeast. Explore 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 DTBA 10am – 1pm \$40.00 plus

\$10.00 for ingredients

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. You will take home three products. We will also 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. BYO lunch to share.

Sat 4th Aug 9am – 4pm \$125.00

CHINESE STYLE GINGER BEEF STEW

A healthy savoury dish which is a winter comfort food. It has rich ginger flavours, and a balanced dish of sweet, saltiness, and spice. Served with either rice or noodles.

Mon 27th Aug 10am – Noon

\$25.00 plus \$12.00 for ingredients

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 July, 3rd, 17th and 31st Aug and 14th Sept 10am – 1.30pm

5 sessions \$15.00 per session Total \$75.00 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 6th Aug 10am – noon

\$25.00 plus \$12.00 for ingredients

TURKISH COOKING WITH ARZU

WINTER COOKING

Why don't you try to learn something different and add more new ideas to your menu? Soup, meze, main, dessert – all from Turkey where the West and East meet. Some Mediterranean, light cooking as well as spicy dishes will give you a variety of new and healthy choices.

Mon 20th Aug 11am – 1pm

\$55.00 plus \$15.00 for ingredients

TURKISH SWEET DELIGHTS

Cooking Baklava and Turkish Delight

Mon 10th Sept 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.

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 31st July 1.30pm – 3.45pm

8 weeks for \$50.00 conc. or \$90.00 full fee

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 8th Aug 7pm – 8.45pm

4 weeks for \$40.00 conc. or

\$60.00 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 2nd Aug 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 July 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 July 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 July 9.30am – 10.30am

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

\$5 ANNUAL MEMBERSHIP FEE APPLIES



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 6th Aug 11am – 12noon

4 weeks \$50.00

INNER JOURNEY MEDITATION

One hour 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 9th Aug 11am – 12noon

6 weeks \$75.00

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 6th Aug 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 18th July 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 July 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.

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 16th July Beginners 7pm – 8pm OR

Intermediate 8.15pm – 9.15pm

10 weeks for \$100.00

ORGANICS AND GARDENING

WINTER vs SUMMER PRUNING

Learn the tips and tricks to reduce the work load, reduce disease entry and create fruit or rejuvenate old trees. Focus on the advantages of pruning at the correct time to control disease, fruit and tree size. We also look at how to get the right tree first so reducing the workload for the next 50 years of fruiting. Bring your lunch and boots to look at pruning on many species in the orchard.

Sun 19th Aug 10am – 4pm \$95.00

PERSONAL DEVELOPMENT

PSYCHIC DEVELOPMENT GROUP

Intuition and psychic development can be enhanced through a variety of mindful practices. Join like-minded people interested in nurturing a deeper understanding of their psychic abilities in a positive and supportive environment.

Each session will include a meditation, focus for the week, discussion and time for reflection. Topics covered will be guided by the group however may include: Colour readings, Chakra balancing, Psychometry, Tarot, Flower readings and healing.

Tues 31st July 7pm – 9pm OR

Thurs 2nd Aug 12.30pm – 2.30pm

4 weeks for \$80.00

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 25th Aug 9am – 1pm \$75.00

HLLC RTO 3851

FIRST AID

If you have a current qualification you can update your training in this one day course.

Sat 25th Aug 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 17th Sept 1pm – 3pm

\$60.00 plus \$5.00 for materials

SINGING

FREE YOUR VOICE

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

Mon 6th Aug 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 16th July 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 15th Aug 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:

