

Community Services

Free Tax Help

After July 2017, help is available for low income earners needing assistance filling out and lodging your return online using myTax. Bookings essential

Free use of computers and internet

We have computers available for Member's use at no charge. Call us to book your session.

Room Hire

Small & large rooms, projector/screen available. Kitchen facilities, disabled access. Call to discuss availability and rates.

Monthly Indoor Market

Enjoy a sausage from the BBQ, browse our stalls both indoor and outside in our community gardens (weather permitting). New stall holders welcome, bookings essential. \$5 per stall. 1st Saturday of each month, 9.30am -12.30pm

Community Garden & Volunteering

If you have a couple of spare hours and enjoy being in the garden, we would love to hear from you. Our committed team of volunteers maintain our well established gardens in a fun and social atmosphere. Come and join us!

Diamond Valley Food Share

A voluntary organisation ensuring emergency food parcels are available to needy people in Banyule. We are a drop off point and donations are collected weekly.

Recharge Point

If you use an electric wheelchair or scooter and you are out and about and you find yourself low on power all you need do is call in and ask to "RECHARGE", we will be only too happy to help you out.

Greener Houses

We are committed to environmentally sustainable practices and promoting awareness within our community. See our website for more details.

Bright Spark Tutoring

Scholarship, selective entry, NAPLAN, primary and secondary academic tuition. VCE exam preparation. Ignite a spark for learning today!

Rupavahini Muthuhara (Sri Lankan culture and language)

Workshops for children aged between 9-18 years. Saturday from 4.30pm

We would like to acknowledge the ongoing support of;



Banyule City Council



Department of Human Services

Inc A0024293B ABN 22400871456



Watsonia Neighbourhood House

Semester 2, 2017 Program

Term 3: Mon 17 July - Fri 22 Sept

Term 4: Mon 9 Oct - Fri 15 Dec

Participate | Learn | Be supported

Get to know your community through social connections



47 Lambourne Road, Watsonia Vic 3087

(03) 9434 6717 | admin@watsonianh.org.au

Office Hours: Mon-Fri 9:00am-3:00pm

www.watsonianh.org.au

Health & Fitness

Fun and Fitness (gentle exercise)

A fun-filled, slow & gentle exercise class to music to revitalize the whole body, Suitable all ages and physical abilities.

Day: Wednesday 9:30am - 10:30am
Cost: \$110 (10 weeks - Terms 3 & 4) or \$15 trial class



Self-Massage

Learn basic self-massage techniques to revitalize, relax, soothe aching muscles, relieve tension and improve your general wellbeing. Socialize & enjoy yourself in a friendly environment.



Day: Wednesday 10:45am - 11:45am
Cost: \$110 (Term 3 & Term 4 - 10 weeks) or \$15 trial class

Laughter Wellness and Yoga

A complete wellness workout and exercise routine. Breathing disciplines and laughter exercises to relax the body, reduce stress and anxiety and encourage positive thinking. Suitable for people of all ages and abilities.



Day: 1st and last Friday of month 10:00am - 11:00am
Cost: \$5 per session



Yoga - Gentle Vinyasa

A restorative yoga class for all abilities and ages. Increase your flexibility, and joint mobility. Move the flow of energy throughout your body.



Day: Tuesday 6:30pm - 7:30pm (beginners)
Cost: \$20 per session (\$15 concession)

Walking Group

Make new friends while keeping active and healthy.



Day: Monday 10:00am - 10:45am
Cost: \$10 per term

Workshops

Basic Home DIY for beginners

Do you have little fix it jobs around the house but never learned how to do it yourself? Are you an absolute beginner? Then this class is for you. Learn from an experienced and patient handy man how to use basic tools and how to do simple jobs at home using proper and safe techniques.



Day: Wednesday 12:15pm - 1:45pm
Cost: \$10 per session (tools available for use or bring your own)

Sustainable Living and Gardening

Each month an experienced facilitator will present on sustainable living and gardening topics such as zero waste, worm farms, keeping backyard chickens, natural soil management, responsible weed control, composting and sustainable garden design.



Day: 2nd Wednesday of month - 9 Aug, 13 Sep, 11 Oct, 8 Nov
Time: 7:00pm - 9:00pm
Cost: Gold coin

Job Wise

Are you looking for work and need some support? Join our 5 week program to gain peer support, skills to assist you in finding employment opportunities, applying for jobs and interviews. We will cover topics such as;

- How to write cover letters and winning resumes
- Career options to build on your existing skills
- Determine your career aspirations, skills and interests in different jobs
- Understanding how recruitment companies work
- Interview skills and practice sessions, tricky questions and how to answer them

Day: Monday Aug. 14, 21 & 28, Sept. 4 & 11
Wednesday Aug. 16, 23 & 30 Sept. 6 & 13
Time: 10:30am - 12:30pm
Cost: \$125 (full fee) or \$25 (concession)



Our membership base gives us strength, and there is greater strength in numbers.

Please join us and become a Member in 2017/2018, it only costs **\$10 per year**. Ask us about it in the office or call 03 9434 6717.

Social Groups - continued

Men's Breakfast

Relax, chat and share in breakfast in a friendly non-threatening social group atmosphere. The group meets at a local cafe.



Day: 4th Saturday of the month

Time: 8:00am

Sewing Group

Learn in a friendly, supportive and social environment. Caters for beginners to advanced. An experienced facilitator will be present to assist or you can help each other. In this class you can do dress-making, patchwork, mending or something similar of your choosing. Sewing machines can be made available on request.



Day: 3rd Saturday of month

Time: 10:00am - 3:00pm Cost: \$7 per session

Scrabble - Competitive

Be stimulated, learn new words and make new friends. Beginners welcome.



Day: Tuesday: 12:30pm - 4:00pm

Cost: \$4 per session

Scrabble - Social

Come and learn how to play scrabble and play a social fun game in a friendly and sociable atmosphere. All newcomers welcome.



Day: Wednesday 12:00pm - 3:00pm

Cost: \$4 per session



Got an idea for a Social Group?

We are always on the lookout for ways we can bring people together and share common interests. If you would like to start a group, please let us know.

Art & Creativity

Acrylic Painting for Fun and Leisure

Traditional European Folk Art incorporating the modern style of decorative painting. Start by learning brush control and colour mixing, add to this the use of painting mediums and you are ready to paint your own project for your home. Beginners to advanced painters, in a fun and friendly community class.



Day: Monday 9:30am - 12:00pm

Monday 7:00pm - 9:30pm

Tuesday 9:30am - 12:00pm

Cost: \$200 (10 weeks)

Artability

Learn in a friendly, supportive and social environment. This class utilises a mixture of art styles and mediums depending on the needs of the individual. Caters for people of all ages with special needs or disabilities. Carers and support workers welcome. Materials provided, BYO smock if required.



Day: Tuesday 10:00am - 12:00pm

Cost: \$135 (10 weeks in Term 3)

\$121.50 (9 weeks in Term 4) or \$15 trial class

Creative Art

Explore a variety of techniques and mediums in a friendly & social environment. Bring along your current art project and learn from our experienced art tutor. Beginner to advanced artists welcome.



Day: Tuesday 1:00pm - 3:00pm

Cost: \$135 (10 weeks in Term 3)

\$121.50 (9 weeks in Term 4) or \$15 trial class



Creative Encyclopedia

Join us as we create a personal Creative Encyclopedia of paper crafting. Each month explore two new techniques & projects, create samples and combine them with printed instructions to form your own reference book. We will also create two small projects using the techniques we have learned. Perfect for stampers and scrapbookers looking to build skills and stretch creativity. Newcomers welcome!



Day: Last Saturday of month 2:00pm - 4:00pm

Cost: \$20 per class Starter kit of materials required for first class \$35

Art & Creativity - continued

Scrapbooking

A fun and creative workshop for scrapbookers of all ages and stages! Bring your own project or make the monthly kit projects (kit costs apply). Join us as we preserve our family photos and stories and have some laughs along the way. Newcomers are always welcome!



Day: 1st Saturday of month 1:00pm - 5:00pm
Cost: \$10 per session (excludes kit)

Social Art Group

Put time aside and get together with other creative people to work on your art. Support and learn from each other as well as make new friends with similar interests.



Day: Monday 1:00pm - 3:00pm
Cost: \$5 per session

Sewing & Craft

All Craft Group

A friendly social group getting together to finish off their craft projects in good company. All crafts including sewing, knitting and jewellery making.



Day: Monday 7:00pm - 9:00pm
Cost: \$5 per session

Creative Craft

Beginners to advanced crafters welcome. Techniques include embroidery, cross stitch, knitting, crochet, tapestry, quilting, felting, teddy bears.



Day: Friday 9:45am - 11:45am
Cost: \$70 (8 weeks) or \$15 trial class

Patchwork Quilting

Experience the challenge and joy of patchwork quilting using hand piecing, appliqué or a sewing machine. Learn to design your own personalized quilt and other items.



Day: Thursday Time: 7:30pm - 9:30pm
Cost: \$90 (8 weeks) or \$15 trial class

Sewing & Craft - continued

Sewing Group

Learn in a friendly, supportive and social environment. Caters for beginners to advanced. An experienced facilitator can teach you dress-making, patchwork, mending or something similar of your choosing. Sewing machines available.



Day: 3rd Saturday of month
Time: 10:00am - 3:00pm Cost: \$7 per session

Stitch and Craft

Beginners welcome. Techniques include crewel/jacobean embroidery, cross stitch, knitting, crochet, tapestry, felting, teddy bears.



Day: Thursday 12:15pm - 2:15pm
Cost: \$70 (8 weeks) or \$15 trial class

Social Groups

Book Club

Have you read a fantastic book and longed for someone to talk to about it? Well here's your chance! Our facilitator will provide you with a book chosen by the group.



Day: 1st Thurs of the month 1:00pm - 3:00pm
Cost: \$10 annual joining fee & \$4.00 per session

500 Card Club

Learn to play whilst enjoying the company of a friendly and social group who welcome new members.



Day: Friday 12:30pm - 3:30pm
Cost: \$4 per session

Friendship Group

Meet and chat over morning tea. Make supportive new friends with similar interests. Friendship, mutual support and regular outings.



Day: Tuesday 9:30am - 12:00pm
Cost: \$4 per session

I Am

This social mutual support group is for women experiencing social isolation due to personal and family issues. Gain improved self-confidence and motivation through establishing social connections while being part of a friendly and understanding group.



Day: Friday 10:00am - 12:00pm
Cost: Gold coin