

WORKSHOPS

MEDITATION

Sunday 5th February
10am-11am Cost \$10.00
Learn how to relax your mind and body in this meditation class.

GRESSWELL FOREST WALK

Sunday 12th February
1pm-3pm Cost \$5.00
Gresswell walk followed by tree hollow presentation & smoothies.

MOSAICS

Sunday 19th & 26th February
10am-12pm Cost \$15.00
Join us for this 2 part activity making a decorative house number.

SUNDAY FUNDAY

Sunday 19th February & 19th March
1pm-3pm Cost \$10.00
A fun activity for adults with dance, games, and laughter.

CLEAN UP AUSTRALIA

Sunday 5th March
1pm-3pm Cost \$10
Pick up rubbish and join us for lunch afterwards.

PASSATA MAKING

Sunday 19th March
10am-1pm Cost \$10.00
Enjoy learning to make a popular Italian sauce.

CREPE PAPER FLOWERS

Sunday 26th March
10am-12pm Cost \$10.00
Learn to create stylish flowers using crepe paper.

WATSONIA AFTER DARK

is a program of activities where you can connect with others and make new friends.

YOGA

EVERY WEDNESDAY
7pm-8:30pm Cost \$10.00
Yoga to nourish the body, mind and spirit.

KOKEDAMA

Monday 30th January
7pm-8.30pm Cost \$10.00
Learn to make your very own Kokedama.

CROCHET

Monday 6th February
7pm-8.30pm Cost \$5.00
Learn the basics of this fun traditional craft. Perfect for beginners.

SUCCULANT PROPAGATION

Monday 13th February
7pm-8.30pm Cost \$10.00
Learn how to propagate succulent plants.

AUTUMN PLANTING

Monday 27th February
7pm-8.30pm Cost \$10.00
Learn to plant violas & pansies plus discuss seasonal foods to grow.

EMBROIDERY HOOPS

Monday 6th March
7pm-8.30pm Cost \$10.00
Learn to use basic stitches to create your very own stylish embroidery hoop.

SHASHIKO

Monday 20th March
7pm-8.30pm Cost \$10.00
Learn how to upcycle denim shorts and Japanese decorative way adding style to your clothes.

MACRAME PLANT HANGERS

Monday 27th March
7pm-8.30pm Cost \$10.00
Learn how to do macramé.

SUCCULANT TERRARIUMS

Monday 3rd April
7pm-8.30pm Cost \$15.00
Make your own terrarium using succulent plants.



**TERM 1 PROGRAM
2023**
30th January - 6th April

Wurundjeri Country
47 Lambourn Road, Watsonia VIC 3087
03 9434 6717 / 0492 944 608

www.watsonianh.org.au
Find us on Facebook and Instagram



ART & CREATIVITY

ACRYLIC PAINTING CLASSES

MONDAYS 10am-12:30pm & 7pm-9:30pm
\$198.00 (9 lessons)

TUESDAYS 7pm-9:30pm \$220 (10 lessons)

FRIDAYS 2:30pm-5pm \$198 (9 lessons)

CREATIVE ART CLASSES

TUESDAYS 9:30am-11:30am \$150 (10 lessons)
1pm-3pm \$150 (10 lessons)

BOOMERANG BAGS SEWING GROUP

WEDNESDAYS 10am-12pm **FREE**

No sewing experience necessary.

STITCH, KNIT & CROCHET CLASSES

FRIDAYS 10:30am-12:30pm

10 weeks - \$100 or \$50 for 5 lesson block.



SOCIAL GROUPS

DISABILITY PEER ACTION GROUP

Second **MONDAY** of the month.

1pm-3pm **FREE**

Creating opportunities for self advocacy for people with disabilities in our community.

Support workers welcome. Online & Onsite

WALKING GROUP

TUESDAYS 10am-11am **FREE**

Explore Gresswell Forest on this weekly guided walk.

FRIENDSHIP GROUP

TUESDAYS 10:30am-12:30pm

\$4 per session

Bookings
required
for all
activities

GREEN THUMBS GARDENING GROUP

1st and 3rd **WEDNESDAY** of the month

10am-12pm **FREE**



BOOK CLUB

1st **THURSDAY** of the month

9:30am-11:30am \$10 annual fee + \$4 per session

OMNI GROUP (OLDER MEN NEW IDEAS)

Over 50s discussion group for men.

2nd & 4th **THURSDAYS** of the month

1pm-3pm \$5 per week

Get in
touch to
book

CARERS SUPPORT GROUP

1st **THURSDAY** of the month

12pm-1:30pm **FREE**



HEALTH WELLBEING

YOGA

Wednesday 7-8pm

Thursday 9:30-10:30am

\$10 per week - Book online

COMMUNITY CUPBOARD

Our Community Cupboard contains food and household essentials.

Community use this space to swap seeds & plants, and is a collection point for community craft packs, puzzles and kids activities. Donations can be left on the front porch.



COMMUNITY LUNCH

TUESDAYS 12pm-1pm **FREE**

Informal social lunch of delicious hot meal food.

ABOUT US

Located beside peaceful and leafy Aminya Reserve on the corner of Kenmare Street and Lambourn Road, Watsonia Neighbourhood House is a safe, welcoming and inclusive community where strengths are cultivated, lifelong learning and sharing is fostered, and people are empowered to thrive.

Our facilities are wheelchair accessible, with ramps and rails at every entry/exit point. Wheelchair charging points are available on site. Well lit and easily accessible off-street parking and peaceful outdoor spaces. Gender neutral and accessible bathrooms.

ROOM HIRE

Small and large rooms at Watsonia Neighbourhood House can be hired by community groups or organisations, either for single events or ongoing basis. Please contact us to organise a tour and discuss your room hire needs.



LITTLE LIBRARY

Our Little Library is accessible 24 / 7 at the front of the house.

Take a book.
Leave a book.

SUSTAINABLE WATSONIA

Sustainable Watsonia aims to build a more sustainable and resilient community. Initiatives include food swaps, sustainable living and zero waste workshops. Go to facebook.com/groups/sustainablewatsonia.

