

Visit us

We are located at: 47 Kitchener Street, Box Hill South

If you are travelling by public transport you can:

Catch the 735 Bus from Nunawading Station or Box Hill Central. The bus will drop you off near us at the third bus stop in Haig St. Turn right into Prince St and then right into Kitchener St. Phone us for other bus routes.

If you are driving, you can:

Find our House in the Melway Map 61E2
Parking is available at the rear of the House. Please use this whenever possible. If there is no space, please park on our side of the street. This will help to ease the traffic flow and ensure harmony with our neighbours.

Contact us

For bookings or enquires

Email: bhsnh@netspace.net.au

Phone: 9898 8270

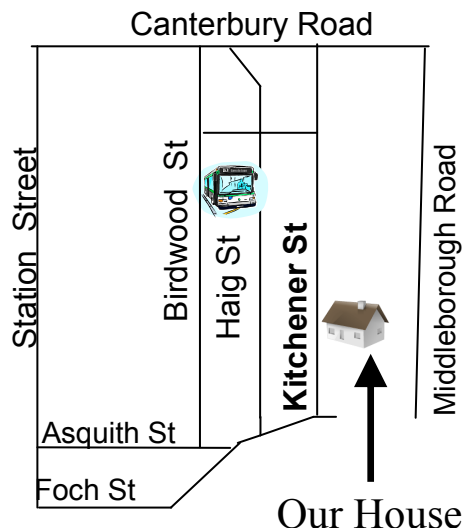
At the Office:

Monday to Friday 9am to 2pm

The office is closed during school holidays.

Bookings

Bookings are essential for all our classes and activities. Classes are filled in order of bookings taken. Please enrol early, as classes will not go ahead unless minimum numbers are met.



Accessibility

We are wheelchair accessible. Please let us know if you have any special needs or if you require support to enable you to participate fully. There is a disability access carpark in the back car parking area.



Payments

- Please remember class fees are our tutor wages so prompt payment is appreciated
- Payment should be made to the tutor or Office staff on the first day of the class.
- Payments can be made in two installments by arrangement.
- Cash or cheque accepted. We have no Credit Card/ Eftpos facilities however you can pay electronically. Phone for details.



Box Hill South Neighbourhood House

Classes and Activities

Term One 2018

1st February - 29th March

**47 Kitchener Street,
Box Hill South 3128**

Phone: 9898 8270

Fax: 9897 1893

Email: bhsnh@netspace.net.au

Website: www.bhsnh.org.au

Facebook: Box Hill South Neighbourhood House

ABN: 55 543 652 751



Val - From the Office desk

A motley selection of quotes to mull over in the New Year.

***Life is mostly froth and bubble,
Two things stand out like stone,
Kindness in another's trouble,
Courage in your own.*** – Adam Lindsay Gordon

***The best time to plant a tree was 20 years ago
– the second best time is right now.*** Chinese Proverb

***The mind is a garden
Your thoughts are the seeds
You can grow flowers or
You can grow weeds.*** – Anonymous

***I believe that the basic attribute of
mankind is to look after each other.-***
Fred Hollows

***Not all of us can do great things. But we can do small things
with great love.*** – Mother Teresa

It is of immense importance to learn to laugh at ourselves. –
Katherine Mansfield

Life is short, it seems careless not to use it all. – Sir Trevor
McDonald



All home gardeners welcome

Are You a FOOD Gardener?

Bring your excess home-grown produce and plants to share with other local food gardeners at the free monthly Whitehorse Urban Harvest!

THIRD SATURDAY EACH MONTH
11am -12.30pm
Box Hill South Neighbourhood House
47 Kitchener St, Box Hill South
www.facebook.com/whitehorseurbanharvest
urbanharvestswap@gmail.com

WHITEHORSE URBAN HARVEST IS A COMMUNITY VOLUNTEER GROUP
ORGANISED BY PERMACULTURE VICTORIA & SUPPORTED BY WHITEHORSE COUNCIL COMMUNITY GRANTS

General Interest

Volunteering at BHSNH

If you have any time to spare, we would appreciate your assistance with the following:
Helping with our monthly soup and sandwiches
Delivering our program on a quarterly basis..
And more ...

Box Hill South Neighbourhood House has rooms available for hire. We also have a registered kitchen.

Ideal for:

- Children's birthday parties
- Group Meetings
- Special Interest Groups
- First Mothers Groups
- Community Groups



Rooms available. Please contact the office for prices and availability.



**WHITEHORSE
COMMUNITY HOUSES**
Bringing our Neighbourhood Together

- | | |
|---|-----------|
| • Avenue Neighbourhood House @ Eley | 9808 2000 |
| • Bennettswood Neighbourhood House | 9888 0234 |
| • Burwood Neighbourhood House | 9808 6292 |
| • Clota Cottage Neighbourhood House | 9899 0062 |
| • Kerrimuir Neighbourhood House | 9899 7660 |
| • Koonung Cottage Community House | 9878 6632 |
| • Louise Multicultural Community Centre | 9285 4850 |
| • Mitcham Community House | 9873 4587 |
| • Vermont South Community House | 9803 2335 |

General Interest

Learn about the National Disability Insurance Scheme/ your NDIS journey

- The NDIS in simple terms
- Supporting someone on their NDIS journey
- Eligibility and access to the NDIS

Presented by Vicki from Villa Maria Catholic Home—a not for profit organisation providing disability services to people in Victoria.

When: Tuesday 20th February

Time: 1 - 2 pm

Cost: Gold coin donation

Creating Mandalas

Explore the art and spiritual significance of the Mandala and create your own using a variety of arts methods.



Materials to bring to the first session: a visual arts diary, compass, HB pencil and eraser and ruler.

When: Tuesdays 1:00 - 2:30pm

Cost: \$5.00 per session

Bookings essential

If you would like to recommend a course, class or workshop, please contact us by phone 9898 8270 or email: bhsnh@netspace.net.au

Create your own Vertical garden

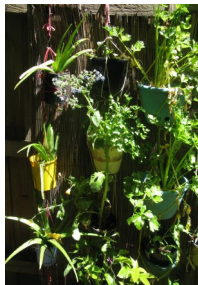
In this workshop you will learn how to make macramé pot hangers that can be arranged vertically in columns to create a garden for a small space.

When: 17th Feb

Time: 1:00 - 2:30pm

Cost: \$35

Bookings essential



Marbling Workshop

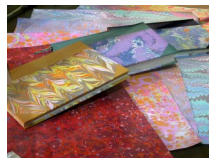
Learn how to make beautiful one-of-a-kind patterns on paper in this fun workshop.

When: Tuesday 27th Feb

Time: 1:00– 2:30pm

Cost: \$30

Bookings essential



Conversations in English

Would you or a family member like to improve their English conversational skills.

In this class you will learn basic everyday phrases and improve your pronunciation.

Expressions of interest for Term 2, 2018. Please contact us if you are interested.

Our Mission

Box Hill South Neighbourhood House is committed to encouraging a sense of belonging to the wider community and providing a friendly environment where people can come to develop their interests and skills

About our House

We are a not-for-profit, community owned and managed organization offering activities and programs developed in response to the needs of the community.

We operate on the Community Development model of practice; we want to help individuals grow, link people together and see our community become stronger and a better place to live in.

Membership of our House is open to anyone using our program and everyone, no matter where you live or come from, is welcome.

Our Committee

We have a Management Committee who are volunteers from our community. Their responsibility is in planning, ensuring financial viability & sound over-all management of the House. They meet once a month on a Tuesday morning.



Funding support

Our House receives some funding from the Department of Human Services and the City of Whitehorse with nearly half of our income generated by the House participants. The City of Whitehorse provides our venue.



Our Office Staff

Pam - Manager

Val - Assistant Manager

Julia - Bookkeeper

Alison & Janina - Administration (All part-time positions)

Our Childcare Staff

Janina and Alison are our wonderful childcare team.

As our programs are Council funded and hand delivered, please let us know if you do not want to receive a copy. We would need you to provide your residential address so we can organise to exclude you from our delivery list.

Health, Fitness and Wellbeing

Pilates

Tutor: Sally

Non-aerobic exercise designed to strengthen your core body. Improves flexibility, strength, balance and body awareness.

Starts: Tues 6/2 - 8 wks

6:15pm - 7:15pm

Cost: \$96 or casual \$15 per class

or Sat 3/2 8 wks

9:00 - 10:00am

Cost: \$96 or casual \$15 per class

Strength Training

Tutor: Sue

Using small hand & leg weights this exercise class can help in areas such as osteoporosis, blood pressure, diabetes, depression & preventing falls.

Monday and Thursday classes

Mon: 5/2 to 26/3 7 wks

9:00 - 10:15am (no class 12/3)

or

Thurs 8/2 to 29/3 8 wks

9:00 - 10:15am

or

10:30 - 11:30am

Cost: All sessions \$8 per class



Hatha Yoga

Tutor: Elizabeth

Bring balance & harmony to your body, mind & spirit through intense stretching movements, breath control and relaxation.

Starts: Mon 5/2 to 26/3

(7 wks) - no class 12/3.

Time: 7:20 - 8:20pm

Gentle Yoga

Tutor: Elizabeth

Gentle Yoga poses, breathing exercises and relaxation to open the way to health and flexibility. Suitable for all ages and beginners.

Starts: Mon 5/2 to 26/3

7 wks - No class 12/3

Time: 6:15 - 7:15pm

Chair Yoga - Elizabeth

Pranayam, (yogic breath work) meditation and gentle yoga stretches using a chair

Starts: Wed 7/2 to 28/3 - 7 wks

(No class 14/3)

Time: 5:15pm—6:15pm

Yoga—Elizabeth

Medium level yoga stretches, breathing and relaxation

Suitable for all ages

Starts: Wed 7/2 to 28/3 - 7 wks (no

class 14/3)

Time: 6:15pm—7:15pm

All Yoga Classes

Cost: \$90 for Term 1

Casual \$15 per session

Early payment before 7/2 is \$80

General Interest

Garrulous Gardens

ST KILDA BOTANICAL GARDENS

Established in 1859 and registered with Heritage Victoria, the gardens are filled with 800 mature trees with some exotic species. In addition there are flower beds, a conservatory and the Eco Centre House with a sustainable garden which we hope to visit. We plan to have a BYO lunch in the Gardens followed by coffee and cake in nearby Acland Street. **Travel will be via public transport on the day.**

Date: Thursday 8th March

When: Time to be advised – will be a day trip

Cost: Myki card plus coffee and cake and BYO lunch

Bookclub

All enquiries welcome. First Tuesday in the month. 7:30pm
6th Feb, 6th Mar, April (TBA)



Writers Group

A vibrant writers group with publications to its credit.

Ongoing.

3rd Sunday of the month

2.00 - 4.30pm

\$5 per session



Soup and Sandwiches



Join us for a light three course lunch with others from the local community. \$5 donation

Time: 12:30pm

When: Monday 5th February & 5th March.

Meditation

Free meditation classes

Starts: Fri (ongoing)

When: 7:30 - 8:30pm

Please let us know if you are coming.



Language Classes

Italian

Tutor: Rosalba

Buongiorno !

Learn Italian for travel or to extend your knowledge of this lyrical language.

Continuation Italian:

6:00 - 7:30pm

Starts: Tues 13/2 - 20/3

(6 wks)

Cost: \$115 (or **\$100** if paid before 13/2)

Beginners:

7:45 - 9:15pm

Starts: Tues 13/2 - 20/3

(6 wks)

Cost: \$115 (or **\$100** if paid before 13/2)

Classes may incur an extra cost for a text book.



Spanish Tutor: Leticia

¡Hola! Learn this wonderful language for travel or just for your own enjoyment!

Spanish for beginners

Starts: Thurs 15/2 - 15/3 x 6 wks

Time: 10:00am - 11:30am

Cost: \$115 (or **\$100** if paid before 15/2)

Spanish - Intermediate

Starts: Thurs 15/2 - 15/3 x 6 wks

Time: 11:45am - 1:15pm

Cost: \$115 (or **\$100** if paid before 15/2)

Bookings essential



French conversation

Tutor: Diana

Travelling to France? Or do you just want to learn or

extend your knowledge of this romantic language?



Beginners & Travellers

6:00 - 7:30pm

Starts: Thurs - 15/2—15/3

6 wks

Cost: \$115 (or **\$100** if paid before 15/2)

Conversation: 7:45 - 9:15pm

Starts: Thurs 15/2 - 15/3 6 wks

Cost: \$115 (or **\$100** if paid before 15/2)

A reasonable level of French is needed to participate in this class. Classes may incur an extra cost for a text book.

Bookings essential

Health, Fitness and Wellbeing

Tai Chi - Yang style

Tutor: Kheng

Enjoy and benefit from this ancient, traditional exercise.

On-going class

Starts: 2/2 to 23/3 (8 wks)

When: Fri 11:30am - 12:30pm

Cost: \$120



Gentle Exercise

Tutor: Ruth

A light paced class designed to get you moving, using walking & chair exercises, chi balls, bands, scarves, light hand weights. Great for regaining & maintaining muscle strength, mobility & general fitness.

Starts: Friday 2/2 to 23/3

Time: 10:15 - 11:15am

Cost: \$100 for 8 weeks

casual \$15 p/class

(Can be made in 2 payments)

Walk and talk

Enjoy a weekly walk and a chat along the Gardiners Creek track and a cup of tea/ coffee back at the House.

Wednesdays 2 pm

Cost: Gold coin donation

Meet at the House to start



Technology made easier

Individual technology lessons, advice and help

With Richard (he also teaches group classes)

Stop struggling with your devices! Enjoy your technology.

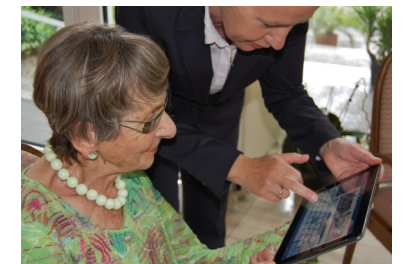
Get friendly, patient assistance with laptops, iPads, Smart Phones, Samsung, Windows 10, 8.1, 7, Vista, XP, Macs, Facebook, sell on Gumtree/eBay and more.

Flexible times. Seniors welcome.

Computer skills for job seekers.

Cost: \$35 per 1 hour session

Bookings essential



Children's Programs

Childcare for 2 to 5 year olds

Tuesday & Wednesday sessions.
Reduced rates for more than one child and for term payment in advance.

Starts: 6th & 7th February

When: 9.15am - 12.15 pm

Cost: \$33 per session plus \$5 materials cost per term

Tues: \$254 (8 wks) per term*

Wed: \$254 (8 wks) per term*

If term payment is made by 7/2, the cost is \$229 for Tues or Wed.

Term finishes February 27th & 28th

Play for Possums - 3 to 4 years

A "parents free" activity group with qualified kinder teachers Janina and Alison. A gentle introduction to kinder years. Small groups - maximum of 12 children. Your child needs to be 3yrs by 30/4/18.

Starts: Monday 5th February

When: 9.15 am - 12:15pm

Cost: \$210 per term + \$5 materials levy (7 wks)

No session: 12/3

Term finishes 26th March



Playgroups

Kolo Ukrainian Playgroup

This facilitator-led playgroup meets Tuesday mornings from 10:00am - 12:00 noon.

Cost: \$10 per family per session.

Language sessions - Thursdays 4pm—6pm Contact the House for more details.

German Monday Playgroup

Meet here every Monday morning

10.30am - 12.30pm

Cost: \$35 per term per family



New Playgroups

Our House is available for room hire for playgroups. \$35 per family per term (incl. insurance, tea & coffee). We have toys for your children to play with and a great playground for those sunny days! Contact us for more details and availability.

HOUSE HIRE

Did you know that you can hire the House for your child's birthday party? Contact the House during office hours for details.

Reasonable rates and great facilities!



Art and Craft

Watercolour Painting

Tutor: Patricia

Mon: 10:00 am -12 noon

Mon: 7:30 - 9:30pm

5/2 - 26/3 7 wks (no class 12/3)

Cost: \$ 105

or

Tuesday

7:30 - 9:30 pm

6/2 to 27/3

8 wks

Cost: \$ 120

No concessions

Contact us for more details



Botanical Drawing

Tutor: Trish

This class explores drawing using botanical subjects and still life. It aims to improve your skills in observation, use of line and shading as well as composition. This course will consist of six two-hour lessons and two three-hour lessons to explore colour options.

Starts: Wed 7/2 - 28/3 8wks

Time: 10 am - 12 pm

Cost: \$135

Phone for bookings and material list



Craft-a-noon tea

Bring your craft project and bring a plate of food to share afternoon tea with fellow crafters

When: Saturday 17th March

Time: 1:00pm - 3:00pm

Cost: Gold coin donation



Learn how to Knit/Crochet

Tutor: Pam

Come along with some wool and size 4mm knitting needles or crochet hook and learn the Basics, or bring your own project to work on.

Starts: Mon 5th February

Time: 1:00 - 2:30pm - 7 wks

Cost: \$5.00 per session (no class 12/3)



Friday Craft Group

Come along with your craft items and unfinished projects and work on them while meeting new friends and enjoying a coffee or tea.

Starts: Friday 2nd February

Time: 12:30 - 3:00 pm

Cost: \$5.00 per session

