



Warrandyte Neighbourhood House

ADULT DRAWING

Short Course

Learn basic drawing & sketching skills and techniques. Relax, explore and discover new ways of drawing objects so you can find your own unique style. We will create art by using graphite pencils, pens and watercolour pencils. Express your individuality and creativity. Suitable for beginner & intermediate levels.

Date: Wednesdays, 3 August - 24 August

Time: 12:00pm - 2:00pm

Cost: \$97.00

**Bring pencils & A4 sketchpad*

Workshop

Date: Saturday 3 September

Time: 2:00pm - 5:00pm

Cost: \$36.00

WOOD CARVING & WHITTILING

You'll be amazed what you can create in just a few short weeks with our highly experienced volunteer tutor. Learn the fine art and craftsmanship of whittling and carving. All experience levels welcome. Social, relaxed atmosphere. Some materials required.

Date: Thursdays, 14 July - 15 September

Time: 9:30am - 12:30pm

Cost: \$65.00

Waitlist available

SAFE SEATS

Correctly fitted child car restraints and booster seats play a crucial part in protecting children from serious injury and death in the event of an accident. Alarming, 70 per cent of these are not correctly fitted or used, making injury around seven times more likely.

Wednesday 20 July, 10:00am - 2:00pm

FREE but bookings are essential

We gratefully acknowledge the support of the following organisations:



Be Connected
Every Australian online.

WEBSITE DESIGN

Perfect for the small business owner, sole trader or those looking to expand their side hustle. Build a website from concept to publication-ready using the popular platform Wix. Make a simple, multipage website that includes text, images and a range of plug-ins such as blog, video, shop and payment portal. Learn about domain names, SEO and optimising websites for multiple devices.

Date: Saturdays, 16 July - 10 September

Time: 11:00am - 2:00pm

Cost: \$50.00



PELVIC FLOOR STRENGTH INFO & EXERCISE CLASSES

Learn how to recognise the signs of pelvic floor dysfunction, the causes and what you can do to help prevent this occurring. Pelvic dysfunction affects both men and women, physically and mentally. Learn where to go for help. There will be some practical exercises involved but you will not need to get on the floor. This is an Australian Continence Foundation and Pelvic Floor First backed presentation.

Tuesday 12 July, 1:00pm - 2:30pm, then

Tuesdays 19 July - 2 August, 1:30pm - 2:30pm

FREE but bookings are essential

MODERN QIGONG - INTRODUCTORY COURSE

Qigong is a mindful movement practice derived from ancient China and Traditional Chinese Medicine. The practice blends flowing movements, stretches and breathing. It helps calm the mind and improves posture, range of movement, strength and balance. Practicing Qigong is suitable for all ages and abilities and can be done seated.

Date: Thursdays, 21 July - 11 August

Time: 2:00pm - 3:00pm

Cost: \$76.00

CONNECT CLUBS

Busy Needles

Tuesdays, 10am-12pm,
6-month m'ship \$15

French Club

Intermediate level
Mondays 1.30pm-3pm
10 weeks \$25

Warrandyte Trippers

Living Legends
Woodlands Homestead
July

Jewish Holocaust
Museum
August

Queen Victoria Market
September

Kurunga Nursery/
Paperbark Cafe
October

Moorabbin Airport
November

500 Card Club

2nd & 4th Thurs each
month 2pm-4pm
6 month m'ship \$20

Book Club

1st Thurs each month
1.30pm - 3.30pm
6 month m'ship \$10

Film Society

3rd Friday each month
7pm - 10.30pm
See website for film list
Annual m'ship \$50

Walking Club

Mondays 9.30-11am, 6
month m'ship \$15

COMMUNITY MORNING TEA

Join **Keith Wolaham MP**
for a Q&A over a cuppa
and a scone at 11am on
15 August 2022.

This is a fantastic opportunity to meet our new member of parliament and ask any questions that matter to you. There is no cost, but you must register.



KIDS

Yoga

Jess is a primary-trained children's yoga teacher providing mindfulness and yoga classes to kids aged 5-9 years.

The lessons involve activities including:

- Mind-body warm ups
- Breathing techniques
- Yoga poses
- Fun games
- Stories
- Meditations and more!

By combining yoga and mindfulness practice through self-awareness training, Jess aims to help kids feel better and manage their feelings – all in a fun, engaging and meaningful way!

Dates: Wednesdays,
27 July - 31 August
(*no class on 24 Aug)

Time: 4:30pm - 5:30pm

Cost: \$90.00



FOOD BANK

WNNH, in association with Manningham Christian Centre, provides food relief for the community of Warrandyte.

We know that one in three people who are struggling to get enough food for their household needs are new to the situation. There is no shame in asking for help. Life happens to us all and we're here for everyone.

Visit us at 168 Yarra Street, Warrandyte for more information or support.



GET MOVING

**Book online
to receive a
\$20 discount
for all exercise
classes**

HAVE FUN AND GET FIT

SWSY (STRONG WOMEN STAY YOUNG)

Great all over workout combining cardio, low impact moves & weights. Take care of all your fitness needs in one class. Feel yourself regain strength, flexibility & energy.

Date: Mondays, 11 July -
12 September

Time: 9:00am - 10:00am

Cost: \$160.00

Date: Tuesdays, 12 July -
13 September

Time: 10:30am - 11:30am

Cost: \$160.00

Date: Fridays, 15 July -
16 September

Time: 8:00am - 9:00am

Cost: \$160.00

YOGA - MON

Learn, explore and practice: Classic Asanas (postures), Pranayama (conscious breathing), Meditation and Relaxation. Inclusive and suitable for all levels

Date: Mondays, 11 July -
12 September

Time: 7pm - 8pm

Cost: \$160

GENTLE MOVEMENT

This program offers a great variety of fun exercises to increase range of movement, coordination, balance and strength that leads to greater comfort. Easy to follow movement patterns improve vitality and cognitive function. Can be taken seated and is suitable for individuals with movement restrictions & those recovering from illness or injury.

Date: Wednesdays, 13 July -
14 September

Time: 10:30am - 11:15am

FREE but must book

YOGA - FRI

Learn classic Yoga postures, breathing, meditation & relaxation. Improve flexibility & strength. Learn to relax with breathing techniques and Yoga Nidra relaxation. Beginners welcome, teacher has over 30 years experience, BYO mat & blanket.

Date: Fridays, 15 July -
16 September

Time: 10:30am - 11:45am

Cost: \$190.00

MENS WEIGHTS

Improve strength & flexibility, maintain fitness and muscle mass. Exercises can be moderated for those recovering from injuries, (discuss with the instructor).

Date: Tuesdays, 12 July -
13 September

Time: 11:30am - 12:30pm

Cost: \$160.00

Date: Fridays, 15 July -
16 September

Time: 9:00am - 10:00am

Cost: \$160.00

PILATES

Improve core strength, posture & overall fitness. Benefits of Pilates include improved balance, posture & coordination. Helps with injury prevention and rehabilitation; restores vitality; and elevates the spirit.

Date: Wednesday AM
13 July - 14 September

Time: 9:15am - 10:15am

Cost: \$160.00

Date: Wednesdays PM
13 July - 14 September

Time: 6:30pm - 7:30pm

Cost: \$160.00