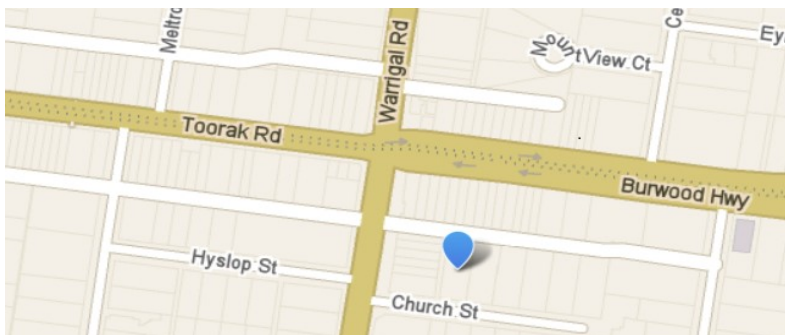


Burwood Neighbourhood & Community House is a community resource that strives to provide a place where people in the area find new friendships, new interests and new links in the area.

WHERE ARE WE? 1 Church Street, **BURWOOD** Vic 3125

 **03 9808 6292** **Office Hours: Mon-Fri 10am - 3pm**



Bus 903

Tram 75

Tuesdays

Men's

Activities

Balance & Flexibility

10.00 - 11.00pm

Improve your balance and flexibility

Strength Training

11.00 - 12.00pm *Improve your body strength, fight osteoporosis!*

Men's lunch & Chat Group 12.00-2.00pm

BYO lunch, enjoy new company, good discussions. Tea & Coffee available



OUR FUNDING

City Of Whitehorse, Dept Human Services, House fees, Fundraising & Donations
The City of Whitehorse provides our venue, we are responsible for the running costs, creating the activities & day to day running of the House.



**BURWOOD
NEIGHBOURHOOD HOUSE**

Classes & Activities



**TERM 3
2021**

**12 JULY TO
17 SEPT**

**WE HAVE
"COME & TRY
SESSIONS"**

9808 6292



Like us



Email:

burwoodn@bigpond.net.au

Website:

www.burwoodneighbourhoodhouse.org.au

GENERAL

2

NEIGHBOURHOOD & COMMUNITY HOUSE

A place for people to meet, learn & make new links in their area.

OFFICE HRS: 10.00am-3.00pm
Closed Public Holidays

ABN: 83855075148

INC: A14964V

KNITTED KNOCKERS Australia



FREE 100% COTTON knitted prosthesis for Breast Cancer survivors who have had a mastectomy.

We are the **National Head Office** with many branches Australia wide

FOUNDER: Cheryl Webster

BSB: 633000 **ACC:** 152866141

- ◆ Our community project that has gone Australia wide and now Incorporated

FOOD BANK/PANTRY available
Or support us with donations.

FREE Library

WHEELCHAIR



ACCESSIBLE

ENROLMENTS

Post to: **PO Box 241 Burwood, VIC 3125**
Email: burwoodn@bigpond.net.au

Fees to be paid **before class starts** including Annual Membership **\$15**

Fees can be paid by **cash, cheque** or **Bank Transfer:** Westpac

Burwood Neighbourhood House

BSB: 033000 **ACC:** 172698

Ref: Surname + Class e.g.: Webb Yoga

Book **early** to avoid disappointment. Remember class fees are our **tutor wages** so prompt payment is appreciated.

Refunds - only if class is cancelled. If you wish to cancel you must let us know 7 days prior to starting date.

Late withdrawals from classes can result in the class being non-financial **Admin. fee** of \$10.00 will be charged.

Class dates & times are subject to change

Term fees paid in instalments, available by arrangement with the Manager.

Community Groups who use the House:

KK Knitting Group - Mondays

Breast Cancer Group - Last Fri of the month

Boroondara Toastmasters - 1st & 3rd Thurs

Burwood Bulletin - Meets monthly,

Published quarterly.

Swap, Shuffle & Share -- 1st Saturday

Every Month

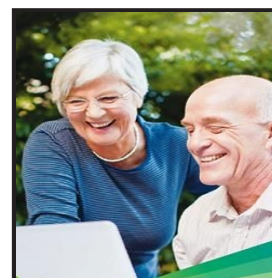
FREE COME & TRY SESSIONS

11

BOOKINGS ESSENTIAL !

ACTIVITY	TERM 3 2021	TIME
Yoga	Mon 12th July	9:05am - 10:05am
Meditation	Mon 12th July	10:15am - 11:15am
Balance & Flexibility	Tues 13th July	10:00pm - 11:00pm
Scrabble	Wed 14th July	10:00am - 1:00pm
Social Walking	Wed 14th July	10:30am - 11:30am
Tai Chi	Thurs 15th July	11:30am - 12:30pm
Zumba	Fri 16th July	9:30am - 10:30am

**F
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SENIORS COME AND GET TECH SAVVY

INDIVIDUAL SESSIONS BY ARRANGEMENT

Learn the clever things you can do with your iPod, iPhone, iPad, Android or Smart Phone. Tips and tricks you may not be aware of or update your computer skills in Word or Excel, on your laptop or our computers.



Volunteer Board Members Urgently Needed!

Do you have a skill to share?

Are you willing to join the **Board** for Burwood Neighbourhood House?

CHILDREN'S PROGRAMS

10



PLAYGROUPS

Annual Membership \$15

Please check our vacancies in the following:

Monday - Friday
10:00 am - 12:00 noon

Outdoors:

We have a large secure backyard, play equipment, cubby house, sandpit & bike path.

Indoors:

A vast array of play equipment. Paints, paper, dress ups, toys, puzzles and more. Come + try a **free** session - call us!!

Term Fee \$25

PLAYGROUP - Nana's, grandparents and care's **Wednesdays**

14th July - 15th September 10:30 am - 12:30 pm **Term Fee \$25**

Enjoy seeing your children/grandchildren share in some fun structured activities.

STRUCTURED PLAYGROUP - 2-4 Years **Fridays**

16th July - 17th September 10:00 am - 12:00 pm **Term Fee \$40**

Bring your child & socialise with other parents and grandparents while your children enjoy some supervised activities with our trained activity coordinator.

PARTY HIRE / ROOM HIRE *Ring for affordable rates*

Why not have your child's party at our House? Large backyard, play area & equipment. Phone us to see if the room is available on your



COMMUNITY PROJECTS

3



ENGLISH AS A SECOND LANGUAGE

Thurs - Individual session \$40 or \$15 in a class

Bookings are essential. Maximum 6 students in the class.

Classes: **Tuesdays 11.00am - 12.00noon.**

VOLUNTEERING AT THE HOUSE

Volunteers are always welcome

Garden work, house or office administration, tutors for our Seniors to assist them with basic computer skills etc.

Please contact us if you are interested.



WAR AGAINST WASTE

Burwood Neighbourhood House **is committed** to reducing the amount of waste produced by the House and the surrounding community.

We are collecting **plastic bottle tops**, old reading glasses, **old mobile phones**, men's clothing, **plastic bread tags**, ring pulls and **excess fruit** off your trees.

If you have spare time can you help on our function days, helping serve etc?

KNITTED KNOCKERS AUSTRALIA

Free 100% cotton knitted prosthesis available from branches

Australia wide. If you need a more comfortable solution **please call us.**

Can you help with admin or packaging? Two hours of your time to help, our team would very much appreciate.

www.knittedknockersaustralia.com



FRUIT FOR JAM

Do you have any **excess fruit** that you are **not using**?

In an effort to recycle and to assist our local community jam makers, seeking excess fruit that they can use.



You are welcome to join any House in the City of Whitehorse

There are 10 Community/Neighbourhood Houses

Bennettswood	9888 0234	Burwood	9808 6292
Box Hill South	9898 8270	Mitcham	9873 4587
Clota Cottage	9899 0062	The Avenue	9878 8056
Kerrimuir N.H.	9899 7660	Vermont Sth	9803 2335
Louise Multi Cultural Centre	9285 4852	Koonung Cottage	9878 6632



MONDAY

4

Early Bird discount term fees if paid by 17th April

*We also accept ½ term fee the **1st** and **5th** week if required



YOGA - Hatha style **9:05am - 10:05am**
12th July - 13th Sept 10 wks \$175 Early Bird \$125

Stretches focus on the spine to help with flexibility.
 Strengthen the nervous system, enhance digestion, circulation and respiration.
 Includes breathing techniques, meditation and relaxation.



MEDITATION **10:15am - 11:15am**
12th July - 17th Sept 10 wks \$3.50 per session
 Relax and refresh the body, mind and soul.



LADIES SOCIAL GROUP **12:30pm - 2:00pm**
1st Monday of every month \$3.50 per session
 Meet new friends whilst sharing a small plate of your favourite food over lunch.
 Go out to new coffee shops, movies, shopping trips.
Register your interest to attend a lunch



BOOK CLUB **2.30pm - 3:30pm**
2nd Monday of every month \$3.50 per session
 Come along and discuss great books with like-minded friends! The BNH Book Club provides a relaxed atmosphere for women to meet other like-minded women over a cup of tea and share a common passion.



SOCIAL CRAFT **12:30pm - 2:30pm**
3rd Monday Free
 Do you love crafting and also getting together with friends? Why not combine the two activities and join our Social Craft Club. It is free to attend and you can either bring your own craft or we can provide knitting that you can do on behalf of local charities.



YOGA - Hatha style **7.00pm - .8.00pm**

MOVIE CLUB

Are you a movie lover? Then the Burwood Neighbourhood House Movie Club is for you! Grab your popcorn and join like minded movie buffs every **4th Monday -11:30am-2pm** for screenings of anything from new releases to old Hollywood classics.



SATURDAY & SUNDAY

9

CHILDREN'S ART CLASS

EVERY SATURDAY

9.30AM -12.30PM

(03) 9809-6292 RING FOR DETAILS
 (BOOKINGS ESSENTIAL)



ROOM and HOUSE HIRE

Why not have your party at our house? The House is also available for community groups, support groups or small businesses.

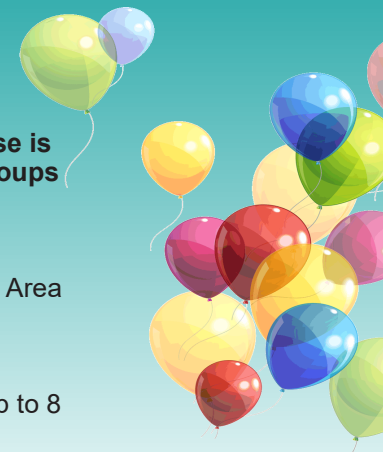
The house can provide:

Kitchen, Fridge, Oven and Microwave, Outdoor Play Area
 Tables and Chairs.

Capacities:

Main room - Seats up to 50 / Small Room - Seats up to 8

To book, please contact us on 9808 6292 for details



SWAP, SHUFFLE & SHARE

10:00am - 12:00pm

1st Saturday Every Month. Home grown, home made.

Meet up with other gardeners and share your knowledge, ideas, inspirations and excess produce.



Early Bird discount term fees if **paid by 17th April**

*We also accept ½ term fee the **1st** and **5th** week if required

ZUMBA FOR OVER 40s **9:30am-10:30am**
16th July – 17th September 10 wks \$160 **Early Bird \$130**
 Come and join the party. Fun & fitness!!

EXCEL - INTRO **10:00am-12:00pm**
3 sessions @ 2hrs per session **\$120**
6 August - 13th August
 Learn how to setup your budget on a spreadsheet + much more.
Individual Sessions available to suit your time & needs from \$35/hr

CARDS - SOCIAL GROUP **1:00pm-3:00pm**
16 July – 17th September **\$3.50** per session
 Come along, make new friends, and show us your favourite card game!
 *Contact the office for details.

WHAT GOOGLE CAN DO FOR YOU **10:00am-12:00pm**
20th August
 Come along and learn what you can do with Google! Learn about searching, setting up a Gmail account, using Google Maps for directions and more.

GETTING THE BEST FROM GMAIL **10:00am-12:00pm**
3rd or 10th September **\$40**

Are you interested in learning how to set up and use a Gmaio creating an email, how to file your emails and more.I account? These sessions will cover everything from setup, t

7



LIGHT LUNCH 1:30pm-2:30pm

1st Friday in the month

16th July – 17th September

Come along and socialize with other members of the community.

Have a chat about current events, entertainment, anything that interests you, over an afternoon tea or coffee

\$10



INTRODUCTION TO WORD **10:00am - 12:00pm**
20th July - 10th August 3 x 2hrs sessions **\$120**



Letter writing, sorting documents, creating flyers etc.
 Individual sessions available to suit your time & needs. Book early



Tuesdays

Men's Activities

Balance & Flexibility **10.00 - 11.00pm**

Improve your balance and flexibility

Strength Training **11.15 - 12.15pm**

Improve your body strength, fight osteoporosis, weights available.

Men's Chat & Lunch Group **12.30—1.30pm**

BYO lunch, enjoy new company, good discussions with Tea & Coffee



Health Is Wealth .Empowering individuals with personal health.



WEGHT LOSS GROUP

Small group support weekly help you achieve your goal.

Tuesdays Time : 1.00 pm to 2:30pm (Room 3)

STRESS AND ANXIETY MANAGEMENT WORKSHOPS

Techniques to help coping with Stress /Anxiety .

Tuesday 17th AUGUST Time : 1.30pm to 2:30 pm

WEDNESDAY

6

Early Bird discount term fees if paid by 17th April

*We also accept ½ term fee the 1st and 5th week if required



SOCIAL SCRABBLE 10:00am - 1:00pm
14th July - 15th September 10 wks \$60 **Early Bird \$40**
 Yes, we do have scrabble dictionaries! Come for the challenge.



SOCIAL WALKING 10:30am - 11:30am
14th July - 15th September 10 wks **\$2 per session**
 Come and get fit.
 Enjoy a local walk in a group and come back for a drink. *All welcome*



COMPUTERS FOR BEGINNERS 10:00am - 12:00pm
4th August - 18th August 3 x class @ 2hrs per class **\$60**
 Small classes with a minimum of three people. Learn all the basics to get you started using a computer. Attend on Wednesday, Thursday or Friday. Individual sessions available to suit your time **\$40hr**



eBay / GUMTREE WORKSHOP 1:00pm - 3:00pm
25th August **\$40**
 Create an account to advertise for sale and earn some extra cash for yourself or buy some gifts for family or friends!



fotor



EDIT YOUR DIGITAL PHOTOS WITH FOTOR 10:00am - 12:00pm
11th August & 1st September (2 Sessions) **\$70**

TAKING GOOD PHOTO WITH YOUR SMART PHONE 10:00am - 12:00pm
8th September & 15th September (2 sessions) **\$70**

Expressions of Interest

Tutors required for evening classes, Tai Chi, Yoga and Zumba.

We are seeking expressions of interest to fill a vacancy on Wednesdays after 1.00pm and Tuesday or Wednesday evening is Free.

Vacancy

THURSDAY

7

Early Bird discount term fees if paid by 17th April

*We also accept ½ term fee the 1st and 5th week if required

STRENGTH TRAINING 10:00am - 11:00am
15th July-16th September 10wks \$145 **Early Bird \$95**
 Improve your body strength - fight osteoporosis. Weights available

COMMUNITY BUS TRIPS 10:00am - 3:30pm **From \$20**
 See bottom of the page for details

TAI CHI 11:15am - 12:15pm
22nd July -16th September 10wks \$145 **Early Bird \$95**
 Improve balance, coordination and flexibility.

SMARTPHONE / TABLET
CALL FOR DATES & TIMES 1.00pm - 3.00pm **\$40**
 Find out more about what your device can do!! How to use your camera and lots more. Save your photos to folders.

ART CLASS 1:00pm -3:00pm
22nd July -16th September 10wks \$160 **Early Bird \$110**
 Come along and learn how to create some magnificent art piece.

BOROONDARA TOASTMASTERS (Separate Fees Apply)
(1st & 3rd Thurs of the Month) 7:30 pm
 Become the Speaker and Leader that you want to be.
 Learn new skills for your personal development.



COMMUNITY BUS



19th August **\$20** bus fee
26th August \$20 bus fee— **Daffodil Day Luncheon**
16th September **\$20** bus fee

To book please call **03 9808 6292**



20th April - 24th June 10wks 5.30 -7.30pm
 Bring your children to learn chess. We have beginners and advanced classes
 (Tuesday & Thursday each week)