BURWOOD NEIGHBOURHOOD HOUSE

So much under one roof, something for all

What's on Term 1 2018

30th January - 29th March

St. Patrick's Day Lunch

Friday 16th March
$16—Bookings

Essential!

Come and enjoy a fun social lunch.
Meet new people in your area!

Friends of Burwood Cemetery

We are seeking expressions of interest to join a new friends group for the Burwood cemetery. You may have a historical interest , family connections or just a general interest.

RING TONY: 9817 5771

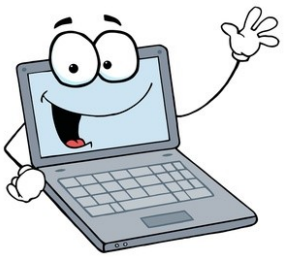
Burwood Neighbourhood House
1 Church Street, Burwood, Victoria, 3125
03 9808 6292
burwoodn@bigpond.net.au

Office Hours:

Monday—Friday 10:00am—3:00pm
Closed Public Holidays and School Holidays

Neighbourhood Houses
The heart of our community

COMPUTERS AND TECHNOLOGY:



COMPUTERS FOR BEGINNERS

DATE: 19th Feb - 5th Mar*

TIME: 10:00am - 12:00am

COST: $15p/h, 3weeks @ 2hrs per week

Learn all the basics to get you started using a computer

INTRODUCTION TO WORD

DATE: 20th Feb - 6th Mar*

TIME: 10:00am - 12:00am

COST: $15p/h, 3weeks @ 2hrs per week

Letter writing, sorting documents, creating flyers, etc

***Individual** sessions available to suit your time and needs

MYOB/QUICKBOOKS WORKSHOP

DATE: Individual Sessions by appointment

TIME: 7:00pm - 9:00pm

COST: From $15 per hour

Learn data entry with this home/office accounting program

INTRODUCTION TO EXCEL

DATE: 2nd Feb - 16th Feb

TIME: 10:00am - 12:00am

COST: $90
Individual Sessions $35/hour

Learn how to set up your budget on a spreadsheet and much more. Small class sizes (max 3)

SMARTPHONE/TABLET WORKSHOP

DATE: Smartphones: 15h March
Tablets: 22nd March

TIME: Smartphones: 1:00pm - 2:30pm
Tablets: 10:30 - 12:00pm

COST: $40

Find out what your device can do! How to use your camera, save photos to a folder, and lots more.

EBAY/GUMTREE WORKSHOP

DATE: 22nd February

TIME: 1:00pm - 2:30pm

COST: $40

Create an account and earn some extra cash for yourself or buy some gifts for family and friends.

PH: 9808 6292 Email: burwoodn@bigpond.net.au

SOCIAL ACTIVITES

SCRABBLE

DATE: 31st Jan - 28th Mar

TIME: Wednesdays 10:00am - 1:00pm

COST: $54 Early Bird: $36

Yes, we do have scrabble dictionaries.
Come for the challenge!

WELCOME DINNER PROJECT

DATE: Last Friday of the month

TIME: 7:00pm - 9:00pm

COST: A plate of food to share

Meet new people in your neighbourhood. Bring along a small plate of food to share and have fun getting to know each other!

CARDS SOCIAL GROUP

DATE: 2nd Feb - 23rd Mar

TIME: 1:00pm - 3:00pm

COST: $4 per session

Come along, make new friends and show us your favourite card game!

SWAP, SHUFFLE AND SHARE

DATE: 1st Saturday of the month

TIME: 10:00am

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

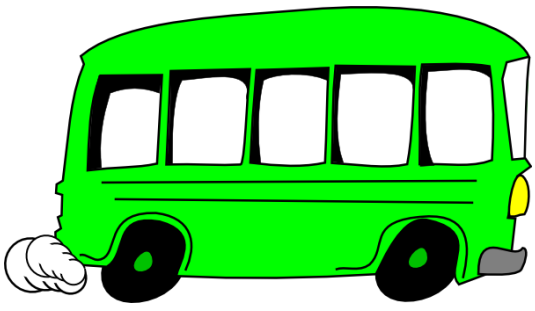
COMMUNITY BUS TRIPS

DATE: 3rd Thursday the month

TIME: 10:00am *SHARP*

COST: From $20

15th February: Sand Sculptures, Frankston
16th March: St. Patrick's Day Lunch at the house (Friday!)



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ARTS/CRAFTS:

CALLIGRAPHY

Date: 30th Jan - 27th Mar

Time: 7:30pm—8:30pm

Cost: 8 wks $110, or $15 per session

Tao oneness Calligraphy Practicum with master Anne Fan

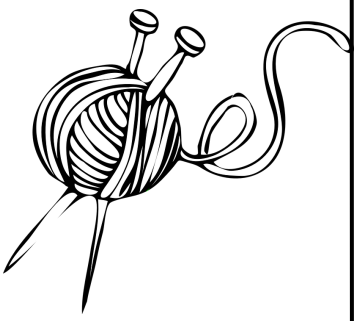
KNITTING

Date: 8th March

Time: 1:00pm—2:30pm

Cost: $40

Learn to knit with our knitting helper.



CLASSES

COOKING FROM AROUND THE WORLD

Date: 1st - 22nd Feb

Time: 7:00pm - 9:00pm

Cost: $120 or $40 per session

Come and join us to cook a variety of dishes from around the world!

ESL

Monday to Saturday

Cost: $15 per session

Bookings essential, maximum 6 students per class

VACANCY!!!

We are seeking expressions of interest to fill a vacancy on Monday Afternoon with a new class, group or mother's group.

If you have a class or group you would like to start running, please call us on **9808 6292**

HEALTH/FITNESS:

HATHA YOGA

DATE: 5th Feb - 26th Mar

TIME: Mondays 9:05am - 10:05am

COST: $98, Early Bird $77

Stretches focus on the spine which help with flexibility. Strengthen the nervous system, enhance digestion, circulation and respiration.

Includes breathing techniques and meditation and relaxation.

MAT PILATIES

DATE: 5th Feb - 26th Mar

TIME: Mondays 6:00pm - 7:00pm

COST: $119, Early Bird $91

Improve flexibility, build strength and develop core control. Helps to achieve greater energy levels balance the body in breathing and the mind.

EXERCISE FOR FALLS PREVENTION

DATE: 6th Feb - 27th Mar

TIME: Tuesdays 2:00pm - 3:00pm

COST: $88 Early Bird $72

Reduces the rate and risk of falling, maintain your function, mobility and independence. As recommended by GPs. Suitable for all ages.

SOCIAL WALKING

DATE: 7th Feb - 28th Mar

TIME: Wednesdays 10:30am - 11:30am

COST: $2 Per session

Come and get fit! Enjoy a local walk in a group and come back to the house for tea or coffee.

ZUMBA FOR OVER 40s

DATE: 2nd Feb - 23rd Mar

TIME: Fridays 9:30am - 10:30am

COST: $128 Early Bird $96

Come and join the party! Fund and fitness.

PH: 9808 6292 Email: burwoodn@bigpond.net.au

HEALTH/FITNESS:

STRENGTH TRAINING

DATE: 12 Oct - 14th Dec, 13th Oct - 15th Dec

TIME: Thursdays 10:00am - 11:00am
COST: $100 Early Bird $70
Increase energy, improve body strength and fight osteoporosis. Also includes balance and co-ordination

BOLLYWOOD DANCING

DATE: 2nd Feb - 23rd Mar

TIME: Fridays 6:00pm- 7:00pm

COST: $108 or $15 per session

Bhangra style from Punjab - Bollywood dancing is an exotic and exciting way of getting fit and healthy through dance.

MEDITATION

DATE: 5th Feb - 26th Dec
DATE: 6th Feb - 27th Mar

TIME: Mondays 10:15am - 11:15am
Tuesdays 7:30pm - 8:30pm

COST: $28, $3.50 per session

Relax and refresh the mind, body and soul.

TAI CHI

DATE: 1st Feb - 29th Mar

TIME: Thursdays 11:30am - 12:30pm

COST: 9 weeks $99 Early Bird: $72

Improve balance, co-ordination and flexibility

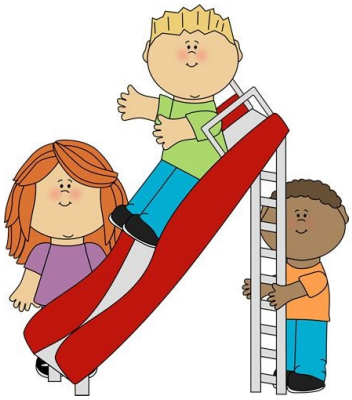
TAI CHI - BURKE AND BEYOND GROUP

DATE: 9th Oct - 15th Dec

TIME: Fridays 9:30am - 10:30am

COST: $135 Early Bird $99

CHILDREN'S PROGRAMS



PLAYGROUPS

DATE: Monday - Friday

TIME: 10:00am - 12:00pm

COST: $25 Term Fee

OUTDOORS: We have a large, secure backyard, play equipment cubby house, sandpit and bike path

INDOORS: A vast array of play equipment. Paints, paper, dress-ups, toys puzzles and more.

PLAYGROUP: WEDNESDAY

DATE: 7th February - 28th February

TIME: 10:30am - 12:30pm

COST: $40 Term Fee

Enjoy seeing your children and grandchildren share in fun, structured activities.

STRUCTURED PLAYGROUP: FRIDAY

DATE: 14th, 21st, 28th Nov*

TIME: 10:00am - 12:00am

COST: $40 Term Fee

Bring your child and socialize with other parents and grandparents while your children enjoy some supervised activities with our trained activity co-ordinator.

MOTHER'S GROUP

DATE: 17th, 24th Nov, 1st Dec

TIME: 10:00am - 12:00am

COST: $15p/h, 3weeks @ 2hrs per week

Bring your group and get together at our house in our cosy room, with your babies (max. 18 months old).

ROOM HIRE

Why not have your party or event our house? Large backyard, play area and equipment.

We also have free Wi-Fi, air conditioning and heating and a roll-down projector.

Phone us to see if the room is available on your date.

Please note: Annual Membership ($15) + Toy Levy ($5) required with fees.

PH: 9808 6292 Email: burwoodn@bigpond.net.au

ENROLMENTS

Post: to PO Box 241, Burwood VIC, 3125

Email: burwoodn@bigpond.net.au

Fees must be paid before class starts, including the $15 annual membership. Fees can be paid by cash, cheque or Bank Transfer:
Westpac: Burwood Neighbourhood House
BSB: 033000 **ACC:** 172698 **REF:** Surname + Class e.g. Hatha Yoga

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

Casual payment is only available by prior arrangement with the manager.

REFUNDS - only if the class is cancelled. If you wish to cancel you must let us know 7 days prior to the starting date. Late withdrawals from classes can result in the class being non-financial.

An Admin free of $10 will be charged.

CLASS DATES AND TIMES ARE SUBJECT TO CHANGE.

KNITTED KNOCKERS

Knitted knockers are free 100% cotton prosthesis for breast cancer survivors who have had a mastectomy. Burwood Neighbourhood house is the head office, and we have many branches Australia wide.

For more have a look at the website:
www.knittedknockersaustralia.com

VOLUNTEERING

Volunteers are always welcome!

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

We are also looking for knitters to help with kitted knockers fundraising efforts Enjoy a lovely social afternoon to create some special items to sell at our street stall at Forest Hill. Funds are urgently needed to enable us to provide our free prosthesises Australia wide and overseas.

COME AND TRY DAYS!

ACTIVITY	DATE	TIME
Yoga	Monday 5th February	9:05am - 10:05am
Mat Pilates	Monday 5th February	7:00pm - 8:00pm
Scrabble	Wednesday 7th February	10:00am - 1:00pm
Strength Training	Thursday 8th February	10:00am - 11:00am
Tai Chi	Thursday 8th February	11:30am - 12:30am
Zumba over 40s	Friday 9th February	9:30am - 10:30am

BOOKINGS ESSENTIAL!!

HELP NEEDED FOR FUNDRAISING

Burwood Neighbourhood House holds four street stalls per year. We need your help! Ways to contribute include:

- Stall assistance (1 Hour)
- Jam/Chutney making
- Donation of fruit or jam jars
- Dress making
- Art and Craft skills
- Cooking/baking

Please call the House to inquire about dates and how your skills can help our stall.

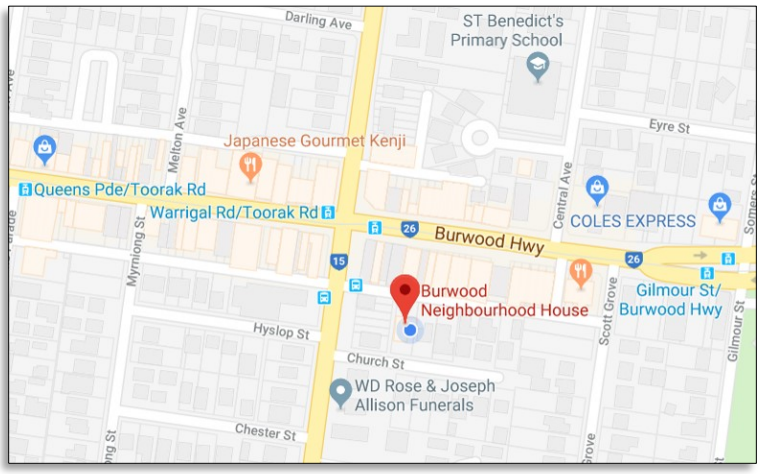
WHO WE ARE, WHERE WE ARE, AND HOW DO YOU GET IN TOUCH?

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

We are located at **1 Church Street, Burwood, VIC, 3125**

Office hours: Monday-Friday 10am - 3pm

Visit www.burwoodneighbourhoodhouse.com.au for class time, a digital brochure download, enrolment form downloads, news and class updates.



9808 6292

BURWOODN@BIGPOND.NET.AU

903 bus
75 Tram
Melways Ref. 60 H6

JOIN US ON FACEBOOK!!

https://www.facebook.com/Burwood.Neighbourhood.House.Victoria/