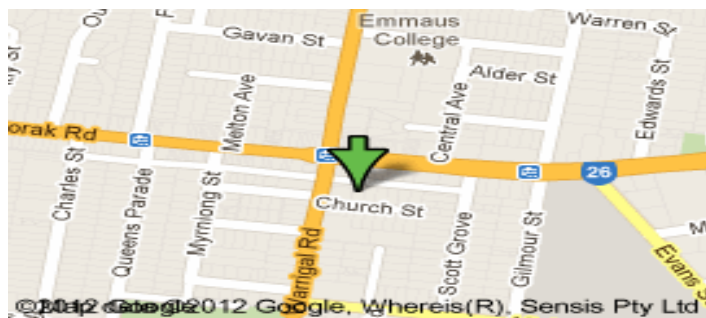


Burwood Neighbourhood & Community House is a community resource that strives to provide a place where people in the area find new friendships, new interests and new links in the area. **WHERE ARE WE?**
1 Church Street, **BURWOOD** Vic 3125



9808 6292 Office Hrs: **Mon-Fri** 10am—3pm



Bus 903

Tram 75

Melway 60

Power of Soul

Tao Healing Evening -A Taste of Tao with Master Trevor Allen

Divine Channel and Worldwide Representative of Dr & Master Zhi Gang Sha

Every Wednesday 7-9 pm.

I have the power to heal myself. You have the power to heal yourself. Together, we have the power to heal the world.-- **Dr and Master Zhi Gang Sha**

MINDFULNESS WORKSHOP - Monday

15 Feb - 21 Mar (5 weeks - no session 14 Mar) **11.30 - 1.00pm**

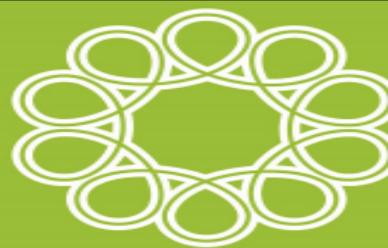
Learn to minimize your stress levels and improve your health and well-being through mindfulness.

Easy to Learn, can be practiced anywhere, anytime, by anyone.
Relax at will, calm your mind.

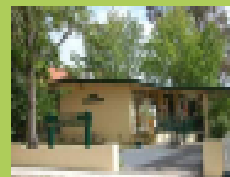
OUR FUNDING

**City Of Whitehorse, Dept of 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".



**WHITEHORSE
COMMUNITY HOUSES**
Bringing our Neighbourhood Together



1 Church Street

BURWOOD

3125



**Our community
Project**

See inside page

Activities

Short courses

Exercise classes

Social Activities

Mothers' Groups

Playgroups

Computer classes

And more

Like us on



**Burwood
Neighbourhood
House**



Term 1, 2016

1 FEB-24 MARCH

(No Classes 14 March-Labour day)



St. Patrick's DAY LUNCHEON

A day of fun and merriment. Bring along an Irish joke and enjoy the humor.

Thursday 17th March

1.00 to 2:30pm

Wear something **Green** and join in the fun.

You don't even have to be Irish!!!

9888 9294 or 9808 6292

email - burwoodn@bigpond.net.au

www.burwoodneighbourhoodhouse.org.au

Office Hours : Mon - Fri 10.00am - 4.00pm ABN: 83855 075 148

NEIGHBOURHOOD and COMMUNITY HOUSE

*A place for people in the
community to meet, learn and
make new links.*

**The Committee of
Governance are all
volunteers.**

More members welcome!

OFFICE HRS: 10.00am-4.00pm

Closed Public Holidays



COMMUNITY PROJECT –

KNITTED KNOCKERS – Australia

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

We are the **National Head Office:**

PRESIDENT: Cheryl Webster

Any new ideas/suggestions

Are always appreciated

FREE LIBRARY

FREE INTERNET for Seniors

Bookings required

FREE Come & Try Days

We are 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

BSB: 033000 **ACC:** 172698

Ref: Surname + Class eg: Webb Yoga

Book Early - 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.*



*Sadly some fees **have had to
rise!** Casual payment is **not available
now.** Please check your activity/class*

Community Groups who use the House:

Knitted Knockers knitting group - Mondays

Breast Cancer Group – Last Fri of the month

Boroondara Toastmasters – 1st & 3rd Thurs

Burke & Beyond Tai Chi Group – Thurs

Burwood Bulletin – Meets monthly, published
quarterly.

Effective as at 2/12/15

Free COME & TRY SESSIONS

for newcomers only

BOOKINGS ESSENTIAL

| ACTIVITY | Term 1 2016 | TIME |
|----------------------------|--------------------|-------------------|
| Pilates All levels | Mon 1 Feb | 7.30pm - 8.30pm |
| Bal & Flex | Tues 2 Feb | 11.30am -12.30pm |
| Scrabble | Wed 3 Feb | 10.00am -1.00pm |
| Tai Chi | Thurs 4 Feb | 11.30am - 12.30pm |
| Tai Chi chair based | Thurs 4 Feb | 12.30pm - 1.00pm |
| Zumba over 40's | Fri 5 Feb | 10.00am - 11.00am |
| Strength Training | Fri 5 Feb | 11.30am - 12.30pm |

Volunteer Board Members Needed!

Do you have a skill to share and are you willing to join
the **National Board** for Knitted Knockers Australia?

Knitted Knockers has branches **Australia Wide.**

Please phone or email if you can assist.

Phone : 9808 6292 email : burwoodn@bigpond.net.au

Or join our local **Neighbourhood House Committee**

ROOMS for HIRE! ROOMS FOR HIRE! ROOMS for HIRE!

The "House" is available for hire for **birthday parties**, small cele-
brations, functions, **business meetings**, therapy sessions, **after
school activities**, displays etc..

Daily hire or hire on a regular basis.

\$\$ Reasonable rates apply — Call us on 9888 9294





Please check our *vacancies* in the following:
PLAYGROUP – Join a group or bring “your” group.
Mon - Fri 2 Hour sessions.

Outdoors: We have a big back yard, play equipment, cubby house, sandpit, bike path.

Indoors:

Lots of activity equipment. Paints, paper, dress ups, toys, puzzles and more. Come + try a *Free* session - call us!!

PLAYGROUP for 3's - Tues (Qualified Childcare Worker)

Feb 2 - Mar 22 10.30am - 12.30pm
 Enjoy seeing your children/grandchildren share in some fun structured activities. Toy Levy **\$5** Term Fee **\$40**

STRUCTURED PLAYGROUP - Friday 2 - 6 years
Feb 5 - Mar 18 10.00am – 12noon

Annual Toy Levy **\$5** Term fee **\$40**
 Bring your child & socialise with other Mums/Dads and grandparents while your children enjoy some supervised activities with our trained activity co-ordinator. **Reasonable rates.**

MOTHERS' GROUP – Mon - Fri 2hr sessions available
\$20

(8 -10 wks approx.) Bring your group and get together at our “House” in our cosy room, with your babies.

PARTY HIRE / ROOM

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 date. **Reasonable rates.**



KNITTED KNOCKERS AUSTRALIA

Free 100% cotton prosthesis available from branches Australia wide. A more comfortable alternative to silicon. If you know anyone needing a more comfortable solution please call us. Volunteers for data entry would be much appreciated. email: burwoodn@bigpond.net.au

www.knittedknockersaustralia.com

We would like to thank **BENDIGO BANK PINWOOD** for their kind donation.

If you are planning to open a new bank account or changing banks why not see **Mark** at the **Pinewood Branch**. Please acknowledge Knitted Knockers if you are opening an account as the organisation may receive further donations from the Bank.

GRAFFITI REMOVAL MACHINE “FREE” for use by local residents and businesses in the City of Whitehorse, City of Boroondara and City of Monash.

This is a shared initiative with the Member for Burwood - Graham Watt & Burwood Neighbourhood House.



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

There are 10 Community/Neighbourhood Houses in COW

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

Koonung Cottage 9878 6632 Louise Multi Cultural Cen. 9285 4852

VOLUNTEERING AT THE HOUSE

Volunteers are always welcome; Garden work, house or office admin.

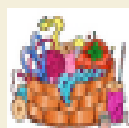
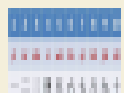
Volunteers also required for Committee of Management on the Board of Knitted Knockers Australia our National Project



MONDAY

*No Sessions 14 March

4



Early Bird discount term fees if **paid before class starts.**

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

YOGA 9.00 - 10.00 am

1 Feb - 21 Mar 7 wks \$91 **Early Bird \$70**

Stretch & relax with Hatha Yoga

MEDITATION 7 wks \$21 10.00 - 11.00am

1 Feb - 21 Mar \$3 session (Relax & refresh body, mind, soul)

ESL Practical - Come & Learn some good basics 11am -12 pm

15 Feb - 21 Mar 5 wks \$ 75 **Early Bird \$60**

MANDARIN for Beginners 12.30 -1.30 pm

15 Feb - 21 Mar 5 wks \$ 75 **Early Bird \$ 60**

Mindfulness Workshop 11.30-1.00pm

15 Feb - 21 Mar 5 wks \$TBA

COMPUTERS Beginners 10.00 - 12.00noon

29 Feb - 21 Mar 3 weeks @ 2 hrs p/w \$90

From \$15 p/h. (Small Classes min 3)

Learn all the basics to get you started using a computer.

PILATES All levels 6.30 - 7.30pm

1 Feb - 21 Mar 7 wks \$105 **Early Bird: \$84**

Improves flexibility, builds strength, develops core control.

PILATES All levels 7.30 - 8.30pm

1 Feb - 21 Mar 7 wks \$105 **Early Bird: \$84**

Improves flexibility, builds strength, develops core control.

CRAFT SOCIAL GROUP 11.30am- 2.00pm

(1st & 3rd Mon) 4 sessions \$16 **Early Bird \$12**

BYO Lunch. Work on your project over a tea/coffee. Or you could knit some Knockers & support our Community Project.

LINE DANCING - Register your interest! 2.00 - 3.00pm

SATURDAY & SUNDAY

9

PARTY HIRE/ ROOM OR HOUSE HIRE

Why not have your child's party at our house?

Also available for community groups AND support groups.

Reasonable rates apply!

Small Computer lab - 3 computers also available.

SWAP, SHUFFLE & SHARE - 9.00am

1st Saturday Every Month

Home grown, home made.

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



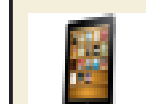
MORE CLASSES AVAILABLE

Min 2hr sessions Classes or Individual sessions

Computers, iPod, iPhone, iPad, android or

BYO laptop, iPod, android etc. for beginners, refresher or advanced Word/Excel lessons. Or use our computers.

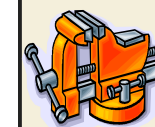
Call us to book a session - fees apply



Register your Interest

Men wanted! for a **MENS SHED** in the **Burwood** area.

Details in progress, phone to register your interest OR volunteer for our Committee.





Early Bird is a discount term fee if **paid before class starts.** We also accept ½ term fee the 1st and 5th week if required

ZUMBA for over 40s **10.00 - 11.00 am**
5 Feb- 18 Mar 7 wks \$105 **Early Bird \$84**
 Come and join the party. Fun & fitness!!

STRENGTH TRAINING **11.30 - 12.30pm**
5 Feb - 18 Mar 7 wks \$70 **Early Bird \$49**
 Improve your body strength - fight osteoporosis. Strong seniors stay young!

KNIT & CHAT **Fortnightly** **10.30am-12.30pm**
"New Activity" Come and Learn to Knit or bring your UFI or come and start something new!! Our "House" knitter can help. Tea & Coffee available. **Phone for details.** **Per session \$4**

LEGO CLUB **12 & 26 Feb, 11 Mar** **4.00pm-6.00pm**
"NEW" **Come and join our Lego Club. BYO LEGO.**
Meet fortnightly and test your creativity!!!

FRIDAY - WORKSHOPS (Bookings essential)

eBay & GUM TREE advertising can help! **\$40**
26 Feb **10:30am - 12:30pm**
 Learn how to create an account and advertise for sale.

KNITTING - Especially for beginners!!! **\$40**
26 Feb **10.30am-12.30pm**
 Come and learn the basics with our in house knitter.
 You can learn to knit a cloth, scarf, square to help get you started.

MOSAICS - Create something special!! **\$40**
11 Mar **10.30am-12.30pm**
 Come along to learn mosaic techniques & use your imagination to make something unique.



Early Bird is a discount term fee if **paid before class starts.**
 *We also accept ½ term fee the 1st and 5th week if required.

STRENGTH TRAINING **10.00 - 11.00am**
2 Feb - 22 Mar 8 wks \$80 **Early Bird \$56**
 Improve your body strength - fight osteoporosis. Strong seniors stay young.

BALANCE & FLEXIBILITY **11.30 - 12.30pm**
2 Feb - 22 Mar 8 wks \$80 **Early Bird \$70**
 Maintain your balance to avoid trips and falls

TAI CHI **6.00 - 7.00pm**
2 Feb - 22 Mar 8 wks \$80 **Early Bird \$56**
 Improves balance, coordination & flexibility.

MEDITATION 8 wks \$24 **7.30 - 8.30pm**
2 Feb - 22 Mar **\$3 Per session**
 Relax & refresh the body, mind & soul.

EXCEL - INTRO 3 wks **10.00 - 12.00noon**
1 Mar - 15 March **\$90**
 Learn how to setup your budget on a spreadsheet + much more. Small classes (min 3) from **\$15 p/h**
 *INDIVIDUAL Sessions available to suit your needs & time

INDIAN VEGETARIAN COOKING **1.00pm - 2.00pm**
23 Feb & 22 Mar **\$30**
India - not just "curries" but a blend of fragrant spices and you can do magic with a lot of or just a few delicious vegetables.
 Come and see a demonstration and then sample the result.



WEDNESDAY

6



WORD - INTRO 10.00 - 12.00 pm
2 Mar - 16 Mar \$90

from \$15 p/h. 3 weeks @ 2 hrs p/w (Small Classes min 3)
Letter writing, sorting documents, creating flyers etc.
*INDIVIDUAL Session available to suit your needs & time.



WALKING with SUE 10.30 - 11.30am
3 Feb - 23 Mar *Fortnightly* \$2

Come and get fit. Enjoy a local walk in a group and come back to the house for tea/coffee/cold drink. *All ages welcome*



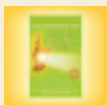
MYOB INTRO 7.00 - 9.00 pm
17 Feb-23 Mar \$180

Small Classes (min 3) from \$15 p/h. 6 weeks @ 2 hrs p/w
Learn data entry with this home/office accounting program.

M₃

SCRABBLE 8 Wks \$40 10.00 - 1.00 pm
3 Feb - 23 Mar Early Bird \$28

Yes we do have scrabble dictionaries. *Come for the challenge.*



POWER OF THE SOUL INSTITUTE 7.00-9.00pm
Practical, simple and powerful techniques to work on healing abilities. Every Wednesday.

THURSDAY

STRENGTH TRAINING 10.00 - 11.00am

4 Feb -24 Mar 8 Wks \$80 Early Bird \$ 63

Improve your body strength - fight osteoporosis.



THURSDAY

7

TAI CHI 8 Wks \$80 11.30 - 12.30pm
4 Feb - 24 Mar Early Bird \$56
Improve balance, coordination & flexibility

TAI CHI -Seated 30 mins *New Session 12.30 -1.00pm
4 Feb - 24 Mar 8 wks \$40 Early Bird \$28
Chair based Tai Chi and gentle exercise.

TAI CHI Burke & Beyond Group 1.15 - 2.15pm
4 Feb - 24 Mar

COMMUNITY BUS TRIPS 10.00am From \$15
+ Entry fee & your lunch (3rd Thurs of the month)

Sand Sculptures - Frankston 18 Feb
St. Patrick's Day Lunch - at the house 17 Mar

LADIES SOCIAL GROUP /MENS SOCIAL GROUP

Are you interested in meeting new friends going for coffee, discussing news and events etc.
Please Phone if you would like to join one of our social groups.

BOROONDARA TOASTMASTERS (separate fees apply)
(1st & 3rd Thurs in month) 7.30pm

* Become the Speaker & Leader you want to be

* Learn new skills for your personal development

Speak confidently with Toastmasters

www.boroondara.toastmasters.org.au or ph 9888 9294

Room available on the 2nd and 4th Thursday's

