



Geelong West Neighbourhood House

Celebrating Diversity, Building Community

Term 1 2020 Activities Program

Creative Arts



Art Classes – Watercolour – Colour & Texture

29 Jan – 26 Feb (5 weeks)

Wednesday 7-8.30pm

Geelong West Neighbourhood House

Learn techniques to blend, bleed, charge and drop in colour and learn how to create textural effects by using household items to alter the look of the painted surface. Suitable for beginners or as a refresher to get yourself painting again.

BYO: Paint, brushes and watercolour paper.

Materials list available on enrolment

Venue: Geelong West Community Hub

Tutor: Felicity Cost: \$80 Code: 20-1CA1

Art Classes – Drawing from the Park

4 March – 1 April (5 weeks).

Wednesday 7-8.30pm

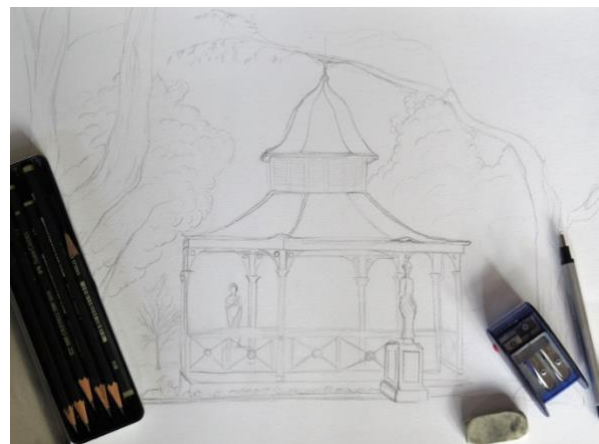
Geelong West Neighbourhood House

Start or renew your interest in art with this sketching class. Using our new location situated on West Park, we will fill the late summer evenings with plain-air sketching of nature, architecture and urban scenes visible from the park. Sketching tips and techniques provided. Classes will be held both indoors and in the park dependant on weather conditions. Draw, watch the sunset and unwind
Beginners welcome

BYO Graphite pencils. Paper provided

Venue: Geelong West Community Hub

Tutor: Felicity Cost: \$80 Code: 20-1CA2



Mosaic Workshop 1 Planter Bird for the Wall

26cm in diameter. Bird has hanging facility.

All materials supplied. BYO china 'treasures' if you wish.

Homemade cookies for afternoon tea.

For more details

see: www.flockofbirdsmosaics.org

Date: Saturday 22 February

Time: 1pm - 5pm

Venue: Geelong West Community Garden.

Entrance Lecke Place off Coquette St.

Tutor: Helen Millar **Cost:** \$75 **Code:** 20-1CA3



Mosaic Workshop 2 -Easter Workshop Chook OR Rooster on a Stick

Chook 26cm., Rooster 28 cm. diameter.

Create a vibrant chook or show off rooster to begin or add to your flock of mosaic birds in your garden.

All materials supplied. BYO china 'treasures' if you wish.

Homemade cookies for afternoon tea.

For more details see:

www.flockofbirdsmosaics.org

Date: Saturday, 14 March

Time: 1pm - 5pm

Venue: The Garden Studio Highton, map supplied on booking.

Tutor: Helen Millar **Cost:** \$75

Code: 20-1CA4

Craft & Conversation

Mondays: 6 January – 23 March

10am – 12noon

Venue: Geelong West Community Hub

Come along and enjoy good company, good conversation and the opportunity to make new friends. Bring along your sewing, knitting or crochet patterns and projects and join us in the Hub overlooking the beautiful West Park.

New members welcome. **Cost:** Gold Coin



Health & Wellbeing

Mindfulness Meditation Day Sessions

Mondays: 3 February – 23 March

1:00 - 2:00pm

Looking for a way to create a more balanced life and improve your wellbeing? Come join our mindfulness class and switch off from the demands of life and experience simply being. Together we gradually unwind and give our bodies and minds the chance to rejuvenate and replenish. Proved benefits of regular mindfulness/meditation practice include better intra and inter personal relationship, decreased stress levels, better concentration and mental clarity, improved emotional awareness, weight and blood pressure regulation. No experience required.

Venue: Virginia Todd Hall, Clarence St, Geelong West

Tutor: Linda de Marco

Cost: \$80 per term(8 weeks)/\$12 week

Code: 20-1HW1



Pilates Classes

Tuesdays: 28 January – 24 March

9:30 - 10:30am

Venue: Geelong West Community Hub
89 Autumn St, Geelong West.

Enjoy a full body workout – toning and conditioning the body, improve overall balance and coordination.

BYO Yoga mat and water.

Tutor: Lila Smyth

Cost: \$90 term (9 weeks)/ \$12 week

Code: 20-1HW2

Yoga Classes

Tuesdays: 28 January – 24 March
10:45 - 11:45am

Venue: Geelong West Community Hub

Join us for a traditional Hatha style yoga class suitable for all levels - absolute beginners to experienced practitioners, in a non-competitive friendly environment. Alita will guide you through breathing techniques, gentle stretches and rotations of joints to release tension, plus energizing strengthening and balancing sequences to keep the body and mind happy, healthy and harmonized. Class concludes with a guided relaxation to restore and rejuvenate.

If you can breathe, you can do yoga!
BYO water bottle, Yoga mat & blanket.

Tutor: Alita

Cost: \$90 term (9 weeks)/\$12 week

Code: 20-1HW3



Qigong Classes

Thursdays: 6 February – 26 March (no class 5 March) 5.00 – 6.00pm

Venue: Geelong West Community Hub

Qigong is an integrated body-mind health practice originating from China encompassing physical postures and stretching, repeated flowing body movement, breathing techniques and focused intention. The movements are easy to learn and accessible to everyone, require no equipment and modified in case of injury/illness.

Tutor: Paul Burns

Cost: \$70 term (7 weeks) /\$12 week

Code: 20-1HW4



NEW FOR 2020

Cards and Board Games

Tuesdays – 28 January – 24 March 1-3pm

Interested in playing some old-fashioned board or card games? Live alone or no-one to play with? Bring along your favourite game or try one that someone else has to share.

GOLD COIN DONATION



| Activity | Session | Commencing | Venue | Cost |
|--|---------------------------------|---|--|---|
| CREATIVE ART, SUSTAINABILITY & WELLBEING ACTIVITIES | | | | |
| Watercolour – Colour & Texture | 5 x 1 ½ Hour Art Class Sessions | Wednesdays 29 Jan – 26 Feb 7.00 – 8.30 PM | Geelong West Community Hub 89 Autumn St | \$80 CODE: 20-1CA1 |
| Drawing from the Park | 5 x 1 ½ Hour Art Class Sessions | Wednesdays 4 March – 1 April 7.00 – 8.30 PM | Geelong West Community Hub 89 Autumn St | \$80 CODE: 20-1CA2 |
| Planter bird for the wall | 4 Hour Mosaics Workshop | Saturday 22 Feb 1:00 – 5:00 PM | Geelong West Community Garden. Entrance Lecke Place off Coquette St. | \$75 CODE: 20-1CA3 |
| Easter Workshop Chook OR Rooster on a Stick | 4 Hour Mosaics Workshop | Saturday 14 March 1:00 – 5:00 PM | The Garden Studio Highton (Map supplied on booking) | \$75 CODE: 20-1CA4 |
| Mindfulness Meditation Day Sessions | 8 Sessions | Mondays 3 Feb – 23 March 1:00 – 2:00 PM | Virginia Todd Hall Clarence Street Geelong West | \$80 per term or \$12 week Code: 20-1HW1 |
| Pilates Classes | 9 Sessions | Tuesdays 28 Jan – 24 March 9:30 – 10:30 AM | Geelong West Community Hub 89 Autumn St | \$90 term or \$12week Code: 20-1HW2 |
| Yoga Classes | 9 Sessions | Tuesdays 28 Jan – 24 March 10:45 – 11:45 AM | Geelong West Community Hub 89 Autumn St | \$90 term or \$12 week CODE: 20-1HW3 |
| Qigong Classes | 7 Sessions | Thursdays 6 Feb – 26 March (no class March 5) 5.00 – 6.00 PM | Geelong West Community Hub 89 Autumn St | \$70 term or \$12 week CODE: 20-1HW4 |
| Craft & Conversation | 13 Sessions | Mondays 23 Sept – 16 Dec 10 AM – 12 NOON | Geelong West Community Hub 89 Autumn St | Gold Coin Donation |
| Cards & Board Games NEW 2020 | 9 Sessions | Tuesdays 28 January – 24 March 1pm – 3pm | Geelong West Community Hub 89 Autumn St | Gold Coin Donation |

ENROLMENT AND ENQUIRIES

Office Hours: Monday to Friday 10am -3pm

Geelong West Community Hub, 89 Autumn St Geelong West 3128

Phone: 0427 703 218. Email info@gwnh.org.au

www.gwnh.org.au Find us on Facebook

PAYMENT OPTIONS: Bookings and payments can be made online, or in our office, 10am - 3pm Monday to Friday.