

Queenscliffe Neighbourhood House

February to March Term 1 Program 2021

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Yes we are OPEN

Welcome to our 2021 Term 1 Program!

COVID safe classes resume

After a tumultuous 2020, we are looking forward to running COVID safe, face to face classes and our Interest Groups returning to QNH. Masks are no longer mandatory indoors, unless 1.5 meters' distance cannot be maintained. People are becoming familiar with using the QR code and cleaning surfaces to keep us open and safe for everyone to use.

Enrolment numbers

There will be a cap on classes and numbers at QNH to be COVID safe. Please make sure you let us know if you would like to be put on the **Waiting List** for a class if it is fully booked. You can do this via each class's Trybooking link.

If you are not comfortable using the online booking system, please call the Office on Wednesday and Thursday mornings between 9.30 and 11.00am and we will assist with enrolment. Classes are also subject to sufficient enrolments. Refunds will be provided for all classes that don't go ahead. For more information, feel free to speak with Donna.

Please note: No classes on Monday 8th March

Location of classes

We are holding our music, yoga and physical movement classes at **Queenscliff Community Hall**, 14 Symonds Street so that we can maintain the required 1.5-meter distance for people attending classes. We will be following all Victorian Government guidelines and directions if anything changes.

New and familiar courses and tutors

Classes resume with Ryan Brearley (Art), Louise Stanley (Languages) and Jenny Gore (Ukulele). We welcome our new Art tutor Deb Taylor and our Health and Wellbeing tutors: Lisa Barker, Virginia Cooke and Monica Moore.

Art Classes

Introduction to Drawing with Ryan Brearley

Suitable for beginners and intermediates. This class will introduce basic drawing concepts. The exercises will help participants build skills in drawing what they see and increase confidence in approaching different subject matter such as landscapes and portraits. Required materials will be sent upon enrolment.

Fridays 9.30am to 12.30pm -limited numbers

February 5th, 12th, 19th & 26th

Book here <https://www.trybooking.com/BOHAK>
OR

March 5th, 12th, 19th & 26th

Cost: \$105 or HCC Concession only \$95

Book here: <https://www.trybooking.com/BOHBS>

On-line Zoom Classes with Ryan Brearley:

Drawing and understanding Colour

Introduction to drawing and colour concepts including blind contour, gesture and the Golden section, an important part of composition. We will explore individual colours, mixing colour wheels and understanding colour relationships to start you on a journey to make your paintbox sing! Weekly instruction/exercise videos precede the Zoom sessions where critical appraisal of your work will be made by the tutor and peers. Required materials will be sent once you have enrolled.

Thursdays at one of the following times:

9.30 – 11.30am or 12.30 – 2.30pm or 7 – 9pm

7 x Zoom Sessions (Feb 11 – March 25)

Cost: \$350 or HCC Concession \$320

Book here: <https://www.trybooking.com/BOHDI>

NEW! Creative Vision Board Workshop - A Fresh Start to 2021 with Deb Taylor

Suitable for all abilities. A fun and different way to map out your resolutions, goals and vision for 2021 through collage. Take some time out of your busy, distracted life so you can creatively focus on what 2021 is going to look like for you. A workbook will be sent after registration with some pre-workshop activities, space for activities during the workshop and resources for afterwards.

Thursday 4th February 9:30-3:00pm

Cost: \$75 or HCC Concession \$70

Book here <https://www.trybooking.com/BOHDW>

NEW! Exploring Abstract Art - Inspiration from Art History and Recent Contemporary Practice with Deb Taylor

Suitable for all abilities. Let extraordinary artists inspire explorations into the techniques and ideas of abstract art. These classes will be a little bit art history and a lot of play and experimentation with a variety of materials. Explore the possibilities of abstract art or use these strategies to refresh and develop your own art.

The following two courses run for 3 weeks each (6 weeks in total). Choose either month or both:

February Course (3 weeks x 3 hours)

1. Helen Frankenthaler - pouring paint and exploring translucency
2. Rosalie Gascoigne - recycled materials and exploring pattern
3. Brice Marden - the calligraphic line and repetition

Thursday 11th, 18th & 25th Feb, 9.30 – 12.30pm

Cost: \$155 /HCC Concession \$145

Book here: <https://www.trybooking.com/BOHEC>

March Course (3 weeks x 3 hours)

4. Fred Williams - pulling out the essence of place
5. Sonia Delaunay - geometric abstraction, colour and form
6. Franz Kline - the power of gesture and contrast

Thursday 4th, 11th & 18th March, 9.30 – 12.30pm

Cost: \$155 / HCC Concession \$145

Book here: <https://www.trybooking.com/BOHEN>

NEW! Creative Vision Board Workshop - Autumn – Harvest with Deb Taylor

Autumn is harvest time. Guided by the season, this workshop will use the themes of autumn like harvesting, seed collecting and preserving to support you to find focus and clarity for your life. Once you get clarity, you select images and words from magazines and collage them to a large poster sized sheet. A workbook will be sent out after registration with pre-workshop activities and space for activities during the workshop.

Thursday 25th March 9:30-3:00pm

Cost: \$75 or Concession \$70

Book here

<https://www.trybooking.com/BOHER>

NEW! Creatives Book Club with Deb Taylor

Read books that inspire, inform and support living a creative life and/or a creative practice whether it is writing, visual art, music - anything at all. You will be provided with some information and ideas prior to reading the books. There will be a 2 hour honest and generous discussion and from this you will be sent further insights and strategies that might be helpful in your creative life. Participants will need to obtain their own copy of the books.

Session 1 - Big Magic - Creative Living Beyond Fear by Elizabeth Gilbert

Option A – Monday 22nd Feb, 2 – 4 pm or

Option B – Tuesday 23rd Feb, 7 – 9 pm

Cost \$20

Book here: <https://www.trybooking.com/BOHEX>

Session 2 - The Divided Heart - Art and Motherhood by Rachel Power

Option A – Monday 22nd March, 2 – 4 pm or

Option B – Tuesday 23rd March, 7 – 9 pm

Cost \$20

Book here: <https://www.trybooking.com/BOHFR>

NEW! Health & Wellbeing Workshops



Join Lisa Barker from Heliotropia Wellbeing for one or more of her 2 hour Saturday morning workshops.

Lisa is an experienced educator, Japanese language teacher and positive psychology practitioner.

Kintsugi – Embracing Uncertainty and Challenge in 2021

Kintsugi is an ancient Japanese art form, highlighting imperfection and embracing uncertainty and challenge. Kin means ‘gold’ and tsugi means ‘repair’. It is the repair of broken items with gold lacquer. This tradition is much loved in Japan and considered an important philosophy for life. Explore how to adopt a ‘kintsugi mindset’ through combining and practising elements of wellbeing science.

Saturday 13th February 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHKZ>

Heliotropia - Turn Towards the Sun

We will explore together daily, empirically researched ways in which we can enhance our lives. Through turning our attention to life giving and fulfilling daily strategies, we can quieten the negativity bias, lower our stress level and increase feelings of contentment and positive emotion.

This interactive session will be both enlightening and practical.

Saturday 27th February 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHLD>

Strengths for Wellbeing

Are you able to name your five top strengths?

Many of us can quickly identify where we might need to improve but are less familiar with actively naming and utilising our strengths and personal capabilities on a daily basis. This collaborative and practical session will explore the science of strengths and their life-giving capacity to enhance our lives and deliver feelings of engagement, accomplishment and wellbeing.

Saturday 6th March, 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHLE>

Disconnect to Reconnect – Turning to Nature Connection for Wellbeing

In a digitally connected and screen-based world, we are losing our natural and innate connection to nature. We will explore Biophilia – our evolutionary need to feel connected to nature and Nature Connectedness – a reciprocal relationship with nature that fosters caring and positive attitudes towards the planet. This interactive session will be highly practical and explore the ways in which contact with nature improves our health and cognitive functioning.

Saturday 13th March, 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHLH>

50+ Wellbeing – A Workshop for Women

This collaborative and research based workshop will cover the ‘how’s’ of sustainable wellbeing as we mature and enter a different phase of our lives. For many women, this time can be a unique opportunity as other responsibilities such as family raising and care-giving begin to taper. This workshop will be highly practical and participants will leave with some goal setting and striving strategies for their wellbeing and personal growth.

Saturday 20th March, 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHLI>

Ikigai – The Japanese Art of uncovering meaning and purpose in life

Ikigai is an ancient Japanese practice of finding our 'reason for being'. Everyone, according to Japanese culture has their own ikigai. It must firstly be uncovered, then celebrated. In this two-hour session, we will discover out ikigai together through exploring Passions, Gifts, Values and Possibilities. This workshop is an enjoyable process of shining a light on what makes us feel truly alive!

Saturday 27th March, 10 – 12pm

Cost: \$50 or HCC Concession \$45

Book here <https://www.trybooking.com/BOHLI>

NEW! Fitness, Strength and Flexibility

Get Fit Where You Sit with Ageless Grace with Virginia Cooke (Movement Mentors)

Ageless Grace is a brain & body fitness program. Exercise from the comfort of your chair, socially distanced, to music you love. Improve core strength, balance, coordination and flexibility -- without realising you're doing it!

For more info, contact Virginia 0411 952 598 or info@movementmentors.com.au

<http://movementmentors.com.au/ageless-grace/>

Monday 15th February Come and Try for Free!

Location: Queenscliff Community Hall

Book here <https://www.trybooking.com/BOGXY>

Mondays 22nd Feb – 22nd March (5 classes)

9.30 to 10.30am (45 minutes of exercise)

Cost: \$10 per session

Location: Queenscliff Community Hall

Book here <https://www.trybooking.com/BOGZC>

NEW! Yoga for Health with Monica Moore

Monica is an experienced and accredited yoga teacher with a nurturing and caring approach. She ensures her classes has options to suit all levels and abilities as she guides students into the asanas (postures). Monica firmly believes yoga is a non-judgmental, physical and spiritual practice where

you tune into and connect with yourself and the whole body. Details of what to bring and wear are provided on booking link.

Tuesdays (9th February – 25th March)

10.00 – 11.00 am

Cost: Casual - \$15 per session/HCC concession \$12

Location: Queenscliff Community Hall

Book here <https://www.trybooking.com/BOHMA>

Block of 6 sessions: \$80 / HCC concession \$68

Book here <https://www.trybooking.com/BOHLT>

Music Classes and Groups



Shedding the Blues is an innovative project assisting mature age men from across the Bellarine Peninsula (and beyond) to connect through a shared love of music. Open to all genders, the group's focus is on the health and wellbeing of men who are nearing or have reached retirement age.

Members and friends can be involved in one or more interest groups, including the:

Playing Together Learning Group - Getting together at a variety of venues on the first and third Tuesdays of the month and not just for the talented

Music Appreciation Group - Exploring several genres and musical styles, including jazz, classical, rock, blues, folk

Tinkering Group - Making, repairing, maintaining musical instruments and equipment for members and organisations in the community

People interested in joining Shedding the Blues can:

1. Join our Facebook page and Direct Message Des Rob Gorman
2. Email: Attention Des Gorman to sheddingtheblues@gmail.com

Find out more on our webpage

<https://sheddingtheblues.weebly.com/>

Learn to Play the Ukulele with Jenny Gore **General Beginners – No experience**

Mondays 1– 2pm (8th Feb – 22nd March)

Cost: \$70 / \$65 HCC for 7 weeks

Location: Queenscliff Community Hall

OR

Mondays 7 – 8 pm (8th Feb – 22nd March)

Cost: \$70 / \$65 HCC for 7 weeks

Location: Queenscliff Community Hall

Book here <https://www.trybooking.com/BOHNN>

Ongoing beginners

For those who have completed the beginners course, have a good knowledge of basic chords and are ready to further explore chords, melody and harmony on the ukulele. (This course will include beginner JHUI concepts and lead to both the Ensemble and 'Sea of Ukes' groups)

Mondays 2.15 – 3.15 (8th Feb – 22nd March)

Cost: \$70 / \$65 HCC for 7 weeks

Location: Queenscliff Community Hall

Book here <https://www.trybooking.com/BOHOL>

James Hill Ensemble Level 2/3

This group is for ONGOING JHUI students in level 1, 2 or 3. We will further explore chord melody with both solo and ensemble pieces.

Mondays 4.00 – 5.00 (8th Feb – 22nd March)

Cost: \$70 / \$65 HCC for 7 weeks

Location: Queenscliff Community Hall

Book here: <https://www.trybooking.com/BOHON>



Sea of Ukes

Come along at any skill level and have fun with the big group. Facilitator: Jane Rodwell

Mondays 5.30 to 6.30pm

Cost \$10 per session

Location: Queenscliff Community Hall

For further information, go to:

www.queenscliffukulelegroup.weebly.com

The Tides of Welcome Choir will continue this term at the Town Hall under the direction of their Choir Director, Wayne Jury. Choir numbers are at capacity and there is a waiting list to join. Please call Donna at QNH to go on the waiting list.

For more information go to:

tidesofwelcome.weebly.com

Language Classes

Language Classes with Louise Stanley

Exercise your brain and have fun by learning some of the great 'romantic' languages of Europe. Prepare your language skills for when international travel returns. With years of teaching experience, Louise will help you find your place at either the Beginner, Continuing Beginner or Intermediate level of study.

All Classes are held on Tuesdays from 9th February – 23rd March (7 weeks)

All classes cost: \$223 or \$205 concession

Continuing Beginners Italian

9am to 10.30am

Book here: <https://www.trybooking.com/BOHPA>

Intermediate Italian

10.30am to 12noon.

Book here: <https://www.trybooking.com/BOHPC>

Beginners French

12.30 – 2pm

Book here: <https://www.trybooking.com/BOHPE>

Italian Conversation Group

Imagine you are on the island of Sicily or in gorgeous Positano, ordering a coffee or booking accommodation. Practice your Italian conversation with others whilst Louise advises you on pronunciation and grammar.

Tuesdays, 2.30 to 3.30pm from February 9th

Cost: \$106 / \$98 HCC concession for 7 weeks

Book here: <https://www.trybooking.com/BOHPJ>



Stay tuned for information about our House Gallery. We are planning on resuming exhibitions in the near future. Please check our website for updates.



Boomerang Bags volunteers help mark out and cut materials, pin, iron, stamp and sew. No experience required. Volunteers can also collect the kit and make the bags at home. Donations of fabric also most welcome. We have made over 1000 bags so far! Bags are available at the Neighbourhood House and Queenscliff & Point Lonsdale IGA

Sewing times: Fridays, 9am to 12noon, commencing 5th February

<https://www.qnhouse.com.au/boomerang-bags.html>

Our Interest Groups are meeting at QNH:

- Book making Tuesdays fortnightly from 10am
- Mixed Craft Group, Mondays 11am
- Friday Painters, Fridays 1.30
- Men's Shed, Thursdays 9.30 -11.30am
- Men's Discussion Group, Thursdays 2pm via zoom
- Men's Shed Bicycle Work, Tuesdays and Thursdays, 9.30 to 11.30am
- Photo Group, 3rd Monday, 7.30pm
- Painting Together, Wednesdays 9.30
- Shedding the Blues Tuesdays, 10.30am
- Stitches, Tuesdays 12.30 – 4.00pm
- Tides of Welcome Choir, Thursdays, 7.30pm. tidesofwelcome.weebly.com (waiting list only)
- Writers Group, Tuesdays fortnightly from 10am

Interest Groups contribute \$5/\$4 concession per person towards refreshments and other amenities each time they meet. Newcomers welcome. Please phone us to find out more information about these groups and if numbers are capped.

