



**Geelong West
Neighbourhood House**
Celebrating Diversity, Building Community

Term 1 2021 Activities Program

Creative Arts

Art Classes

Pen & Wash

Thurs 6.30-8.00pm

4 Feb – 4 March (5 Weeks)

Cost \$80 class & \$20 materials

BYO watercolour paint & No 8 round brush or larger



Combining ink pen drawing with watercolour painting, this class will introduce you to these techniques to produce a sample and an artwork of your choice. This class will focus on tone and texture and producing clear washes. Some previous beginner experience with watercolours desirable.

Code: 21 – 1CA1

Drawing and Composition

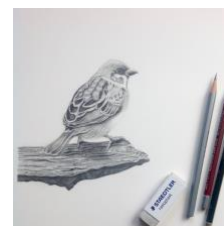
Thurs 6.30 – 8.00pm

11 March – 1 April (4 weeks)

Cost \$80

BYO Drawing pencils 2h, hb 2b, eraser

Paper provided



Learn essential drawing skills using form and shape as a basis to produce artworks. Using real life objects we will look at combining elements in a drawing and how to best arrange elements to produce a unified drawing. Suitable for beginner to advanced beginner or as a refresher to get back into your art

Code: 21 – 1CA2

Mosaic Workshop 1 Planter Bird for the Wall

Mosaic Workshop

Planter Bird for the Wall

Date: Saturday, 13th February

Time: 1pm - 5pm

Make a sculptural bird from repurposed china and glass. The bird has a wing pocket in which petite succulents may be planted. There is a hanging facility at the back to allow for display on a fence or wall. The planter bird is 26 cm in diameter.



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

Homemade cookies for afternoon tea

Cost: \$75 Tutor: Helen Millar

Venue: Geelong West Community Garden. Entrance Lecke Place off Coquette St.

Code: 21 1CA3

Craft & Conversation

Mondays: 11 January – 29 March

10am – 12noon

Venue: Geelong West Neighbourhood House

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: 1 February – 29 March

5.00 – 6.00pm

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: Geelong West Neighbourhood House, 89 Autumn St Geelong West

Tutor: Linda de Marco

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

Code: 21-1HW1

Pilates Classes

Tuesdays: 19 January – 30 March

9:30 - 10:30am

Venue: Geelong West Neighbourhood House

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: \$110 term (11 weeks)/ \$12 week

Code: 21-1HW2



Yoga Classes

Tuesdays: 19 January – 30 March 10:45 - 11:45am

Thursdays: 28 January – 1 April 9:30 – 10:30 am

Venue: Geelong West Neighbourhood House

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: Tues \$110 term (11 weeks)/ \$12 week Code: 21-1HW3.

Cost: Thurs \$100 (10 weeks)/\$12 week Code: 21-1HW6.



Qigong Classes

Thursdays: 21 January – 1 April

5.00 – 6.00pm

Venue: ZOOM (a link will be sent via email)



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.

We will also be offering 2 hour face to face workshop at the Geelong West Neighbourhood House on **Sunday 18 April 10am-12pm** to enhance and learn some new skills

Tutor: Paul Burns

Cost: \$110 term (11 weeks) /\$12 week Code: 21-1HW4

Cost: April workshop \$25. Code: 21-1HW7

NEW FOR 2021

Strength Training Classes

Thursdays – 4 February – 1 April March 11am – 12pm

Janet Ashton, Personal Trainer and Manager of [THEPTBEE](#)



Strength Training is not just for bodybuilders! Regular strength training benefits people of all ages, particularly those with health issues such as obesity, type 2 diabetes, arthritis and heart disease. Research has shown that weekly strength training reduces the risk of developing heart disease and stroke, as well as assisting with weight loss, improving balance, improving bone health and reducing the natural loss of lean muscle that occurs with ageing. My 60 minute class is designed to cater for all levels of fitness, and can be tailored to your individual needs and goals. As a Registered Nurse and qualified Personal Trainer my class is designed to provide you with evidence based results whilst ensuring a safe, relaxed, social and fun environment. You will take away all the benefits of strength training, build self-confidence and help your body BEE THE BEST IT CAN BEE!

Cost: \$80 term (8 weeks)/ \$12 weekly (4 Feb will be a free come and try information session)

Code: 21 – 1HW5

Activity	Session	Commencing	Venue	Cost
CREATIVE ART, SUSTAINABILITY & WELLBEING ACTIVITIES				
Pen and Wash	5 x 1 ½ Hour Art Class Sessions	Thursdays 4 Feb – 4 March 6.30 – 8.00PM	Geelong West Neighbourhood House 89 Autumn St	\$80 (\$20 materials) 21-1CA1
Drawing and Composition	4 x 1 ½ Hour Art Class Sessions	Thursdays 11 March – 1 April 6.30 – 8.00PM	Geelong West Neighbourhood House 89 Autumn St	\$80 CODE: 21-1CA2
Planter bird for the wall	4 Hour Mosaics Workshop	Saturday 13 Feb 1:00 – 5:00 PM	Geelong West Community Garden. Entrance Lecke Place off Coquette St.	\$75 CODE: 21-1CA3
Mindfulness Meditation Sessions	9 Sessions	Mondays 1 Feb – 29 March 5:00 – 6:00 PM	Geelong West Neighbourhood House 89 Autumn St	\$90 per term or \$12 week 21-1HW1
Pilates Classes	11 Sessions	Tuesdays 19 Jan – 30 March 9:30 – 10:30 AM	Geelong West Neighbourhood House 89 Autumn St	\$110 term or \$12week 21-1HW2
Yoga Classes	11 Sessions	Tuesdays 19 Jan – 30 March 10:45 – 11:45 AM	Geelong West Neighbourhood House 89 Autumn St	\$110 term or \$12 week 21-1HW3
Yoga	10 sessions	Thursdays 23 Jan – 1 April 9.30 – 10.30 am	Geelong West Neighbourhood House 89 Autumn St	\$100 term or \$12 week 21- 1HW6
Qigong Classes	11 Sessions	Thursdays 21 Jan – 1 April 5.00 – 6.00 PM Workshop 18 April 10-12	ZOOM Workshop 89 Autumn St	\$110 term/ \$12 week Workshop \$25 21-1HW4
Craft & Conversation	12 Sessions	Mondays 11 Jan – 29 March 10 AM – 12 NOON	Geelong West Neighbourhood House 89 Autumn St	Gold Coin Donation
Strength Training NEW 2021	9 Sessions	Thursdays 4 Feb – 1 April 11am – 12pm	Geelong West Neighbourhood House 89 Autumn St	\$80 term \$12 week 21 – 1HW5

ENROLMENT AND ENQUIRIES

Monday-Friday 10AM – 3PM Mobile: 0427 703 218

Office: Rear - Geelong West Neighbourhood House 89 Autumn Street, Geelong West, Vic 3218

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