

North Carlton Neighbourhood RAILWAY HOUSE

2018 PROGRAM TERMS 1 & 2



LEARN AND CREATE HEALTH AND FITNESS KIDS AND TEENAGERS COMMUNITY CONNECTIONS VENUE HIRE

TERM 1 (9 WEEKS): 29 JANUARY TO 29 MARCH

TERM 2 (11 WEEKS): 16 APRIL TO 29 JUNE

(NO CLASSES MONDAY 12 MARCH,
WEDNESDAY 25 APRIL AND MONDAY 11 JUNE)



TIMETABLE

	TIME	PROGRAM
MONDAY	9.30am-10.30am	Small Group Training
	9.45am-10.30am	Indoor Exercise Circuit for Women
	10.00am-12.00pm	Make, Do, Mend
	10.00am-4.00pm	Community Bus Trip (1st Monday of the month)
	11.00am-12.00pm	Gentle Chair Yoga
	1.00pm-3.00pm	Computer Class
	1.30pm-3.00pm	Talking French
TUESDAY	4.30pm-5.45pm	Learning Club
	10.00am-11.00am	Green Hands Gardening Group (1st Tuesday of the month)
	10.30am-12.30pm	Knitting Circle
	11.00am-12.30pm	Community Drop-In Playgroup
	1.00pm-3.00pm	Art Class
	4.00pm-5.00pm	Kids' Art House
WEDNESDAY	7.30pm-9.30pm	Havana Palava Street Band (alternate Tuesdays)
	10.00am-12.00pm	Folks on Spokes Cycling Group
	10.00am-11.00am	Community Singing Group
	12.00pm-2.00pm	Guest Chef (1st Wednesday of the month)
	12.00pm-2.00pm	Community Lunch (2nd, 3rd & 4th Wednesdays of the month)
	2.30pm-3.30pm	Tai Chi For Good Health
THURSDAY	4.00pm-5.00pm	Kickstart Soccer
	7.30pm-9.30pm	Men's Choir
	9.45am-10.30am	Indoor Exercise Circuit for Women
	10.30am-12.30pm	Skills for Hospitality Work
	12.30pm-1.30pm	Slow Flow Yoga
	2.00pm-3.30pm	Table Tennis
FRIDAY	3.45pm-4.30pm	Fun & Fitness For Girls (8-11 years)
	4.30pm-5.15pm	Fun & Fitness For Girls (12-16 years)
	6.00pm-9.00pm	Mah Jong
	10.00am-11.00am	Yarra City U3A Italian Folk Singing
	9.00am - 5.00pm	Bravissimi: Italian for Pre-Schoolers

ABOUT THE HOUSE

The heritage "Railway House" is one of nine Neighbourhood Houses and Learning Centres in the City of Yarra. We provide a range of educational, recreational and health programs to local residents as well as information and referral services.

Railway House is a warm and welcoming community centre where a diverse range of people socialise, learn and celebrate together. We strive to help improve the quality of community life through our programs and activities, and encourage people living in the neighbourhood to let us know what you would like from your local neighbourhood house.

VOLUNTEER

Did you know that volunteering makes people happier and healthier? If you have an hour or 2 to spare each week, consider volunteering at Railway House! Volunteer roles include: helping at our Learning Club (for students prep-grade 3), one on one tutoring and mentoring (secondary school students) and even running a program if you have a particular skill to share such as cooking, sewing or teaching ESL. Get in touch if you're interested!

RECYCLE

Do your bit for the planet and bring in your batteries, mobile phones and cameras to Railway House, which will be collected by City of Yarra for recycling. You can also drop off your soft plastics (which cannot be placed in your City of Yarra recycling bin).

SWAP

Check out our range of adult and children's books. Swap one of yours for one of ours, or borrow one and return it. Our veranda is a lovely spot to enjoy a read and you're welcome to make a cuppa and stay a while!

DONATE

Railway House is a drop off centre for food donations for the Asylum Seeker Support Service. Please bring your donations of canned and dried foods, coffee, tea, biscuits etc. during office hours and we will deliver them.

VENUE HIRE

Nestled in a peaceful parkland setting with easy parking close by, the historic Railway House and its separate sunny pavilion are ideal venues for parties, celebrations, meetings, workshops and community groups. Please visit our website or contact the office for hire fees.



RAILWAY HOUSE

The Main Room offers a lovely leafy outlook onto Hardy Gallagher Reserve, with access to a large veranda, public barbecues and a children's playground. Hire fee includes well-equipped kitchen, trestle tables and chairs.

Capacity: 30 people

Available: Weekends 10am-6pm (Weekdays call office)

BOCCE PAVILION

The Pavilion is a modern annexe with French doors opening onto a veranda and four bocce courts. Facilities include a microwave, fridge, kettle, trestle tables and chairs.

Capacity: 15 people (more if hired together with the bocce courts)

Available: Weekends 10am-6pm (Weekdays call office)

BOCCE COURTS

The bocce courts can be hired separately or in conjunction with the Pavilion or Main Room. All equipment is supplied, as well as instructions for first time players.

LONG TERM ROOM HIRE

Both the Main Room and the Pavilion can be hired on a long term basis for evening and weekday classes, playgroups and workshops at very reasonable rates. Please contact the office for days and times available.

UPCOMING EVENTS

LET'S TALK BALCONY GARDENS

The good folks from Lygon Street Nursery are back, this time to talk about Balcony Gardening. Apartment dwellers, learn how to get your balcony looking great!

Friday 23 March 6pm - 7pm

Cost: \$5 (including refreshments and door prize)

NEIGHBOUR DAY

Neighbour Day is Australia's annual celebration of community. Come and enjoy a delicious lunch with people living in your neighbourhood.

Wednesday 21 March 12pm - 2pm

Cost: Free



CONTACT US

ADDRESS 20 Solly Avenue
Princes Hill, 3054 (in the park)

POST P.O. Box 1 North Carlton 3054

PHONE 9380 6654

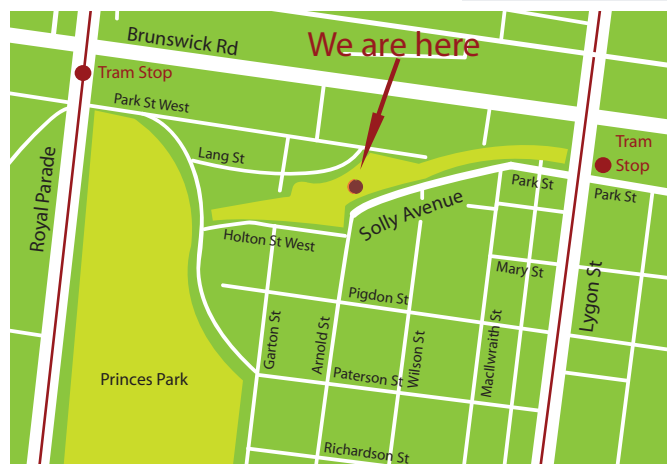
EMAIL admin@railwayneighbourhoodhouse.org.au

WEB www.railwayneighbourhoodhouse.org.au

MELWAYS 29 H10

OFFICE HOURS MONDAY to THURSDAY 9.00AM-5.00PM

ABN Wheel Chair Accessible
26424383517



FUNDING

We thank our funding partners for their ongoing support. Adult Community and Further Education (ACFE), Inner North Community Foundation, City of Yarra, Clifton Hill/North Fitzroy Community Bank (Bendigo Bank), R.E. Ross Trust, and the Victorian Department of Health and Human Services.



PROGRAMS AND ACTIVITIES

Our programs are led by experienced, committed and supportive people who are passionate about their work and enthusiastic about sharing their knowledge, skills and ideas.

LEARN AND CREATE

FREE INTERNET ACCESS

MONDAY - THURSDAY 10.00PM - 4.00PM

ART CLASS

TUESDAYS 1.00PM - 3.00PM

Cost: Full Fee \$16, Seniors \$13, Healthcare Card Holders \$10
This friendly art class offers the opportunity to explore your artistic talent whether you are yet to discover that talent or you are an experienced artist. Led by an encouraging art teacher, you will enjoy experimenting with a variety of art forms in a relaxed environment. Held in our sunny, light filled Bocce Pavilion.

COMMUNITY SINGING GROUP

WEDNESDAYS 10.00AM - 11.00AM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
People interested in joining a community choir, look no further than this one! If you love singing for the pure pleasure of it, you'll love being part of this happy group.

COMPUTER CLASS

MONDAYS 1.00PM - 3.00PM

Cost: \$50 per term (free for ACFE eligible healthcare card holders) Term 1: The First Step Term 2: The Next Step
Develop your digital literacy skills in a relaxed and friendly environment. This course is funded by ACFE and will help beginners with very low digital knowledge to participate in the digital world. Students will learn digital terminology, keyboard and mouse skills, setting up an email account, navigating the internet, social media, MS Office and desktop publishing.

GUEST CHEF

First WEDNESDAY of the month 12.00PM - 2.00PM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
Join a guest chef every month as they prepare a delicious meal from readily available ingredients. Learn new recipes, get helpful cooking tips, lend a helping hand and enjoy a lovely lunch!

HAVANA PALAVA STREET BAND

Alternate TUESDAYS 7.30PM - 9.30PM

Cost: Free
Musicians interested in playing street music are welcome to come along and join this vibrant and energetic street band of brass, saxophones and percussion. The band performs at festivals in and around Melbourne and is always keen for new players. For more information contact Sue Tyrrie at suetyrrie@phsc.vic.edu.au

ITALIAN FOLK SINGING – YARRA CITY U3A

FRIDAYS 10.00AM - 11.00AM

Learn to sing and celebrate Italian folk songs with this enthusiastic U3A class. Experienced singers, beginners, Italians and non-Italians welcome. *Contact Yarra City U3A: 94163443*

KNITTING CIRCLE

TUESDAYS 10.30AM - 12.30PM

Cost: \$4 per session
If you love to knit, here's a chance to extend your existing skills, learn new skills, exchange patterns and ideas, and make friends with people who share your passion.

MAKE, DO, MEND

MONDAYS 10.00AM - 12.00PM

Cost: Free
Love sewing or crafting but need some motivation? Come to Railway House on Monday mornings and work on your projects alongside others who share your passion! We have plenty of space, sewing machines and an overlocker available.

MEN'S CHOIR: HOMEBREW VERANDA SINGERS

WEDNESDAYS 7.30PM - 9.30PM

Cost: \$20 per session
Join a bunch of blokes who sing to celebrate life! Whether you're a learner or a more accomplished singer, you'll be warmly welcomed by this harmonious group. *Contact Jeff on 9381 4505*

SKILLS FOR HOSPITALITY WORK

THURSDAYS 10.30AM - 12.30PM

Cost: \$50 (free for ACFE eligible healthcare card holders)
The Hospitality Skills Course is a pre-accredited ACFE funded course for people of all ages and backgrounds to gain the skills and knowledge needed to obtain employment in the hospitality industry. Students will learn barista, waitering, and customer service skills and at the conclusion of the course will be job ready with some basic practical skills to work in the field of hospitality.

TALKING FRENCH

MONDAYS 1.30PM - 3.00PM

Speakers of French who are at an advanced level are invited to join this small, friendly group and advance their fluency in the language even further. *Contact Christine for fees and further information on 9489 9714*

HEALTH AND FITNESS

COMMUNITY GYM MEMBERSHIP

Cost: \$40 for a 3 month membership for Healthcare card holders
Allows access to three of Yarra Leisure's recreation sites, including Collingwood Leisure Centre, Fitzroy Swimming Pool, Richmond Recreation Centre.

FOLKS ON SPOKES - CYCLING GROUP

WEDNESDAYS 10.00AM - 12.00PM

Cost: Free
Whatever your level of fitness or experience riding a bike, if you're interested in joining a cycling group, we want to meet you! We meet every Wednesday at the House and go off to explore the various bike tracks and trails around the local area. With a coffee stop along the way to recharge, we always have an enjoyable morning!

GENTLE CHAIR YOGA

MONDAYS 11.00AM - 12.00PM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
Conducted by a yoga teacher trained to work with seniors, this yoga class is conducted sitting down and helps to improve balance, strength, body awareness, posture and flexibility. Enjoy an hour of peace and tranquility and at the same time improve your health and well being. Suitable for both seniors and younger people new to exercise.

INDOOR EXERCISE CIRCUIT FOR WOMEN

MONDAYS & THURSDAYS 9.45AM - 10.30AM

Cost: \$7.50 for 1 session per week / \$10.00 for 2 sessions per week. First 2 sessions free!
Join Jen for an indoor exercise circuit for women of all ages and fitness levels. Have fun and make new friends as you build up your fitness and strength to easily perform everyday tasks. Work to your own ability and fitness level using dumbbells, bodyweight, thera bands, skipping ropes and mats.

SMALL GROUP TRAINING

MONDAYS 9.30AM - 10.30AM

Contact Shede Olukhale from Kickstart Training on 0408 598 274 or info@kickstarttraining.com.au

TAI CHI FOR HEALTH

WEDNESDAY 2.30PM - 3.30PM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
Tai Chi is fast becoming one of the most popular forms of exercise and is suitable for people of all ages. It has myriad health benefits for the mind and body and can be easily learnt. Come and learn Tai Chi in a friendly and welcoming environment and you'll soon be feeling the benefits.

YOGA FOR YOUR MIND, BODY & SOUL

THURSDAY 12.30PM - 1.30PM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
Join Nicole on a journey of discovery through breath & movement. Slow vinyasa classes are designed to keep you connected to yourself and develop your asana practice. Suitable for beginners who are interested in starting their yoga journey.

IN THE PIPELINE

Skills for Reception and Office Administration
Martial Arts for Kids
School Holiday Activities

Call the office or check our website to find out the start date for the above programs and what's on for the school holidays.

COMMUNITY CONNECTIONS

COMMUNITY BUS TRIP

1st MONDAY of the month 10.00AM - 4.00PM

Cost: Full Fee \$12, Seniors \$9, Healthcare Card Holders \$6
Older members of the community are invited to spend an enjoyable day visiting places of interest in and around Melbourne. From museums to parks to bayside towns, our outings are always fun and new people are always made to feel welcome. *Contact us for dates and booking: 9380 6654*

COMMUNITY LUNCH

WEDNESDAYS (2nd, 3rd & 4th of month) 12.00PM - 2.00PM

Cost: Free
Enjoy a delicious lunch with fellow members of the local community. Afterwards, stay for a game of cards and a chat, or use one of our computers.

GREEN HANDS GARDENING GROUP

1st TUESDAY of the month 10.00AM - 11.00AM

Cost: Free
Keen gardeners are invited to come and get to know other gardeners from the neighbourhood and join in with a spot of gardening around the Neighbourhood House! Bring your gardening gloves and some tools if you have any.

MAHJONG

THURSDAYS (1st, 3rd & 4th of month) 6.00PM - 9.00PM

Cost: Free
Mahjong originated in China. It is commonly played by four players and is similar to the Western card game Rummy. Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

TABLE TENNIS

THURSDAYS 2.00PM - 3.30PM

Cost: Free
Join a small group of keen social table tennis players for a weekly session of friendly games. Great for coordination and agility! No experience necessary.

KIDS AND TEENAGERS

BRAVISSIMI: ITALIAN FOR PRE-SCHOOLERS

FRIDAYS 9.00AM - 5.00PM

Contact Bravissimi on 9338 0831 for fees and further information.

COMMUNITY DROP-IN PLAYGROUP

TUESDAYS 11.00AM - 12.30PM

Cost: Free
This playgroup welcomes all families to come along. The playgroup room is set up with inviting and stimulating activities ready for play time and families are welcome to use these resources or bring their own. Meet other local families while your children have fun playing. Tea/coffee making facilities provided. BYO fruit/snacks for your child.

FUN AND FITNESS FOR GIRLS

THURSDAYS (Ages 8-11) 3.45pm - 4.30pm

THURSDAYS (Ages 12-16) 4.30pm - 5.15pm

Cost: \$50 per term (free for children of healthcare card holders)
This girls only exercise class is conducted by a qualified personal trainer. Get your groove on and work out to your favourite dance tunes. You will increase your fitness and energy levels, tone your muscles, make new friends and have an all round good time! A great class for girls of all fitness levels and abilities.

KICKSTART SOCCER CLINIC

WEDNESDAYS 4.00PM - 5.00PM

Cost: \$50 per term (free for children of healthcare card holders)
Children from Prep-Grade 3, get your running shoes on and join accredited Soccer coach and former member of the Kenyan National Football Team, Shede Olukhale, to learn the skills of the game in a non-competitive and fun environment. Under Shede's expert guidance, young children will also increase their fitness, improve their social skills and learn about the importance of team work.

KIDS' ART HOUSE

TUESDAYS (Prep - Grade 2) 4.00PM - 5.00PM

Cost: \$50 per term (free for children of healthcare card holders)
Primary school aged children can explore their creative side as well as hone their art skills in this relaxed after school art class. They will have fun experimenting with a wide range of art forms under the guidance of an experienced Art teacher.

LEARNING CLUB

MONDAYS 4.30PM - 5.45PM

Cost: Free (for children of Healthcare card holders)
Facilitated by experienced tutors, Learning Club is suited to primary school children. The children have lots of fun together as they learn through educational games, maths and reading.

