

2019 PROGRAMS AND ACTIVITIES - Terms 1 & 2

We keep our program fees as low as possible so as to ensure they are accessible to all members of our community. Come and try out any of them for free!

LEARN AND CREATE

FREE INTERNET ACCESS

MONDAY - THURSDAY



9.00AM - 5.00PM

ART CLASS

TUESDAYS

12.30PM - 2.30PM

Cost: Full Fee \$16/Concession \$13

Take the opportunity to explore your artistic talent whether you are just starting out 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 Pavilion.

COMMUNITY CHOIR

WEDNESDAYS

10.00AM - 11.00AM

Cost: Full Fee \$12/Concession \$9

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.

COOKING CLASS & LUNCH:

AROUND THE TABLE

Alternate WEDNESDAYS

11.30AM - 2.00PM

Cost: \$5

Learn how to cook delicious, healthy and affordable meals by helping with the preparation of a variety of dishes. Take home the recipes to try yourself. Lunch is served at 1.00!



Bendigo Bank

HAVANA PALAVA STREET BAND

Alternate TUESDAYS

7.30PM - 9.30PM

Cost: Free

Havana Palava is a street band with a carnival vibe - their music is a lively, eclectic mix of African, Caribbean, Gypsy, Klezmer and Blues. The band performs at festivals in and around Melbourne and is always keen for new members. For more information email Oli Hinton at oli.hinton@gmail.com

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: 9416 3443

COMPUTER CLASS

MONDAYS

1.00PM - 3.00PM

Cost: \$5 / Concession gold coin

In this ACFE-funded class, participants will use photo files to learn a range of skills, including file management and storage, how to move images between devices and understanding different file formats and what they mean. Learn to use photo editing to modify your photographs, and later, software to create presentations and photo books.

KNITTING CIRCLE

TUESDAYS

10.30AM - 12.30PM

Cost: \$4 per session

Do 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.

MONDAY MAKERS' SPACE

MONDAYS

10.00AM - 12.00PM

Cost: Free

Love sewing or crafting but need some motivation? Come to Railway House and work on your projects alongside others! We have plenty of workspace; sewing machines and overlockers available too.

LIVING SIMPLY

NEW!

THURSDAYS (8 week course)

7.00PM - 9.00PM

14th Feb - 4th April

Cost: \$160

Purposeful, practical living for greater life satisfaction and a lighter footprint on the planet. Balancing consumer & technology consumption, creating clear living spaces & tailoring your lifestyle for greater practical impact, flow & ease.

Contact the office for more information & bookings.

FRENCH CONVERSATION

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 on 9489 9714

HEALTH AND FITNESS

COMMUNITY GYM MEMBERSHIP

Cost: \$40 for a 3 month membership (Healthcare card)

Allows access to three of Yarra Leisure's recreation sites: Collingwood Leisure Centre, Fitzroy Swimming Pool and 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!

INCLUSIVE YOGA

MONDAYS

11.00AM - 12.00PM

Cost: Full Fee \$12/Concession \$9

Inclusive Yoga welcomes people who may find joining a regular yoga class difficult and can be a useful complement to ongoing medical care. This is a gentle Hatha Yoga class for people experiencing chronic pain, disability, anxiety and other health issues. It is a supportive, physical and mindful practice which can be done seated in a chair.

EXERCISE FOR WOMEN

MONDAYS & THURSDAYS

9.45AM - 10.30AM

Cost: \$9 for 1 session / \$15 for 2 sessions per week.

Join Jen for a gentle exercise program for women of all ages and fitness levels. Have fun as you build up your fitness and strength to help you perform everyday tasks. Work at your own pace using dumbbells, bodyweight, resistance bands, skipping ropes and mats.

TABLE TENNIS - ADVANCED

THURSDAYS

2.00PM - 3.30PM

Cost: Free

For accomplished table tennis players looking for some healthy competition.

TABLE TENNIS - SOCIAL

FRIDAYS

1.30PM - 3.00PM

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.

TAI CHI FOR HEALTH

THURSDAYS

10.45AM - 11.45AM

Cost: Full Fee \$12 / Concession \$9

Tai Chi has countless 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.

COMMUNITY CONNECTIONS

BOOK CLUB

Last WEDNESDAY of the month

2.00PM - 4.00PM

Cost: Free

Love reading? Join our Book Club and meet others who share your love of a good book! Reading list and books provided by Carlton Library.

COMMUNITY BUS TRIP

1st MONDAY of the month

10.00AM - 4.00PM

Cost: Varies from \$5 to \$15

Spend an enjoyable day visiting places of interest in and around Melbourne, from country towns to gardens to historic attractions. Contact us for dates and bookings.

COMMUNITY LUNCH

Alternate WEDNESDAYS

12.00PM - 2.00PM

Bring a plate to share and get to know other people in your neighbourhood. Cakes and pastries for dessert courtesy of Sugardough Bakery! Friendly people, lively conversation and a game of cards afterwards makes for a pleasant afternoon.

GREEN HANDS GARDENING GROUP

2nd WEDNESDAY of the month

8.30AM - 11.30AM

Cost: Free

People interested in gardening are invited to take part in a spot of social gardening, whilst connecting with other gardeners from the neighbourhood. We look after the garden beds around Railway House and finish with a coffee in the sunny Pavilion.

KIDS AND TEENAGERS

DROP-IN PLAYGROUP

TUESDAYS

10.30AM - 12.00PM

Cost: Free

Grandparents, parents and carers are welcome to join this drop-in playgroup to give their little ones the chance to play and socialise with others in a warm and inviting environment.

KARATE FOR KIDS

MONDAYS (Ages 9 - 12 yrs)



6.30PM - 7.15PM

TUESDAYS (Ages 5 - 8 yrs)

6.30PM - 7.15PM

Cost: \$10 per session / Concession \$5 (\$80 / \$40 per 10 week term)

Karate is a fun and challenging activity which helps build discipline, confidence and self esteem, while instilling calm. Coach Helen is a Australian Karate Federation Kata judge and a PhD scholar at Victoria University Institute of Sport, Exercise & Active Living.

KICKSTART SOCCER CLINIC

WEDNESDAYS

4.00PM - 5.00PM

Cost: \$10 per session / Concession \$5 (\$80 / \$40 per 10 week term)

Children Prep-Grade 3 can learn the skills of the game, increase their fitness and learn about team work under the friendly and supportive guidance of accredited coach Shede Olukhale, formerly of the Kenyan Football team.

KIDS' ART HOUSE

TUESDAYS

3.45PM - 4.30PM

Cost: \$10 per session / Concession \$5 (\$80 / \$40 per 10 week term)

Primary school aged children can explore their creative side as well as hone their art skills in this relaxed after school art class. They have fun experimenting with a wide range of techniques with the help of an experienced art teacher.

LEARNING CLUB

MONDAYS

4.30PM - 5.45PM

Cost: Free

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.

YOUTH FITNESS AND DROP-IN

TUESDAYS

3.30PM - 5.00PM

Cost: Free

Local young people aged 12-16 years are welcome to hang out after school and chill. Use the Wi-Fi, play table soccer, or join fitness instructor Alissia for a fun, but serious work out to increase your fitness. Your space, your choice.

COMING IN 2019!

A neighbourhood garden at Railway House



We have been working closely with Yarra Council and are looking forward to the development of a neighbourhood garden on the bocce court site next to Railway House in 2019. The garden will generate significant social and environmental benefits to the Princes Hill community - a place for food production and community connection. Imagine what we can all do together with some hard work, imagination and community involvement!

Contact the office if you'd like to be involved.