

## TIMETABLE

MONDAY	9.45am - 10.30am	Exercise for Women
	10.00am - 12.00pm	Monday Makers' Space
	10.00am - 3.00pm	Community Bus Trip (Monthly)
	11.30am - 12.30pm	Inclusive Yoga
	1.30pm - 3.00pm	Talking French
	1.30pm - 3.30pm	Table Tennis
	4.30pm - 5.45pm	Learning Club
	6.30pm - 7.15pm	Kids' Karate (9 - 12 years)
TUESDAY	10.00am - 10.45am	Mums & Bubs Exercise
	10.30am - 12.00pm	Drop-In Playgroup
	10.30am - 12.30pm	Knitting and Crochet Circle
	12.30pm - 2.30pm	Art Class
	1.00pm - 3.00pm	Creative Writing Class
	3.45pm - 4.30pm	Kids' Art House
	6.30pm - 7.15pm	Kids' Karate (5 - 8 years)
	7.30pm - 9.30pm	Havana Palava Street Band (alternate Tuesdays)
WEDNESDAY	10.00am - 12.00pm	Folks on Spokes Cycling Group
	10.00am - 11.00am	Community Choir
	11.15am - 12.15pm	Book Club (Last Wednesday of the month)
	11.30am - 2.00pm	Cooking Class & Community Lunch (Alternate Wednesdays)
	1.00pm - 3.00pm	Beginners' Sewing
	3.45pm - 4.45pm	Crafternoons with Esther
	4.00pm - 5.00pm	Kickstart Soccer
	7.30pm - 9.30pm	Men's Choir
THURSDAY	9.45am - 10.30am	Exercise for Women
	10.45am - 11.45am	Tai Chi
	11.00am - 12.00pm	Storytime (3 - 5 years)
	1.30pm - 3.30pm	Table Tennis
	6.30pm - 7.15pm	Kids' Karate (5 - 8 years)
	7.15pm - 8.00pm	Kids' Karate (9 - 12 years)
FRIDAY	10.00am - 11.00am	U3A Italian Folk Singing
	2.00pm - 4.00pm	Table Tennis
	5.30pm - 6.15pm	Kids' Karate (5 - 8 years)



## 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

**HOURS** MONDAY to THURSDAY 9.00 - 5.00  
FRIDAY 10.00 - 2.00  
Wheelchair Accessible

**ABN** 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) and the Victorian Department of Health and Human Services.



# North Carlton Railway Neighbourhood House

## 2020 PROGRAM TERMS 1 & 2



## LEARN AND CREATE HEALTH AND FITNESS KIDS AND FAMILIES COMMUNITY CONNECTIONS VENUE HIRE

**TERM 1 (8 WEEKS):** 3 February to 27 March  
(NO CLASSES Monday 9 March)

**TERM 2 (11 WEEKS):** 14 April to 26 June  
(NO CLASSES Monday 13 April & Monday 8 June)



## 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 connect with one another. We strive to improve the quality of community life through our programs and activities, and encourage people living in the neighbourhood to drop in and find out how to get involved.

## 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 (support for students prep-grade 3), one-on-one tutoring and mentoring (secondary school students), or 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 help us keep toxic items out of landfill! We are a drop-off point for used batteries, light bulbs, small e-waste (mobile phones, cameras) and soft plastics.

## SWAP

Check out our great 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 the Salvation Army Asylum Seeker Support Service. Bring in your donations of toiletries and non-perishable foods to help those in need. Please see our website for a list of what items are most useful.

## PHSC STUDENTS AT THE HOUSE

Princes Hill residents are invited to support local vocational students from Princes Hill Secondary College as they obtain valuable work experience and life skills.

### COFFEE CART

Enjoy a delicious barista-made coffee at a bargain price while supporting the VCAL students' learning. BYO reusable cup if you want to take away!

**Monday, Tuesday, Thursday 9:30 AM - 12:30 PM**

### CAR WASHING

Drop your car off at Railway House and have it cleaned inside and out. It will be gleaming when you pick it up!

**Monday, Tuesday, Thursday 11:00 AM - 12:30 PM**

**Cost: \$20 Bookings: Contact Office**



## COMMUNITY EVENTS

### PRINCES HILL HARMONY DAY CELEBRATION

Princes Hill residents are invited to join us in celebrating cultural diversity within our local community and in Australia. Put on your brightest orange clothes and show your support for cultural diversity, harmony, respect and inclusion. Entertainment, kids' activities and refreshments.

**Sunday 29th March 2.30PM - 5.30PM**



## 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.



### MAIN ROOM

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.

### PAVILION

The Pavilion is a quiet modern annexe overlooking the bocce courts and with great natural light. Ideal for meetings and workshops. Facilities include microwave, fridge, kettle, trestle tables, chairs and whiteboard.

### BOCCE COURTS

The bocce court can be used free of charge by itself or in conjunction with your hire of the Main Room. Equipment can be hired for a fee.

### 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.

Visit our website or contact the office for more information, rates and availability.



# PROGRAMS AND ACTIVITIES

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  
FRIDAY 10.00AM - 2.00PM

### ART CLASS

TUESDAYS 12.30PM - 2.30PM

Cost: Full Fee \$20 / Concession \$15

Take the opportunity to explore and extend your artistic talent whether you are just starting out or you are a longtime artist. Led by an experienced art teacher; you will enjoy experimenting with a variety of art forms.

### BEGINNERS' SEWING

WEDNESDAYS 1.00PM - 3.00PM

Cost: \$96 for 8 week term / Concession \$72

This course will introduce you to sewing and is designed for those wishing to learn a variety of sewing techniques such as seams, waistbands, zips and pockets. You will also learn how to follow basic patterns, as well as undertake several simple projects such as making bags, cushions and aprons, under the guidance of an experienced sewing teacher.

### 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: AROUND THE TABLE

Alternate WEDNESDAYS 11.30AM - 2.00PM

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

Learn how to cook vibrant, healthy and affordable meals by joining in with the preparation of a delicious lunch and then taking home the recipes.

### CREATIVE WRITING WITH BARRY DICKINS

TUESDAYS 1.00PM - 3.00PM

Cost: \$20 per session

Want to try your hand at creative writing but need some guidance? Join Barry Dickins - playwright, author, artist, actor and educator - for a weekly 2-hour workshop during which you will be supported and inspired by Barry and your classmates.

### ENGLISH CONVERSATION

DAY & TIME TBC - Contact office to register your interest

### 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. For more information contact 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: 94163443

### KNITTING CIRCLE

TUESDAYS 10.30AM - 12.30PM

Cost: \$4 per session

If you love to knit or crochet, 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.

### 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

### 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. We have plenty of space, sewing machines and an overlocker available.

### 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 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 go off to explore the various bike tracks and trails around the local area, always with a coffee stop along the way!

### INCLUSIVE YOGA

MONDAYS 11.30AM - 12.30PM

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

Inclusive Yoga welcomes people who may find joining a regular yoga class difficult and can be a useful compliment to one's 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.

### INDOOR EXERCISE CIRCUIT FOR WOMEN

MONDAYS & THURSDAYS 9.45AM - 10.30AM

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

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 a variety of equipment.

### MUMS & BUBS EXERCISE

TUESDAYS 10.00AM - 10.45AM

Cost: \$10

Exercise classes carefully tailored to the needs of new mums, with the goals of improving energy levels, strength and flexibility. Participants are welcome to bring their young children to the sessions. Must be 3 months post-partum.

### TABLE TENNIS

MONDAYS (experienced players) 1.30PM - 3.30PM

THURSDAYS (experienced players) 1.30PM - 3.30PM

FRIDAYS (social players) 2.00PM - 4.00PM

Cost: Free

Join a small group of keen social table tennis players for friendly games. Great for coordination and agility!

### TAI CHI FOR HEALTH

THURSDAYS 10.45AM - 11.45AM

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

Tai Chi 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.

## COMMUNITY CONNECTIONS

### BOOK CLUB

Last WEDNESDAY of the month 11.15AM - 12.15PM

Cost: Free

Love reading? Join our new 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 - 3.00PM

Cost: Varies from \$5 to \$15

Spend an enjoyable day visiting places of interest in and around Melbourne, from country towns to parks to bayside towns. Contact us for dates and bookings: 9380 6654

### POTLUCK COMMUNITY LUNCH

Alternate WEDNESDAYS 12.00PM - 2.00PM

Cost: Free

Bring a plate to share if you're able to, and get to know other people in your neighbourhood. It may be potluck, but we always have a lovely lunch, with friendly, welcoming people and lively conversation.

## KIDS AND FAMILIES

### COMMUNITY DROP-IN PLAYGROUP

TUESDAYS 10.30AM - 12.00PM

Cost: Free

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

### CRAFTERNOONS

WEDNESDAYS 3.45PM - 4.45PM

Cost: \$50 per term

Come and join local artist Esther Stewart for some fun and imaginative after school craft! Last term we made miniature houses, complete with furniture and food. What will Esther think of next?

### KARATE FOR KIDS

MONDAYS (9 - 12 years) 6.30PM - 7.15PM

TUESDAYS (5 - 8 years) 6.30PM - 7.15PM

THURSDAYS (5 - 8 years) 6.30PM - 7.15PM

THURSDAYS (9 - 12 years) 7.15PM - 8.00PM

FRIDAYS (5 - 8 years) 5.30PM - 6.15PM

Cost: \$96 Term 1 / Concession \$72

\$132 Term 2 / Concession \$99

Karate is a fun and challenging activity that will provide your child with practical skills to empower them throughout their entire life. Karate helps build discipline, confidence and self esteem, while instilling peace and calm.

### KICKSTART SOCCER CLINIC

WEDNESDAYS 4.00PM - 5.00PM

Cost: \$96 Term 1 / Concession \$72

\$132 Term 2 / Concession \$99

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

### KIDS' ART HOUSE

TUESDAYS 3.45PM - 4.30PM

Cost: \$50 per term

Primary school aged children can explore their creative side as well as hone their art skills in this relaxed after school art program. They will have fun experimenting with a wide range of art forms.

### 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.

### STORYTIME FOR TODDLERS

THURSDAYS 11.00AM - 12.00PM

Cost: Free

Join us as we read stories, sing songs, do a craft activity and have fun! This immersive reading experience is perfect to help prepare your little one for school. Facilitated by Yarra Libraries.

## TELSTRA SOCIAL SENIORS



Build your online skills and confidence with Social Seniors!  
In our three, free Social Seniors workshops, you'll learn how to:

- Manage your online privacy and security
- Find and connect with online groups and social opportunities in your area
- Create short videos and digital content related to your personal interests
- Use digital technology in your everyday life
- Have more confidence to go online to research areas of interest, manage your banking, pay bills and access local services

Any over-60 Australian with an Internet-enabled smartphone or tablet can take part.

Mondays - 17th February, 2nd March & 16th March  
10:00 AM - 12:30 PM

Please contact the office to register

