

TIMETABLE

MONDAY	9.45am - 10.30am	Exercise for Women
	10.00am - 12.00pm	Monday Makers' Space
	10.00am - 4.00pm	Community Bus Trip (Monthly)
	11.00am - 12.00pm	Inclusive Yoga
	12.30pm - 1.20pm	Mums & Bubs Exercise
	1.00pm - 3.30pm	Computer Class
	1.30pm - 3.00pm	Talking French
	2.00pm - 3.30pm	Table Tennis
	4.30pm - 5.45pm	Learning Club
	6.30pm - 7.15pm	Kids' Karate (9 - 12 years)
TUESDAY	10.30am - 12.30pm	Knitting Circle
	11.00am - 12.30pm	Drop-In Playgroup
	12.30pm - 2.30pm	Art Class
	1.00pm - 3.00pm	Creative Writing Class
	3.30pm - 5.00pm	Youth Drop-In
	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	8.30am - 11.30am	Gardening Group (2nd Wednesday)
	10.00am - 12.00pm	Folks on Spokes Cycling Group
	10.00am - 11.00am	Community Choir
	11.00am - 12.00pm	Storytime (3 - 5 years)
	11.30am - 2.00pm	Cooking Class & Community Lunch (Alternate Wednesdays)
	2.00pm - 4.00pm	Book Club (Last Wednesday of the month)
	3.30pm - 4.20pm	Mums & Bubs Exercise
	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
	2.00pm - 3.30pm	Table Tennis
	3.45pm - 4.30pm	Crafternoons with Esther
	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
	2.30pm - 4.00pm	Table Tennis



CONTACT US

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MELWAYS 29 H10

HOURS MONDAY to THURSDAY 9.00 –5.00
Wheel Chair 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

2019 PROGRAM TERMS 3 & 4



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

TERM 3 (10 WEEKS): 15 July to 20 September
TERM 4 (10 WEEKS): 7 October to 13 December
(NO CLASSES Monday 4 and Tuesday 5 November)



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

ART CLASS

TUESDAYS 12.30PM - 2.30PM

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

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. Held in our sunny, light filled Bocce Pavilion.

COMMUNITY CHOIR

WEDNESDAYS 10.00AM - 11.00AM

Cost: Full Fee \$12, Seniors \$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: \$5

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.

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

COMPUTER CLASS - GOOGLE APPS & THE CLOUD

MONDAYS 1.00PM - 3.30PM

Cost: \$5 (free for healthcare card holders)

An in depth look at Google Apps such as Gmail, Google Drive, Google Photos, Google Calendar, Google Docs, Google Sheets, Google Plus, GSuite for Business, Google Maps, YouTube and more. You will learn how to set up apps on different devices such as computer, tablets and phones and learn how to use the Cloud to sync your information across different devices.

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.

MONDAY MAKERS' SPACE

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.

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

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

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.

MUMS & BUBS EXERCISE

MONDAYS 12.30PM - 1.20PM

WEDNESDAYS 3.30PM - 4.20PM

Cost: Free

Exercise classes carefully tailored to the exercise needs of new mothers, with the goals of improving energy levels, increasing strength and flexibility and focusing on self-care. It's also a great opportunity to socialise with other mums! Participants are welcome to bring their young children to the sessions. Participants must be at least 3 months postpartum.

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 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 dumbbells, bodyweight, thera bands, skipping ropes and mats.

TABLE TENNIS

MONDAYS (experienced players) 2.00PM - 3.30PM

THURSDAYS (experienced players) 2.00PM - 3.30PM

FRIDAYS (social players) 2.30PM - 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

THURSDAY 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.

A NEIGHBOURHOOD GARDEN AT RAILWAY HOUSE

We are delighted to announce that Yarra City Council has allocated \$30,000 in the 2019/2020 budget for the Princes Hill Neighbourhood Garden, so we anticipate being able to start work on this in the spring.

Contact the office if you would like to be on our mailing list for updates.



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COMMUNITY CONNECTIONS

BOOK CLUB

Last WEDNESDAY of the month 2.00PM - 3.30PM

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 - 4.00PM

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

COMMUNITY LUNCH

Alternate WEDNESDAYS 12.00PM - 2.00PM

Cost: Free

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

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.

KIDS AND TEENAGERS

COMMUNITY DROP-IN PLAYGROUP

TUESDAYS 10.30AM - 12.30PM

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.

STORYTIME FOR TODDLERS

WEDNESDAYS 11.00AM - 12.00PM

Cost: Free

Join us as we read stories, sing songs, do a craft activity and have fun! In partnership with Yarra Libraries.



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

Cost: \$120 per term (\$60 Health Care Card Holders)

Karate is a fun and challenging activity that will provide your child with practical skills that will 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: \$120 per term

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: \$30 per 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 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

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 DROP-IN

TUESDAYS 3.30PM - 5.00PM

Cost: Free

Local young people aged 12-16 years are welcome to hang out at Railway House after school. Use the Wi-Fi, cook a healthy afternoon snack, play a board game, or join fitness instructor & youth worker Alissia for a workout to increase your fitness. Your space, your choice.



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 help 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 you can 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 (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 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 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 and the Little Green Bag Initiative. 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 youth from Princes Hill Secondary College in obtaining valuable work experience and life skills.

COFFEE CART

Enjoy a delicious barista-made coffee at a bargain price! Proudly supported by Dimattina coffee.

Mondays, Tuesdays and Thursdays 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!

Mondays, Tuesdays & Fridays 11:00 AM - 12:30 PM

Cost: \$20 Bookings: Contact Office

ODD JOBS

Book a student to come to your home and help out with those nagging jobs - window cleaning, weeding, sweeping the path etc.

Mondays, Tuesdays & Fridays 11:00 AM - 12:30 PM

Cost: \$20/hour Bookings: Contact Office



UPCOMING EVENTS

ART EXHIBITION

Come and enjoy an exhibition of artworks by our Monday art class. Barry Dickins will also be reading from his new book, "The Last Fairy".

Friday 20th September 5:00 PM - 7:00 PM

KNITTING EXHIBITION

An impressive display of beautiful knitted garments created by our very own knitting group.

Tuesday 6th August 10:30 AM - 12:30 PM

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.

BOCCE 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, kettle, trestle tables and chairs.

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.

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

