

Activity	Session	Commencing	Venue	Cost
<b>CREATIVE ART, SUSTAINABILITY &amp; WELLBEING ACTIVITIES</b>				
Learning Watercolours	5 x 1 ½ Hour Sessions	Thursdays 12 Oct – 9 Nov 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 4CA1
Mosaics 'Start a Flock of Birds'	4 Hour Workshop	Saturday 14 Oct 1 – 5 PM	The Garden Studio Highton	\$80 CODE: 4CA2
Mosaics Funky, Found & Feathered	4 Hour Workshop	Saturday 11 November 1 – 5 PM	Geelong West Community Garden	\$80 CODE: 4CA3
Printmaking – Gelli Printing	5 x 1 ½ Hour Sessions	Thursdays 16 Nov – 14 Dec 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 4CA4
Mindfulness Meditation	11 Sessions	Mondays 9 Oct – 18 Dec 12:30 – 1:30 PM	Virginia Todd Hall Clarence Street Geelong West	\$110 term or \$12 week CODE: 4HW1
Pilates	12 Sessions	Tuesdays 10 Oct – 19 Dec 9:30 – 10:30 AM	Geelong West Community Hub 89 Autumn St	\$110 term or \$12 week CODE: 4HW2
Yoga	12 Sessions	Tuesdays 10 Oct – 19 Dec 10:45 – 11:45 AM	Geelong West Community Hub 89 Autumn St	\$110 term or \$12 week CODE: 4HW3
Craft & Chat with Maggie & Faye	12 Sessions	Mondays 9 Oct – 18 Dec 10 AM – 12 NOON	Geelong West Community Hub 89 Autumn St	Gold Coin Donation



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

# Term 4 2017

## ACTIVITIES CALENDAR

### ENROLMENT AND ENQUIRIES

Monday 10 AM – 12 NOON @ GWNH Office  
Office: Rear - Geelong West Community Hub  
89 Autumn Street, Geelong West, Vic 3218

E-mail: [info@gwnh.org.au](mailto:info@gwnh.org.au)

Find us on Facebook

[www.gwnh.org.au](http://www.gwnh.org.au)

Mobile: 0427 703 218

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**PAYMENT OPTIONS: Direct account deposits:** Bendigo Bank, BSB 633-000 A/C 143942050.

State your **name & course CODE** in the lodgement reference.

**In Person:** In Office Hours – Mondays 10 am – 12 noon



### Learning Watercolours

Thursdays: 12 October – 9 November 6:30 – 8pm  
Venue: OneCare, 61 Candover St, Geelong West  
In this new watercolor course you will complete exercises in watercolor techniques and then apply them to small paintings. We will focus on creating hard and soft edges, glazing, layering and building tone and textures. BYO Arches or Fabriano or Waterford cold press watercolor paper 300gsm (large sheet) & brushes. Paint provided

**Tutor: FelicityK Cost: \$80 Code: 4CA1**

### Mosaic Workshop

#### 'Start a Flock of Birds on Sticks'

Saturday 14 October 1 – 5pm  
Venue: The Garden Studio, Highton  
(Map supplied on booking)

Make a classic bird on a stick or two baby birds on sticks. Begin or add to your flock of mosaic birds for the garden. Birds are 25cm and 15cm diameter. All materials and afternoon tea supplied. BYO mosaic 'treasures' if you wish. For details see [www.flockofbirdsmosaics.org](http://www.flockofbirdsmosaics.org)

**Tutor: Helen Millar Cost: \$80 Code: 4CA2**

### Mosaic Workshop

#### 'Funky, Found and Feathered'

Saturday 11 November 1 – 5pm  
Venue: The Geelong West Community Garden  
Leckie Place, off Coquette St, Geelong West  
Make a trio of small birds on sticks. Birds are 12cm, 11cm & 9cm diameter. Found metal objects are incorporated with recycled china and glass to create these quirky birds. Participants may also pot up their birds in a rusted can with succulents provided. All materials including afternoon tea supplied. BYO metal 'treasures' if you wish. For details see [www.flockofbirdsmosaics.org](http://www.flockofbirdsmosaics.org)

**Tutor: Helen Millar Cost: \$80 Code: 4CA3**

### Printmaking – Gelli Printing

Thursdays 16 November - 14 December 6:30 - 8pm  
Venue: OneCare, 61 Candover St, Geelong West  
Come and try printmaking without a press. We will use a gelatin plate (provided) and explore its possibilities using found objects, stencils, masking and more. Using acrylic and watercolour paint you will spend time learning through doing and then create your own project to complete. Make your own gift cards for Christmas or turn your creative efforts in a present. Great for beginners. No experience necessary.

**Tutor: FelicityK Cost: \$80 Code: 4CA4**

### Mindfulness Meditation

Mondays: 9 October - 18 Dec 12:30 – 1:30pm  
Venue: Virginia Todd Hall, Clarence St, GW.  
You will be assisted to create and inner stillness and peace through perseverance. Come and unwind in your lunch hour, learn to feel more relaxed, centered, vibrant, forgiving, loving and serene.

**Tutor: Linda de Marco  
Cost: \$110 term or \$12 weekly Code: 4HW1**

### Pilates

Tuesdays: 10 October - 19 Dec 9:30 – 10:30am  
Venue: Geelong West Community Hub  
89 Autumn St, Geelong West.  
Come and join in to learn the secret of a beautiful, healthy body. Our Pilates class will give you a full body workout performed on a mat, realigning, strengthening and improving your balance. BYO Yoga mat and water bottle.

**Tutor: Michelle Hubble  
Cost: \$110 term or \$12 weekly Code: 4HW2**



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### Yoga

Tuesdays: 10 October - 19 Dec 10:45 – 11:45am  
Venue: Geelong West Community Hub  
89 Autumn St, Geelong West  
Come and experience a Hatha Yoga class and learn techniques to keep your mind and body healthy by reducing tension and stress. BYO mat, light blanket and water bottle.

**Tutor: Alita  
Cost: \$110 term or \$12 weekly Code: 4HW3**

### Craft & Chat with Maggie and Faye

Mondays: 9 October – 18 Dec 10am – 12 noon  
Venue: Geelong West Community Hub  
89 Autumn St Geelong West.  
Bring along your sewing, knitting or crochet project and join in a small group setting overlooking the beautiful West Park. Enjoy good company, good conversation and the opportunity to make new friends. New members very welcome.

**Tutors: Maggie & Faye  
Cost: Gold Coin donation**

