

Activity	Session	Commencing	Venue	Cost
CREATIVE ART, SUSTAINABILITY & WELLBEING ACTIVITIES				
Black, White & Feathered Bird	4 Hour Mosaics Workshop	Saturday 13 Oct 1 – 5 PM	The Garden Studio (Map supplied on booking)	\$75 CODE: 4CA1
Understanding Colour	5 x 1 ½ Hour Art Class Sessions	Thursdays 11 Oct – 8 Nov 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 4CA2
Watercolour Collage	5 x 1 ½ Hour Art Class Sessions	Thursdays 15 Nov – 13 Dec 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 4CA3
Mindfulness Meditation	11 Sessions	Mondays 8 Oct – 17 Dec 1:30 – 2:30 PM	Virginia Todd Hall Clarence Street Geelong West	\$110 term or \$12 week Code: 4HW1
Pilates	11 Sessions	Tuesdays 9 Oct -18 Dec 9:30 – 10:30 AM	Geelong West Community Hub 89 Autumn St	\$110 term or \$12week Code: 4HW2
Yoga	11 Sessions	Tuesdays 9 Oct – 18 Dec 10:45 – 11:45 AM	Geelong West Community Hub 89 Autumn St	\$110 term or \$12 week CODE: 4HW3
Qigong	11 Sessions	Thursdays 11 Oct – 20 Dec 5.00 – 6.00 PM	OneCare 61 Candover St Geelong West	\$110 term or \$12 week CODE: 4HW4
Craft & Conversation	11 Sessions	Mondays 8 Oct – 17 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 2018

ACTIVITIES CALENDAR

ENROLMENT AND ENQUIRIES

Monday 10AM – 12NOON @ GWNH Office

Office: Rear - Geelong West Community Hub
89 Autumn Street, Geelong West, Vic 3218

E-mail: info@gwnh.org.au

Find us on Facebook

www.gwnh.org.au

Mobile: 0427 703 218

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PAYMENT OPTIONS: Electronic Funds Transfer: Bendigo Bank, BSB 633-000 A/C 143 942 050

Please state your **name & course CODE** in the lodgement reference

In Person: In Office Hours - Mondays 10 am - 12 noon OR by arrangement



Mosaic Workshop: Black, White & Feathered Bird

Saturday: 13 October 1 – 5pm

Venue: The Home Studio, Highton

Black & white repurposed china is the focus of the workshop. Cup handles, text from plate bottoms, textured, patterned china - the results will look simple and stylish in your garden. Classic bird & chook = 26 diam. Please indicate which project you wish to make on the enrolment form.

BYO china 'treasures' if you wish.

All materials and afternoon tea supplied.

See www.flockofbirdsmosaics.org

Tutor: Helen Millar Cost: \$75 Code: 4CA1

Art Classes – Understanding Colour

Thursdays: 11 Oct – 8 Nov 6:30 – 8pm

Venue: OneCare, 61 Candover St, Geelong West

Going beyond the colour wheel, this class will help you choose colours that go together to create colour harmony in your art work and how to work within limited palettes. We will look at warm and cool colours, colour mixing and how to use the colour wheel beyond the basics. BYO brushes and watercolour paper – 300gsm.

Tutor: FelicityK Cost: \$80 Code: 4CA2

Art Classes – Watercolour Collage

Thursdays: 15 Nov – 13 Dec 6:30 – 8pm

Venue: OneCare, 61 Candover St, Geelong West

Use watercolour to merge colour together using wet on wet techniques. These sample pages will then be cut to create an art work of any subject of your choice and later embellished with pen or ink to create a mixed media piece. (Photo shows technique used but any subject can be created in class) BYO brushes & watercolour paper.

Tutor: FelicityK Cost: \$80 Code: 4CA3

Craft & Conversation with Maggie & Faye

Mondays: 8 Oct – 17 Dec 10am – 12noon

Venue: Geelong West Community Hub

Treat yourself to a morning off and enjoy good company, good conversation and the opportunity to make new friends. Bring along your sewing, knitting or crochet patterns and projects and join us in the Hub overlooking the beautiful West Park. New members very welcome.

Tutors: Maggie & Faye Cost: Gold Coin

Mindfulness Meditation

Mondays: 8 Oct – 17 Dec 1:30 - 2:30pm

Venue: Virginia Todd Hall, Clarence St, GW.

This year create a more mindful version of yourself. Restore inner balance, lower stress levels and anxiety, and give your body and mind the chance to rest deeply and re-energize. No previous experience is required. You will be sitting in a comfortable chair, with the option of lying down. See you in class!

Tutor: Linda de Marco

Cost: \$110 per term/\$12 week Code: 4HW1

Pilates

Tuesdays: 9 Oct – 18 Dec 9:30 - 10:30am

Venue: Geelong West Community Hub

89 Autumn St, Geelong West.

Our Pilates class will give you a full body workout, toning and conditioning the body; help develop conscious breathing and good posture; improve overall balance and coordination. BYO Yoga mat and water bottle. Come and join us in a relaxed and supportive environment.

Tutor: Michelle / Alita

Cost: \$110 term/ \$12 week Code: 4HW2

Yoga

Tuesdays: 9 Oct – 18 Dec 10:45 - 11:45am

Venue: Geelong West Community Hub

Join us in a friendly environment for a traditional Hatha style yoga class suitable for all levels. Alita will lead you through breathing techniques, gentle stretching and rotations of joints to release tension through the body and mind. Class concludes with a guided relaxation to rejuvenate. BYO water bottle, Yoga mat & blanket.

Tutor: Alita

Cost: \$110 term/\$12 week Code: 4HW3

Qigong

Thursdays: 11 Oct – 20 Dec 5 - 6pm

Venue: OneCare, 61 Candover St, Geelong West

Qigong is an integrated body-mind health practice originating from China encompassing physical postures and stretching, repeated flowing body movement, breathing techniques and focused intention. The movements are easy to learn and accessible to everyone, require no equipment and modified in case of injury/illness.

Tutor: Paul Burns

Cost: \$110 term /\$12 week Code: 4HW4

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