

Activity	Session	Commencing	Venue	Cost
CREATIVE ART, SUSTAINABILITY & WELLBEING ACTIVITIES				
'Bird, Bee & Butterfly' Workshop	4 Hour Mosaics Workshop	Saturday 16 February 1 – 5 PM	Geelong West Community Garden	\$75 CODE: 1CA1
'Drawing from the Garden'	5 x 1 ½ Hour Art Class Sessions	Thursdays 7 Feb – 7 Mar 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 1CA2
'Watercolour Workshops'	5 x 1 ½ Hour Art Class Sessions	Thursdays 14 Mar – 11 April 6:30 – 8 PM	OneCare 61 Candover St Geelong West	\$80 CODE: 1CA3
'Chook or Rooster' Workshop	4 Hour Mosaics Workshop	Saturday 30 March 1 – 5 PM	The Garden Studio Highton (Map supplied on booking)	\$75 CODE: 1CA4
Mindfulness Meditation Sessions	10 Sessions (Not Labour Day)	Mondays 4 Feb – 15 April 1:30 – 2:30 PM	Virginia Todd Hall Clarence Street Geelong West	\$100 term or \$12 week Code: 1HW1
Pilates Classes	13 Sessions	Tuesdays 22 Jan – 16 April 9:30 – 10:30 AM	Geelong West Community Hub 89 Autumn St	\$130 term or \$12week Code: 1HW2
Yoga Classes	13 Sessions	Tuesdays 22 Jan _ 16 April 10:45 – 11:45 AM	Geelong West Community Hub 89 Autumn St	\$130 term or \$12 week CODE: 1HW3
Qigong Classes	13 Sessions	Thursdays 24 Jan – 18 April 5.00 – 6.00 PM	OneCare 61 Candover St Geelong West	\$130 term or \$12 week CODE: 1HW4
Craft & Conversation	12 Sessions (Not Labour Day)	Mondays 14 Jan – 15 April 10 AM – 12 NOON	Geelong West Community Hub 89 Autumn St	Gold Coin Donation

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



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

Term 1 2019

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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Mosaics - Bird, Bee & Butterfly on Sticks

Saturday: 16 February 1 – 5pm

Venue: The Geelong West Community Garden

Leckie Place, off Coquette Street

Channel your inner jeweler self and create a trio of beautiful creatures that will look stunning in your late summer garden.

BYO china 'treasures' if you wish.

All materials and afternoon tea supplied.

See www.flockofbirdsmosaics.org

Tutor: Helen Millar Cost: \$75 Code: 1CA1

Art Classes – Drawing from the Garden

Thursdays: 7 Feb – 7 March 6:30 – 8pm

Venue: OneCare, 61 Candover St, Geelong West

Take some time away from technology and engage with natural subjects while learning to draw. This class will use physical objects - flowers, fungi, insects and foliage. We will focus on creating form and shape, before adding detail.

BYO sketching pencils including HB, 2B, 2H

Paper provided.

Tutor: FelicityK Cost: \$80 Code: 1CA2

Art Classes – Watercolour Workshops

Thursdays: 14 Mar – 11 April 6:30 – 8pm

Venue: OneCare, 61 Candover St, Geelong West

Enhance existing skills or learn something new.

These classes will focus on a different watercolour technique each week and give you time to complete a small project each class.

BYO watercolour paper cold press 300gsm

Paint & brushes (sable or synthetic)

Tutor: FelicityK Cost: \$80 Code: 1CA3

Mosaics – Chook or Rooster on Stick

Saturday: 30 March 1 – 5pm

Venue: The Garden Studio, Highton

Create a vibrant chook or dashing rooster to begin or add to your flock of mosaic birds in your garden. BYO china 'treasures' if you wish.

All materials and afternoon tea supplied.

See www.flockofbirdsmosaics.org

Tutor: Helen Millar Cost: \$75 Code: 1CA4

Craft & Conversation

Mondays: 14 Jan – 15 April 10am – 12noon

Venue: Geelong West Community Hub

Come along 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. **Cost: Gold Coin**

Mindfulness Meditation Sessions

Mondays: 4 Feb – 15 April 1:00 - 2:00pm

Venue: Virginia Todd Hall, Clarence St, G West

Looking for a way to create a more balanced life and improve your wellbeing? Come join our mindfulness class and switch off from the demands of life and experience simply being.

Together we gradually unwind and give our bodies and minds the chance to rejuvenate and replenish. Proved benefits of regular mindfulness/meditation practice include better intra and inter personal relationship, decreased stress levels, better concentration and mental clarity, improved emotional awareness, weight and blood pressure regulation. No experience required.

Tutor: Linda de Marco

Cost: \$100 per term/\$12 week Code: 1HW1

Pilates Classes

Tuesdays: 22 Jan – 16 April 9:30 - 10:30am

Venue: Geelong West Community Hub

89 Autumn St, Geelong West.

Enjoy a full body workout – toning and conditioning the body, improve overall balance and coordination. BYO Yoga mat and water.

Tutor: Lila Smyth

Cost: \$130 term/ \$12 week Code: 1HW2

Yoga Classes

Tuesdays: 22 Jan – 16 April 10:45 - 11:45am

Venue: Geelong West Community Hub

Join us for a traditional Hatha style yoga class suitable for all levels - absolute beginners to experienced practitioners! Alita will guide you through breathing techniques, gentle stretches and rotations of joints to release tension, plus energizing strengthening and balancing sequences to keep the body and mind happy, healthy and harmonized. Class concludes with a guided relaxation to restore and rejuvenate.

If you can breathe, you can do yoga!

BYO water bottle, Yoga mat & blanket.

Tutor: Alita

Cost: \$130 term/\$12 week Code: 1HW3

Qigong Classes

Thursdays: 24 Jan – 18 April 5 - 6pm

Venue: OneCare, 61 Candover St, Geelong West

Qigong is an integrated body-mind health practice. Exercises are composed of gentle flowing movement and stretching coordinated in a calm mindful state. Movements are accessible to everyone and modified in case of injury/illness. Wear comfortable clothes & shoes BYO water.

Tutor: Paul Burns

Cost: \$130 term /\$12 week Code: 1HW4

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