

Walking Group:

Wednesdays in term, 9.30 am for approx 1 hour, free.

Yoga (Hatha):

Relax your mind and body and increase wellbeing.

Mon 5th Oct - 14th Dec, 6:15 - 7:15 pm or 7:30 - 8:30 pm.

11 weeks, \$99.

Lunch 'n' More

Please book & pay by 2 days before the lunch.

Fridays 12.30 pm lunch with presentations as detailed:

Open Day - 9th Oct: Come along to celebrate seniors week with a free lunch plus free shopping bag.

Felted Wall Hanging, Part 1 - 16th Oct, 12:30 - 4 pm:

To celebrate the 15th anniversary of Bennettswood NH, each person will make a small felt square. \$15.

Music Hall Tunes - 23rd Oct: A 2-course lunch of bunless burgers with the lot, and apricot pie with ice-cream. \$12.

Melbourne Cup Fun - 30th Oct: Melbourne Cup fun and entertainment. \$5.

Rainbow Fashions - 6th Nov: Enjoy a Ladies' Day Out with a chicken & bubbly lunch and a fashion show. \$12.

Felted Wall Hanging, Part 2 - 13th Nov, 12:30 - 4 pm:

Join us as we complete our 15th anniversary wall hanging by piecing together the individual felted squares. \$15.

Asian Cooking Demonstration - 20th Nov, 11:30 am:

Milton will demonstrate Beef & black bean sauce, Pan-fried pork dumplings, and Garlic chicken fried rice. \$18.

15th Anniversary Celebration - 27th Nov: Come and celebrate Bennettswood N.H.'s 15th year anniversary. \$12.

"Word of Mouth" Presentation - 4th Dec: Find out about new products, with food tasting and product giveaways. \$5.

Christmas Lunch - 18th Dec: Christmas lunch menu of chicken, cranberry & brie pies with salad, and Christmas cake and mince pies. \$15.

Skills

Asian Cooking Demonstration: Spice Night

Milton will demonstrate how to cook hot & sour soup, Szechwan chicken, and Char Kway Teow.

Tuesday 20th October, 6 - 8 pm. \$24

Asian Cooking Demonstration: Curry Night

Milton will demonstrate how to cook curry puffs, sate chicken, and Thai rice noodles

Tuesday 24th November, 6 - 8 pm. \$24

Mah-jong

Join this friendly group to play the ancient Chinese game.

Wed 7th Oct - 16th Dec, 1 - 3:30 pm. 11 weeks, \$4 weekly.

Solo

Have a cuppa and some friendship while playing this enjoyable card game.

Thur 8th Oct - 17th Dec, 9.30 am - 12.30 pm. \$4 weekly

Gift Certificates

Gift Certificates are available at the office, and are a great idea for a gift. Available in denominations of \$5 upwards, or for a specific course.

General Information

Bennettswood Neighbourhood House aims to be a warm and friendly place where people with a variety of personalities and interests can meet others to share and gain friendship, skills and knowledge.

The House is a non-profit organisation run by a **Voluntary Committee of Management**

The day-to-day activities are cared for by the

Co-ordinator, Val Eldridge

Finance Manager, Maryanne Mahoney

Administration, Alison Yiu

See photo board in hallway for who's who.

Volunteers are always needed to help around the House and for the Committee of Management. See Val or a committee member to discuss the areas where help is needed.

Enrolment Information

Card Groups, Community Craft & Walking: attend as you wish.

Bookings are essential for all other courses and workshops to ensure a place and prevent cancellation due to lack of numbers. If vacancies exist, some courses can be joined after commencement.

Fees should be paid prior or during 5th - 9th October.

Enrolments can be made by cash or cheque by one of the following methods:

At the Office Mon to Fri (School Term only): 10 am - 2 pm

By phone, fax or email to book & then send us your payment.

Direct payment into our bank account.

Cancellation of courses: The House will cancel if there are insufficient bookings (the full fee will be refunded)

Your cancellation needs to be made at least 5 days prior to the start of a course (fee refunded less \$10 administration charge)

Refunds or transfers cannot be made once a course has commenced or a activity arranged, as the House has set the budget for it. However, special circumstances would be considered.

Bennettswood Neighbourhood House acknowledges funding from:

The City of Whitehorse

**The Dept. of Planning & Community Development
House Fundraising**

Bennettswood Neighbourhood House



Activities & Courses

Term 4, 2009

5th October - 18th December

**7 Greenwood Street
Burwood, 3125**

Melway Ref: 61 E6 Tram No. 75

Buses from Box Hill Central:
732, 733, 735

Carpark (9 + 1 Disabled) + street parking

Phone: 9888 0234

Office Hours:

Monday to Friday, 10 am to 2 pm
Staff may be available outside these times

Fax : 9808 8907

Email: be24584@bigpond.net.au

<http://home.vicnet.net.au/~bennetts/>

Activities & Entertainment

Christmas Party

Join us for our annual Christmas party with smorgasbord lunch and plenty of fun and singing entertainment.

Thursday 10th Dec, 12:30 - 2:30 pm. \$12

Community Craft Group

Enjoy a cuppa and a chat as you knit, crochet or sew items for 'Knitting for the Needy'. Materials provided.

Tuesdays in term, 10 am - 12 noon, \$4 weekly

Library Day: Read & Borrow (Novels & Magazines)

Check out our bookshelves. Stay & read with a cuppa or B.Y.O. lunch. Borrow a book to take home to read & return. Mondays 9 - 3 pm. Free

Monstar Music Live Performance - Ememsix

Featuring songs from popular musicals including Mamma Mia!, Xanadu, Aida, The Lion King & We Will Rock You.

Saturday 14th November, 2pm & 7.30pm at the Cabaret Room, The Village Green Hotel, Mulgrave, Mel Ref 71 B8

Parent / Child Groups

Managed by the parents. Monday - Friday in term.

\$3 weekly term payment per family or \$4 casual weekly.

Theatre Outings Social Group

Phone to express your interest.

The Sentimental Bloke

Babirra Music Theatre, 9th - 17th Oct, Whitehorse Centre

High School Musical on Stage!

Whitehorse Musical Theatre, 10th - 24th Oct, Besen Centre

Rodgers & Hammerstein's South Pacific

Nova Music Theatre 23rd Oct - 8th Nov, Whitehorse Centre

Art & Craft

Balloonology

Learn the basic balloon twisting skills: lock twist, loops & ears; and create animals (dog, swan etc) and hats.

Tuesday 24th Nov, 7 - 9 pm. \$12 incl. materials & notes

Balloonology, Advanced

Learn advanced balloon twisting techniques and shapes, including teddy bears and tigers.

Tuesday 1st Dec, 7 - 9 pm. \$12 incl. materials & notes

Beaded Necklace - Floral Choker

Create the perfect accessory for any outfit with this beautiful necklace featuring beaded 3-dimensional flowers.

Tuesday 13th - 27th Oct, 1 - 3 pm. 3 weeks, \$27 + \$35 kit

Beaded Bracelet - Twisted Herringbone Bracelet

A casual bracelet or a touch of elegance? It's up to you to decide, as you make this simple design.

Tuesdays 10th & 17th Nov, 1 - 3 pm. 2 weeks \$18 + \$20 kit

Beaded Starlight, Star Bright Pendant and Earring Set

As the festive season nears, make this stunning matching pendant, earrings and ring set to wear to any occasion.

Tuesday 1st & 8th Dec, 1 - 3 pm. 2 weeks, \$18 + \$10 kit

Art & Craft (continued)

Christmas Stamping Workshop

Learn the techniques to make personalised Christmas cards, gift tags and gift voucher wallet for all your family and friends.

Wednesday 14th Oct, 10 am - 12 noon. \$18

Saturday 17th Oct, 10 am - 12 noon, \$18

Craft Group for Unfinished Projects

Margaret will give you guidance to complete those unfinished projects in crochet, embroidery, knitting or tapestry.

Thur 8th - 29th Oct & 12th - 26th Nov, 1 - 3 pm. \$4 weekly

Drawing and Watercolour Painting

If you have a desire to paint & draw, come to our friendly class and explore portraiture, outdoor sketching, still life, etc.

Monday 12th Oct - 15th Dec, 1 - 3 pm

10 weeks, \$100 Term / \$11 Weekly casual

Felting Workshops

Learn how to hand craft beautiful felt creations from your choice of colours. Complete a scarf, hat or bag in a day.

Saturday 21st Nov, 10 am - 4 pm. \$50 + requirement list.

Introduction to Stamping and Card Making

Each week you will learn how to make a card and matching 3D project, eg, memo holder, gift box.

Wed 21st Oct - 11th Nov, 10 am - 12 noon. 4 weeks, \$75

Leadlight & Stained Glass

Learn the basic skills of copper foiling and leadlight. Gain the knowledge to complete a small piece and a major project.

Wednesday 7th Oct - 25th Nov, 7.30 - 9.30 pm, 8 weeks, \$88 + requirement list (+ \$7 material fee for beginners)

Computer & Internet

Computer Tuition (1 on 1)

Learn word processing, spreadsheets, flyers, accounting software, Internet, etc. Lessons can be arranged either at the Neighbourhood House or a home visit.

Booking by arrangement. \$30 - \$50 per hour + travel costs.

Computer Use & Internet Access at the House

\$2 per half hour. Monday to Friday, 9 am - 3 pm

Introduction to the Computer & Microsoft Word

A basic introduction to using computers, followed by learning how to create, save & print letters and documents.

Tuesday 27th Oct - 24th Nov (no class Nov 3rd), 1 - 3 pm.

4 weeks, \$36

Introduction to the Internet

Learn the skills to access & surf the internet and use email.

Basic computer ability is essential.

Tuesday 1st - 15th Dec, 1 - 3 pm. 3 weeks, \$27

Dance, Music & Singing

Harp Individual Lessons

Enquires: Margaret 9898 4369

Dance, Music & Singing (continued)

Eastern Suburbs Harp Group

Harp players of all levels & styles of playing are welcome

Friday 16th Oct, 20th Nov, 18th Dec, 7.30 - 9.30 pm.

\$4 per session. To enquire, phone Margaret 9898 4369

English Country Dancing

Think of "Pride & Prejudice" for the style of dancing you will learn here. All dances taught; individuals most welcome.

Tues 20th Oct, 3rd & 17th Nov, 1st & 5th Dec, 8 - 10:30pm.

\$4 per session. For more info, call George on 9890 5650.

Hey dee ho Musical Program for Children (Age 0 - 4)

Watch your child develop cognitive & listening skills, a sense of pitch, rhythm & social skills in a fun environment

Friday 9th Oct - 18th Dec, 9.30 - 10.30 am, 11 weeks

For costs & more info, contact Sonja on 9874 4829.

Singing Group Tuition, A fun way to learn

In this group lesson, Greg will bring out the confidence and necessary skills you need to develop your singing. Greg van Bergen, owner of Monstar Music, is a full member of the

Australian National Association of Teachers of Singing. He has qualifications from AMEB and has participated in Estill

Voice International training.

Thursday 8th Oct - 3rd Dec, 9:45 - 10:45 am

9 weeks, \$90 Term

Singing - Individual Tuition

Greg will help you develop a singing style of your own.

Book a 40 min session prior to or after group session (24 hour notice required for cancellations).

\$105 for 3 individual lessons.

Health & Wellbeing

Gentle Exercises to Music

Join this enjoyable class for gentle stretching exercises to well-known songs, e.g., ABBA. Nothing too strenuous!

Thurs 8th Oct - 3rd Dec, 1 - 2 pm.

9 weeks, \$63 Term / \$8 Casual.

Massage

An accredited naturopath is available for appointments.

To book an appointment, call 9888 0234. To enquire, ring Arnold on 0431 335 559. 60 minute session \$60.

Seniors on the Move

Join this gentle chair-based exercise group to keep yourself mobile and flexible. Plenty of fun.

Tuesday 6th Oct - 8th Dec (no class Nov 3rd), 1 - 2 pm

9 weeks, \$63 Term / \$8 Casual.

Strength Training:

Improve muscle strength, balance and mobility through a series of exercises using small dumbbells and leg weights.

Monday 12th Oct - 14th Dec, 9 - 10 am

Wednesday 14th Oct - 16th Dec, 2 - 3 pm

10 weeks, \$70 Term / \$8 Casual.