

The Arts

Art Discovery

Let our experienced tutor take you on a journey of discovery as you experiment with old and new art techniques, mixed media and interesting combinations of traditional and non-traditional materials, Materials list provided on booking.

Tutor: Natalie Fernandes

Tuesday 5/10 - 26/10 10am - 12pm **Online**

Wednesday 6/10 - 27/10 10am - 12pm **Online**

Cost: \$60 for 4 weeks. BYO equipment and materials

Centre based*

Monday 8/11 - 20/12 10am - 12pm

Tuesday 9/11 - 21/12 10am - 12pm

Wednesday 10/11 - 15/12 10am - 12pm or 12.30 - 2.30pm

Thursday 11/11 - 16/12 10am - 12pm

Cost: \$90 for 6 weeks. BYO equipment and materials

Right Brain Drawing and Beyond

Make your left brain draw right! People often say they can't draw, however by enhancing visual perception, even those who have struggled in the past will be surprised by their accomplishments. We will explore creative applications such as charcoal, pastel and mixed media drawing approaches.

Tutor: Natalie Fernandes

Wednesday 6/10 - 27/10 7pm - 9pm **Online**

Wednesday 10/11 - 15/12 7pm - 9pm **Centre based***

Cost: \$90 for 6 weeks. BYO equipment and materials

Phoenix Park Writers

Join author and editor AJ Collins and our group of writers, all working on their own projects and offering support and encouragement. Through workshopping, discussion and further reading, writers will be able to make progress on their own writing projects.

Monday 4/10 - 13/12 (ex 1/11) 9.30am - 11.30am

Cost: \$175.00 for 10 weeks **Online**

Painters Groups

For those independent artists who would like some companionship and encouragement as they work on their own paintings or sketches. No tutor. BYO materials.

Mon 8/11 - 20/12 1.00 - 3.30 pm

Cost: \$5 per session **Centre based***

Phoenix Park Singers

Always wanted to sing, but too shy or worried that you don't have a good voice? Join our friendly singers for lots of fun.

No auditions necessary, just come along and enjoy!

Choir Leader: Belinda Glass

Thursday 7/10 - 4/11 7.45pm - 9.30pm **Online**

Cost: \$75 for 5 weeks

Thursday 11/11 - 16/12 7.45pm - 9.30pm **Centre based***

Cost: \$90 for 6 weeks.

Phoenix Park Neighbourhood House

BOOKINGS

Bookings are essential for all activities. Please use the links on our website or contact the office to secure your place.

CLASS PAYMENTS

All course fees must be paid in advance when enrolling.

ANNUAL ADMINISTRATION FEE

An annual administration fee of \$12 per adult and \$6 per child is due at the time of enrolment in addition to the course fee. This is payable once only during the year.

MEMBERSHIP FEE

To become a member and be part of the future growth of Phoenix Park please contact the office to discuss joining the committee.

REFUNDS

Classes will run subject to having minimum numbers enrolled. If a course is cancelled due to insufficient enrolments or other factors, participants will be notified and a credit or refund issued. Enrolments cancelled prior to 72 hours of course commencement will be refunded less an administration fee of \$12.00. **NO REFUND** will be given after this time.

We have a CovidSafe Plan in place. Contact the office for more details.

Acknowledgements

A special thank you to all our volunteers.

We gratefully acknowledge the support of:

The Department of Health and Human Services

City of Stonnington

Bendigo Bank East Malvern Community Branch

Neighbourhood Houses Victoria



PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST

Term 4 2021

04 October to 17 December 2021

*Centre based classes subject to confirmation in accordance with government guidelines.

22 Rob Roy Road, Malvern East 3145

Phone: 9530 4397

manager@phoenixparknh.org.au

www.phoenixparknh.org.au

Follow us on Facebook and Instagram for upcoming workshops and short courses



Facebook: **@Phoenix Park Neighbourhood House**

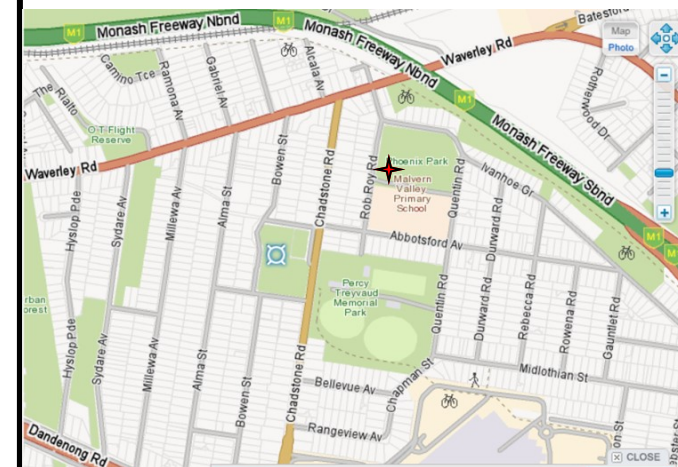
Instagram: **@PhoenixParknh**

Office Hours:

Mon to Thu 9.30am - 4.00 pm

Friday 9.00am - 3.00 pm

Version 27/09/2021



Children's Activities

JP Kids - Japanese Kinder language classes

Build on your child's existing Japanese ability with JP Kids Class. The program aims for 3-5 year olds to learn and develop Japanese language skills, while also gaining a cultural understanding through a quality Early Childhood Program. Classes are run in a fun and interactive manner with a mix of theory and play. For more information email jkidsclass@gmail.com

Wed 10/11 - 15/12 and Thu 11/11- 16/12 9:30 - 11:30am

The following will return when restrictions ease

Japanese Playgroup

Meet with Japanese speaking parents and children for play and social interaction each **Tuesday** morning (school term) from **10.30am to 12.00noon**. Afterwards parents and children have the option to gather together for lunch (brought from home) in the kitchen followed by time in the playground. For more information email your enquiries to japaneseplaygroupchadstone@gmail.com

Gumnut Music

Gumnut Music is at Phoenix Park on a Friday morning! Our program is for children aged 0 - 5 years and involves live instrumentation and singing, with a strong emphasis on play-based learning. We teach music in its most organic form using instruments, puppets, dance and creative props to help children learn, create and grow through carefully planned open-ended experiences.

For more details visit us at www.gumnutmusic.com.au or phone Louise on 0409 757 932.

Mandarin Stars

A children's activity to inspire a lifelong love of the Mandarin Chinese language and Chinese culture. Book now for a free trial class! Wednesdays and Saturdays during school terms. www.mandarinstars.com.au

Jack and Jill Playgroup

Jack & Jill Playgroup is a parent run organisation, supported by Stonnington Council, in the Phoenix Park Children's Hub located at 25 Quentin Road, Malvern East. It is located in a beautiful facility they would love to share with the wider community. For session details please enquire directly to: jackjillenrolment@gmail.com

Stonnington Toy Library - Pop Up

Jack & Jill Playgroup hosts the Stonnington Toy Library Pop Up throughout the year. Why buy expensive toys when you can borrow from the Toy library and become involved in the local community. For more information enquire to: <http://www.stonningtontoylibrary.org.au/>

Exercise & Wellbeing

The following classes will be held online until restrictions ease. Links emailed upon payment.

HeartFIT

A gentle physical activity program suitable for those who haven't done any exercise for a while or those wanting to increase physical activity, maintain a healthy lifestyle or continue exercise after leaving rehabilitation.

Tutor: Ingrid Pich

Tue 5/10 - 26/10 11am- 12pm or **Thu 7/10 - 3/11** 10 - 11am

Cost: \$10 per session **online**

Tue 9/11 - 21/12 11am-12pm or **Wed 10/11 - 14/12** 1- 2pm

Cost: \$10 per session **centre based***

Yoga

A gentle yoga class incorporating stretches, postures, breathing and relaxation. Good for beginners or for those wanting to maintain flexibility. Tutor: Kate Byrne

Tue 5/10 - 26/10 7.pm - 8pm **online**

Thu 7/10 - 4/11 10am - 11am **online**

Cost: \$40 for 4 weeks or \$12 per session #

Mon 8/11 - 20/12 10-11am or 11.10am-12pm **centre based***

Thu 11/11 - 16/12 10.15am - 11.15am **centre based***

Thu 11/11 - 16/12 7pm - 8pm **centre based***

Cost: \$70 for 7 weeks

Tai Chi

Join us on a mindful practice through the modality of Tai Chi, or Taijiquan in Chinese. Tai Chi is an outstanding gem of traditional Chinese culture that is valuable in promoting health, developing combat and self-defence skills, and improving concentration and overall well-being. Anyone regardless of age or level of fitness can practice and benefit from Tai Chi.

Thu 7/10 - 4/11 1.30pm - 2.30pm **online**

Cost: \$40 for 4 weeks or \$12 per session

Thu 11/11 - 16/12 10.15am - 11.15am **centre based***

Cost: \$70 for 7 weeks or \$12 per session #

Zumba Gold

Our Zumba Gold classes are a great work-out, lots of fun, and designed for the older members of the community or those after a low impact fitness. Join in this popular class run by a dynamic teacher who will show you all the moves.

Tutor: Linda Nogara

Wed 6/10 - 3/11 or Fri 8/10 - 5/11 **online**

9.30am - 10.30am

Cost: \$10 per session

Wed 10/11 - 15/12 or Fri 12/11 - 17/12 **centre based***

9.30am - 10.15am (also online) or 10.30am - 11.15am.

Cost: \$10 per session

Casual participation subject to availability

Exercise & Wellbeing

Buff Bones ® for Osteoporosis

Buff Bones is designed primarily for clients diagnosed with osteopenia or osteoporosis or anyone concerned about bone health. It is a safe, effective, low-impact workout. If you are aged between 45-70, have good balance and can get down on the floor and back up again, then this class is for you. Buff Bones is a unique class with no rotation or spine flexion to minimise risk of fractures to fragile bones. Buff Bones strengthens muscles around the hip, wrists and spine, and focuses on improving your balance, posture and flexibility. BYO yoga mat, towel and small cushion.

Tutor: Robyn Simmons

Tuesday 5/10 - 26/10 11am - 12pm **online**

Cost: \$48 for 4 weeks or \$14 per session

Tuesday 9/11 - 14/12 11am - 12pm **centre based***

Cost: \$72 for 6 weeks or \$14 per session

*** The following classes will only be offered at the centre when restrictions ease. Dates subject to confirmation.**

Chairbased Exercise

Come along and join this class during which you will have a gentle workout and a good stretch. Ideal for those who have some limited mobility and need to keep flexible. Includes some standing postures. Tutor : Greg Durham

Mon 8/11 - 20/12 10.15 - 11am or 11.15am to 12pm

Cost: \$4 per session

Pilates

Work on your core strength with the Pilates moves and gain flexibility from Yoga postures.

Tutor: Maree Barnett

Tue 9/11 - 14/12 7.30pm - 8.30pm

Fri 12/11 - 17/12 9.30am - 10.30am

Cost: \$60 for 6 weeks Casual: \$12 per session #

Zumba®

Disco lights for Tuesday nights! Join us as we dim the lights and get the disco lights out for some added atmosphere. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, flexibility, boosted energy each time you attend a class.

Tutor: Linda Nogara

Tue 9/11 - 14/12 7.00pm - 8.00pm

Cost: \$10 per session. Students \$7 per session

BeatFIT

Join this lively exercise class suitable for those looking for a more intense workout than our HeartFit program. Weight bearing exercises for able-bodied participants of all ages.

Tutor: Greg Durham

Thu 11/11 - 16/12 9.00am - 10.00am

Cost: \$60 for 6 weeks or \$12 per session #

Senior's Week

Monday 4 to Friday 8 October

All Senior's Week classes are FREE and online.

Bookings are essential. For more information about the sessions and to book your place see our [Website](#)

Tai Chi

Join us on a mindful practice of Tai Chi to improve health and overall well-being. Anyone regardless of age or level of fitness can practice and benefit from Tai Chi.

Monday 4/10 1pm - 2pm



Buff Bones

Try this safe, effective, low-impact workout designed to explore and focus on improving your balance, posture, and flexibility and is particularly great for folk who have been diagnosed with osteoporosis or osteopenia.

Tuesday 5/10 11am - 12pm

Staying Strong & Healthy

Do you find yourself in a food rut and need some healthy inspiration? This 'Healthy Eating' session, presented by a qualified nutritionist, is for you!

Wednesday 6/10 1pm - 2pm

Memoirs for Seniors

Do you have a story to tell? Have you always thought about writing your memoir but don't know where to start?

Thursday 7/10 10am - 11am

Largest Virtual Zumba Gold Party

Join us as we host the Largest VIRTUAL Zumba Gold party. Zumba Gold is a low-impact class with simple moves, which makes it perfect for active older adults.

Tutor: Linda Nogara

Friday 8/10 10am - 11am



What's New

Beginners Art

Go back to the basics of art in this 4 week drawing course designed for beginners or those who need a refresher. You will be taken on a journey of discovery and will be surprised by your progress each week using pencil and paper. BYO materials.

Tutor: Natalie Fernandes

Thursday 7/10 - 28/10 7.00pm - 8.30pm

Cost: \$60 for 4 weeks **online**

Memoir Writing for Beginners

Do you have a story to tell? Have you always thought about writing your memoir but don't know where to start? This series of 6 sessions will start you on a journey to unravel your personal story. Meet online with our tutor and other writers who share a common interest. You will learn the difference between memoir and biography, discuss why you should write your memoir, explore different types of memoir, and enjoy a fun writing exercise to get you started.

Tutor: AJ Collins

Mon 25/10 - 6/12 (ex 1/11) 2pm - 3.30pm

Cost: \$120 for 6 weeks **online**

Christmas Card Workshop

Get creative in preparation for the festive season and make your own Christmas cards and gift tags using paper collage techniques.

Tutor: Natalie Fernandes

Thursday 4 November 7pm - 8.30pm **online**

Cost: \$20 includes materials

Christmas Wreath Workshop

Learn how to create an elegant artificial and dried Christmas wreath with a selection of stunning red or gold flowers and decorations. Presented online in collaboration with local floristry school **Bloomin Marvellous**. Bookings are essential and the cost includes delivery to your home of a box with all the materials required to complete the project.

Minimum numbers required

Tutor: Jemima from Bloomin Marvellous

Monday 1 November 7pm - 9pm **online**

Cost: \$90 includes kit

Gingerbread House Workshop

Take the hard work out of creating a personally decorated Gingerbread House at this fun, hands-on workshop. The house pieces, baked by local manufacturer Wiltons Cookies, are included in the cost and come in a kit, ready for you to assemble and decorate. You will need to bring your own selection of lollies and decorations.

Tutor: TBC

Thursday 2 December 7.15pm - 9.15pm **centre based***

Cost: \$49 includes gingerbread house kit. Decorations at your own expense.

Later this term

Mahjong

Join this friendly, fun group to play Western Mahjong with other experienced players. Get that grey matter moving in this game of skill, strategy and calculation - and a certain degree of chance!

Mon 8/11 - 20/12 or Tue 9/11 - 21/12 1pm - 4pm

Cost: \$4 per session

Phoenix Park Photography Group

If you're interested in getting together to discuss photos and exchange tips and ideas join us on the **1st Thursday of the month at 7.30pm (ex Jan)** We meet via Zoom and / or at Phoenix Park depending on the focus of the session. We also organise occasional group excursions and workshops to take photos or experiment with techniques to expand our photographic skills. The focus is on digital photography and everyone is welcome. Cost: \$4.00 per session but free for term 1. For more details check out our blog at: <http://ppcameraclub10.blogspot.com.au/>

The following activities will return in 2022, subject to the easing of restrictions. See our website in January for more details www.phoenixparknh.org.au

Discussion Group

Join us for a sometimes fiery discussion about current affairs each week during this independently run session.

Mondays 10am - 12 noon

Cost: \$4.00 per session

Film Appreciation Group

Our group is passionate about films and enjoys watching a range of foreign and local films, documentaries, art house films both classic and contemporary, followed by a brief discussion.

Tuesdays 10.30am - 12.30pm

Cost: \$4.00 per session

Community Singing Group

Come along and enjoy a sing-along facilitated by our group leader. People of all abilities with their carers are welcome. Enrolments essential. No charge.

Dates and time to be confirmed

Fashionable Footsteps Walking Group

Join our walking group facilitator on a walk around Chadstone SC and surrounds, including warm up, walk, cool down and opportunity for a cuppa afterwards (at own expense). Meet in front of Coles **inside** the Shopping Centre for an hour of fitness. Call us to register.

Group Leader: Suj

Tuesdays and Thursdays 7.45am - 8.45am

Cost: Free