

Children's Week 22–30 Oct



During the week starting Monday 24 October, our Greythorn Hub tenants will be celebrating Children's Week. The 2022 theme is "All Children have the right to a standard of living that supports their wellbeing and healthy development."

It is a national celebration that recognises the talents, skills, achievements and rights of children. Pop into the Hub and see what our Children and Family Services have to offer.

Special Family Fun Morning

Thursday 27th October 10.00am – Midday

Greythorn Community Hub Foard Williams Room.

A morning of **FREE** fun for our little ones in the local community. Ages up to 8 years whom are supervised by a care giver.

Bring along your favourite teddy (or soft toy) for a general health check and fund, receive a special passport stamped at each activity. Our Access Health clinicians will check your teddy to ensure its healthy, Maternal health nurse will weigh your teddy, and a dental check for your toy.

Join in on a fun performance with Sandy and her belly dancers. Have fun in the craft corner or enjoy a bear hunt from your local library.



Our House

Located at the Greythorn Hub in Balwyn North, Trentwood Community House offers courses, workshops and events for the community with a mix of term-based, short courses and one-off activities.

Enrol in a course or activity and meet other community members. As a not-for-profit community organisation we strive to make our activities as affordable as possible.

Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Where noted enrolments for some classes are through Try Booking.
- Pick up an enrolment form from the House or enrol from our website.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- We do not offer pro rata rates. If you are unable to attend some sessions, you will still need to pay the full term fee.
- A change of restrictions may impact on our ability for on-site attendance. Where possible we will continue to deliver the class online. We are unable to provide a refund or credit classes that continue online however, if this proves difficult for you, please contact us.

For further information on our enrolment policy, please visit our website or contact the Office.

Room Hire

There are fabulous community rooms available for hire at the Hub. We have a large function room suitable for family gatherings, corporate workshops and functions. This space has a new, fully equipped kitchen, an AV system and seating for up to 120 people. We also have a number of smaller rooms available for community groups to hire on a regular or one off basis for meetings.



These rooms have AV Equipment and whiteboards, as well as access to a small kitchenette.

Please scan the QR code or contact us to find out more.



This brochure is made using 100% post-consumer recycled paper

Made Carbon Neutral in a process chlorine free environment.

Sustainability

The sustainability program at our Community House shows the community want to reduce its footprint on the environment. Please come and make use of the opportunities to stop waste going to landfill.

Electronic Waste Station (E-waste)

Drop off small appliances, batteries, mobile phone and computer accessories.

Drop off your Plastic Bread Tags

We use the money from selling the plastic to help buy wheelchairs for people in Africa.

Swap your Magazines

Bring them in to share with someone else.

Recycle Some "Non-Recyclables"

TerraCycle Recycling takes items not generally considered as recyclable (e.g. empty and clean toothpaste and skincare tubes, empty dental floss containers, old nail polish bottles and old pens and textas) and turns them into seats, chairs and tables. 12.5kgs of items were collected in 2021.

**This program is through the Zero Waste Box System and is a Community House initiative funded at \$275 per box. We are currently unable to accept blister packs.*

Learn Some Fix-it Skills at our Repair Café

Bring along a broken or serviceable item and learn some basic skills with a skilled repairer. The café runs on the third Sunday of the month 10am – 2pm.

Plastic Free July

Thank you to the many that joined in on our Plastic Free July initiative. We had lots of fun looking at different ways to help reduce plastic waste! The Hub was decorated with craft activities and displays. The month finished off on a high note with a wonderful afternoon of singing entertainment with our Wednesday choir – Tuggare.

Repurpose E-waste project NEW

We are excited to announce we have received a Boroondara Council grant to help build on our sustainability program and repurpose e-waste such as toaster, woks, saucepans etc. into pot plant holders. See our display at the Hub and visit us at the Boroondara Sustainability festival in November to find out more!

At the Hub

How to Find us

Trentwood at the Hub is at 2 Centre Way, Balwyn North. We are located in the Greythorn Community Hub, behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground carpark.

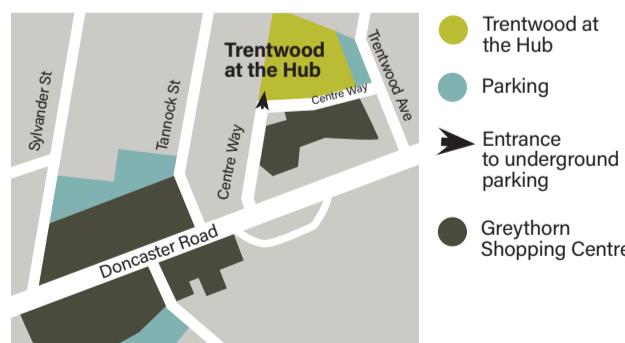
Accessibility Features

Trentwood at the Hub and Greythorn Community Hub are fully accessible with ramps, ambulant toilets and shower facilities, braille signage and hearing loop.

Acknowledgment of Country

Trentwood at the Hub acknowledges the Wurundjeri Woi-wurrung people, who are the Traditional Owners of the land on which we work.

We pay our respects to the Wurundjeri Elders past and present and future, and extend that respect to other Aboriginal and Torres Strait Islander people. We acknowledge that sovereignty was never ceded.



trentwood
at the hub
your local community house

Greythorn Community Hub
2 Centre Way
Balwyn North 3104
P: 9006 6590
E: info@trentwood.org.au
W: www.trentwood.org.au



What's on in Term 4



Kid Safe - Car Seat checks

Here at the Community house, free child restraint fittings and safety checks. This service is held undercover in the carpark. Third Wednesday of the month.

Wed 21 Sept, 19 Oct and 16 Nov 10am – 2pm

Community Safety Day

Trentwood In partnership with **Victoria Police, and Boroondara Neighbourhood Watch**, is proud to host a local neighbourhood Community Safety Pop-up. Residents are welcome to come and meet their local Police and Neighbourhood Watch volunteers, discuss community safety issues and concerns and access important information and resources on crime prevention and safety.

Tues 4 Oct 10 – 11am

2022 Victorian Seniors Festival Rendezvous to Write @ Trentwood

The Victorian Seniors Festival is turning 40, and Trentwood at the Hub will be part of the celebrations! From October 17, we will be showcasing a display of written works from our *Rendezvous to Write* life-writing program with the theme "*Then and Now*" We will be proudly displaying the stories in the foyer of the Greythorn Hub.

Halloween at Trentwood

Trentwood is joining the Greythorn Traders at the Halloween Festival. Come over to the grass area at the hub and relax or eat your dinner in our "Chilly" zone with outdoor games, Nintendo, picnic rugs.

Wed 26 Oct 5 – 8pm

Finding Employment Connections in Boroondara



Ash from **Jobs Victoria** Advocates program will continue to be onsite at the Hub every fortnight beginning in Term 4, Friday 14 October at 9am – 11am. He will be here to help jobseekers in Boroondara, in providing information, advice and connections to available resources and supports.

Trentwood at the Hub

Activity & course guide

Term 4 October - December 2022



trentwood
at the hub
your local community house

Be inspired
Be engaged
Be involved

Call us on 9006 6590



Trentwood at the Hub Classes & Activities Term 4 – 2022



Be Active

Join one of our classes, get fit and have some fun at the same time in a welcoming supportive environment.

Strength & Balance Monday Mornings

Improve strength, flexibility & balance with slow, mindful, low-intensity, resistant and light weight-bearing Yoga inspired exercise. No yoga experience required. Standing and floor based, so please bring a mat. Suitable for those aged 55+.

Mondays starting 3 October 10.30am 11.30am (9wks)
Price: \$126 No class 31 October

Belly Dancing – Move your Body

A fun low-impact dance workout that improves body strength and tone; especially core, buttocks, legs and arms. For all ages, sizes and stages of fitness.

Thursdays starting 6 October 2 – 3pm (10wks) Price: \$165

Chinese Cultural Dancing Group

Tuesdays 10am – 1pm (ongoing)

Strength & Balance with Fiona

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.

Fridays starting 7 October 11am-12pm (10wks) Price: \$140*

*Concession rate available with a My Aged Care referral

Hatha Yoga with Peter NEW TIME

Improved physical health, increased flexibility, higher energy levels and enhanced mental stability and focus are just some of the benefits. Suitable for beginners and seniors.

Mondays starting 8 October 7 – 8am (6wks) Price: \$85

Table Tennis

Join our group to play a social game, we have the bats and balls! First session free. New players welcome.

Thursdays 2.30 – 4.30pm (ongoing) Price: \$3 per session (10 or 5 session pass)

Qigong/Tai Chi Beginners with Catriona

Release stress and tension and restore energy levels with these easy to follow slow, gentle stretches and movements. Come and Try session welcome.

Tuesdays starting 4 October 9.30 – 10.30am (9wks)

Price: \$110* No class 1 November

Tai Chi with Anna

Improve muscular strength, flexibility and fitness. Rejuvenate your body. Learn to create a tranquil mind.

Tai Chi Beginners:

Thursdays starting 6 October 2.30 – 3.30pm (10wks)

Price: \$125

Tai Chi Level 2 (For those with some experience):

Thursdays starting 6 October 1.15 – 2.15pm (10wks)

Price: \$125

Yin & Flow Yoga

Slow, mindful movements to prepare the body to relax and stay in postures for longer periods of time. Suitable for all abilities.

Tuesdays starting 4 October 6.30 – 7.30pm (9wks)

Price: \$100 No class 1 November

Mobility Matters (Presented by Andrea from APT Personal Training & Pilates) NEW

This healthy movement class provides a supportive, inclusive, social environment where members and their carers can interact, have fun & learn & explore new safe ways to improve mobility. No kneeling or floor work. Seated & or standing options. This program can be accessed using your NDIS plan. Support Item Ref: 04_180_0136_6_1_T For further information about Andrea please visit www.aptandpilates.com

Tuesdays starting 11 October 1.30 – 2.30pm (6wks)

Hub Walking Groups

Spring is here, and it is a perfect time to explore the many great streets, walks and parks in and around Greycliffe! Join Jackie or Geraldine (Thursdays) or Sue (Fridays) for a 30 minute walk (at moderate pace) and meet new friends from the local community. Visit us at reception to express your interest. Everyone is welcome!

Thursdays 9.30am (6 Oct and 20 Oct) and Fridays (every Friday 8am starting Oct 28).

Changing Directions Music

A great social opportunity for people with disabilities to develop skills through musical expression. Sing along with Adam in a supportive social environment, while he plays his guitar and shares some stories. This program can be accessed using your NDIS plan. Ref: 04180013661

Mondays 1 – 2.30pm (ongoing)

Post Natal Exercise (Babies welcome!)

Tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels.

Tuesdays starting 4 October 9.15 – 10.15am (9wks)

Price: \$60 No class 1 November

In the Kitchen

Nothing beats the experience of learning to cook in a real kitchen from someone who is passionate about cooking and teaching others.

Vegan Mediterranean Cooking Workshop

Learn the health benefits of both Mediterranean and plant-based cooking as Arzu demonstrates how to make three vegan dishes. BYO containers!

Friday 28 October 6.30 – 8.30pm Price: \$65

www.trybooking.com/CCHRW

\$5 Meals

This weekly class with our nutritionist guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home and enjoy. Access this program using NDIS plan. Ref: 04170013661T

Mondays 10am – 12pm or 1 – 3pm (ongoing)

Baklava & Gozleme Cooking Workshop

Return of this popular workshop! BYO apron, oven tray (approx 45*25 cm, rolling pin and 2 containers) to take home what you cook, usually about 1.2 kg baklava and 3-4 gozleme.

Friday 18 November 6.30 – 8.30pm Price: \$65

www.trybooking.com/CCHTZ

Christmas Cooking Workshops with Amanda

Join Amanda in these hands on cooking workshops, share or take home what you cook.

I Can't Believe it's Vegan

Create tasty savoury and sweet dishes to serve at Christmas or for other special occasions. Recipes can also be adapted to be gluten free. Limited spaces available.

Wednesday 30 November 10am – 12.30pm Price: \$30

Gluten free Christmas Baking

Create some quick sweet and savoury treats for gifts or Christmas day festivities. Can be adapted to other allergies.

Wed 14 December 10am – 12.30pm Price: \$35

Be Involved

Learn something new, be involved and meet new people in the community!

French Conversation (Beginners with 6 months experience) ONLINE

In this class, we will focus on developing your oral conversation, grammar, and pronunciation through texts, role-play scenarios, everyday life situations, and exercises so you can feel more confident about speaking French. New participants welcome!

Tuesday 4 October 11am – 12.30pm (9wks) Price: \$150

Rendezvous to Write

A series of fortnightly sessions to assist you to write about your life and to provide useful ideas and strategies to ensure your writing comes to life on the page. Life writing topics, readings from published memoirs and stories shared by the participants, will inspire group members to recall their own personal histories.

Thursdays fortnightly Starting 13 October 1 – 3pm (5wks)

Price: \$40

For Teens and Young Adults

Study Space

A great space to do homework, study for exams or to get your assignment done. Free Wi-Fi and tea and coffee making facilities. Run in partnership with Boroondara Libraries.

Every weekday 3.30 – 6pm (ongoing) Price: FREE

Uni Study Time

Are you a Uni student looking for a quiet space during the day to study? Trentwood has a perfect space that is free at different times. Call ahead or pop in to see if it is available and come in to the warmth and be productive with your time. Price: FREE Check in and Uni Card required on entry.

Table Tennis

Come with some friends after school or during the holidays. We have the table, bats and balls.

Price: \$3 per person. Contact our office to book.

Be Creative

It's never too late to discover your artistic and creative side! Our tutors have extensive experience, are skilled and well known in the sector. Class sizes are kept to a minimum allowing individual attention and support.

Artlinks at Warrandyte

A fun, creative art group based at the Senior Citizens Centre in Warrandyte. No art skills required! Materials supplied.

Wednesdays 10am – 3pm (ongoing)

Price: \$8 per week with a My Aged care referral

Art classes with Karen (All levels)

Our experienced tutor teaches a variety of art mediums: drawing skills, oil painting, portrait painting, pen and ink work and soft pastels. Materials list provided.

Fridays starting 7 October 10am – 12.30pm (9wks)

Price: \$200

Christmas Wreath Making

Join florist, Kelli Brown, from the Petal Provedore, as she demonstrates how to design and create your own beautiful Christmas wreath to take home. Book early to avoid disappointment!

Thursday 24 November 7 – 8.30pm Price: \$40

www.trybooking.com/CCHUF

Mini Terrarium

Join us and create your own mini terrarium to take home. A perfect workshop to do with a friend or family member. No experience needed. Step by step guidance with Kelli from The Petal Provedore. All materials included.

Thursday 27 October 7 – 8.30pm Price: \$35

www.trybooking.com/CCHUH

Electrical Wire Jewellery Workshop (presented by Vivian Qiu Studio)

Vivian Qiu is a sentimental jewellery designer and teaching artist with a fashion design background. This workshop is one of Vivian's signature workshops where you will be shown hands-on techniques on how to make jewellery using electrical wires collected from renovation sites. You can make a statement jewellery piece, be it necklace, earrings, pendant or bracelet. Materials included. For further information visit <https://www.vivianqiustudio.com/>

Sunday 27 November 2 – 4pm Price: \$40

www.trybooking.com/CCHUU

Community Craft Catchup NEW

Enjoy the company of like-minded people, to talk and share with, whilst you get creative. Bring your unfinished items or projects. Newcomers welcome.

Tuesdays starting 4 October 4.30 – 6.30pm

Price: \$5 per session

Introduction to Furniture Restoration at Greythorn Hub

Learn how to bring pre-loved furniture back to life. This introductory workshop takes women through the entire timber furniture refurb process from selection, repairs, preparation, sanding, painting, stains and finishing. A small, intimate workshop with an opportunity to interact with tools and techniques. Bring your own piece in for advice if you wish, and Hayley will use the pieces as a teaching tool. Plenty of room for questions, clarification and interaction.

Thursday 13 October 7 – 9pm Price: \$25

www.trybooking.com/CCHUP

Hands on Training Workshop at the Maker's Shed

A making space for women to learn new skills and build confidence in restoring furniture around other like-minded women. Hayley will tailor the coaching to what you want to learn and guide you in the stages and tools you need to use. There will be some group pieces to work on (which we will later gift to a woman in need of a beautiful piece) or alternatively you can bring your own piece along and Hayley will show you how to work with it. All tools will be supplied but bring your own if you need some instruction! Class will include most materials. Find out more on enrolment.

Saturday 29 October 12.30 – 4.30pm Price: \$65

www.trybooking.com/CCHUJ

Paper Clay Workshop

Come along and explore the medium of paper clay and create your very own clay bird with a decorative box. In this beginner friendly class, you will start with concept drawings, and form a plan for the 3D models. Using of combination of found objects including wire, cardboard, scrunched paper, Lorraine will guide you in building a sculpture which will be finessed with paint and varnish. All materials included

Wednesdays starting 26 October 10am – 12pm (4wks)

Price: \$110