

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 member. 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 taken through TryBooking.
- 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.
- Proof of Covid vaccination is required.

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 a COVIDSafe capacity of 80 people. We also have a number of smaller rooms available for community groups to hire on a regular basis for meetings.

Our smaller rooms also have AV equipment and whiteboards, as well as access to a small kitchenette. Please contact us 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.

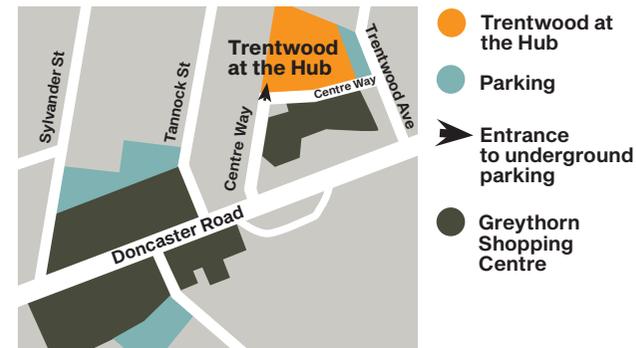
Accessibility features

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.



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your local community house

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



Trentwood at the Hub

Activity & course guide

April – June 2022



Mini terrarium workshop

Be inspired 
Be engaged 
Be involved 

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Call us on 9006 6590

Furniture Restoration

Makers Shed

A new furniture and tool space for women in the community at our Wetherby Road site in Doncaster East. Join Hayley Williams at an introductory Saturday workshop or for a hands-on four week mentoring workshop.

Introductory Saturday workshop

Learn how to bring pre-loved furniture back to life. This workshop takes women through the entire timber furniture refurb process from selection, repairs, preparation, sanding, painting, stains and finishing.

A small and intimate workshop. 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.

Saturday 21/5 2pm – 4pm \$10

<https://www.trybooking.com/BYNRO>

Thursday night furniture restoration workshop

Following our last successful introductory Saturday class, we are excited to offer a hands-on mentoring workspace with Hayley. There will be two options. One is working together on a group piece (maybe a table which will be donated once complete) to learn restoration skills. Alternatively, bring your own piece and Hayley will guide you through the processes of restoring that piece each week. Build your tool literacy and competence in a supportive space, with access to woodworking tools and materials for learning. Hayley's teaching style is interactive, engaging, collective learning, approachable and accessible. Book through our Office or expression interest on our website.

Thursdays 2/6 7pm – 9pm (4wks) \$145

Find out more <https://www.facebook.com/hayleynicoleandco>

Sustainability

The sustainability program at our Community House proves 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.

Join one of our workshops

Be part of the solution by joining one of our practical sustainability workshops such as gardening, furniture refurbishing for women, and many more.

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. The project will partner with our Repair Cafe to turn discarded e-waste, such as toasters, electric woks, and saucepans etc. that are destined for landfill or the recycling process, into pot plant holders. Contact us for further details and express your interest!

Workshops

Biggest morning tea at Trentwood

Join us in this community event to raise vital funds and make a big difference for those impacted by cancer. Come and share a little joy with some tasty treats and raise much needed funds for Cancer Council's life-saving research, prevention programs and support services. We will be entertained on the day by the Boroondara Ukulele group.

Donations welcome on the day or beforehand! Bookings essential for a COVID safe capacity. **Contact us at reception or phone 9006 6590 Thursday 19/5 10.30am – 12pm**

Join us and celebrate all the great things Trentwood Community House has to offer our community during Neighbourhood House Week!

Bring a friend

Trentwood class participants are invited to bring a friend to their class for free during Neighbourhood House week

Free taster classes

Come and met our tutors and try one of our classes for free. Bookings essential!





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.

Intro to Turkish Workshop

Join Arzu Yilmaz for a cooking and cultural adventure. Learn how to make four different vegetarian dishes: a lentil soup, a meze, Turkish borek and a dessert. Arzu will also talk about her experiences as an Istanbul girl and her Turkish identity. Book early for this popular workshop. <https://www.trybooking.com/BYCRT>
Wednesday 27/4 6.30pm – 8.30pm \$65

\$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 1pm – 3pm (ongoing)

Be Involved

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

The Art of Bonsai to Find Inner Peace

Creating spaces for personal healing and reflection is what self-care is all about, but we often get stuck on what to do. The art of bonsai, or 'plant in a pot' provides a unique opportunity to incorporate these elements into our daily life. This workshop explores what the art of bonsai is all about, approaches to holistic wellbeing, and how bonsai not only enhances our creativity but strengthens our sense of inner peace. Participants will work on their own bonsai plant to take home, to care for and nurture. Materials cost included.
Tuesday 31 May 10am – 11.30am \$80
<https://www.trybooking.com/BYNRK>

French Conversation classes

At Trentwood and Hawthorn Community House. Contact us for further information

Mandarin for Beginners (ONLINE)

Learn phonetics, some vocabulary, grammar, characters and daily conversation in the Mandarin language. Topics will include general greetings, self-introduction, numbers, dates and time, food and drinks etc. We will also talk about Chinese culture and customs to help you gain an insight into ancient and present day China.
Mondays 7pm – 8pm 9/5 (6wks) \$80

Rendezvous to Write

A program for older people interested in life writing skills. Explore your personal history to share and develop your writing skills. Participants make a permanent writing appointment in their diary. Various exercises and prompts to assist in developing your writing muscles!
Thursdays fortnightly 1pm – 3pm 28/4 (5wks) \$40

For Kids and Teens

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. **FREE**
Every weekday 3.30pm – 6pm (ongoing)

Table Tennis

Come with some friends after school or during the holidays. We have the table, bats and balls. \$3 per person. Contact our office to book.

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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.

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 10am – 12.30pm 29/4 (9wks) \$195

Artlinks at Warrandyte

Join Nerina with this creative art group based at the Senior Citizens Centre in Warrandyte. It provides members of the community the opportunity to get together, foster friendships, participate in art and craft projects and have some fun! No art skills required! Materials supplied.
\$8 per week with a My Aged care referral
Wednesdays 10am – 3pm (ongoing)

Community Craft Catchup **NEW**

Why not pop along to our social craft group session, and enjoy the company of like-minded people, to talk and share with, whilst you get creative. Bring your unfinished items or projects, and work on them while meeting others in your local community. Contact us to find out more, or express your interest!
Tuesdays starting 26/4 4.30pm – 6.30pm
\$5 per session

Drawing and Painting

Join Owen and learn about watercolour, oils, acrylics and drawing, with colour theory, colour mixing, landscape hints, structural aspects and shading techniques.
Wednesdays 7.30pm – 9.30pm 4/5 (8wks) \$160

Make your own mini terrarium

Ideal Mothers Day present or as an early surprise to do with Mum or the special person in your life. Complimentary refreshments.
Saturday 7/5 2pm – 4pm \$45
<https://www.trybooking.com/BVZPN>

Therapeutic Gardening Workshop

Learn about how and why gardens and plants can be so good for your physical and mental health. Join Amanda and try propagating, pot up a plant and take it home, along with a little knowledge about how you can benefit from therapeutic horticulture in your own space and when you're out and about in nature. BYO own pot, plants and soil provided.
Wednesday 22/6 1.30pm – 3pm \$10
<https://www.trybooking.com/BYNR1>
Tuesdays 9.30am – 10.30am 3/5 (6wks) \$70

Sustainable crafts workshop series **NEW**

Join us for a series of inspiring craft workshops in June facilitated by Vivian Qiu. Cost of the workshop includes materials. Email us for a full description or visit our website, the Trybooking link, or check out Vivian on Instagram: [vivian_qiu_studio](https://www.instagram.com/vivian_qiu_studio)

Arm knitting

Wed 1/6 10am – 12n \$45
<https://www.trybooking.com/BYNNQV>

Sentimental Rice Jewellery

Tue 7/6 7pm – 9pm \$40
<https://www.trybooking.com/BYNNQW>

Japanese Fabric Flowers

Sat 18/6 2pm – 3.30pm \$35
<https://www.trybooking.com/BYNNRA>

Electrical Wire Jewellery

Tue 21/6 1.30pm – 3pm \$35
<https://www.trybooking.com/BYNNRB>

*Book before 25/5 to receive an early bird 10% discount!



See over for Trentwood's expanding program of recycling and environmental initiatives, room hire and new upcoming workshops!

Be Active

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

Belly Dancing – Move your body **NEW**

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.
Free come and try Thurs 2pm – 3pm 19/5
Thursdays 2pm – 3pm 26/5 (6wks) \$100

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: 04_180_0136_6_1
Mondays 1pm – 2.30pm ongoing

Chinese Cultural Dancing Group

Tuesdays 10am – 1pm (ongoing)

Nia Dance Fitness with Sabine **NEW**

Feel good and have fun. Nia is a dynamic movement practice anchored in body-centered awareness. A unique blend of nine movement forms inspires you to improve whole-body conditioning and mental well-being. The movements are easy to follow and suitable for every body, no experience necessary.
Fridays 10am – 11am 6/5 (8wks) \$140

Pilates

Strengthen your core and get back into life with this easily adaptable gentle form of exercise. Suitable for all ages and abilities. Returning in Term 2.
Contact Office to find out more!

Pilates Online with Donna

Tuesdays 9am–10am 26/4 (9wk) \$108
Contact Hawthorn Community House for enrolment. Ph: 9819 5758 E: info@hch.org.au

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 9.15am – 10.15am 3/5 (8wks) \$48

Strength & Balance with Fiona **NEW**

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 11am–12pm 29/4 (9wks) \$126*
*Concession rate available with a My Aged Care referral

Hatha Yoga with Peter **NEW**

Improved physical health, increased flexibility, higher energy levels and enhanced mental stability and focus are just some of the benefits. Suitable for everyone! 8 week term
Wednesdays 10.30am – 11.30am 4/5 (8wks) \$112

Table Tennis

Join our group to play a social game, we have the bats and balls! First session free. New players welcome.
Thursdays 2.30pm – 4.30pm \$3 per session (10 or 5 session pass)

Tai Chi and Qigong/Tai Chi

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

Qigong/Tai Chi Beginners:

Tuesdays 9.30pm – 10.30am 3/5 (6wks) \$70

Tai Chi Beginners:

Thursdays 2.30pm – 3.30pm 5/5 (8wks) \$95

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

Thursdays 1.15pm – 2.15pm 5/5 (8wks) \$95

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 6.30pm – 7.30pm 26/4 (9wks) \$100

Movement for Healthy Ageing

Movements and postures designed to address ageing challenges. Increase strength, agility and balance. Small classes, held in a safe, welcoming environment. Ideal for seniors.
No classes 28/5 and 6/6
Mondays 11.30am – 12.30pm 2/5 (5wks) \$80