

End of year celebrations at Trentwood

In December our community house was joined by some of our volunteers, tutors, and staff and Hub visitors in a delightful end of year celebration.

The Christmas cheer echoed all throughout the Hub, thanks to a musical performance from the choir and a dance performance from the Community House Chinese Dancing Group.

Our \$5 Meals program also celebrated another wonderful year at Trentwood and had a surprise visit from Santa!



Tuggare Choir Performance



Kitchen Volunteers



\$5 Meals Program



Community House Chinese Dancing

Neighbourhood House Week

Neighbourhood House Week, happening across Australia in the second full week of May each year, is a nationwide initiative to celebrate the role of over 1,000 Neighbourhood and Community Houses and Centres.

This year will be celebrated from 13 to 19 May 2024, and the theme is 'Stronger Together'

Neighbourhood and Community Houses and Centres (NCHCs) all throughout Australia are the heart of the local community. We bring people from all walks of life together to connect, learn, and play. Through collaborative initiatives, inclusive programs, and shared spaces, we cultivate an environment where every voice is heard, every story is valued.

Join us for our next Talk and Tea, as part of our Neighbourhood House Week celebrations.

From Borneo to Arnhem Land – A Doctor's Journey

It is with great pleasure we welcome Dr Russell Conway to Trentwood, to tell us about his remarkable life as a medical doctor in two of the world's most remote locations.

Light refreshments will be provided. Bookings essential.

Thursday 16 May at Trentwood Community House 11am – 1pm. Gold coin donation welcome.

Save the Date for our Next Talk and Tea

First Constable Elly Thornton, Boroondara's Crime Prevention Officer, will discuss general crime prevention including how to spot a scam and will give some insight into current crime trends.

Thursday 5 September 11am – 1pm



February Tea and Talk – Know our Heart



Greythorn Art Space

In March we were delighted to unveil a community art gallery space here at the Hub.

Trentwood's Community Engagement Coordinator, Jackie Warren, says the space will be accessible to the whole community, and a space where local groups can share their stories and local artists can exhibit their work.

"The gallery space brings to life what was a blank, underutilised white wall in the main foyer of the Hub and builds connections to our community house with the visitors, staff and volunteers to the Hub."

The inaugural exhibition showcases photographs taken by the Deepdene U3A Photography group.

The collection, sponsored by the Community Bank Inner East Bendigo Bank, documents the nearby Koonung Creek Reserve which has been enjoyed in its current form since 1982. The Reserve is about to be significantly altered and reduced in size due to the widening of the Eastern Freeway. This photographic exhibition documents the current park and its users, as a historical record of Balwyn North.

Trentwood is proud to showcase this work in the first of many community exhibitions made possible by the City of Boroondara and the Rotary Club of Balwyn with their generous funding support under their Community Grants 2023 program. The grant enabled us to set up the hanging system in the foyer.

The exhibition will run for three months. Please come and have a look!

To find out further information on the exhibition, or what's on at Trentwood visit: www.trentwood.org.au

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.
- Payments and enrolments can be taken over the phone on 9006 6590, in person at the Hub or **online at www.trentwood.org.au**. You will need to complete an enrolment form.
- A discounted rate is available for some of our exercise programs for people who have had a My Aged Care assessment and been referred to the program. If you would like help for a referral or more information about My Aged Care, please call us on 9006 6590 or call 1800 200 422.
- 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.

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.

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.

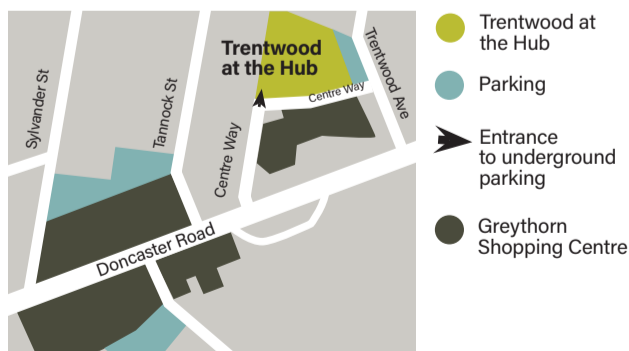
Accessibility Features

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

Trentwood at the Hub

Activity & course guide

Term 2 April – June 2024



*Megumi – Belly Dancing class

trentwood
at the hub
your local community house

Be inspired
Be engaged
Be involved

Call us on 9006 6590



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

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. Beginners welcome.

Thursdays starting 18 April 2 – 3pm (10wks) Price: \$175

*No class ANZAC day 25/4

Trentwood Community House Chinese Dancing Tuesday and Friday Mornings (ongoing)

Post Natal Exercise (Babies welcome!)

Tailored for mums wanting to get back into exercise after pregnancy. This class is pelvic floor safe and suitable for all fitness levels. We encourage you to bring your babies! Participants can pay for either 4 week block or for the full 8 weeks (which has a discounted class fee).

*No class 30/5

Block one starting 2 May (4 wks) Price: \$32

Block two starting 6 Jun (4 wks) Price: \$32

Both blocks (8 wks) Price: \$60

Qigong/Tai Chi

Release stress and tension and restore energy levels with these easy to follow slow, gentle stretches and movements. This low impact form of exercise helps to keep the body supple and strong while improving balance and posture. All abilities and levels of experience are welcome to join this class to stay healthy, active and calm. Come and Try session welcome.

Mondays starting 15 April 9.20 – 10.20am (10wks)

Price: \$138 *No class 10/6

Tuesdays starting 16 April 9.30 – 10.30am (11wks)

Price: \$151

Strength & Balance Monday Mornings

Improve strength, flexibility and 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 15 April 10.30 – 11.30am (10wks)

Price: \$151 MAC clients: \$100 *No class 10/6

*Concession rate available with a My Aged Care referral

Strength & Balance Friday Mornings

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 19 April 11.30am – 12.30pm (11wks)

Price: \$165 MAC clients: \$110

*Concession rate available with a My Aged Care referral

Walk From The Hub

Join us for a 30 minute walk (at moderate pace) and meet new friends from the local community. Everyone is welcome!

Friday mornings at the Hub. Meet at reception 8am

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 16 April 6.30 – 7.30pm (11wks)

Price: \$172

Zumba

With its easy-to-follow choreography, Zumba is designed for everyone. All abilities are welcome and no dance experience is necessary.

Fortnightly Fridays 31 May, 14 and 28 June

Foard Williams room, Greythorn Hub 2 – 3pm.

Price: \$30. Bookings essential.

Table Tennis

We welcome members of the community to come along with friends or family to enjoy a casual game (subject to room availability) for \$4 per person. We also have two social groups on Thursdays you are welcome to join. We have the bats and balls. Contact our Office for further details. 10 or 5 session passes are available.

Thursdays 12.30pm – onwards

Chair Yoga

A supportive and friendly class to help you gently tone, improve flexibility and strengthen your body, ease mental tension and soothe the mind. Everyone can practice Chair Yoga, regardless of age, experience, or level of flexibility. Contact us for further information.

Wednesdays starting 17 April 11am – 12pm (11wks)

Sit & Be Fit

This program is a moderately paced program of chair based exercises to help maintain muscle mass, bone density and improve core stability to reduce the risks of falls. The key benefits include increased flexibility & strength and increased coordination to help improve posture and spine alignment. Our classes are small and ideal for those who are aged 65+ and looking for exercise at a slower pace.

Tuesdays starting 21 May 2 – 3pm (6wks)

Price: \$90 MAC clients: \$60

*Concession rate available with a My Aged Care referral

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

Artlinks is a creative art group run by Access Health and Community. The group meets weekly at the Senior Citizens Centre in Warrandyte. This program is about getting together, making new friends, enjoying art and craft projects and having fun. No art skill required! Contact us at Trentwood Community House for further details and about transport options.

Wednesdays 10am – 3pm (ongoing)

Price: \$10 per week with a My Aged Care referral

Art classes with Karen (All levels)

Develop your creativity and be inspired with our experienced tutor. Karen teaches a variety of mediums including drawing and Oil, Acrylic and Watercolour painting.

Bring your own project or be guided by the tutor and explore with your medium of choice. Advice will be given in class for materials that need to be purchased. Beginners and experienced welcome.

Fridays starting 19 April 10am – 12.30pm (11wks) Price: \$275

Alcohol Ink Workshop

Participants get to explore techniques using alcohol inks whilst having fun with colours and unusual materials. Each student will be able to take home their own uniquely painted bowl. Materials included.

Tuesday 14 May 9.30am – 12pm Price: \$50

Fundamentals of Digital Photography

This six week course is suitable for beginners and/or enthusiasts who wish to improve their photography skills and learn to create satisfying and memorable images with their camera. The course covers basics of cameras and lenses, including how the camera sees things differently to the human eye, and devotes four sessions to the fundamental issues of Exposure, Light and Composition. The course is run by Paul from pkphotography, who has been presenting this course successfully at multiple Learning Centres for nearly 10 years now. *Please bring your camera to the sessions.*

Tuesdays starting 21 May 7 – 8.30pm (6wks) Price: \$95

French (Continuing)

Did you know that more than 220 million people speak French around the world, and it is the second most studied language after English? If your French is a bit “rusty”, or you wish to continue learning to speak, read and write French, then look no further!

We are accepting expressions of interest in starting a small French class here at our Community House. Contact us for more details!

Be Involved

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

Confidence blossoms life Mandarin to English

Basic conversation class to increase confidence in day to day living in Australia. Topics covered include clothes, food, life and travel. Share ideas and bring interests each week.

Thursdays starting 18 April 10am – 12pm (9wks)

Limited English. Price: \$20 per term

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 2 May 1 – 3pm (5wks)

Price: \$50

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: 04180013661T

Mondays 1 – 3pm (ongoing)

\$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 your NDIS plan. Ref: 04170013661T

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

Learn to Use Your Sewing Machine

In this class, which is perfect for beginners, you will learn the fundamentals of your sewing machine and the basic sewing techniques to get you started. Barbara will cover the various parts of the machine and get to know what each component does and how to use them. BYO sewing machine.

Tuesday 21 May 9.30am – 12pm Price: \$35

Sewing – All Levels

Whether you would like to learn the techniques to start you off on your sewing journey or some professional techniques and finishes to take your sewing to the next level, this is the class for you! BYO sewing machine.

Tuesday 28 May 9.30am – 12pm (4wks) Price: \$140

Upcycle Your Old or Broken Jewellery Workshop

Give new life to and creatively redesign some beloved or broken costume jewellery components. Bring your old or broken watches, earring, pendant, chains etc. to learn some basic jewellery making techniques.

BYO your own jewellery findings (head-pins, link clasps, chains etc.) or our tutor can supply some for an extra \$5. Perfect for a Mothers Day present.

Tuesday 14 May 12.30 – 3pm Price: \$35

Be Sustainable

Bring, Learn and Fix

At Trentwood Community House, the North Balwyn Repair Café meets 10am – 12pm on the third Sunday of each month.

You can bring your broken or serviceable items from home and, together with our volunteer specialists start making repairs. It's an ongoing learning process! There are tools and materials to help you make any repairs you need including clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, etc.

Our team of expert volunteers have repair skills in all kinds of fields and will show you how much fun and easy repairing things can be.



Why don't you give it a go?

Electronic Waste Station (E-waste)

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

Swap your Magazines

Bring them in to share with someone else.

Pen and Markers

Through the Greythorn Early Childhood Centre

For Kids and Young Adults

Holiday Fun with Boroondara Youth

Acrylic Paint Pour

Join the Youth team for this fun holiday workshop and unleash your art creativity. For young people aged between 10 to 14 years.



Thursday 11 April 10am – 12pm

Price: \$5

To register, scan the QR code or visit Boroondara.vic.gov.au/youth



Table Tennis

Over the holidays enjoy a game of table tennis with your friends. We have the bats and balls! Contact our office to see when the room is free!

Price: \$4 per person