



Table Tennis Tournaments

Let's get ready to table tennis! Join Boroondara Youth at Table Tennis Tournaments Let's get ready to table tennis! Join Boroondara Youth at the Trentwood Hub for a table tennis show down. Come down, meet new friends and test your skills in these round robin tournaments, competing for not just first place but also the glory of being the crowned champion. Prizes for both days.

Tournament Day 1: Monday 23 Jan 2023, 11am - 2pm

Tournament Day 2: Tuesday 24 Jan 2023, 11am - 2pm

For young people aged 14-25 years.

To register for this **FREE** event or for more information scan the below QR code, visit boroondara.vic.gov.au/youth or email info@trentwood.org.au



Kids Kitchen Cooking Class

Looking for fun things for kids to do during the school holidays? Try this kids' hands on cooking class at the Hub and put the fun back into food! This class will teach easy and exciting recipes that your child can cook at home. On the Menu : Middle-Eastern beef pies, chicken & veggie salad and a Middle-Eastern sweet treat. At the end enjoy a light lunch together. Ingredients included. BYO containers for leftovers. *Some sweets may contain nuts. Suitable for kids from 8 to 12 years old.

Wednesday 25 January 10.30am - 12.30pm. \$25 per child.

Book direct or by visiting:

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

Meet the Faces of Greythorn

The Faces of Greythorn is a Greythorn Traders Association funded initiative funded to capture the history, development and growth of Greythorn Central Shopping Strip. The vibrant local community and business community of Greythorn are proud to present these statues for everyone to enjoy. Our front cover pic is of Maddie and Albert who have just visited the Greythorn Hub.

Electronic Waste Station (E-waste)

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

Drop off your Plastic Bread Tags

Money from the sale of this plastic helps to purchase wheelchairs for people in Africa. In 2022 we collected over 15 kgs of tags.

Swap your Magazines

Bring them in to share with someone else.

Recycle Some "Non-Recyclables"

Unfortunately at this stage we are unable to accept other non-recyclable items. In the meantime please help save precious resources by returning old batteries to Aldi, old globes to Beacon Lighting and pens and markers to Officeworks (selected stores).

Learn Some Fix-it Skills at our Repair Café

The third Sunday of each month sees this very popular program give community members the opportunity to bring along a broken or serviceable item and learn some basic skills with a skilled volunteer repairer.

Returns for 2023 Sunday 15 January 10am - 2pm



Kid Safe - Car Seat checks

Here at the Community House, we offer monthly free child restraint fittings and safety checks. This service is held undercover in the carpark. Third Wednesday of the month. **10am - 2pm January 18 onwards.** For bookings go online to the Kids Safe Vic website.

Explore the streets of Greythorn

Start your Friday with some energy!

Trentwood is now a local Coordinator and supporter of Heart Foundation Walking. We walk with us on Friday mornings or explore the Heart Foundation website to find a local walk that would suit you. Meet at the front foyer of the Greythorn community Hub 8am Fridays **starting 3 February 2023**



Join us as we celebrate **International Women's Day 8 March 2023.**

Author Talk: Edita Mujkic

Join us as we welcome *Edita Mujkic* to Trentwood to talk about her novel **Between Before and After**. In May 1992 Edita fled war-torn Sarajevo with two young children, in a borrowed car, with two bags and fifty American dollars in her pocket. The story follows her journey from Sarajevo to Croatia, then to Northern England where Edita continued her battle to help her husband escape from Sarajevo. **Between Before and After** is a moving and compelling true story about the power of courage and love, one that reminds us of the endless challenges of war, displacement and of fleeing conflict. It's also a universal story of hope for everyone in a difficult situation—to love and persist with the fight for better times.

When: Wednesday 8 March 11am - 12pm

This event is **FREE** to attend but **bookings are essential by Friday 3 March 2023.** Copies of Edita's book will be available for sale from 27 February at Reception and at the talk.

Women's and Girls Self - Defence Workshop

Balwyn Community Centre and Trentwood at the Hub are holding a self-defence workshop for women and girls. Fight Back Women's Self Defence will teach you easy to learn, highly effective self-defence techniques in an enjoyable, non-threatening environment. Suitable for women of all ages and abilities.

When: Wednesday 8 Mar 6.30pm - 8.30pm
Where: Greythorn Community Hub.
Cost: \$10 per person.
Bookings: Direct 9836 7942 or 9006 6590 or using QR code

Adventures Around Australia

Please join us for this wonderful presentation and conversation hour by Linda Morris, sailor, quilter and adventurer. We will hear about how she explored Australia and her unique way of stitching the threads of her story and memory together!

Presenter - Linda Morris, sailor, quilter & adventurer.

When: Wednesday 8 Mar 1.00 - 2.30pm

Cost: FREE (including a delicious afternoon tea)
 Please book at reception for catering purposes.

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.

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.

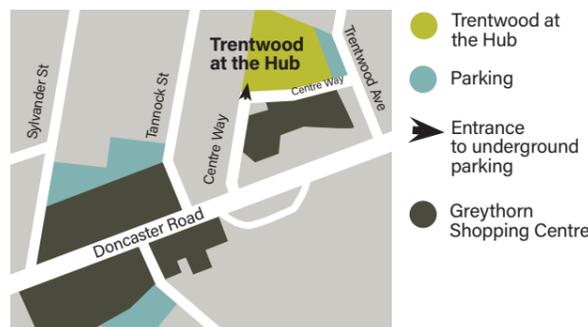
Accessibility Features

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 1 January - April 2023



*Albert and Maddie - one of the Faces of Greythorn

trentwood at the hub
 your local community house

Be inspired
 Be engaged
 Be involved

Call us on 9006 6590



This brochure is made using 100% post-consumer recycled paper
 Made Carbon Neutral in a process chlorine free environment.





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 30 January 10.30am – 11.30am (9wks)
Price: \$135 No class 13 March

**Concession rate available with a My Aged Care referral*

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 2 February 2 – 3pm (10wks) Price: \$175

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 3 February 11am – 12pm (9wks) Price: \$135*

**Concession rate available with a My Aged Care referral*

Table Tennis

We are thrilled to announce Trentwood has two new Table Tennis tables, purchased through the generous support of The City of Boroondara and the Rotary Club of Balwyn under the Small (Biannual) Community Grants 2022.

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 a Thursday you are welcome to join. We have the bats and balls. Contact our Office for further details. 10 or 5 session passes are available.

Mens Table Tennis: Thursdays 12.30pm – 2.30pm

Open Table Tennis group: Thursdays 2.30pm – 4.30pm

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 31 January 9.30 – 10.30am (10wks)

Price: \$135.50

Tai Chi with Anna

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

Tai Chi Beginners:

Thursdays starting 9 March 2.30 – 3.30pm (4wks)

Price: \$54

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

Thursdays starting 9 March 1.15 – 2.15pm (4wks)

Price: \$54

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 31 January 6.30 – 7.30pm (10wks)

Price: \$125

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!
Fridays at the Hub starting Feb 3. Meet at reception 8am

Zumba

Perfect For Everybody and every body! Get ready to move your body, get your heart pumping and dance! Zumba is based on Latin and international rhythms which integrates dance and fitness routines designed to enliven your senses and improve your cardio fitness. It is a fun and enjoyable workout class to invigorate your energy levels, making you feel empowered. With its easy-to-follow choreography, Zumba is designed for everyone. All abilities are welcome and no dance experience is necessary. Paulina will guide you with the steps and choreography along the way. Just move your body to the music, have fun as you shed away the calories.

Simply show up in light, comfortable clothing and athletic shoes and bring along your smiles and a positive attitude. Perfect start to your weekend!

Last Friday of the month (24 February and 31 March).

Foard - Williams room, Greythorn Hub 2.30pm – 3.30pm. \$10 per class. Bookings at reception

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)

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 31 January 9.15 – 10.15am (10wks)

Price: \$80

For Kids 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.

Creative Write-It

Creative Write-It run some fun creative writing workshops for young writers 7 - 17 years old. Both Online group course and In-Person workshops (held at the Community Hub). For more information **contact hello@creativewriteit.com.au or visit www.creativewriteit.com.au**

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)

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 3 February 10am – 12.30pm (9wks)

Price: \$225

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 7 February 4.30 – 6.30pm

Price: \$5 per session

Still Life with Essence

Would you like to create more vibrancy and feeling to your acrylic painting and learn the language of art? In this course we begin the term focussing on the foundations of painting Still Life with acrylics. Our tutor Clare will then assist you to create your own painting with 'essence' by the end of term.

Mondays starting 6 February 2.30 – 4.30pm (8wks) Price: \$160 No class 13 March

Natural Object and Still Life Drawing Class

Whether you are new to drawing, want to explore your creative side, or would like to refine your drawing skills, this is the class for you! Learn new ways of seeing and explore concepts such as negative space, line weight and tone, as well as incorporating different techniques to improve your drawing skills. There will be plenty of opportunities to experiment with different mediums in a relaxed and supportive environment.

Wednesdays starting 8 February (8wks) 10am – 12pm Price: \$160

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.

\$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

Join Arzu for the return of this popular workshop. Learn how to make gozleme and baklava! BYO apron, oven tray (approx 45x25 cm), rolling pin and 2 containers to take home what your cook, usually about 1.2 kg baklava and 3-4 gozleme.

Tuesday 21 March 6.30 – 8.30pm Price: \$65
<https://www.trybooking.com/CEMYH>

Mediterranean Summer Cooking

Learn how to cool yourself down with food this summer. Join Arzu and learn to cook a delicious Mediterranean summer feast. This workshop will also explain the health benefits of using olive oil, garlic and fresh herbs. The class will focus on three dishes demonstrated by Arzu. You get step-by-step instructions to take home and don't forget to bring containers!

Thursday 23 February 6.30pm – 8.30pm Price: \$65
<https://www.trybooking.com/CEMZB>

Middle Eastern Cooking Experience

Join Shella and learn about the wonderful flavours of Middle-Eastern cooking. Try out delicious recipes and cooking methods while preparing a three course menu. A hands-on class where you learn to prepare a delicious meal which you can sit and eat together at the end of the class in a fun and social setting. Take home recipes to recreate at home. Your menu will include a summery salad for starter, Persian chicken (Tahchin) for main and Mesh Om Ali for dessert. All ingredients included. **Nuts may be present in some dishes**

Thursday 9 March 6.30 – 9.30pm Price \$65
<https://www.trybooking.com/CEQTY>

Be Involved

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

French Conversation at Trentwood (Beginners with 6 months experience)

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 8 Feb 11:15am – 12.45pm (6wks) Price: \$120

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 16 February 1 – 3pm (4wks) Price: \$40

Volunteer Transport Program

Our Volunteer Transport Program is made up of a friendly & skilled group of volunteers who donate their time to drive people with mobility issues or do not have access to other modes of transport to various medical & allied health appointments as well as social support & exercise groups within the City of Manningham. If you would like to find out more about our program or would like to join our wonderful team of volunteer drivers to make a difference to the lives of people in your local community please contact the **Volunteer Transport Coordinator on Ph: 9006 6593 or alexis.pollard@accesshc.org.au.**

Finding employment connections in Boroondara

Ash from Jobs Victoria Advocates program will return to the Hub in 2023. He will be here to help jobseekers in Boroondara, in providing information, advice and connections to available resources and supports. **Contact us for further details**

International Women's Day

Join us at our special event to celebrate women's achievements, raise awareness against bias and take action for equality.

Wednesday 8 March 2023