## New at Trentwood

#### Beginners Italian with Rosa

Ciao! Learn the basics of Italian in a relaxed and friendly setting with a volunteer-led native speaker, Rosa. This class is perfect for first-time learners.

Mondays 10:30 - 11:30 am, starting 4 Aug (7wks) Price: \$35

#### **Changing Directions Art Group**

A welcoming art group for people with an Acquired Brain Injury, led by an exhibiting artist. Enjoy creative expression, skill development, and social connection in a supportive environment. NDIS funded.

Mondays 10am - 12pm, starting 21 July (9wks)

#### Scottish Country Dance for Beginners Free Come & Try!

Get moving with the joyful rhythms of traditional Scottish dance! Learn simple steps, meet new people, and have fun while staying active. All you need is soft soled shoes and comfy clothes. No partner required, we dance in sets.' See you on the dance floor!

Saturdays 2 - 4pm, starting 9 Aug (7wks) Price: \$119 Plus FREE Come and Try Aug 2



#### Crafternoons at Trentwood

Come along to our community Crafternoons at Trentwood! We'll provide our gorgeous artspace to get creative, meet like-minded people, and feel inspired. Simply bring along your craft project!

Wednesdays 2 - 4 pm, starting 30 Jul (8wks) Price: \$5 a session

## **Hub Happenings**

In April, community members helped refresh the poppy display outside the Foard Williams Room by crafting poppies from our 'Knit a Poppy Kits'. Thanks to their thoughtful contributions, 80 new poppies will brighten the garden at Greythorn Community Hub — a heartfelt tribute

Poppy Garden Revitalised - A Community Effort



We Have a New Facebook Page!



Please take a moment to follow and like our new Facebook page. You can scan the QR code to explore.

#### Get Involved at Trentwood at the Hub

We hope to introduce more volunteer-led groups at our Community House! These groups will offer people the chance to connect in a safe, supportive environment at little or no cost.

We're looking for community members who might be interested in leading or facilitating a group based on a shared interest. You will have the support of our office team, but the role suits someone who can welcome new members, encourage friendly conversation and connection, and help guide the group in a relaxed and inclusive way. Some ideas for groups include cryptic crosswords, book clubs, walking, crafts, scrabble, film, singing, writing, gardening, and more. Have another idea? We'd love to hear from you!

**Hub Happenings** 



#### Our Next Talk & Tea in September Meet a local artist and learn to paint!

Join us for a special Talk & Tea during Adult Learners Week with our talented Trentwood tutor, Camila Vargas Falla.

eligibility, and provider options, with a Q&A, info packs,

and light refreshments. Thanks to everyone who joined us!

Originally from Colombia, Camila is an artist with a passion for acrylic painting and Australia's unique flora and fauna. Hear about her journey and enjoy a hands-on session where you'll create your own mini canvas to take home!

Monday 10:30 - 11:15 am, 1 Sep **Price: Gold Coin Donation** 



#### Walking Group Seeking a Volunteer Lead Walker!

Join our Community Walking Group for a relaxed 45-minute walk every 1st & 3rd Thursday of the month at 10 am, followed by a coffee catch-up. A fun, social way to stay active! We're currently looking for a volunteer to help lead the group – get in touch if you're interested!

## Our House

Trentwood Community House is located at the Greythorn Hub in Balwyn North. You will find us behind the Greythorn shops. We offer a mix of term-based and short courses, one-off workshops, activities and events. As a not-for-profit community organisation, we strive to make our activities as affordable as possible, in a welcoming and inclusive environment.

#### Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Without sufficient enrolments, the class or workshop may not go ahead.
- 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.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- Unfortunately we cannot offer pro rata rates for classes, as minimum enrolments are required to pay

For further information on our enrolment policy, please contact our office.

#### **NDIS Services**

We are an NDIS registered service provider and run community and centre-based social and recreational programs, including music and cooking classes. If you would like to attend one of our programs and have an NDIS package, please contact us to check availability. Our fees are charged at the rate listed in the NDIS price guide.

#### My Aged Care

A discounted rate is available for some of our exercise classes for people who have My Aged Care (MAC) and been referred to our program. If you would like help for a referral or more information about MAC, please call us on 9006 6590 or call 1800 200 422.

#### Room Hire

We have fabulous rooms available for hire. If you plan to run a workshop, hold a meeting or stage a larger event, please get in touch. Find out more about the spaces available for hire at www.trentwood.org.au/room-hire

## 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.

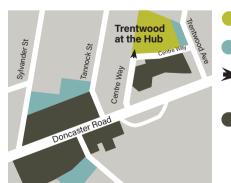
#### **Accessibility Features**

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 Parking

> Entrance to underground Greythorn

Shopping Centre

trentwood

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

Greythorn Community Hub



your local community house



## Trentwood at the Hub

# Activity & course guide

#### Term 3 July - September 2025



'Gum Tree Flowers' by Trentwood art tutor Camila Vargas Falla



Be inspired Be engaged Be involved



Call us on 9006 6590

## Trentwood at the Hub Classes & Activities Term 3 – 2025



## Be Active

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

#### **Chinese Dancing**

Discover the joy of movement with our Traditional Chinese and Ballroom Dancing classes! Whether you're drawn to elegant cultural expression or classic partner styles, there's something for everyone. Various levels available. Contact reception for more information and pricing.

Tuesday mornings, 29 Jul (8wks) Friday mornings, 1 Aug (8wks)

#### Chair Yoga

A supportive and friendly class that will help you gently tone and improve flexibility, strengthen your body, ease mental tension and soothe the mind.

Wednesdays 11am - 12pm, starting 23 Jul (9wks) Price: \$144 MAC clients: \$90

#### Mums and Bubs Exercise

Mums and Bubs exercise with Georgie! Ideal for Mums wanting to get back into exercise, focussing on safe pelvic floor options. Bring your babies along and enjoy a supportive environment. We welcome all fitness levels!

Block 1: Thursdays 11:15am - 12pm, starting 24 Jul (4 wks) Price: \$40

Block 2: Thursdays 11:15am - 12pm, starting 28 Aug (4 wks) Price \$40

Price for both blocks \$70

#### Qigong/Tai Chi

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

Mondays 9:20 - 10:20am, starting 4 Aug (7wks) Tuesdays 9:30 - 10:30am, starting 5 Aug (7wks) Price: \$98 MAC clients: \$70

#### **Scottish Country Dance for Beginners**

"There are shortcuts to happiness - dance is one of them!" Join Julie for a fun, beginner-friendly introduction to Scottish Country Dancing. Learn lively reels and graceful strathspeys in a relaxed, social setting. No partner needed, just comfortable shoes and enthusiasm!

Saturdays 2 - 4pm, starting 9 Aug (7wks) Price: \$119 Plus FREE Come and Try - 2 Aug

#### Social Table Tennis

Come on down to Trentwood and enjoy a casual game! Bats and balls provided if needed. All welcome!

Thursdays 12:30 - 3:30pm

Price: \$5 per person (10 - 5 session pass available)

#### Strength and Balance (Pilates Based)

Improve your strength, flexibility and balance with slow, mindful, low-intensity, resistance and light weight-bearing exercise - Pilates based.

Tuesdays 10:45am - 11:45am, starting 22 Jul (9wks) Price: \$144 MAC clients: \$90

#### Strength and Balance (Chair Based)

A chair-based workout using resistance and light weightbearing exercises to maintain bone density, muscle strength and general health and wellbeing.

Fridays 11:15am - 12:15pm, starting 25 July (9wks) Price: \$144 MAC clients: \$90

#### Tai Chi for Arthritus & Fall Prevention

Tai Chi is an ideal exercise for older adults, offering a gentle, low-impact workout suitable for all levels. Whether you're new to Tai Chi or have limited experience, our wonderful instructor, Rob, is trained to teach techniques specifically for arthritis management and fall prevention.

Fridays 10:15am - 11am, starting 25 Jul (9wks) Price: \$108 MAC clients: \$90

#### Zumba

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.

Fridays 2 - 3pm, starting 1 Aug and ending on Friday, 19 Sep (7wks) (no class 29 Aug) Price: \$105

#### Walk from The Hub

Join our Community Walking Group for a relaxed 45-minute walk, followed by a coffee catch-up near the Hub. It's a fun, social way to stay active and connect with others in your local community!

FIrst & Third Thursdays of the month 10 - 10:45 am, starting 24 Jul (9wks)

Price: FREE

#### 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 6.30 - 7.30pm, starting 5 Aug (7wks) Price: \$112

## Be Creative



It's never too late to discover your artistic and creative side!

#### Acrylic Painting with Camilla

Join artist Camila Vargas for a 6-week painting course exploring acrylic and watercolour techniques. Learn fundamentals like colour theory and perspective while developing your own projects. All skill levels welcome, with personalised guidance to inspire your creativity.

Mondays 1pm - 3pm, starting 11 Aug (6wks) **Price \$144** 

Artlinks is a creative art group run by Access Health and Community. The group meets weekly at the Senior Citizens Centre in Warrandyte. It provides members of the community, with or without disabilities, the opportunity to get together, foster friendships, participate in art and craft projects, and have some fun!

Wednesdays 10am - 3pm, starting 23 Jul (ongoing) Price \$10 per week with a My Aged Care Referral

#### Art Classes with Karen (All levels)

Develop your creativity and be inspired! Our experienced tutor teaches a variety of art mediums - bring your own project or be guided to explore with your medium choice including Drawing, Oil, Acrylic and Watercolour painting.

Fridays 10am - 12pm, starting 1 Aug (7wks) (no class 8 Aug) Price: \$140

#### Changing Directions Art Classes

Changing Directions Art is a friendly group program for people with an Acquired Brain Injury. Supported by an Art Therapist, participants explore creative expression while building social skills, confidence and community connection through individual and group art projects. This program can be accessed using your NDIS plan.

Mondays 10am - 12pm, starting 21 Jul (9wks)

#### Crafternoons at Trentwood

Unwind with a cosy afternoon of conversation, creativity and a cuppa in our gorgeous artspace. Whether you're into knitting, stitching, colouring or want to try something new. Everyone's welcome. Bring your own project or come along and see what inspires you. No experience needed, just a love of making and connecting.

Wednesdays 2 - 4 pm, starting 30 Jul Price: \$5 per session

#### 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. Bookings essential.

Tuesdays 12 - 2:30 pm, starting from 22 Jul (5wks) Price: \$175

## Be Involved



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

#### Beginners Italian

Beginners Italian with Rosa is a fun, volunteer-led class for first-time learners. Enjoy a friendly introduction to Italian with a native speaker, using a workbook and plenty of speaking practice in a warm, supportive environment.

Mondays 10:30 - 11:30am, starting 4 Aug (7wks) Price: \$35

#### **Changing Directions Music**

A program to encourage participants to explore their interests and develop skills through musical expression. A great social opportunity for people with disabilities. This program can be accessed using your NDIS plan.

Mondays 1 - 2:30pm, starting 21 Jul (ongoing)

#### French Conversation

Suitable for students with 6 months to 1 year experience in the language, join our small and friendly class and continue your language journey in this new class with Marie, a native French speaker. Covers reading, writing, grammar and conversation.

Tuesdays 10:30am - 12pm, starting 22 Jul (9wks) Price: \$189

#### Rendezvous to Write

Life writing topics, readings from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories.

Thursdays 12:30 - 3pm fortnightly, starting 24 Jul (5wks) Price: \$67

#### 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. Suitable for students with limited English.

Thursdays 10am - 12pm, starting 31 Jul (8wks) Price: \$20 per term + \$5 for print resources

#### \$5 Meals

This weekly class with our nutritionist Simone, 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.

Mondays 10am - 12pm, starting 21 Jul (ongoing)

## Be Sustainable



Bring, Learn and Fix at the Balwyn North Repair Cafe

Got a favourite item that's broken or no longer working like household goods, clothing, toys or bikes? Don't throw it away! Bring it to our Repair Café.

We connect people who love fixing things with those who need things fixed. You'll get the chance to learn repair technicques and understand safety basics. Help reduce landfill and give your item a second life!

To confirm the café is meeting, please visit their Facebook page at facebook.com/northbalwynrepaircafe or email at northbalwynrepaircafe@gmail.com or visit us at the Hub

Third Sunday of every month 10am - 12pm: 17 Aug, 21 Sep, 19 Oct

#### **Electronic Waste Station (e-waste)**

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

#### **Bread Tags**

Did you know our Hub collects plastic bread tags for the "Bread Tags for Wheelchairs" initiative? These are recycled to help fund wheelchairs in Africa. Last year, our community donated over 1,000 tags. Plastic ones only, please!

# For Kids and Young Adults



#### **Study Time**

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

Every weekday 3:30 - 6pm (ongoing) Price: FREE

# Ageing and Social Support



All ageing & support programs include tea, coffee and a light refreshment. Cost: \$8 with a My Aged Care Referral. Contact 8595 4596 for more information.

### **Book Group**

Gather to discuss an old favourite or a recent read.

Fourth Wednesday of the month from 1 - 3pm

#### **Enjoying Poetry Together**

Poetry enthusiasts enjoy a morning of reading and discussing a variety of poems.

Second Wednesday of the month from 10.30am - 12pm

#### **Social Singing**

Enjoy a morning of singing along together with keyboard accompaniment.

First Wednesday of the month from 10am - 12pm

My Aged Care (MAC) fee is available for people who have had a My Aged Care assessment and been referred to the program.

If you would like help or more information about My Aged Care, please call us on 9006 6590 or call 1800 200 422.





