

Seville Community House

2018 Term 4 Program

8 Railway Road Seville - Office hours 9am - 3pm weekdays

Phone 5964 3987 /E: info@sevillecommhouse.org.au /www.sevillecommhouse.org.au



Opening hearts, minds and doors



Come celebrate Children's Week 2018

Picnic in the Park

Seville Water Play Park

Friday 19th October
3.30pm - 7.00pm

Sausage Sizzle available or BYO Picnic

FREE kids activities

Health & Wellbeing

Overcoming Loneliness

Join Betsy-Sue and learn how to find ways to overcome fear and connect again.

Tuesday 4th December

Time: 6.00pm - 9.00pm

Cost: \$45

Christmas Your Way

In this workshop, learn how to negotiate a peaceful Christmas in the way you'd like it to be.

Tuesday 13th November

Time: 6.00pm - 9.00pm

Cost: \$45

Letting Go of Hurt

An exciting workshop with a new perspective on resolving emotional pain & letting go of what feels unfair

Tuesday 27th November

Time: 6.00pm - 9.00pm

Cost: \$45

How To Say It

Learn how to speak your truth and find the right words at the right time.

Thursday 18th October

Time: 6.00pm - 9.00pm

Cost: \$45

"You Can Heal Your Life" Movie

Join us for this special screening of Louise Hay's ground breaking work and the story of her life.

Friday 12th October

Time: 6.30 pm

Cost: \$20



Are You Being Served?

On your own and enjoy a dinner out?
Join us for a relaxed, friendly dinner full of good food, laughter and conversation.

Friday 7th December
6.30pm
bookings essential

Health & Wellbeing

Pilates Monday

Monday 6pm - 7pm

Commencing: 8th October

No class 5th & 12th November

Cost: \$121.50 (9 weeks)

Hatha Yoga

Monday 7.15pm - 8.30pm

Commencing: 8th October

No class 5th November

Cost: \$140 (10 weeks)

Thursday afternoon Dru Yoga

Thursday 1.30pm - 3.00pm

Commences: 1st November

Cost: \$105 (7 weeks)

Majickal Bellydance

Expand mobility, confidence and strength with this introduction to the basic movements of belly dance. No experience necessary

Thursday 7pm - 8pm

Commencing: 1st November

Cost: \$91 (7 weeks)

Understanding the Spiritual World

Discover a spiritual understanding of life on Earth, understand Karma and intuition & learn how to connect to your spiritual guides.

Sunday 25th November

Time: 10.00am - 5.00pm

Cost: \$150

Healing Power of Essential Oils

Join Teresa as she shares her knowledge on using the natural benefits of essential oils for your families health and wellbeing

Friday 12th October

Time: 11.00 - 12.00pm

Cost: **FREE**



Health & Wellbeing

Community Capers Theatre Workshops

Join Shivani for some fun games and activities that develop skills in creative expression using improvisation and image theatre. Have fun and laughter, while also looking at issues of concern in your community. Be exhilarated, suprised and delighted by seeing yourself and others in a new context!

Sundays: 14th & 21st October and 4th November

Time: 2.00 - 4.00pm

Cost: \$70 (for all three workshops)

Help with Clutter

Discuss and plan strategies to begin the task of removing clutter from your mind and space in a fun, safe environment. Clutter removed will bring space for new rewarding opportunities and peace of mind.

Saturday 24th November

Time: 1.00pm - 3.00pm

Cost: \$25

Outshine Stress and Anxiety

Anxiety counsellor, Jennifer Cameron presents a 6 week group on learning skills for outshining stress and anxiety – simple meditation, deep relaxation, balancing emotions and brain rewiring exercises.

Friday 10.30am - 12.00pm

Commencing: 2nd November

#No class 23rd November

Cost: \$ 90 (6 weeks)



Children's Activities

Playgroup

Our structured Playgroups are fully facilitated by a qualified Preschool Mothercraft Nurse.

Sessions include art and craft, free play and story time.

Mondays and Tuesdays:
9.30 - 11.00 am

Commencing: 15th October
Cost: \$65 (8 weeks)

#No class 5th & 6th November

KIDS CHRISTMAS CRAFT

Saturday 8th December

10.00am -11.00am

Cost: \$10.00

Bookings essential

Suitable for 5yrs +



Kids Mini Fairy Gardens

Join Betsy-Sue and be inspired by nature to create a fairy wonderland. All materials included.

Thursday 4th October
Time: 1.00pm - 4.00pm
Cost: \$ 50

Music Together

Join a qualified music therapist for these 45 minute session including singing, dancing, instrument playing and relaxation.

Commencing: Tuesday 9th October
#No class 6th November
Time: 11.15am -12.00pm
Cost: \$ 15 per week /child
(\$20 per week for 2 or more children)
Fee subsidies may apply

Business and Personal Skills

Wednesday Tech Hub

Do you need some help learning how to get the best out of your phone, iPad or laptop?

Troubleshoot real life tech issues in a safe and friendly environment.

Wednesdays 9.30 – 12.00
Commencing 10th October
Cost: \$50 (\$25 con) for 10 weeks
Supported by:



Phone us to sign up to receive our term program electronically.

Art and Craft

Craft Catch Up /Fiddle Rugs

BYO project or join us as we create Fiddle Rugs for exhibition and distribution to people with special needs.

Mondays 11.30am - 3.00pm
Commencing: 8th October
Gold Coin donation appreciated



Beeswax Wraps

Beeswax coated cotton wraps are eco-friendly and easy to make.

Saturday 10th November
Time: 1.00pm - 4.00pm
Cost: \$20



Art on Wednesday

Beginners & experienced artists, any preferred medium or art style including print making.

Wednesdays 7.00pm - 9.00pm
Commencing: 17th October (8 wks)
Cost: \$150

Community Education

Join us for the **Your Options Series** of **FREE** workshops brought to you by Department of Human Services. Morning tea provided with all sessions.

The Age Pension: Your Options

Learn how the pension system works and what you can do to maximise your entitlement.
Thursday 11th October
Time: 10.30 -11.30am

Accommodation in Retirement:

Your Options

Learn about retirement villages, downsizing and granny flat arrangements - what are your choices?
Thursday 25th October
Time: 10.30 -11.30am

Residential Aged Care: Your

Options

Learn about the fees & charges in residential aged care and the options available to you.
Thursday 1st November
Time: 10.30 -11.30am

Changing Relationships

This FREE workshop by Carers Vic takes a common sense approach to how relationships continue to adapt to changing circumstances as a result of illness, brain injury, personality change or cognitive decline
Thursday 18th October
Time: 10.00 -11.00am



Social and Support

Monthly Tuesday Lunch

Are you looking to meet new friends? BYO lunch or bring a plate to share.

Tuesdays: 9th October, 13th November & 4th December
Time: 12.30pm

Gold coin donation appreciated

Dementia Support & Learn

Support & Social group for people caring for someone with dementia.
Tuesdays: 1.00pm - 3.00pm
Commencing: 9th October
Cost: Gold Coin donation weekly.

Writer's Social Group

Join other local writers for support, ideas and friendship.
Wednesdays: 12.30pm - 2.00pm
Commencing: 10th October
Cost: Gold Coin donation weekly

Psychic Development

Join our psychic circle to rediscover the intuition you were born with.
Wednesdays: 12.30pm - 2.30pm
Commencing 10th October
Cost: Gold coin donation weekly

Slow Walking Group

Join a group of like minded people for weekly walks at a flat accessible location.
Tuesdays 9.30am - 10.30am
Commencing: 9th October

Lifestyle and Leisure

Cold Process Soap Making

Everything supplied to make and take home 1kg of personally created soap.
Two sessions available:
Saturday 27th October 12.30- 3 pm /
Saturday 1st December 12.30 - 3pm
Cost \$55 (take home soap worth \$45 rrp)

Persian Cooking

Come and take pleasure in the flavours of the ancient Persian cuisine which is the expression of ingredients rather than spices.
Saturday 17th November
Time: 12.30 - 5.30pm
Cost: \$60

Plant Propagating

Bring your own snips and learn how to grow the plants you love.
Sunday 18th November
Time: 12.00pm -3.00pm
Cost: \$20



SCH acknowledges the generous support we receive from DHHS and Yarra Ranges Council

Book Club



Love reading? Want to join a Book Club?

We have limited spaces in our Book Club here at the House or you are welcome to use our books and set up a club at your own place. Call us now for more information.

Opening hearts, minds and doors.

Seville Community House

Our mission:

To provide to the whole community, a place to come together to sustain and enrich their lives.

Our vision:

That no one in our community will feel isolated, alienated or unable to seek assistance.



Looking for a Christmas pressie?

Why not buy one of our hand-crafted reusable shopping bags?

\$4.00 EACH



HISTORY

History @ the House

Keep an eye on our website for some exciting upcoming history events - presentations, informal discussions and excursions. Any suggestions or areas of interest? Let us know.

Got a class idea? Wanting to share your expertise?

Call or email us if you have a class you'd like to teach.



Seville Community House Fiddle Rug Exhibition

**Saturday 6th October
to**

Sunday 21st October

**Mont De Lancey Historical Homestead
71 Wellington Rd, Wandin North
(Open Wednesday - Sunday 10am - 4.30pm)**



Seville Community
House
wish our fabulous
Community a

**HAPPY
CHRISTMAS**

