

Seville Community House

Course and Activity Guide Term 1 2019

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



Health & Wellbeing

Pilates Monday

Mondays 6.30pm - 7.30pm
Commencing: 4th February
#No class 11th March
Cost: \$112 (8 weeks)
Classes at Seville Public Hall



Hatha Yoga

Mondays 7.15pm - 8.30pm
Commencing: 28th January
No class 11th Feb & 4th March
Cost: \$98 (7 weeks)

Friday afternoon Dru Yoga

Fridays 1.30pm - 3.00pm
Commences: 1st February
No class 8th March
Cost: \$135 (9 weeks)

Introduction to Essential Oils

Learn about the health and wellbeing benefits of essential oils and how they can help you and your family.
Thursday 14th February
Time: 10.30am -11.30am
Gold Coin Donation Appreciated

Wellbeing Garden

A course combining creativity, nature and personal growth. Gently we'll bring a design for a community wellbeing garden to life while better understanding our emotional blocks and steps to overcome them.
Commences: Tuesday 12th February
Time: 12.15pm -3.15pm
Cost: \$100 (6 weeks)
Supported by:



We are a Child Safe Organisation

Health & Wellbeing

Wednesday Night Wellbeing

Join us for some midweek time out to focus on you. Book into one or all of our wellbeing workshops.
Wednesdays 7.00pm - 9.00pm
Cost: \$30 per workshop

Finding You

Recognise the real you and learn skills to discover your own identity.
Wednesday 6th February

Finding You Follow Up

Continue your journey in discovering the real you.
Wednesday 20th February

Letting Go of Hurt

Gain a new perspective on resolving hurts & letting go of what feels unfair.
Wednesday 27th February

Letting Go of Hurt Follow Up

Gain deeper perspective of letting go.
Wednesday 13th March

Overcoming Loneliness

Learn how to overcome fear and connect with others again.
Wednesday 20th March

Speak Your Truth

Find the right words to say what you need to say.
Wednesday 27th March

Natural Remedies for Animals

Ensure your pets optimal health using natural remedies in the home. Learn how to keep their bodies strong, overcome illness & boost immune systems.
Wednesday 13th February
Time: 6.30pm - 9.00pm
Cost: \$50
Bookings essential.

Bach Flower Remedies

Learn how Bach flower remedies can help you specifically according to your personality type and star sign.
Wednesday 6th March
Time: 6.30pm - 9.00pm
Cost: \$50

Women's Health and Wellbeing

Learn how women's health needs can be improved easily with natural remedies. Free iridology and BP check with our naturopath.
Wednesday 3rd April
Time: 6.30pm - 9.00pm
Cost: \$50

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: 4th February
Gold Coin donation appreciated

Beeswax Wraps

Beeswax coated cotton wraps are eco-friendly and easy to make.
Saturday 30th March
Time: 1.00pm - 4.00pm
Cost: \$20

Art Circle

Gather together with like-minded people to work on your own projects, share ideas and support one another. BYO materials, conversation and creativity.
Tuesdays 7.00pm - 9.00pm
Commencing: 5th February
Cost: \$30 (9 weeks)



Rows & Rounds: basic stitches

Facilitated by Le Boatwood and run over two weeks, learn how to crochet and it's basic stitches. Explore crocheting in rows and rounds, learn to read patterns and charts.
Saturday 23rd and 30th March
Time: 1.00pm -5.00pm
Cost: \$130
Bookings essential.

Business and Personal Skills

Wednesday Tech Hub

Troubleshoot real life tech issues in a safe and friendly environment.
Wednesdays 9.30am – 12.00pm
Commencing 30th January
Cost: \$50 (\$25 con) for 10 weeks
Supported by:



Digital Springboard

- Skills for Work

Join us for these **free** workshops and learn the skills to get yourself work ready.

Session One: Build a CV

Friday 15th February
Time: 9.30am - 11.00am



Session Two: Write a Cover Letter

Friday 15th March
Time: 9.30am - 11.00am

Lifestyle and Leisure

Friday Book Club

Vacancies available in our Friday Morning Book Club which meets on the 2nd Friday of each month.
Commencing: 8th February
Time: 10.00am - 12.00pm
Expression of interests for starting another group/meeting time now being taken.



Cold Process Soap Making

Everything supplied to make and take home 1kg of personally created soap.
Saturday 16th March 12.30- 3.00 pm
Cost \$55 (take home soap worth \$45 rrp)

DIY Natural Cleaning Products

Using essential oils, learn to make cost effective and environmentally friendly cleaners for your home.
Thursday 7th March
Time: 10.30am -12.00pm
Cost: \$20

Community Education

Food:Redi

Learn how to cook healthy and delicious meals on a budget. Have a go at cooking in this fun friendly environment, learn about healthy living and join us to share in our prepared meal.
Commencing Thursday 28th February
Time: 10.00am - 12.00pm
Cost: \$10 (3 weeks)



Social and Support

Carers Support

Join our support & social group for people in a caring role.
Tuesdays: 1.00pm - 3.00pm
Commencing: 29th January
Cost: Gold Coin donation weekly.

Writers Social Group

Join other local writers for support, ideas and friendship.
Wednesdays: 12.30pm - 2.00pm
Commencing: 30th January
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 30th January
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: 29th January

Community Lunch

Bring a plate to share or BYO own lunch and get to know people in your neighbourhood. Cuppas and conversation provided.
3rd Thursday of the Month
Commencing: 21st February
Time: 12.00pm - 2.30pm
Gold coin donation appreciated

Friday Night Socials

Join us for some **FREE** Friday Night social evenings. Come along, have some fun and meet new people.
Supper provided.

FNS: Baby Boomer Trivia

Get your brains into gear and test your 50's and 60's knowledge!
Friday 8th February 6.30 -8.30 pm

FNS: International Women's Day

Join us for a women's circle and energetic clearing to celebrate International Women's Day.
Friday 8th March 6.30 -8.30 pm

FNS: Golden Oldies Games Night

Come test your skills with our "Minute to Win It" games night. Bring along your sense of fun for a night of laughter.
Friday 22nd March 6.30 -8.30 pm
Bookings essential

(This activity is part of the CHAOS Together We Do Better – Reducing Gambling Related Harm Project, which is supported by the Victorian Responsible Gambling Foundation's Prevention Partnership Program)

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:
9.30am - 11.00 am
Commencing: 4th February
Cost: \$70 (8 weeks)
#No class 11th & 12th March

ERL Flexi Van Story time

Join Eastern Regional Libraries for a **FREE** story time. Foster a love of reading and borrow books to take home and share with your children.
Fortnightly on Thursdays.
Commencing: February 14th
Time: 2.00pm - 3.00pm
BYO Library bag.

General Information



Call us on 59643987, pick up an enrolment form at the office or visit our website at www.sevillecommhouse.org.au to enrol in one of our classes.



Payment is required at least 7 days prior to commencement.
Payment can be made in cash or via EFT. Details for EFT available on our enrolment form.



In the event of a course cancellation, a full refund will be issued.
Withdrawals: Refunds will be issued if we are notified 48hrs prior to course commencement. \$10 administration fee applies.
Withdrawals less than 24hrs will not be eligible for a refund.



All SCH policies are available from the office on request.



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

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

Seville Community House

Special Events Guide Term 1 2019

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

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Opening hearts, minds and doors



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EASTER CRAFT
Tuesday 16th April
10.30 - 12.00pm
\$10 per child
Family discounts apply

Seville Community House
Messy Kids
Thursday 28th March
9.30am - 10.30am
\$5 per child
Family discounts apply

LIGHT, MUSIC, DANCE
Majickal Bellydance Workshop
Learn Bellydance you can also do at home.
No experience necessary.
Sunday 7th April
Time: 1.00pm - 3.00pm
Cost: \$30



Amigurumi

Japanese for stuffed crochet!!
Cover the basics and bring yarn and hook to life as a gorgous little bird complete with rattle charm

Saturday
2nd March
1pm - 5pm
Cost: \$75

MAJICKAL TAROT
Join Leanne to learn 5 keys to help you read any 78 card Tarot Deck.
Sunday 3rd March
Time: 1.00pm - 3.00pm
Cost: \$30

The Men's Room

(An OM:NI group)

Join other men, aged 50 and over to chat, share ideas & stories & laugh in a relaxed friendly environment.

Friday 22nd February
Time: 9.30am to 12.00pm
Cost: Gold coin donation



Night at the Museum



Saturday 23rd March
6.00pm - 8.30pm
Mont de Lancey
\$5 per family

Scavenger hunt * Tours * Craft * BYO Picnic or Sausage Sizzle available



ESSENTIAL OILS FOR SENIORS

A FREE introductory workshop for healthy ageing using essential oils

Thursday 4th April
10.30am - 11.30am
Cost: FREE

Bookings essential.

COMMUNITY GARAGE SALE
SATURDAY 6TH APRIL
10AM - 2.00PM
Stalls available

Check out our Course and Activity Guide for more classes and workshops