



Celebrate Seniors Month in October

Victoria's largest seniors' festival was held in the month of October 2024, with the theme 'Explore. Engage. Evolve.' – encouraging older Victorians to stay curious and connected by exploring new activities, meeting new people, and changing how we think of ageing.

We were delighted to team up with the *Access HC Ageing and Social Support team* to celebrate the month here at Greythorn Hub. Over fifty participants joined us in more than twenty free or low-cost activities and workshops. Activities included armchair travel, art appreciation and various exercise classes. **Contact our team for further information as most of our classes have a FREE "Come and Try" opportunity!**



Halloween at Greythorn 2024

The 2024 Halloween at Greythorn Central Festival was another major success. The community came out in force in perfect weather conditions to enjoy the annual celebration. The festival featured balloon twisting clowns, face painters, photo booth, stilt walkers, carnival rides, a sausage sizzle, a tattooing stall and thousands of lollies were given out to children and families enjoying our trick or treat activities. Trentwood joined in the fun and Boroondara Youth had a chill out zone with games, puzzles and Super Mario. Thank you to the Greythorn traders for a great afternoon. *Definitely the best Halloween event in all of Boroondara!*

Neighbourhood Houses: the Heart of Communities

Also commonly known as *community centres, learning centres, community houses or neighbourhood centres*, these inclusive community-based organisations create opportunities for people of all walks of life to enrich their lives, through connections they might not otherwise make. They are about people meeting, having fun, building skills, and celebrating our diverse culture, through free or low-cost workshops, activities, events and social groups.

Neighbourhood Houses aim to combat social isolation and loneliness by being accessible, non-threatening and inclusive spaces, providing the opportunity for people to mix, learn from each other, and support each other. They strengthen community spirit, pride and connection. Many Neighbourhood Houses are also involved in community partnerships with other local service providers, small businesses, and community groups.

Trentwood Community House is one of eleven in Boroondara. Our Activity and course guide program offers a range of term-based courses, activities and workshops. We also have a number of rooms for hire to suit your next event's needs.

Please visit us at the Hub during office hours, phone 9006 6590 or email us info@trentwood.org.au. We look forward to seeing you!

Greythorn Community Art Space

Have you visited our Hub recently? We now have a wonderful art space for all the community to view and enjoy. Our current exhibition is a collection by the local Greythorn traders. It chronicles the life and time of Greythorn in the early 1960s, through copies and pictures from the Greythorn Gazette published between 1960 and 1962.

Applications are now open for exhibits in 2025:

- Community Groups can apply to display and exhibit.
- Exhibitions will be displayed for up to 3 months.
- Approved applicants will have support from Trentwood Community House with exposure to hundreds of visitors to the Hub.

For more information, terms and conditions and criteria, please contact Trentwood Community House at www.trentwood.org.au or email at Info@trentwood.org.au or phone 03 9006 6590

Talk and Tea at Trentwood

Trentwood Community House has been running a new community event at the Hub aptly named 'Talk and Tea'. It's becoming a popular gathering each month for a cup of tea and light refreshments with an interesting guest speaker, as well as the chance to chat with other participants around a cuppa.

For the October Victorian Seniors' Festival, Trentwood held a special session with *Senior Constable Elly Thornton, Boroondara's Crime Prevention Officer*. The hot topic was how to spot a scam. Elly also tackled other crime trends and the tough topic of elder abuse, what it is, what it looks like, and how to report it.



Beyond Blue – Volunteer Experience Talk

Sharing personal stories of anxiety and depression can have a long-lasting impact on the community. It helps raise awareness, reduce stigma, and encourages people to seek help. Join us, as we welcome a *Beyond Blue* volunteer, *Greg White* who will share his personal experience of living with a mental health condition, talk about what Beyond Blue does and how the audience can seek help or support. *The talk will take about 25 minutes plus time for questions at the end, followed by light refreshments. Bookings essential.*

Thursday 20 March 11am – 12noon. Price: Gold coin donation welcome. Your donation will go directly to the Beyond Blue organization.

Future Talk and Teas

If there is a topic you would like to hear more about, we will do our best to find a presenter! Please come and see us with ideas.

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 our tutors.

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 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 2025



*Acrylic Painting with Camilla

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

Get ready to shimmy and join Sandy in this low-impact workout! It's a fun class that improves body strength and tone. Suitable for all ages, sizes and stages of fitness. *Not sure if it's for you? Come and trys are welcome!*

Wednesdays starting 29 Jan 10 – 11am (10wks) Price: \$175

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

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 29 Jan 11am – 12pm (10wks)

Price: \$100 (MAC Clients)

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

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!

Thursdays starting 27 Feb 10.30 – 11.30am (6wks) 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 3 Feb 9.20 – 10.20am (8wks) Price: \$112

Tuesdays starting 4 Feb 9.30 – 10.30am (9wks) Price: \$126

MAC clients: \$80/90 *No class 10/3

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

Social Table Tennis

All members of our community are welcome to come down and enjoy a casual game – you can join our friendly group and get great exercise at the same time. We have the bats and balls if you need.

Thursdays 12.30 – 3.30pm

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

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 3 Feb 10.30 – 11.30am (8wks) Price: \$128

MAC clients: \$80 *No class 10/3

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 31 Jan 11.15am – 12.15pm (10wks)

Price: \$160 MAC clients: \$100

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

Tai Chi for Older Adults

With its gentle movements and focus on mindfulness and relaxation, tai chi is the perfect exercise for older adults. If you're new to tai chi or have limited experience, don't worry it's a gentle and low-impact exercise suitable for everyone. For seniors in particular, it can have significant benefits. It focuses on muscle control, stability, balance, and flexibility. It's a practice that involves a slow series of gentle movements, emphasising good posture and a meditative state of mind – with slow controlled breathing. This class is specifically designed for older adults and the movements can be done in a chair, or holding a chair for support.

Fridays starting 7 Feb 10 – 11am (9wks) Price: \$144

MAC clients: \$90

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

Walk From The Hub

Joining or starting a walking group is a great way to stay motivated, make new friends, and to feel safer walking in a group! *Please contact us if you are interested in helping establish a group here at Trentwood.*

The Heart Foundation Walking, Australia's largest network of free community-based walking groups, will help you every step of the way! *Contact us for further information.*

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 4 Feb 6.30 – 7.30pm (9wks) Price: \$142

Zumba

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

14 and 28 Feb, 14 and 28 Mar

Foard Williams room, Greythorn Hub 2 – 3pm. Price: \$60

Be Creative

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

Acrylic Painting Short Course

Unlock your creativity in our 5-week acrylic painting course led by artist Camila Vargas Falla. This course will focus on painting captivating landscapes with birds, using photographs as inspiration. You will develop skills in drawing, perspective, colour selection, and mixing, as well as techniques to create depth, reflections, and spatial harmony.

Camila also offers tailored guidance for students working on individual projects. Whether you are drawn to painting human figures, wildlife, or your own imaginative scenes, this course will provide you with the tools and support to achieve your artistic goals. Join us to bring your vision to life with the vibrant possibilities of acrylics! *Does not include materials, we will send a link of where to buy them.*

Mondays starting 24 February 1 – 3pm (5wks) Price: \$100

**No class 10/3*

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! Karen teaches a variety of mediums – bring your own project or be guided to explore with your medium choice including Drawing and Oil, Acrylic and Watercolour painting. Advice will be given in the class as to what needs to be purchased. *Beginners and experienced welcome.*

Fridays starting 31 Jan 10am – 12pm (10wks) Price: \$200

French (Continuing)

Suitable for students with 6 months to 1 year experience in the language. Continue your language journey in this new class with Marie, a native French speaker. Covers reading, writing, grammar and conversation. **The French Book used for the class is "French Experience". It can be ordered online or purchased at the "International Book Shop" in Kew.*

Tuesdays starting 28 Jan 10.30am – 12pm (10wks)

Price: \$210

Introduction to Illustration with Peta

This three part 'taster' will teach you the key principles underpinning illustration – shape, form and detail – giving you the foundation skills and confidence to continue to develop your drawing skills. The focus will be on natural subjects such as plants, sticks and gumnuts. *Places are limited and bookings are essential.*

Tuesdays starting from 11 Mar 10.30am – 12pm (3wks)

Price: \$60

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 starting from 25 Feb 12.30 – 3pm (6wks)

Price: \$210

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, chain etc. to learn some basic jewellery making techniques, BYO jewellery findings (head-pins, link clasps, chains etc.) or tutor can supply some for an extra \$5.

Tuesdays starting from 4 Mar 9.30am – 12pm (1wk)

Price: \$40

Be Involved

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

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 Starting 3 Feb 1 – 3pm (ongoing)

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 6 Feb 10am – 12pm (8wks)

Limited English. Price: \$20 per term + \$5 Print Resources

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 30 Jan 12.30 – 3pm (5wks)

Price: \$67

\$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 starting 3 Feb 10am – 12pm or 1 – 3pm (ongoing)

Bring, Learn and Fix

Got a favourite item (household, electrical, mechanical, furniture, clothing/jewellery, toy or bike) that is damaged or no longer works? Don't throw it away – visit our Repair Café. Our aim is to:

- Bring together people who fix things with people who want things fixed.
- Encourage people to fix faulty items instead of increasing landfill.
- Create more Fixers by teaching you our tricks and techniques, helping you understand safety where appropriate, and giving you the courage to give it a go!
- Reduce amount of discarded items before their time.
- Bring your broken or serviceable items from home, and together with our volunteer specialists (aka Fixers), start making repairs.

The third Sunday of every month, starting 16 February 10am – 12pm.

To confirm the café is meeting, please visit their Facebook page at [facebook.com/northbalwynrepaircafe](https://www.facebook.com/northbalwynrepaircafe) or email at northbalwynrepaircafe@gmail.com or visit us at the Hub

Electronic Waste Station (e-waste)

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

Ancestry for Beginners

Join Lee, our genealogy guru and solve your family mysteries and learn some research tips and tricks. Discover broader family connections, stories and more family photos. This four-week course will cover the basics to get you started to find more about your family tree, and how to link the relationships between people in your family over generations. Some notes included. *Small group sessions so bookings are essential.*

Thursdays starting 6 March 1 – 3pm (4wks) Price: \$110

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

Summer Story Camp (Ages 8 – 12)

Join us for creative writing workshops to help your inner storyteller shine! Led by Words of a Feather founder and local author Amy Han, these workshops are designed to inspire young writers with new ideas and fuel them with fresh creative writing techniques. At the end of each workshop, they will have an original piece of writing to take home and share.

For more information and bookings, please email hello@wordsofafaether.co or visit www.wordsofafaether.co