

**PORTARLINGTON NEIGHBOURHOOD HOUSE (PNH)**

**PROGRAM OF ACTIVITIES - TERM 1 2025**

**Phone 5259 2290 Version 1 - updated 19/12/24**

IMPORTANT: Please enrol in activities. A waiting List applies to many activities. If you are new to an activity, please apply at the Office prior to your first session, to place your name on the activity list or waiting list.

## Art & Crafts

**CARD MAKING** Tuesday 10.00am to 12.00 pm. $5.00 per session. Bayview Room. Facilitator: Marg.

Mostly participants complete their own projects but sometimes they work together on new techniques and styles.

**CROCHET & KNITTING** Wednesday 10.00am - 12.00pm. $5.00 per session. Bayview Room. Facilitator: Trish.

Participants work on individual projects while enjoying a cuppa and chat. Learn a new skill, share your skill and enjoy some laughter. Bring your own yarn, needles and crochet hooks.

**DRAWING AND SKETCHING** Tuesday 10.30 - 12.30pm and Wednesday 1.00 - 3.00pm. $5.00 per session. Parkview Room. Facilitator: Doreen/Jenny.

Participants are encouraged to sketch a nominated subject at their own level of ability. This activity is lead and supported to encourage further learning whilst having fun. Bring your own materials and equipment.

**GETTING CREATIVE WITH MOSAICS** Wednesday 1.00pm - 3.00pm. $5.00 per session. Bayview Room. Facilitator:

A hands-on fun activity so prepare to get dirty. Learn as you go with support from others. Come and observe, then start your own project.

**PAINTING FOR FUN** Thursday 10.00am - 12.00. $5.00 per session. Bayview Room. Facilitator: Jenny.

In this activity everyone paints for their own enjoyment but also share knowledge and skills. Bring your own materials and equipment and enjoy the company of others.

**THURSDAY ART** Thursday 1.30 - 4.00pm $6.00 per session. Bayview Room. Facilitator: Rene.

Where seasoned artists meet to paint and socialise amidst the picturesque views of the bay. Please bring your own materials and any equipment you may require.

**SEWING & PATCH** Monday 12.00-2.00pm

$5 per session. Parkview Room. Facilitator: Jillian.

A dedicated sewing machine class. Bring along your sewing or other projects and the facilitator is happy to help and share her knowledge. BYO sewing machine but there is scope to borrow one if needed.

## Dance & Music

**DANCING IN the DARK** Monday 12.30 - 1.30pm. $4.00 per session. Parkview Room. Facilitator: Phyllis.

Move and groove to your own style of dance. Enjoy the music and rhythm while increasing flexibility and fitness. Come along and enjoy.

**LINE DANCING FOR BEGINNNERS** Tuesday 12.40 - 1.40pm. $5.00 per session. Parks Hall. Facilitator: Peta.

This is a newbie session for learning the basics. You will be guided through the steps so that you can progress up the line dancing ladder.

**LINE DANCING Easy to Improver** Tuesday 1.40 – 4.20pm. $8.00 per session. Parks Hall. Facilitator: Peta.

Not a newbie anymore? Take the Next Step journey while you enjoy the music and dance.

**UKULELE** Tuesday 3.00 - 4.00pm. $10.00 per session. Offsite. Facilitator: Diana.

A tutored introduction to the ukulele, how to pluck/pick melodies, how to read music notation, playing chords and ultimately, playing small solo works. Suits beginners.

**BELLARINE BIG BAND** Wednesday 7.30 – 9.30pm $5.00 per session Hall. Facilitator: Murray

This community band is a great opportunity for musicians who play or have played Wind or Rhythm instruments. Reading of music is essential. Styles include Jazz, Swing, Latin, Musicals, Rock & Blues played in a big band format.

## Literature & Learning

**PORT WRITERS** Last Thursday of the month. 5.30pm - 7.30pm. $15.00 per **TERM**.

Bayview Room. Facilitator: Jenny.

This activity is suitable for either the new enthusiast or someone who has been enjoying the pleasure of writing for some time. Each month a prompt is selected for a story, poem or piece of prose. Participants share their work by reading it to others.

**NON-FICTION WRITERS** Last Thursday of the month. 4.00 – 5.30pm $15.00 per **TERM**.

Bayview Room. Facilitator: Jenny.

Characters, settings, and events must conform to what is true. Share your stories, enthusiasm and learning with others.

**MAIN STREET WRITERS** 2ND Sunday of the month. 10.00am - 12.00pm. $30 per **ANNUALLY**

Off-site Facilitator: Pearl.

Where budding writers share their stories, enthusiasm and learning with others.

**BOOK CHAT Wednesday** 3.00pm-5.00pm $5.00 per session. Bayview Room. Facilitator: Loris

Unlike usual book groups which discuss a particular title, in this activity participants are invited to share their reading of books

**LAUGH & LEARN** Friday 10.00am - 12.00pm. $5.00 per session. Parkview Room. Facilitator: Jackie/Julie.

Be part of a classroom with a difference, solving puzzles, sharing news & experiences, maths & language activities and much more. A friendly easy-going session where ‘students’ have fun while learning. Bring a pencil, ruler & exercise book – and a sense of humour!

**BOOKCLUB** 1st Tuesday of the month. 5.30 - 8.30pm $6.00 per **Session**. Bayview Room. Facilitator: Bev.

Share your joy of reading with others. Participants discuss and critique the book of the month. Books are supplied by the CoGG library.

**PHILOSOPHY CAFE** 2nd & 4th Wednesday of month. 10.30 - 12.30pm. $5.00 per session. TBA. Facilitator: John.

Through this activity you are guided to participate in a philosophical discussion of diverse subjects including literature, religion, and politics. Explore some general and fundamental questions, come along and join in.

**READING DISCUSSION GROUP** 3rd Thursday. 1.30 - 3.00pm. $12.00 per **TERM**.

Off-site. Facilitator: Anne.

Unlike usual book groups which discuss a particular title, in this activity participants are invited to share their reading of books associated with a topic (e.g. memorable characters). A different topic is selected for each meeting.

**PORTARLINGTON FILM SOCIETY (PFS)** Last Friday of each month (Feb to Nov) inclusive. 7.30pm at the Portarlington Guide Hall. Cost is $50 per year plus PNH membership fee. Operates in Partnership with PNH. Main objective is to provide quality films within the local community. Open to all interested people and new members are always welcome.

**ARMCHAIR TRAVEL** 1st and 3rd Friday of the month @ 2.00 - 4.00pm. $5.00 per session. Parkview Room. Facilitator: Gemma.

Enjoy a glass of wine or a cup of tea while travelling to various parts of the world via DVD presentation or speaker. If you would like to share your travels, please contact the Office.

## Fitness & Relaxation

**POWER WALKING** Mon/Tue/Thu 9.00 - 10.00am. $4.00 per session. Parks Hall. Facilitator: Sally/Rob.

DVD session. An energetic ‘power walk’ of three miles (on the spot) inside the hall. This activity can be performed at your own pace. Get Moving and set yourself up for the rest of the day. Note: Wear loose clothing and footwear.

**STRENGTH AND STRETCH** - Tuesday 11.00am - 12.00 & Thursday 2.30 – 3.30. $4.00 per session. Parks Hall. Facilitator:

DVD Session. Gentle seated exercises to stretch and strengthen your body to assist with fitness and good health. Note: Wear comfortable clothing.

**TAI CHI** Monday 10.00 - 11.00am. $5.00 per session. Parks Hall/Parkview. Facilitator: Amelia

Tai Chi for Arthritis/Osteoporosis/Chronic Conditions. This is an easy to learn and enjoyable program, based on ‘Sun Style’ Yang style Tai Chi and includes warm up and cool down exercised. The gentle and slow body movements also help to relax muscles, strengthen bones, improve balance, flexibility, coordination, prevent falls and manage pain. All Tai Chi for health programs are designed in close consultation with medical experts in the respective fields with safety as the top priority. Note: Wear loose clothing and comfortable shoes.

**TAI CHI** Wednesday 2.30 - 3.30pm. $5.00 per session. Parks Hall/Hall. Facilitator: Desmond. This form of Tai Chi helps with arthritis, fall prevention and general wellbeing.

Note: Wear loose clothing and comfortable shoes.

**MAT PILATES** Wednesday 9.15am-10.15am & 10.30am-11.30am$10 per session (term payment required) Parkview. Facilitator Holly.

A 50-minute mat class for those with no health or fitness concerns. Focusing on seven Pilates principles of on body-mind movement training - *concentration, breathing, centreing, flow, control, precision, alignment*. Small props will be incorporated, such as rings and resistance bands. Max 10 participants per class.

**YOGA** Monday 1.30 - 2.45pm. $8.00 per session. Bayview Room. Facilitator: Rachel.

This graceful form of yoga is based on soft flowing movements, directed breathing and visualisation, and the session finishes with relaxing meditation. Note: Wear comfortable clothing and bring your own mat.

**ZUMBA** Wednesday 10.30 - 11.30am. $4.00 per session. Hall. Facilitator: Rob

DVD session. Begin with power walk warm-up then Zumba dance movements to South American music. Note: Wear comfortable footwear and clothing.

## Cards & Gaming

**BOLIVIA** Monday 10.00am - 12.00pm Parkview Room $5.00 per session. Facilitator: Gemma.

If you enjoy Canasta come and learn Bolivia, a more advanced version of Canasta played with 3 decks of card. The game can be played in partnerships or with just 2 players. The game is great for socialising. Experienced and novice players are all welcome.

**CHESS** Monday 10.00am - 12.00pm. $5.00/ session. Bayview Room. Facilitator: Stan.

Chess is believed to be derived from the Indian game Chaturanga sometime before the 7th century and is a two-player strategy game. If you are a beginner or would like to play more often, join this activity of like-minded people.

**DARTS** Monday Fortnightly 3.00pm – 5.00pm**.**

**\* ON HOLD \*** $5.00 per session Parks Hall. Facilitator: Michael.

A social game of darts where people are put in teams and have the opportunity to hone their skills.

**MAHJONG** Friday 10.30am - 12.30pm. $5.00/session. Bayview Room. Facilitator: Mary.

The ancient Chinese game of Mah-jong is a tile-based game and commonly played by 4 players, and involves tactics, observation, and memory. If you would like to learn, or can already play, join this activity.

**500 CARD GAME** Tuesday 1.00 - 3.00pm.& Thursday 10.00 - 12.00pm $5.00 per session. Parkview Room. Facilitator: John.

This card game is a trick-taking game that is an extension of Euchre with some ideas from bridge. For 2 to 6 players, it is usually played by 4 players in partnerships, but can be a fun three-player game. New players are always welcome so come along and learn.

## Nature & Environment

**GARDEN CLUB** 4th Monday of the month 3.00 - 5.00pm. $5.00 per session. Bayview Room. Facilitator: Annette.

For ‘green thumbs’ both experienced and novice gardeners. Guest speakers, knowledge sharing and garden information for all.

**GARDEN VISITS** 4th Tuesday of the month. $3.00 per session. Facilitator: Annette. Following Garden Club on a Monday, garden visits are arranged providing more insight and inspiration for gardeners. Visits are usually within Portarlington and surrounds.

**BIRD WATCHING AND NATURE RAMBLE** 3rd Thursday of the month. 9.30am - 3.30pm. $3.00 per session. (at various outdoor locations) Facilitator: Marg.

Each month a new destination, either local or further afield, is chosen for those interested in either bird watching or a delightful nature ramble. Mostly, participants travel in a ride-share arrangement, and everyone is asked to make a small contribution to fuel costs. Sometimes a bus is organised. Please wear and bring appropriate clothing for weather conditions. Everyone supplies their own snacks, lunch, and drinks in a picnic setting. This activity is a great way to have a break from home and enjoy the pleasures of nature and great company.

**REPAIR SHOP** 2nd Saturday of the month at 11.00am - 1.00pm. Donation per repair. Portarlington Rotunda. Facilitator: Peter.

The purpose is to repair and rejuvenate broken or old items and so reduce waste, teach new skills, connect people, and build community. Even if you have nothing to fix, feel free to call in for a coffee and chat. Tools, materials, and volunteers with repair skills will do their best to help. Donations towards fix costs appreciated.

## Technology

**ONE ON ONE TECH HELP** Thursday 10.00 - 11.00 and 11.00 - 12.00. $5.00 per session. Stage End. Facilitator: Vic.

Our Tech guru will help you through most technical questions and issues out there for such devices as smart phones, PCs and tablets. Bookings are essential.

## Playgroup

**PNH PLAYGROUP**

Wednesday 10.00am-11.30am. Parks Hall. FREE to attend.

PNH facilitates this weekly community group playgroup for local parents/carers who are looking for social connection with their children aged 0-4 years. Experience play in an unstructured, relaxed, small group environment, with a variety of toys, books and resources. PNH playgroup is held in a large indoor space with access to toilets and baby change facilities at Parks Hall. PNH Playgroup is a member of Playgroup Victoria and is free to attend.

**READY STEADY GO KIDS**

Wednesday 10.30am-11.30am. $12 per session (Term payment required) Parks Hall. Facilitator Jane

Develop your child’s gross motor skills with activities that are safe, inclusive, non-competitive & fun!