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## PORTARLINGTON NEIGHBOURHOOD HOUSE (PNH) PROGRAM OF ACTIVITIES - TERM 1 2024

Version 3 - updated 10/1/24

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.

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### Art & Crafts

**ART GROUP** Tuesday 10.00 - 12.00pm. \$5.00 per session. Parkview Room. Facilitator: Beth. Participants range from beginners to experienced. All members are welcome to discover their creativity. Please bring your own materials and any equipment you may require.

**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: Liz. 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** Wednesday 10.30 - 12.30pm or 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** Fri 12.30-3.30pm \$8 per session. Parkview Room. Facilitator: Jillian. A dedicated sewing machine class. Bring along your patchwork 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 BEGINNERS** 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.

**HARMONICA** Monday 1.30 - 3.00pm. \$5.00 per  
session. Parkview Room. Facilitator: Dale.  
Novices are welcome to come along and learn as  
you play. If you do have experience, come and  
share your expertise. Join the Portarlington  
Harmonica Band, playing at community events.  
Please bring your own harmonica.

**SING-A-LONG** Monday 3.15 - 4.45pm. \$5.00 per  
session. Parkview Room. Facilitator: Margaret.  
Enjoy community singing – no performances –  
just for fun. All members are welcome to join in  
and sing, sing, sing. No skill required.  
Guitar/ukulele players welcome to accompany.

**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 2<sup>ND</sup>** 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.

**LEARN & LAUGH** 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 \$12.00 per **TERM**. Parkview 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.

**LATIN** Tuesday 3.00-4.00pm. \$5.00 per session. Parkview Room. Facilitator: Adrian  
Learn about Latin in a relaxed and enjoyable way. Benefits include improving mental acuity, improving vocabulary, help with literature references, and facilitates study of Romance languages. Meet others and have fun.

**PHILOSOPHY CAFE** 2<sup>nd</sup> & 4<sup>th</sup> 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** 3<sup>rd</sup> 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 per month. 7.00pm and Sunday winter screenings in June and July. Cost \$50 per year. Portarlington Guide Hall.

Working in partnership with PNH, PFS screens good quality art house films and provides a great social atmosphere. Waiting List applies.

**ARMCHAIR TRAVEL** **\*\*\*ON HOLD\*\*\*** 1st and 3rd Friday of the month @ 2.00 - 4.00pm. \$5.00 per session. Bayview 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 3.00 - 4.00pm. \$5.00 per session. Parks Hall/Parkview. Facilitator: Desmond. This form of Tai Chi helps with arthritis, fall prevention and general wellbeing. Note: Wear loose clothing and comfortable shoes.

**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.

**MEDITATION \*\*\*ON HOLD\*\*\*** 4th Monday 12.15 – 1.15pm. \$6.00 per session. Facilitator: Jennifer. Bayview room. Join in and reap the benefits of regular Meditation. Facilitator Jennifer Joy Kurtze is a leading mediation teacher and provides a warm, safe, and supportive environment to help participants feel at ease. No experience required.

**ZUMBA** Wednesday 9.00 - 10.00am. \$4.00 per session. Parkview Room. Facilitator: Rob DVD session. Begin with power walk warm-up then Zumba dance movements to South American music. Note: Wear comfortable footwear and clothing.

**INDOOR CARPET BOWLS** Monday 12.30 - 3.00pm. \$5.00 per session. Parks Hall. Facilitator: Marjorie.

If you like avoiding all weather conditions, join in and get bowling in the Hall. Players of all abilities are very welcome.

## Cards & Gaming

**BOLIVIA** Monday 10.00am - 12.00pm Parkview Room and Thursday 10.00am - 12.00 Stage End. \$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. \$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/Hall. 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.

**LOCAL LEGACY VIDEO GAMING** Tuesday 5.00pm – 10.00pm \$5.00 per session. Bayview. Facilitator Mark

Compete against others in the ultimate fighting and platform games on the PS4. Improve your skills and learn the latest games. Plenty of consoles available to play on.

## Nature & Environment

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

Facilitator: .

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

**GARDEN VISITS** 4<sup>th</sup> Tuesday of the month. \$3.00 per session. Facilitator:.

Following Garden Club on a Monday, garden visits are arranged providing more insight and inspiration for gardeners. Visits are usually within Portarlinton 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 10.00am - 12.00. Donation per repair. Bayview Room. 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.