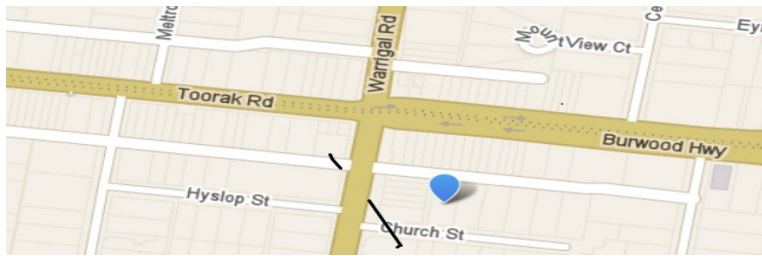


Burwood Neighbourhood & Community House is a community resource that strives to provide a place where people find new friendships, new interests and new links in the local community.

So much under one roof something for all

 **03 9808 6292** Office Hrs: **Mon-Fri 10:00am - 3pm**

- Yoga
- Meditation
- Ladies Social Group
- Book Club
- Discovering Computers
- Cooking Classes
- Knitting
- Community Light Lunches
- Social Scrabble
- Community Talks
- Art Classes
- Garden Club
- Strength Training
- TAI CHI
- Community Bus Trip
- Zumba



Bus 903 or 766

Tram 75

1 Church St, BURWOOD

Thank you to Matt Fregon MP, State Member for Ashwood District, for assistance with printing of this publication. If you require assistance with any State Government issues please contact Matt's office.

Matt Fregon MP
STATE MEMBER FOR ASHWOOD

1/40 Montclair Ave, Glen Waverley, VIC 3150
P: (03) 9561 0511 M: 0448 206 688
E: matt.fregon@parliament.vic.gov.au



OUR FUNDING

City Of Whitehorse, Dept Human Services, House fees, Fundraising & Donations

The City of Whitehorse provides our venue, we are responsible for the running costs, creating the activities & day to day running of the House.



Classes , Activities & Groups

TERM 2 2024

15TH APRIL– 28TH JUNE

CLOSED — Public Holidays

WE HAVE **"FREE COME & TRY SESSIONS"**

NEIGHBOURHOOD HOUSE WEEK 13–19th MAY



*Bring along family, friends,
your activity group members or neighbour.*

THURSDAY 11.30am 23rd MAY

Ph: 9808 6292

Like us ON



Email: burwoodn@bigpond.net.au

Website: www.burwoodneighbourhoodhouse.org.au

GENERAL

2

NEIGHBOURHOOD & COMMUNITY HOUSE

A place for people to meet, learn & make new links in their area.

OFFICE HRS: 10:00am-3.00pm

Closed Public Holidays & School Holidays

ABN: 83855075148

INC: A14964V

FOOD /PANTRY available or **support us with donations**

*Supported by PURE BREAD Bakery , Ashwood Lions, Burwood United Church.

PLUS FREE LIBRARY



KNITTED KNOCKERS Australia

FREE 100% COTTON knitted prosthesis for Breast Cancer survivors who have had a mastectomy.

We are the **National Head Office** with many branches Australia wide

FOUNDER: Cheryl Webster

BSB: 633000 **ACC:** 152866141

◆ *Our community project that has gone Australia wide and is now incorporated.*



WHEELCHAIR ACCESSIBLE

ENROLMENTS

Post to: **PO Box 241 Burwood, VIC 3125**
Email: burwoodn@bigpond.net.au

Fees to be paid **before class starts** including Annual Membership **\$15**

Fees can be paid by **cash, cheque or Bank Transfer:** Westpac

Burwood Neighbourhood House

BSB: 033000 **ACC:** 172698

Ref: Surname + Class e.g.: Webb Yoga

* Book **early** to avoid disappointment. Remember class fees are our **tutors wages** so prompt payment is appreciated.

Refunds - only if class is cancelled. If you wish to cancel you must let us know **7 days prior** to starting date.

Late withdrawals from classes can result in the class being non-financial **Admin. fee** of \$10.00 will be charged.

Class dates & times are subject to change

Term fees paid in instalments are available by arrangement with the Manager.

Community Groups who use the House:

KK Knitting Group - Mondays

Breast Cancer Group - Last Fri of the month

Boroondara Toastmasters - 1st & 3rd Thurs

Burwood Bulletin - Published quarterly and Group meets monthly, *Volunteers welcome.*

Swap, Shuffle & Share -- 1st Saturday every Month .

FREE COME & TRY SESSIONS

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Seniors Week and New comers "we have OPEN HOUSE" every week day.

Book in early for your free Come & Try. PH: 9808 6292

ACTIVITY	TERM 2	TIME	FREE
Yoga	Mon 29th January	9:05am - 10:05am	
Meditation	Tues 16th April	6.30pm-7.30pm	
Social Walking	Wed 17th April	10.30am-11.30am	
Strength training	Thurs 18th April	9.15-am-10.15am	
Tai Chi	Thurs 18th March	10.30-11.30	
Zumba	Fri 19th March	9.30am-10.30am	

NEIGHBOURHOOD HOUSE WEEK

13—19th MAY

Visit and enjoy a Free cuppa in our new outdoor cafe



Volunteer Board Members Urgently Needed!

Do you have a skill to share? Support you community?

3-4 hours monthly . Phone **9808 6292** or

Email burwoodn@bigpond.net.au



VACANCY for Groups

Monday and Wednesday

10:00 am - 12:00 noon

We have a large secure backyard, play equipment, cubby house, sandpit & bike path.

Indoors: A vast array of play equipment. Paints, paper, dress ups, toys, puzzles and more. Come + try a **free** session - call us today!!

Term Fee \$25



MOTHERS GROUP- 0- 2 Years
TUESDAY

PLAYGROUP 2- 4 Years
THURSDAY

Bring your child to socialize with other children. Parents and grandparents socialize ,while your children enjoy some supervised activities ..

CHILDREN'S PARTIES

Large backyard, Cubby, bikes, play equipment and sandpit.

Affordable rate

Book early, our yard and room are very popular.

Phone: **9808 6292** Kitchen available.



AFFORDABLE RATES for the hire of a room at the Neighbourhood House for private and community groups,



WAR AGAINST WASTE



Burwood Neighbourhood House is committed to reducing the amount of waste produced by the House and the surrounding community. We are collecting **plastic bottle tops**, old reading glasses, **old mobile phones**, men's clothing, **plastic bread tags**, ring pulls and **excess fruit** off your trees.
*** Drop off at our Centre — 1 Church Street, BURWOOD.**



FRUIT FOR JAM—fundraising for the house

Do you have any **excess fruit** that you are **not using**? In an effort to recycle and to assist our local community in making jams for street stalls.

KNITTED KNOCKERS AUSTRALIA

Free 100% cotton knitted prosthesis available from here or branches Australia wide. If you need a more comfortable solution please call us.

Can you help with admin or packaging? Two hours of your time to help, our team would be very much appreciated. **REQUIRE Board Members** for this



You are welcome to join any House in the City of Whitehorse

- Bennettswood Box Hill South Clota Cottage Kerrimur
- Burwood Mitcham The Avenue Vermont Sth
- Louise Multi Cultural Centre Koonung Cottage



Discount term fees *if paid by in FULL-1st week of term.*

YOGA - Hatha style

15 April– 24th June 10wks **Discount \$135.00** Casual \$15

Stretches focus on the spine to help with flexibility. Strengthen the nervous system, enhance digestion, circulation and respiration. Includes breathing techniques, meditation and relaxation.

WALKING FOR CARERS

10.00-11.30am

1st Monday of every month

Free

Come along and talk with other carers, followed by morning tea and the occasional guest speaker.

LADIES SOCIAL GROUP

12:30pm - 2:00pm

1st Monday of every month

\$3.50 per session

Meet new friends whilst sharing a small plate of your favourite food over lunch. Go out to new coffee shops, movies and shopping trips.



BOOK CLUB

1.30pm –3.00pm

2nd Monday of every month \$3.50 per session

Come along and discuss great books !

Volunteer Board Members Urgently Needed!



Do you have a skill to share? Support your community?

A community "House" exists for the community and we need volunteers to govern the "House". **Retired?**

help is needed for finance, social functions, marketing.

Only 3 Hours Monthly

SWAP, SHUFFLE & SHARE

10:00am - 12:00pm



1st Saturday Every Month.

Lots of different items .

Home grown, home made.

Come and enjoy with our community.

CHURCH SERVICES

SAT: PRAYER GROUP

3:00 pm- 5:00 pm

Every 1st Saturday in the month, all welcome.

Vacancy on Sundays. For community groups, children's parties or community church services.. Very affordable rates.

ROOM and HOUSE HIRE

Why not have your party at our house? The House is also available for community groups, support groups or small businesses.

The house can provide:

Kitchen, Fridge, Oven and Microwave, Outdoor Play Area
Tables and Chairs.

Capacities:

Main room - Seats up to 50 / **Small Room** - Seats up to 8

To book, please contact us on 9808 6292 for details



LARGE BACKYARD, plenty of equipment, sand pit, cubby, bikes, trikes for use at Children's parties. Book early, weekends get booked quickly.

Discount term fees *if paid by 1st week of term.*

 **ZUMBA for OVER 40s** **9:30am-10:30am**
19th April– 28th June 11 wks **Casual \$15 Discount \$143**
 Come and join the party. Fun & fitness!!

ESL Classes **9:30am-10:30am**
19th April –28th June per session **\$5**
 English Second Language (ESL) Classes aim to support you in improving your English speaking and language skills. **Bookings essential**

EXCEL - INTRO *Ring for details* **11am-12pm**
3 sessions @ 2hrs per session **\$120**
 Learn how to setup your budget on a spreadsheet + much more. Individual sessions available your time & needs from \$40 per hour.

CARDS - SOCIAL GROUP **1:00pm-3:00pm**
19th April –28th June 8wks per session **\$3.50**
 Come along, make new friends or show us your favorite card game!

SUPPORTING COMMUNITY HEALTH—FREE HEARING TESTS
24th MAY Book early, appnts go! **1:00pm-3:00pm**

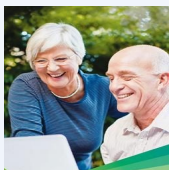
Burwood Neighbourhood House is a proactive house that gives community support to the community

Health & Wellbeing, Workshops, Short courses, Room rental

Foodbank, Free Library, Individual community support,

Social Groups, Social Lunches, Volunteers always welcome, Job seekers welcome for work experience. Work place training for

Diploma students. **Come and meet our friendly team**



SENIORS COME AND GET TECH SAVVY

INDIVIDUAL SESSIONS BY ARRANGEMENT

COMPUTERS, YOUR PHONE AND NOTEBOOK

MEDITATION **6.30-7.30pm**
16th Apr- 25th June 11wks per session **\$12**
 Learn how to have a more mindfulness outlook on life through the art of meditation.

MIDDLE EASTERN COOKING WORKSHOPS **1.00-3.00pm**



23rd April - 14th May 4wks **\$20** per session
 3 dishes per session, bring your takeaway container to take a sample home. Let us know what you want to learn to cook. *includes ingredient's in session cost

CHINESE COOKING WORKSHOPS **1.00-3.00pm**

21st May - - 11th JUNE 4wks **\$20** per session

Let us know what you want to learn to cook.

Cantonese Beef stir fry, dumplings and lots more

*includes ingredient's in session cost



ART - Acrylics
***New talented tutor**

1.00-3.00pm

23rd April –14th May **\$80**

4 Wks of learning techniques,, shading etc.

Book early and pick up your material List.

GARDEN CLUB & COMMUNITY GARDENS **1.00pm –3.00pm**
FREE

Garden Club, is where we can explore a range of gardens in the community to get inspiration swap cuttings and share ideas. Work on a community garden boxes, develop the community house garden. . Bus supplied for visits to open gardens.

WEDNESDAY

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Discount term fees if paid by 1st week of term.



SOCIAL SCRABBLE 10:30am - 1:30pm
17th April– 19th June 11wks \$3.50

Yes, we do have scrabble dictionaries! Come for the challenge.

SOCIAL WALKING All welcome 10:30am - 11:30am
17th April- 19th June 11wks \$2.50 per session
Come and get fit.

Enjoy a local walk in a group then come back for a drink.
Raining! Still come, sit and coffee/tea with the group.
“Solve the worlds problems”.



SEWING 10:30am - 12:30am
22 April to 13 May 4 wks Fee \$76

Casual \$22 per session
Learn another new skill. Learn to make your own affordable and individual style. Clothes. Make your own craft.



KNITTING/CROCHETING GROUP 11:00am - 1.00pm **FREE**

1st & 3rd Wednesday

Come in out of the cold, learn knitting or crocheting or bring your knitting and join in a friendly social group. Knit for a charity, we have three projects that support non profit organizations. Bring

LEAP—BREAST CANCER SUPPORT GROUP

12.00 NOON Meets 1st Tuesday in the month.

A breast cancer support group for survivors to get

together over a light lunch. Please bring a small plate to share!



THURSDAY *closed 25th April ANZAC Day*

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Discount term fees if paid by 1st week of term.



STRENGTH TRAINING 9.15am-10.15am
18th April– 27th June 10wks Casual \$11.50
Discount \$95

Improve your body strength and lower your risk of falls. weights are available.



TAI CHI 10.30am - 11.30am
18th April– 27th June 10wks Casual \$11.50
Discount \$95

Improve balance, coordination and flexibility.



Biggest Morning Tea 11.30am
23rd May

Join us in supporting a great cause while enjoying a coffee or tea and a cake with friends.



COMMUNITY BUS - Various Venues

Bus leaves 10:00am– back 3:30pm

18th April Puffing Billy \$25 Bus + \$31 Trian

9th May Tyabb Packing House \$25 Bus

20th June Beleura House \$25 Bus + \$40 tour

***Bookings all bus trips. Book early bus fills quickly**



BOROONDARA TOASTMASTERS (Separate Fees Apply)
(1st & 3rd Thurs of the Month) 7:30 pm

Become the Speaker and Leader that you want to be.
Learn new skills for your personal development.