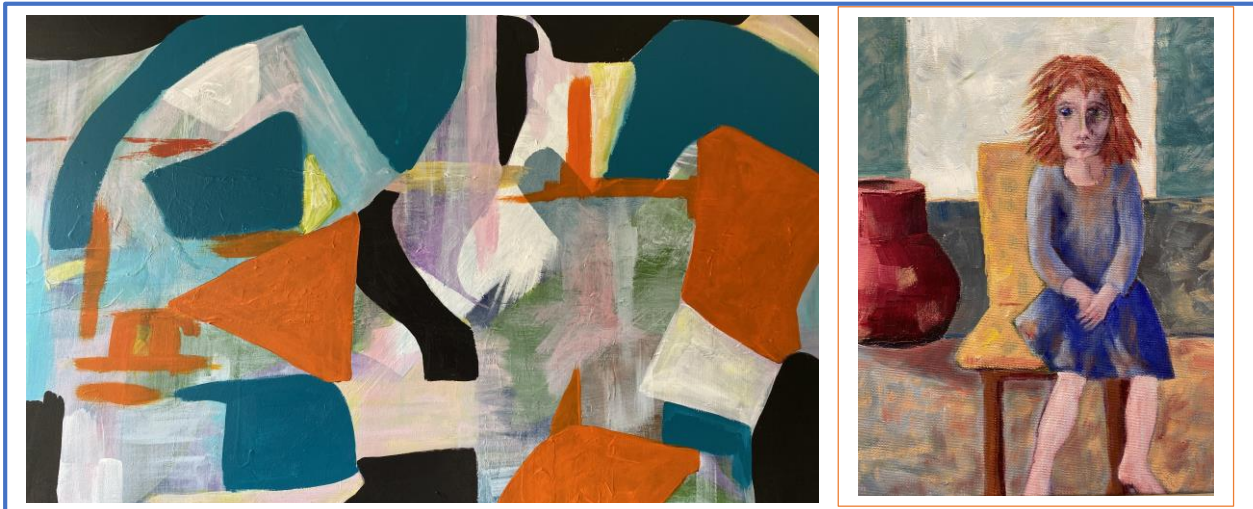


Queenscliffe Neighbourhood House

Term 2 Program 2021

3 Tobin Drive, PO Box 30, Queenscliff 3225

Phone: 5258 3367 qnhouse@fastmail.fm www.qnhouse.com.au



New Courses and Favourites

For Full Course & Tutor details please go to www.qnhouse.com.au

Creative Arts

Handmade Papermaking workshops with Tim Spencer

Introduction to Handmade Paper

Create fine quality printable handmade paper
Make your own stationery, printmaking, cards, wedding invitations and envelopes for those special occasions.

When: Tuesday 27th April, 9.30 - 12.

Cost: \$40 / \$35

Location: QNH

Book: <https://www.trybooking.com/BPVAK>

Advanced Handmade Papermaking

Further your papermaking craft to include watermarking and creating beautiful gifts and pieces of artwork.

When: Tuesday 11th May, 9.30 - 12.

Cost: \$40 / \$35

Book <https://www.trybooking.com/BPVAN>

Tim's quality Papermaking Kits will be available workshops or www.handmadepapersource.com.au

Saturday afternoon ART workshops with Deb Taylor

Introduction to Abstract Art & its application in art making

Learn about the elements and principles of art that underpin all art making while experimenting with a variety of materials.

Saturday May 22nd, 12.30 – 3.30pm

Cost \$40 / \$35

Book here: <https://www.trybooking.com/BPSGL>

Exploring Colour Workshop

Understand how colour works and explore this through abstract geometric compositions.

Saturday June 5th, 12.30 – 3.30pm

Cost \$40 / \$35

Book here: <https://www.trybooking.com/BPSHB>

Drawing Inspiration from the Real World

This workshop will focus on exploring ways of creating abstract artworks inspired by the landscape,

Saturday June 19th 12.30 – 3.30pm

Cost \$40 / \$35

Book here: <https://www.trybooking.com/BPSHH>

Tuesday Evening ART with Deb Taylor

Collage Art Workshops

Work with images, colour, paint and a range of materials.

May 11th, 18th & 25th

Tuesdays 6.30pm – 8.30pm

Cost: \$70/ \$65

Book: <https://www.trybooking.com/BPSGI>

Gelliplate Printing

Create patterns for artworks, prints, collages and cards. Explore layering, stencils using plants and painterly techniques.

June 8th 15th 22nd

Tuesdays 6.30pm – 8.30pm

Cost: \$70/ \$65 HCC

Book: <https://www.trybooking.com/BPSHL>

Friday ART with Ryan Brearley

Oil Painting Techniques

Explore different ways of working with oil based paints and some of the technical aspects. Materials information on [website](#).

Fridays 9.30 – 12.30 pm

April 23rd – 14th May

Cost: \$150/\$135 HCC

Book: <https://www.trybooking.com/BPUTA>

Watercolour Techniques

You will cover basic techniques and technical aspects to begin your journey into watercolour. Materials list supplied on booking.

Fridays 9.30 – 12.30 pm

June 4th – 25th

Cost: \$150/\$135 HCC

Book: <https://www.trybooking.com/BPUUU>

Music classes and workshops

Learn Ukulele with Jenny Gore

General Beginners – no experience

Mondays 1– 2pm (9 weeks)

April 19 – June 21st (except June 14th Queens Birthday PH)

Cost: \$90/\$82 HCC

Book: <https://www.trybooking.com/BPSCT>

Ongoing Beginners

For those who completed the beginners course, have a good knowledge of basic chords and are ready to explore melody and harmony.

Mondays 2.15 – 3.15 pm

April 19 – June 21st (except June 14th Queens Birthday PH)

Cost: \$90/\$82 HCC

Book: <https://www.trybooking.com/BPSCV>

OR

Mondays 7 – 8 pm

April 19 – June 21st (except June 14th Queens Birthday PH)

Cost: \$90/\$82

Location: QNH

Book: <https://www.trybooking.com/BPSCV>

James Hill Ensemble Level 2/3

This group is for ongoing JHUI students levels 1-3

Mondays 4.00 – 5.00 pm

April 19 – June 21st (except June 14th Queens Birthday PH)

Cost: \$90/\$82

Book: <https://www.trybooking.com/BPSCY>

Saturday Music Workshops with Claire Chatfield

World Music Workshop

Explore rhythm exercises based on world music styles. Learn traditional folk tunes in Eastern European, Klezmer and Celtic traditions. All levels welcome.

Sat 24th April 10-12pm

Cost: \$45/\$40 HCC

Book: <https://www.trybooking.com/BPYXC>

Song-writing Workshop

Explore song-writing essentials and break through creative blocks through lyric and melody exercises and games. All levels welcome.

Sat 8th May 10-12pm

Cost: \$45/\$40 HCC

Book: <https://www.trybooking.com/BPYXO>

Health & Wellbeing Workshops

Saturday Wellbeing with Lisa Barker

The Wellbeing Power of Music

Lisa Barker will be joined by professional ANAM trained violinist Phoebe Masel, for a music filled workshop about the soothing power of music.

Saturday 9.30 – 12.00pm

May 22nd

Cost: \$50 / \$45 HCC

Book here: <https://www.trybooking.com/BPYVC>

Shinrin-Yoku – Japanese Forest Bathing for Wellbeing

This interactive session will explore the Japanese indigenous wisdom of immersion in nature. Read more [here](#)

Saturday 9.30 – 12.00pm

June 5th

Cost: \$50/ \$45 HCC

Book here: <https://www.trybooking.com/BPYVQ>

In Right Relationship -Self, Others, Planet

This highly collaborative and practical workshop will explore evidence-based ways to build and improve relationships characterised by respect and trust, in all areas of our lives.

Saturday 9.30 – 12.00pm

June 19th

Cost: \$50 / \$45 HCC

Book here: <https://www.trybooking.com/BPYVW>

Monday Strength and Flexibility Class with Virginia Cooke

Get Fit Where You Sit with Ageless Grace

Ageless Grace is a brain & body fitness program from the comfort of your chair. For more info, contact Virginia 0411 952 598 or

info@movementmentors.com.au

<http://movementmentors.com.au/ageless-grace/>

Mondays 9.30 – 10.30 (50 minutes of exercise)

April 19 – June 21st (except June 14th Queens Birthday PH)

Cost: \$10 per session or \$80 for 9 sessions

Location: QNH

Book here <https://www.trybooking.com/BPVON>

Genealogy with Mark Hoysted

Wednesday Evening Genealogy

This 6 week course will provide you with all the tools to trace your family history and ancestors.

May 5th – June 9th (6 weeks x 2 hours per week)

Wednesdays 7.00 – 9.00pm

Cost: \$145 / \$135

Book here: <https://www.trybooking.com/BPZDZ>

Italian & French with Louise Stanley

Exercise your brain and have fun by learning and practicing Italian and French – the great ‘romantic’ languages of Europe. Louise will help you find your place at either the Beginner, Continuing Beginner or Intermediate level of study.

Beginners Italian 1.5 hours x 10 weeks

Tuesday 9am to 10.30am

April 20th – June 22nd

Cost \$234 / \$210 HCC

Book here: <https://www.trybooking.com/BPRZL>

Intermediate Italian 1.5 hours x 10 weeks

Tuesday 10.30am to 12noon.

April 20th – June 22nd

Cost \$234 / \$210 HCC

Book here: <https://www.trybooking.com/BPRZZ>

Italian Conversation Group 1 hour x 10 weeks

Imagine you are on the island of Sicily or in gorgeous Positano, ordering a coffee or booking accommodation. Practice your Italian conversation with others whilst Louise advises you on pronunciation and grammar.

Tuesdays, 12.15 to 1.15pm

April 20th – June 22nd

Cost: \$156 / \$140 HCC

Book here: <https://www.trybooking.com/BPSAK>

Beginners French 1.5 hours x 10 weeks

Tuesday 1.30 – 2.30

April 20th – June 22nd

Cost \$234 / \$210 HCC

Book here: <https://www.trybooking.com/BPSAS>

Technology

Mac & iPhones with Paul Jones

iPad & iPhone refresher - 2 weeks x 2 hours
If you're an iPad user here's your chance to catch up on the latest software improvements and many of the basic apps. Bring along your iPad or iPhone.

May 3rd & 10th

Mondays 10 - 12pm

Cost: \$40 / \$36 HCC

Book here: <https://www.trybooking.com/BPMEU>

Intermediate iPad - 3 weeks x 2 hours

Take the next bite of that Apple. Learn how to share photos, use cameras, find the hidden screens and let Siri do all the work for you.

May 17th, 24th, 31st

Mondays 1- 3pm

Cost: \$60 / \$54 HCC

Book here: <https://www.trybooking.com/BPMFC>

Mac Computers [introduction /refresher]

4 x 2 hours

Find your way around your Mac laptop, organize files, personalize settings and enhance your use of calendar, address book, web and email.

May 17th, 24th & 31st & June 7th

Mondays 7 – 9pm

Cost: \$80 / \$72 HCC

Book here: <https://www.trybooking.com/BPMFM>



Bicycle Maintenance

Bicycle Maintenance Basics (Part 1)

Bring your bike and learn to do basic bicycle maintenance with Wayne Stephens (Men's Shed Bike Group member).

Saturday 1st May, 9.30 – 12.00

Cost: \$20

Book here: <https://www.trybooking.com/BPSDC>

Bicycle Maintenance Basics (Part 2)

Bring your bike and learn more advanced maintenance techniques such as replacing bike tubing and adjusting brake cables and gears

Saturday 15th May, 9.30 – 12.00

Cost: \$20

Book here: <https://www.trybooking.com/BPSDE>

Programs & Groups

New!! Carers Walking Group

Bellarine Community Health (BCH) and QNH providing a FREE 8 week walking program.

When: Every Thursday from 29th April for 8 weeks, 10.00 - 12.00pm (with occasional guest speaker)

Where: QNH, 3 Tobin Drive, Queenscliff

Contact: Karen.crockford@bch.org.au or (03) 52580853 by 16th April 2021

The Tides of Welcome Choir

Please call Donna at QNH to go on the waiting list.

For more information go to

tidesofwelcome.weebly.com



Shedding the Blues

The group's focus is on the health and wellbeing of men who are nearing or have reached retirement age through a shared love of music and a range of interest groups.

BOOK NOW for COVID Recovery for the Body and Mind Course – A partnership project with the Thrive Movement.

A 6 session workshop program open to everyone. Starting April 22nd 9.30 – 11.00am.

Book here: <https://www.trybooking.com/events>

For more information on Shedding the Blues go to www.sheddingtheblues.weebly.com/ or email sheddingtheblues@gmail.com (Attention Des Gorman)



Sea of Ukés

Come along at any skill level and have fun with the big group. Facilitator: Jane Rodwell

Mondays 5.30 to 6.30pm

Cost \$10 per session

Location: RSL

For further information, go to:

www.queenscliffukulelegroup.weebly.com



Boomerang Bags volunteers help mark out and cut materials, pin, iron, stamp and sew. No experience required.

Sewing times: Fridays, 9am to 12noon,

<https://www.qnhouse.com.au/boomerang-bags.html>

Join one of our **Interest Groups:**

- Book making 2nd Tuesdays from 10am
- Mixed Craft Group, Mondays 11am
- Friday Painters, Fridays 1.30
- Men's Shed, Thursdays 9.30 -11.30am
- Men's Discussion Group, Thursdays
- Men's bike group, Tues & Thurs 9.30-11.30
- Painting Together, Wednesdays 9.30
- Shedding the Blues Tuesdays, 10.30am
- Stitches, Tuesdays 12.30 – 4.00pm
- Writers Group 2nd Tuesdays 10am
- Mahjong returns Thursdays 1pm



QNH House Gallery showcases local, emerging and student artists.
Visit us: Monday – Thursday
Between 10 – 4 pm

