



**Rushworth**  
COMMUNITY HOUSE INC

# TERM 4 - 2017

## COURSES & EVENTS

Monday 9th October to Friday 22nd December  
(11 weeks)



### HEALTH & WELLBEING

#### ST-01 STIR-Strength Training in Rushworth

Resistance exercises using a variety of equipment. New students are required to provide Medical Certificate. Suitable for all ages & fitness level.

**MONDAY ongoing - starts 9th October**  
**TUESDAY ongoing - starts 10th October**  
9.15am - 10.15am - \$7 per session **\*\* see note below \*\***

#### ST-03 Tai Chi

An ancient form of gentle exercise with many health benefits. Suitable for all ages and fitness levels.

**MONDAY - starts 9th October**  
11am - 12pm - \$7 per session **\*\* see note below \*\***

Location: SHIRE HALL - see note below

**\*\*\* As the P-12 College exams are held in the Shire Hall during end of Oct & most of November, classes will be held at RCH during these days. Please pick up separate time/place sheet when enrolling. \*\*\***

### CARER SUPPORT GROUP

#### Rushworth Carer Support Group

Meet with a supportive, confidential and non judgemental group. Talk with others sharing common experiences as carers of family or friends. This group is thoughtfully facilitated by both GV Health and Rushworth Community House.

**When: First Thursday of each month. 2pm - 4pm**  
**Where: Rushworth Community House or as advised.**  
**Call RCH : 58561295 No Cost.**

### MUSIC

#### SE-21 ACOUSTIC GUITAR Lessons with Ray Martin

Ray owned The Blue Note College of Music in Frankston for over 12 years. We can cater for beginners to intermediate.

**FRIDAYS Starts 13th Oct 10.30am - 12pm**  
**Cost: \$6 per session**

#### SE-21 UKULELE GROUP with Shelley

Back for another term of fun and learning. New students please contact RCH for requirements list.

**TUESDAYS Starts 10th Oct - 1.30pm - 2.30pm**  
**Cost: \$6 per session**

### OFFICE / COMPUTERS

#### CW-24 First Step Computers

Learn the fundamentals of operating a PC or just brush up on your skills. This is a 10 week course, with the option to get support with ipads & mobiles also. The course covers basic text editing, emailing and greeting cards, using the world wide web, and an introduction to spreadsheets. Emphasis will be on online safety awareness and how to protect one's self. The course is designed for those with little or no computer experience.

Tutor: Craig

**Thursdays Starts 12th Oct - 10 wks - 10am-12.00pm**

**Cost: \$77 (\$60.50 conc. ) (weekly payments accepted)**

**Tutor: Craig**

#### CW-25 Next Step (intermediate) Computers

Ideal for those looking to improve skills using Computer Applications such as Microsoft Office and Anti virus software, computer maintenance software. The course will cater to your individual learning needs at a variety of levels from beginner to intermediate.

**THURSDAY starts 12th Oct - 10 wks 1pm - 3.00pm**

**Cost: \$77 (\$60.50 conc. ) (weekly payments accepted)**

**Tutor: Craig**

#### CW-01 Web Dot Wizards

Gain new internet skills, tidy up your digital files, share interests, photos & graphics, presentations, photobooks, basic websites - you choose your learning pace. Discover social media like Facebook, Pinterest etc. Intermediate to experienced PC users. Start anytime during the term. Each member works on their own project each week.

**TUESDAYS - starts 10th Oct 7.30pm - 9.30pm**

**Cost: \$6 per class**

#### CW-24 Know your Device **\*\*\*NEW\*\*\***

This new program is designed to help you understand your own device - namely equipment such as Android Phone or Tablet, Laptop, Notebook, Desktop PC, Camera, Ipad etc (Windows & Mac available) mostly on a one-to-one basis. Tutors will be assigned according to help needed (Graham, Cass, Lyn, Craig)

**TIMES: will vary according to tuition time available**  
**NO SET COST - donation required**  
**according to tuition given**

### Open Hours

Monday, Tuesday & Thursday 9am - 3pm  
Wednesday & Friday - 9am - 1pm

SCHOOL HOLIDAYS - Monday - Friday 9am - 1pm  
CHRISTMAS / NEW YEAR Monday - Friday 10am - 12 midday

### CONTACT US:

67 High Street, Rushworth Vic 3612  
Ph: 03 5856 1295 Fax: 03 5856 1077  
Email: admin@rushcomhouse.org.au  
Web: www.rushcomhouse.org.au

ABN 57 191 292 511 A0020353N

## RUSHWORTH SHED PROGRAM

### MS-01 Men's Shed

Come and join in the various activities of the Rushworth Shed program. If you just want to drop in for a cuppa and a yarn some weeks then that's fine too. Please wear appropriate clothing and footwear. Stay for BBQ lunch - small donation required.



**Australian Men's Shed Association**  
SHOULDER TO SHOULDER

**MONDAYS & WEDNESDAYS**

- starts 9th October

9am - 1pm \$2.50 per session

### MS-05 Welding (Horne St, Mens Shed)

This course is great to gain practical experience in welding. A foundation course to further studies in Engineering Apprenticeships, or practical or creative projects at home. Suitable for both men and women. Wear appropriate footwear & clothing. This is a 5 week course.



**SATURDAY 4th Nov - 2nd Dec**

Time: 8.30am - 12.30pm

Cost: \$72.00 (\$56 Concession)

Enrolment & Payment at RCH office essential by Monday 30th October at latest.

## EXPRESSION OF INTEREST

Register your interest by ringing RCH on 5856 1295 if you are interested in the following:-

- **KNITTING**
- **RUSHWORTH OBSERVATORY NIGHT**
- **MICROSOFT EXCEL**
- **CREATING (or updating) YOUR RESUME**
- **FRENCH LANGUAGE (conversation)**

## RECYCLE YOUR OLD CARTRIDGES

A **PLANET ARK** Box is available for dropping off old cartridges

**Free Wi-Fi - 24/7** - Available from 9/10/17  
**Internet Cafe'** - Open during house hours  
Charge is \$1.50 per 1/2 hour - printing extra



### GA-01 WOOD FIRED PIZZA LUNCH

\*\*\*RECOMMENCING IN NOVEMBER 2017\*\*\*

- 1st WEDNESDAY OF THE MONTH AT  
12 MIDDAY IN THE COMMUNITY GARDEN.  
Donation of \$5 per person - Come & enjoy!

## CREATIVE ARTS / CRAFTS

### AC-03 Patchwork

Come and join a group of extremely creative and clever ladies for a sewing afternoon. Make something you can treasure for the future. No experience necessary. You can join anytime during the term.



**MONDAYS - ONGOING - starts 9th Oct**  
1pm - 3.30pm / \$3 per session

### AC-06 Making CARDS for Christmas or Birthdays \*\*\*NEW\*\*\*



Come and enjoy a day of card making - you can choose when you book whether Christmas Kit or General Kit - or if you would like to come just to join in and bring your own supplies that's OK too. Morning/Afternoon tea supplied.

**SUNDAY 12th November 10am - 4.30pm**

**COST: KITS = \$38** (pls choose christmas or general theme)

**WITHOUT Kit = \$8** - bring all your own supplies

Please indicate kit theme (if applicable) when booking

\*\*\* **BOOK IN FAST - 10 places only available!** \*\*\*

Booking cut-off date is **Monday 6th November** to enable preparation of your requested type of kit.

### AC-01 Artistries

Come and have fun painting, drawing, creating something expressive in our Artistries day. BYO supplies and project and join in a day of social painting type activity, learning & sharing ideas, concepts, hints & tips. Lunch will be visiting local cafe at own cost or BYO. Any skill level & any medium welcome. New budding artists more than welcome - but pls ring Lyn (58561295) to discuss what you would like to try for the day.



**SUNDAY 19th November 10am-4pm**

**\$8 for the day** - Morning/afternoon tea provided

## GENEALOGY

### GH-01 The RCH Genealogy Club

Curious about your ancestors? Bring along any information you have and we can put you on the right track - with access to the world wide web of family history sites. Lots of hints and tips about recording your newly found information. No previous experience necessary. Learn and document the history of your family and ancestors. Start your family history journey anytime during the term.

**Access to ANCESTRY & FIND MY PAST available.**

**FRIDAYS - ONGOING - starts 13th October**

**1pm - 4pm** (some access available outside hours for members)

**COST: \$30.00 per term**

## Community House Volunteers are WANTED!

The Rushworth Community House is a NOT-FOR-PROFIT Learn Local organisation that provides life long learning and growth to the community. We are always in need of volunteers, whether just for a few weeks, or here for the long term - you would always be welcome. For an hour a week or a day! We have many areas that you could volunteer, like helping with the running of the house, working out in the community garden, or just taking phone calls - we are sure your skills and willingness to volunteer can be utilised - and it is so rewarding for YOU too! Perhaps we could help each other? Why not ring or email us today..... we would love to hear from you!

Phone: 5856 1295 Email: [admin@rushcomhouse.org.au](mailto:admin@rushcomhouse.org.au)