



TERM 1 - 2017

COURSES & EVENTS



Lifestyle & Opportunity

Rushworth
COMMUNITY HOUSE INC

Monday January 30 to Friday March 31
(9 weeks)

SPECIAL INTEREST

Drone Essentials

This course is for those who have never used a drone before, and hobby drone users. You will learn about aviation safety and rules, how to set up a drone, how to run the software, and how to fly one with actual hands on experience flying a phantom 4.

When: Thursday 2nd March 1pm- 4pm

Cost: \$15.00 Tutor: Nick Buzza

Introduction to the Universe

Experience a stimulating presentation on all things universe including captivating slides and information.

When: Thursday 23rd Feb 8 pm - 9.30 pm

Cost: \$10.00 Tutor: Cass Alexander

GENEALOGY

The RCH Genealogy Club GH-01

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. No previous experience necessary. Start your family history journey anytime during the term.

FRIDAYS - ONGOING - starts Feb 3rd

1pm - 4pm (Some access available outside these hours for members)

\$80 initial membership & \$25 per term thereafter.

INTRODUCTION sessions available Tuesdays 6pm.

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 thats fine too. Please wear appropriate clothing and footwear. Stay for BBQ lunch - small donation required.

MONDAYS & WEDNESDAYS

9am - 1pm \$2.50 per session

Will have a go at fixing just about anything! Enquire or just drop in.



OFFICE / COMPUTERS

Basic Computers CW-24

Learn the fundamentals of operating a PC or just brush up on your skills. This is 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.

THURSDAY Starts Feb 2nd 9 wks 9.30am - 12 pm

Cost: \$70 (\$55 con.) (\$7/\$5.50 per session)

Tutor: Craig

Intermediate Computers CW-25

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. Extra support sessions are available on request once enrolled.

THURSDAY starts Feb 2nd 9wks 1.00pm - 3.30pm

Cost: \$63 (\$55 con.) (\$7/\$5.50 per session)

Tutor: Craig

WebDot Wizards CW-01

Gain new internet skills, share interests, presentations, photobooks, basic websites. Discover social media like Facebook, Pinterest etc. Intermediate to experienced PC users. Tutor: Lyn

TUESDAY starts Jan 31 7.30pm -9.30pm

Cost: \$5.50 per class

WELDING MS-05

This course is great to gain practical experience in welding. A foundation course that provides basic techniques for either further study, or practical or creative projects at home. Option to learn Tig, Mig and Arc welding.

SATURDAY- Feb 25- Mar 25

5 Weeks

Time 9am - 1pm

Cost \$72 (\$56 Concession)

Tutor: Paul

Enrolments at RCH office essential prior to course

Open Hours

Monday, Tuesday & Thursday 9am - 4pm

Wednesday & Friday 9am - 1pm

(SCHOOL HOLIDAYS Monday to Friday 9am - 1pm)

Please note RCH is closed on Extreme/Code Red Fire Danger

CONTACT US:

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Web: www.rushcomhouse.org.au

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IN THE GARDEN

Community Garden

Volunteers are needed to work in the garden. Share your skills and learn from experienced gardeners. Contact the house to meet with Glenys.

Wednesdays 9am - 12pm.

WOOD-FIRED PIZZA

COMMUNITY LUNCH

FIRST WEDNESDAY OF THE MONTH

\$5 PER PERSON

EVERYONE WELCOME

**DELICIOUS HEALTHY PIZZAS MADE USING OUR
COMMUNITY GARDEN PRODUCE**

**IF YOU ARE AVAILABLE TO ASSIST KATE WITH PIZZA
PREPARATION PLEASE CONTACT THE HOUSE.**

Sensory Garden

Opportunities are available to tend to a small scale court-yard garden located at the community house.

Suits all physical abilities.

Mosaic and ceramic activities are also available in this outdoor setting. **Please get in touch to find out more.**

Bee Keeping

Workshops on Bee keeping available.
Get in touch for details.

MEDITATION

Meditation Group

HE-07

This group gathers for some light stretching followed by a meditation session. All welcome.

THURSDAYS 9.30 am - 10.15 am Starts: Feb 2

Cost:\$4

Tutor: Eloise Mitchell

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

Call RCH : 58561295

No Cost

COMMUNITY HOUSE MEMBERSHIP

\$10 FULL YEAR (DUE JUNE EACH YR)

HAVE A VOICE AT THE AGM & MORE ADVANTAGES

BECOME A MEMBER ON ENROLMENT OR DROP IN

ARTS AND CULTURE

Patchwork Projects AC-03

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 Jan 30

1pm - 4pm \$3 per session

Artistries AC-02

2 separate days. full of painting, drawing, sketching, creativity, artistic expression, BYO supplies and project and join in a day full of creative talk, hints and tips to share with other like-minded creative people. Lunch-visiting local café at own cost. Morning & afternoon tea provided.

SATURDAY 18th Feb & SUNDAY 12th Mar

10am -4pm

\$5 per session. Facilitator: Lyn Rumble

Yarning and Cotton Club

Get together with others working on Craft or Art projects of any kind...no matter how small or big. Anything from knitting, beading, drawing, paper craft, model making etc. Bring your own materials and project.

TUESDAYS 11 am - 2pm Starts: Feb 7th 8wks

Cost: \$3 per session

HEALTH & FITNESS

STIR - Strength Training in Rushworth ST-01

Resistance exercises using a variety of equipment.

Suitable for all ages & fitness level. New students must provide a medical certificate. **Tutor - Kellyanne**

MONDAY starts Jan 30

9.15am - 10.15am \$6.50 per session

TUESDAYS starts Jan 31

9.15am - 10.15am \$6.50 per session

Tai Chi ST-03

COMING TERM 2 Tutor - Kellyanne \$6 per session

Acoustic Guitar Jam

Fridays 10am - 1pm All abilities welcome

Flying Duck Theatre

Auditions March 2017

" Its My Party and I'll Die if I Want to "

Call: 5856 1295

INTERNET CAFE @ RCH

OPEN TO ALL DURING HOUSE HOURS

(Limited access only when computer classes are being conducted)

COST \$1.50 PER 30 MINS - PRINTING EXTRA