

HEALTH & FITNESS

Gentle Exercise /Yoga with Cat

If you are wanting to improve your freedom of movement and peace of mind this is the class for you. Cat is a qualified yoga teacher who specialises in modified exercises and use of props to support the body. Classes will be suited to individual needs.

Look after yourself and keep moving by joining a fun and rewarding session. Enrol 5856 1295.

THURSDAYS 11.15am - 12.15pm Starts Feb 4th

Cost: \$6

Where: St Paul's Church Nuggety Hill Rd

Walking Group

Walk your way to happiness each Thursday morning. All levels of fitness encouraged to join in a morning walk around town. Join up: 5856 1295

THURSDAYS 8am Starts Feb 4th

Meet at the Rushworth Community House

Relaxation with Faye

Relaxation helps the body to heal, rest and relieve pain. Guided gently through your body while focussing on your breath, each session will be tapered to the individual needs. Sitting in a chair or lying on the floor are suitable positions, and a blanket may be handy.

MONDAYS 11am - 12noon Starts Feb 1st

Cost: \$3 per session

Where: Rushworth Community House

Get Active

A new year has begun so here's an invitation to participate in some warm weather activities, including;

Wildflower Gardening

Gardening with local native plants along Railway Reserve Rushworth. Gain plant identification skills and be part of growing a healthier local environment.

9 - 10am every 1st FRIDAY of month.

Where: Rushworth Railway Reserve

Bird Watching

Get to know your local birdlife with a walk around town spotting a wide variety of avian species. You'll be surprised at how many different birds live in and about Rushworth.

Starting March, every 4th FRIDAY of month.

Enquire via

Rushworth Community House

ARTS AND CULTURE

Art Group

Learn or improve drawing skills. Botanical drawing classes are now available. Creating compositions of local native plants found within Railway Reserve Rushworth. Impress your family and friends with botanical illustrations displaying your artistic flare.

2nd, 3rd and 4th FRIDAYS of month (6 sessions)

10am - 12noon Starts Feb 12th to 26th March

Cost: \$3 per session

Where: Art Depot - Horne st

Creative Threads 'n' Stitches

Come and join a group of creative and clever people for a enjoyable afternoon with textiles, whether it be patchwork, fabric art, re-purposing clothing or learning basic sewing skills. No experience necessary and skill sharing welcome. You can join anytime during the term.

MONDAYS 1pm - 3.30pm Starts Feb 1st

Cost: \$3 per session

Where: Rushworth Community House

COMMUNITY GARDEN

Community Garden

Enjoy Gardening? Become a garden volunteers to meet with others for gardening activities, a cuppa and a chat. Want to learn some new skills? Do you have skills to share with others? Learn ways to build nutritious gardens, and enjoy in fruits from your loving labours.

Fresh Organic produce available for a small donation.

Cool and comfy Zen Garden open 24hrs 7 days a week.

To become involved call 5856 1295

WEDNESDAYS 9am - 12noon

Where: Rushworth Community Garden

Visit the Community Garden any time !

KNOW YOUR DEVICE

Gain patient and helpful support with your computer, tablet or phone - both Android and Apple. We can help when looking to purchase a new computer or device to suit your individual needs.

TIMES: Call to make a time. 5856 1295

Donations gratefully received.

**FREE WIFI 24 HRS A DAY
OFFICE SERVICES & INTERNET CAFE
AVAILABLE 5 DAYS A WEEK**

**SUPPORT AND BE SUPPORTED AT YOUR
LOCAL COMMUNITY HOUSE
MEMBERSHIP \$5 FULL YEAR**

RESUMES AND CAREERS

Resume

Not sure how to go about creating one? What could you include, not sure of what words to use and how to set it out? We can help you, with a pre-accredited course that can show you how to go about it.

THURSDAYS 10am -12 noon Starts Feb 4th

Cost: \$2.10 per class or \$10.50 full

Where: Rushworth Community House

Careers

Where do you want to work? Do you have required skills, not sure if your reading and/or writing skills are enough for the job you apply for?

Try this pre-accredited course, which looks at skills you have and where you can go to get skills you need.

First session THURSDAY 1-3pm March 4th

then 10am -12 noon from March 11th

Cost: \$2.10 per class or \$12.60 full

Where: Rushworth Community House

GENEALOGY

The RCH Genealogy Club with Tracey

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 9.30am - 12.30pm Starts Feb 5th

\$45 initial membership & \$25 per term thereafter.

Access available outside these hours for members

Where: Rushworth Community House

RUSHWORTH SHED PROGRAM

Men's Shed & Welding for Beginners

Seeking expressions of interest for people wanting to become a part of Rushworths Men's Shed. Working with wood and metals, crafting and mechanical projects are always on the go. Share your your skills a pick up some new ones.

MONDAYS & WEDNESDAYS

9am - 1pm \$2.50 per week

\$5 annual membership



We try fixing & making just about anything!

Where: Rushworth Mens Shed

Welding for Beginners Course

Welding courses running throughout 2021. Contact Rushworth Community House to express your interest.

Enquire via Rushworth Community House

67 High Street Rushworth Vic. 3612

Ph: 03 5856 1295

Email: admin@rushcomhouse.org.au

Web: www.rushcomhouse.org.au

COMPUTERS

Office Computers Skills with Craig

Build your skills using Computers in an office environment. You can learn File and Folder management skills, Microsoft Office basics with a knowledgeable tutor. Course is aimed to respond to your individual needs. Ideal for those seeking employment, volunteering or working from home.

Tuesday 10am - 12 noon Starts Feb 2nd (10 wks)

Cost: \$2.10 per class or \$21 full

Where: Rushworth Community House

Beyond Basic Computers

Learn from basics to intermediate skills of operating a computer. Become skilled at navigating around a variety of apps. The course covers computer symbols and keyboard shortcuts, emailing, using digital media and understanding the internet. Individual interests can also be catered for. The course is designed for those wanting to build their confidence with computers and devices.

Tuesday 1pm - 3pm Starts Feb 2nd (10 wks)

Cost: \$2.10 per class or \$21 full

Where: Rushworth Community House

AGED CARE

Aged Care

Interested working in Aged Care, not sure you could complete study required? Here is a course for you with 10 hours a week for 10 weeks. Explore requirements and language used working in Aged Care. This is a stepping stone, preparing you for further study with TAFE or another training organisation.

MONDAY & WEDNESDAY 9:30am - 3pm Start Feb 1st

Cost: \$5.25 per class or \$105 (10 weeks)

Where: Rushworth Community House

WEBDOT WIZARDS

WebDot Wizards with Lyn

Improve your new internet skills, share interests, basic websites creation, presentations, photobooks. Understand social media such as Facebook, Pinterest, messenger etc in a social setting.

TUESDAYS 7.30pm - 9.30pm - starts Feb 2nd

Cost: \$6.00 per class

Where: Rushworth Community House

Rushworth Community House Open Hours

Monday, Tuesday, Thursday 9am - 3pm

Wednesday and Friday 9am - 1pm

Saturday 9:30am - 12:30pm

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