



GROVEDALE
NEIGHBOURHOOD HOUSE

GROVEDALE

JULY 2019

Grapevine

PH: (03) 5241 5717

WWW.GROVEDALENH.ORG.AU

DIGITAL



THE GROVEDALE
GRAPEVINE IS
GOING GREEN

GROVEDALE *Grapevine*

DIGITAL

The Grovedale Grapevine is compiled and published by Grovedale Neighbourhood House.

OFFICE

45 Heyers Rd, Grovedale VIC 3216

Phone: 5241 5717

Mon: 9.00-3.00

Tue-Thurs: 9.00-4.00pm

www.grovedalenh.org.au

ADVERTISING & EDITORIAL

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TO ADVERTISE OR CONTRIBUTE ARTICLES

Phone: 5241 5717

Email: info@grovedalenh.org.au

EDITORIAL POLICY

Contributors should note that the right to modify submitted articles is retained by the Grovedale Grapevine. All contributors are asked to provide their articles electronically on Microsoft Word format. New contributions welcome. Please email us.

LAYOUT & DESIGN

Tet Kelly (tetkellyart.com.au)



Grovedale Neighbourhood House acknowledges Wadawurrung Traditional Owners of this land and all Aboriginal and Torres Strait Islander People who are part of the Greater Geelong community today.

GROVEDALE NEIGHBOURHOOD HOUSE ACKNOWLEDGES THE SUPPORT OF:



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Hello Hubbers,

The Grovedale Grapevine is going green and this means this will be the last time we deliver the Grapevine to you in your letterboxes. In future we will be producing the newsletter electronically and we will print some hard copies for people to pick up at the Grovedale Neighbourhood House.

We have made this decisions for two reasons. One is to work towards protecting the environment. Secondly the cost of producing and delivering the Grovedale Grapevine is expensive. The cost to our budget has impacted on what we can do in terms of activities and programs we provide at the house.

This may be a big change for some people who value the hard copy that is delivered to their home. Our main priority has been and will always be to ensure all members of our Grovedale community still receive the information and the community connection that the Grapevine offers.

There are a range of options to receive the Grapevine and receive information about the activities and programs on offer at the neighbourhood house.

These are:

- The full grapevine will still be available via email subscription and on our website. To subscribe to our email list please enter your details via this link or visit our website at www.grovedalenh.org.au/grapevine. Alternatively, email us at info@grovedalenh.org.au to register your details or call us on (03) 5241 5717.
- The program of activities and events will be on Facebook and our website.
- Hard copies will be available at the Grovedale Neighbourhood House.

We are also seeking your feedback about the Grapevine. Please participate in a survey on our website or [via this link](#) so we can continue to hear what you have to say about the Grapevine and your suggestions moving forward. A paper copy of the survey is available at the office.

Please do not hesitate to come and chat with us anytime

Warm Regards

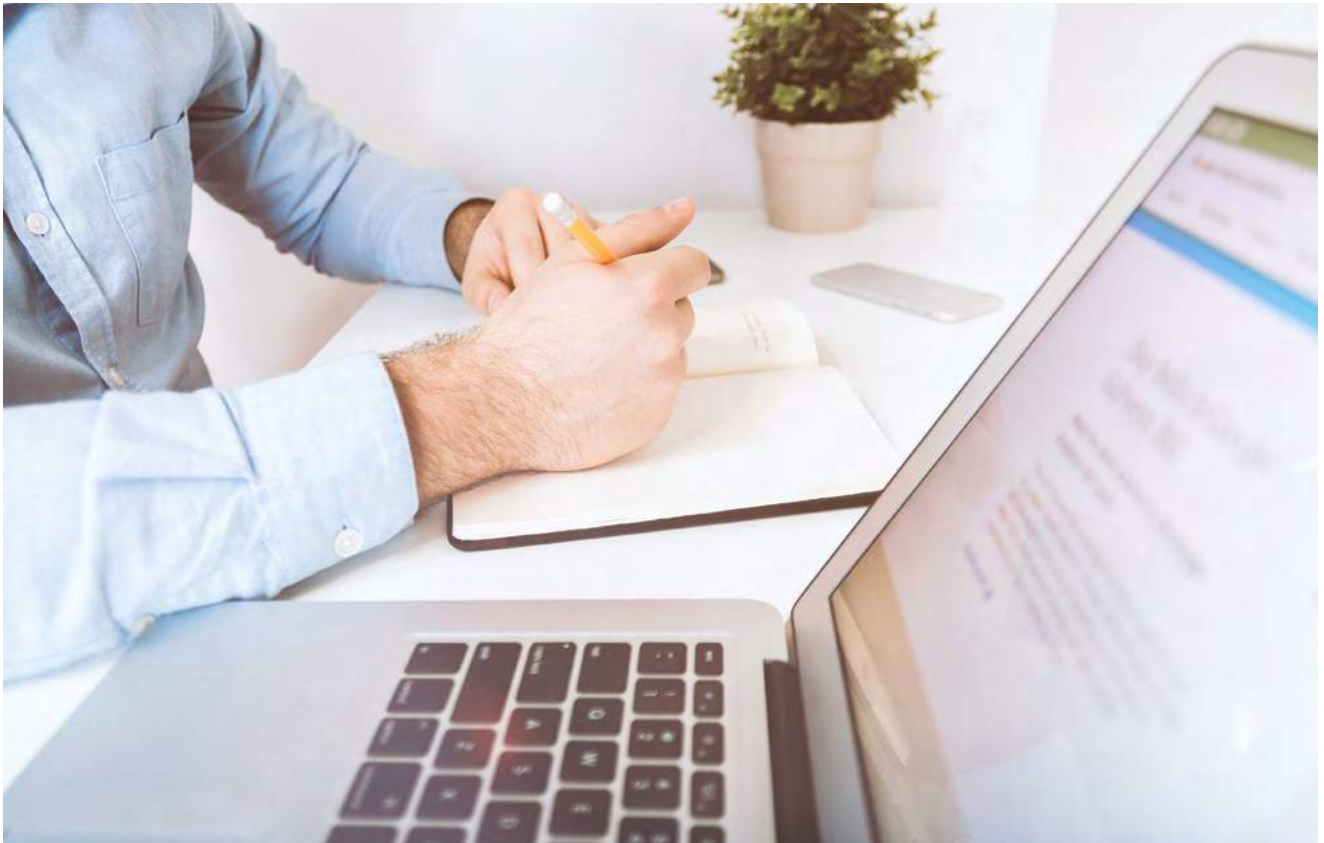
Linda

DEADLINE

for next issue of Grovedale Grapevine

Copy due: 2nd September 2019

Distribution: 30th September 2019



CONTRIBUTIONS WELCOME

If you have anything you would like to contribute or share with the Grovedale community for the upcoming issues please contact info@grovedalenh.org.au. Or if you would like to receive alerts for contributions submissions, [click here](#) to enter your details.

SUBSCRIBE TO THE GRAPEVINE HERE.

GET READY
TO TRAVEL
THE WORLD

WHAT'S NEW IN TERM 3



SPANISH INTRODUCTORY COURSE

BY CLAUDIA HANDLEY

Have you always been curious about the Spanish language and culture?

Did you know that Spanish is the second most spoken language in the world and one of the easiest languages for English speakers to learn?

Planning to travel to Latin America or Spain?

Then, this class is for you!

¡Hola! My name is Claudia. I am bilingual, tricultural, and passionate about sharing my Latin roots with others.

Come join me over the course of three weeks as we learn about the language and how to pronounce the alphabet correctly (so you can get it right each time). We'll also learn greetings and introductions (so you can start speaking

straight away), along with many useful phrases and interesting facts about Latin America and its beautiful people.

A fun, intimate and interactive class that will nurture your curiosity and inspire you to learn the language, and hopefully one day, travel to one of the many exciting Spanish speaking destinations.

DETAILS:

Grovedale Neighbourhood House

45 Heyers Rd. Grovedale

Dates: Jul 25th, Aug 1st, Aug 8th @
11:00 – 12:30

BOOKING CONTACT:

Geelong Spanish Lessons (Facebook) OR
chilenahandley@hotmail.com

Claudia Handley - 0458 224 428
Cost: \$75



ZIMBABWEAN LANGUAGE CLASSES

Sunday 2.00-4.00pm.

Commencing 21st July

Contact : Athanas : 0424 326 267 or

Tino : 0432 413 364.



ITALIAN/ LATIN/ ENGLISH

Languages Open

Horizons – A number of new classes held during the day and evening.

Weekly on Mondays various classes 2.30pm – 9.00pm.

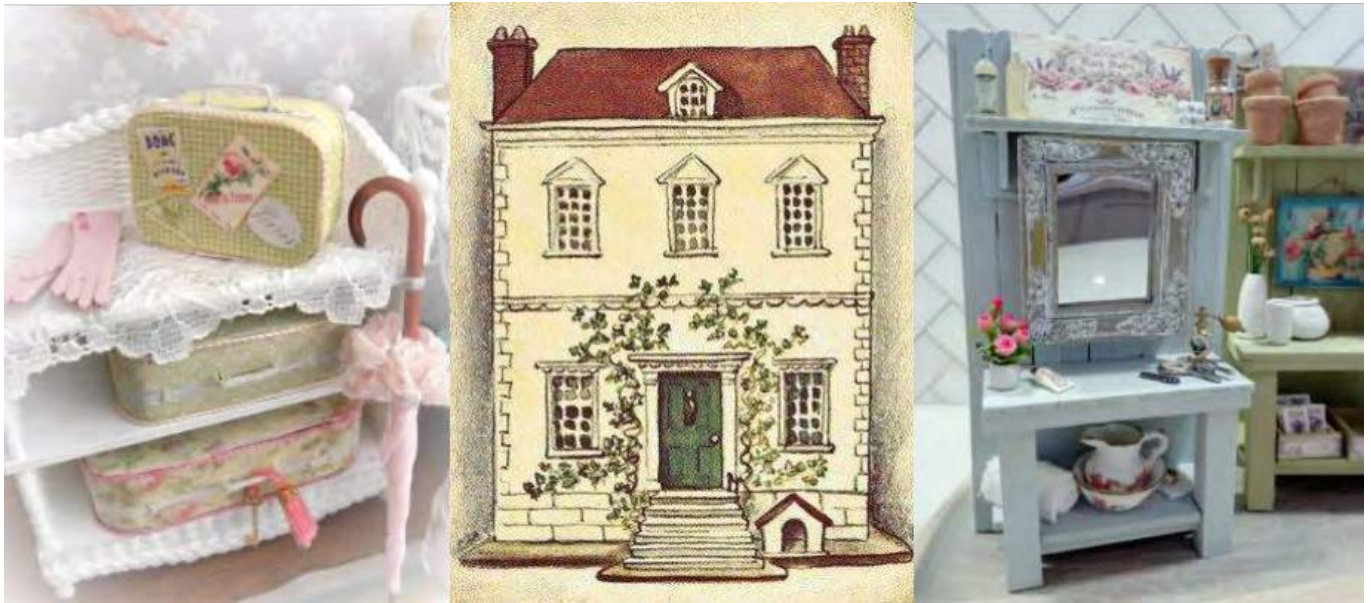
Commencing Monday 1st July

Further information contact

Lee: 0416 303 622



Rialto Bridge, Venice Italy



GEELONG DOLLHOUSE & MINIATURE GROUP

A new craft group to encourage and promote the therapeutic art of Miniature making. Think Dollhouses, Room Boxes, Fairy Houses & everything you need to furnish them. Start as small or as BIG as you feel comfortable with. Suitable for beginners and veteran artisans alike. We will share ideas, inspire each other with "show and tells", learn techniques and have Fun! Come and join us for a cuppa and maybe stay a while and join in. Be warned though it's addictive!

WHERE: Grovedale Neighbourhood House (Community Centre) 45 Heyers Rd, Grovedale.

SESSION COST: \$3.50 per person (includes Tea and Coffee)

STARTS: Monday 8th July 2019 9.30am - 12.30 pm fortnightly

Friday 19th July 2019 9.30am - 12.30 pm fortnightly

WHAT TO BRING: Just yourself, a mug (for tea or coffee) and a pen and paper for your first visit – as the materials will depend on what you decide to have a go at.

PLEASE NOTE: Due to the use of small items and sharp tools we do not recommend the group suitable for young children.

For further details please contact Michelle (Group Coordinator)

E-Mail: michelle.thomas2666@gmail.com

Or head over to Facebook: Geelong Dollhouse Miniature Group - for the details

Got art?

WE'VE GOT SPACE

Calling all artists! Individuals, groups, emerging, professional, young and mature artists are invited to exhibit at Grovedale Neighbourhood House. Did you know more than 1,200 people visit the Grovedale Community Hub every week?

Give us a call on 5241 5717.

Email INFO@GROVEDALENH.ORG.AU.



GROVEDALE
NEIGHBOURHOOD HOUSE

what's on term 3 2019



new

LANGUAGE CLASSES SPANISH

Curious about the Spanish language and culture? Do you plan on travelling to Latin America or Spain? This is the class for you.

Thursdays 7.00-8.30pm

Commencing : 18th July

Contact : Claudia 0458 224 428

ITALIAN/LATIN/ENGLISH

Languages Open Horizons – A number of new classes held during the day and evening.

Weekly on Mondays various classes
2.30pm – 9.00pm.

Commencing Monday 1st July

Further information contact

Lee: 0416 303 622

ZIMBABWEAN LANGUAGE CLASSES

Sunday 2.00-4.00pm.

Commencing 21st July

Contact : Athanas : 0424 326 267 or

Tino : 0432 413 364.

DOLL HOUSE & MINIATURE FURNITURE CRAFT GROUP

A New Craft Group To Encourage
And Promote The Therapeutic Art Of
Miniature Making.

Alternate Monday & Fridays 9.30-
12.30. Commencing 8th then

19th July \$3.50 per session

Email Michelle:

michelle.thomas2666@gmail.com

SOCIAL YARNING

Join others for a chat while knitting,
crocheting or creating macramé project.
\$5.00 p/session

Tuesdays wkly 6.00 – 8.00pm

Commencing : 16th July

Contact Jane : 0408 124 184

BALLROOM DANCING

Suitable for beginners or as a refresher
course. Bring a partner or come on your
own.

Fridays 7.00 – 8.00pm

\$8.00 per session

Commencing 19th July

Contact Jose : 0401 673 221

BHARATARTYAM BOLLYWOOD DANCE

Classes every Tuesday 5.00 – 7.00pm

www.rachanatyalyaya.com

Commencing: 16th July

Contact: Rachana 0432 161 933

KARNATIC MUSIC

Classes every Tuesday 5.30 – 6.30pm

Commencing: 16th July

Contact : Subha Bharat

0411 314 440

**Want to teach a class or
hire our rooms, email
info@grovedalenh.org.au
or phone 5241 5717.**

wellbeing

COMMUNITY KITCHEN

Learn to cook a meal for \$5 or less.
Friendly, welcoming group; no prior
skills required.

Mondays 10am – 12.30pm – Taking
Expressions of Interest

Wednesdays 10.00am – 12.30pm

Comm. 17th July

Phone : 5241 5717

FOOD SWAP

Third Saturday of the month 9.30 –
10.30am. Bring your excess produce for
swap or sale at Grovedale Community
Garden.

Contact Jess: 0409 536 752

FREE FOOD – SWAP TABLE- NEW!!!

If you have excess produce from your
garden to share with the Community,
we have a trolley in the foyer for others
to take what they need. Don't forget to
check the supply when in the building;
feel free to help yourself.

TOWN (Take Off Weight Naturally)

Weight Loss Support Group

Wed 6.00pm – 7.30pm

Contact Heather 5243 0622

WEIGHT WATCHERS

Wed 6.00pm – 8.00pm

Sat. 8.00 – 10.00am

Contact Kylie : 0437 289 633

fitness

EXERCISE CLASSES

Active Ageing – Suitable for adults with competent mobility and coordination or some limitations in mobility and stamina.

Mon 9.00am & Wed 9.00am

Commencing: Mon. 15th July & Wed. 17th July

\$6 per session if paid monthly or \$7 casual

BOOKINGS ESSENTIAL

ph: 5241 5717

WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm

Seniors 7.30pm

Tues: Sub jnrs 4.30pm, Inters 6.30pm

Thurs: Masters 7.30pm

Contact Kylie 5244 2448

NINJUTSU

Thurs 6.30pm – 9pm

Continuing: 18th July

Rob Baard 0410 414 488

MEDITATION in MOTION

Thursday 7.00 – 8.00pm

Continuing: 18th July

Contact: Sylvia: 0422 980 193

mind

PHILOSOPHY DISCUSSION GROUP

Wednesday 7.00 – 9.30pm

Commencing: 17th July

\$2.50 p/wk

Contact GNH: 5241 5717

YOGIC PHILOSOPHY STUDY GROUP

Yoga is so much more than doing exercises to improve physical fitness!

Thursday 10.30am – 12.00pm \$2.50 p/wk

Commence: 18th July

Contact:

Brian 0459 475 876

MINDFULNESS

Mindfulness is the process of bringing one's full attention to the present moment/experience.

Mondays 7.00 – 7.45pm

\$5.00 per session

Commencing: 15th July

Contact Onkar:

0433 070 177

music

UKES 'N MORE

Community Ukulele Group

A fun and social group for all ages.

Learn the basics of playing the ukulele.

You do not need any prior experience.

Bring along your sense of fun.

Beginners group will run at 6:45pm on

29 July; 5 August; 12 August; and

19 August

No prior knowledge is assumed.

A ukulele may be borrowed by booking on 0430 871 045.

Main Group will run every Monday night during term at 7:30pm.

Commencing: 15th July \$2.50 p/wk.

Contact Ross: 0430 871 045

arts & crafts

CRAFT CREATORS

Sewing & Patchwork group

Friday 9.30am – 12 noon \$2.50 pw

Commencing: 19th July

Ph: 5241 5717

PASTEL ART CLASSES

Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students

Saturday 10.30am – 1.00pm

comm: 15th July (Acrylic)

Mondays: 1.00pm – 3.30pm

comm: 20th July (Pastel)

(10 wks) \$180.00

Contact: Jen 0408 461 559

Email: Jjones53@internode.on.net

Website: JenJonesArt.com.au

SOGETSU IKEBANA

Ikebana is the unique Japanese form of floral art. With understanding and practice, beautiful works may be created with even quite humble materials.

Thurs: 6.00 - 8.00pm (8 wks) \$200.00.

Commencing 1st August

Contact: Christopher

Phone: 5261 3983 or

roadsideikebana@bigpond.com

MACHINE EMBROIDERY CLUB

If you have any brand of computerised embroidery machine, and would like to join, contact GNH office 5241 5717 for details

Sat 9.30am – 3pm July 6th, August

3rd & 31st, September 21st

\$5.00 p/session

youth

YOUTH SPACE

Regular drop in activities of X-box, table tennis, art activities, sports, Wii, free food!!

All welcome

Thursdays 3.30pm – 5.30pm

(During school terms)

Ages 12 -25

Contact Mardi: 5272 5272

Commencing 18th July

children

MINI MAESTROS

Music classes for children,

Wed: 9.00 – 11:30

Phone: 0424 047 822.

Email: mm.geelong@minimaestros.com.au

Commencing: 17th July

KAREN FELDMAN'S DANCE CLASSES

Age specific dance classes

Wednesday: 9.00am

Thursday: 4.00pm

Saturday: 10.00am

For details of Day and Time please contact: Karen 0432 493 527

U3A @ GNH

YOGA : Monday 10.30am

Tuesday 7.45am

Wednesday 8.00am

Friday 8.00am

Meditation : Monday 11.45am

Contact : U3A 5244 5114

Commencing : 15th july

men's shed

THE GROVEDALE MEN'S SHED

meets every Tuesday at the former airport on Surf Coast Highway. An active and productive group. Call for more info.

Contact Nic Kuiper:

0438 789 417

YOUTH SPACE

GROVEDALE NEIGHBOURHOOD HOUSE
45 HEYERS RD, GROVEDALE

FREE

3.30PM - 5.30PM

EVERY THURSDAY AFTERNOON OF SCHOOL TERM

TABLE TENNIS
X-BOX
FOOSBALL
WII
FREE FOOD
ART
SPORTS
AND MORE!

Want to hear more about youth activities and opportunities for 12-25 year olds in your area?

Get involved in school holiday programs, youth events, youth environment opportunities, programs, community volunteering and more!

Whether you are a young person, parent or carer, we'd love to hear from you!

CONTACT MARDI: 5272 5272

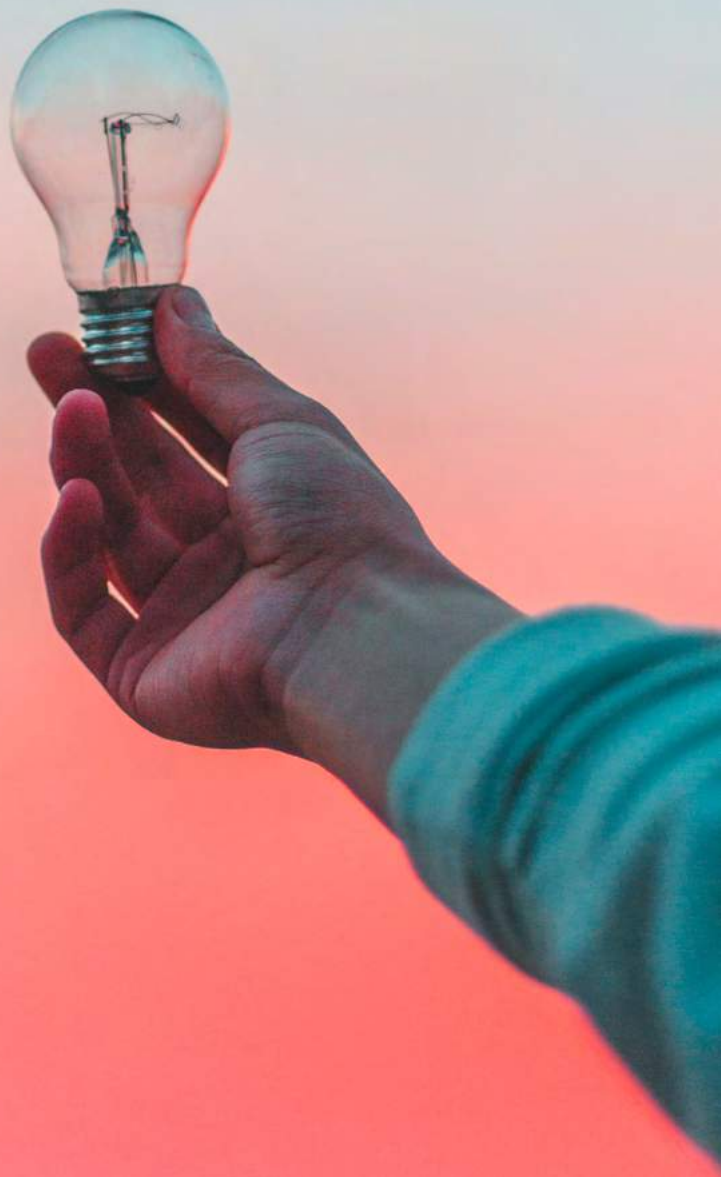


Like or follow us on Facebook
TAG (Teen Activities Geelong)
Geelong South Youth Activities



Grapevine Survey

We are seeking your feedback about the Grapevine. Please participate in a survey on our website [HTTP://GROVEDALENH.ORG.AU](http://grovedalenh.org.au) or via the link below so we can continue to hear what you have to say about the Grapevine and your suggestions moving forward. A paper copy of the survey is available at the office.



<http://bit.ly/GGsurvey2019>

Rotary BE THE INSPIRATION

Like all service clubs, the Rotary Club of Grovedale Waurn Ponds engages in money raising events to provide funds for distribution to charitable programs, both locally and internationally.

One of these is our project of holding sausage sizzles at Bunnings, Waurn Ponds, where you can purchase hot snags for \$2.50 each, including onion and your choice of sauce, and drinks.

Another is our annual Dinner Auction, which will be held at Capri, 258 Pakington Street, West Geelong on Friday 4th October. If you enjoy a fun evening with pre-dinner aperitifs, followed by a two-course dinner and drinks and the chance of a bargain at the main auction and silent auction, this is the place for you.

Price is \$70 per head, and you can book by contacting our secretary at 0417 336 815.

I would like to bring to your attention a local organisation that offers help to those suffering from life controlling issues, and which this club is proud to support in a small way.

It is Foundation 61, which provides support and accommodation in a six-month program for up to 15 men.

In 2017/18 there were 260 referrals to Foundation 61, and of course there is a lengthy waiting list.

In 2017/18, 63 participants entered rehabilitation and 63 case plans were prepared.

Those exiting rehab during this period numbered 52 and 11 continued in the program.

Foundation 61 is now planning to establish a similar program at Mount Duneed for women and has purchased land to bring this project to fruition.

Our club has also sponsored a young person to attend the Rotary Youth Leadership Award camp at Kangarooie, Princeton.

The Club also presents academic and community awards to students at local schools and assists with fund raising activities for projects.

Our exchange student from Cologne, Germany, Erik Schuh, is scheduled to return home in July, and he will be missed by our club. He has been attending the Mount Duneed campus of the Geelong Lutheran College. He has enjoyed his stay with us, and even though his chosen sport is soccer, he has mastered the art of kicking an Aussie rules football.

I would remind any who are interested in participating in community work or developing a network, a Rotary club is a good start. All are welcome to attend a meeting and these are held at Rice Village on Wednesday evenings at 6.15pm.

You can ring Rice Village on 5247 2200 to make a reservation.

TIME TO RESET OUR BODY CLOCKS

Winter has hit with abandon catching some of us unprepared for the cold. For some reason we tend to hide in our warm homes and before we know it we can get very lonely. Perhaps you need an incentive to get up off the couch, pop on a warm coat, brave the cold and head to join like minded people like you in celebrating being retired and having time to chat, complain about the cold and enjoy the company of others. If this is sounding like you I have just the group for you.

We are a group of around 60 active retirees, some semi retired, who get together the second Thursday of each month. We meet at the Grovedale Community Hub at 0930 for a 1000 start. Following a short meeting we break for morning tea where we have the chance to catch up with each other before we have an invited speaker entertain and inform us prior to heading off for lunch.

During the month we have many activities which you can choose to join in. They include a walking group, morning melodies, coffee mornings, lunches, movie nights,

restaurant dining, short bus trips and once a year a longer trip over 5 to 7 days. Plans are still being made for this trip which should be happening mid September or October.



So doesn't that sound better than hiding inside.? What are you waiting for? My name is Vivienne Buchanan my mobile number is 0458 288504 and I would love to hear from you.

Vivienne Buchanan

Grovedale Marshall Probus

LIONS BY THE NUMBERS

Recently Lions from the Lions Club of Grovedale/Waurn Ponds attended the National Lions Convention which was held in Geelong – 4 to 6 May. Here are some statistics about Australian Lions from that Convention.

Membership enquiries to
David Ridley
Ph. 0459 574 347



AUSTRALIAN LIONS STATISTICS

\$50 million
donated annually

14 M
people are assisted
per year

70 hours
average of voluntary
hours donated per
member per year.

**\$145
million**
disaster &
emergency relief

30,000+
members, including Lions,
Leos and Lionesses.

\$20 million
in medical research.

2,000+
Children's walking aids.

\$5M
youth leadership
funding

3,000+
environmental projects.

**\$20
million**
hearing services.

\$5 million
in Drug Awareness
programs.

4,000+
reconstructive surgeries

\$1,750
average is raised per
member per year.

1,350
Lions Clubs in
Australia.

WHAT HAPPENS AT THE SENIORS



DAY	ACTIVITY	CONTACT/NOTE	TIME
Monday:	Carpet Bowls	Lyn- 0439 309 456	1.00pm - 3.00pm
Tuesday:	Gentle Exercise	Mary- 52436009	9.00am - 10.00am
	Cards 'Euchre'	Hank- 52456370	1.00pm - 3.00pm
Wednesday:	Social Outings	Lorrie- 52444420	
Thursday:			
1st & 3rd Thursday	Bingo	Gwen- 0416 381 510	1.00pm - 3.00pm
2nd Thursday	Afternoon Tea & Entertainment	(bring a plate to share)	1.30pm – 3.00pm
4th Thursday	Lunch & Guest Speaker	(bring a plate to share)	12.30pm – 3.00pm
5th Thursday	Bingo		1.00pm – 3.00pm
Friday:	Line Dancing	Terry- 52436009	9.00 am – 12.45pm



GROVEDALE EAST LADIES PROBUS CLUB

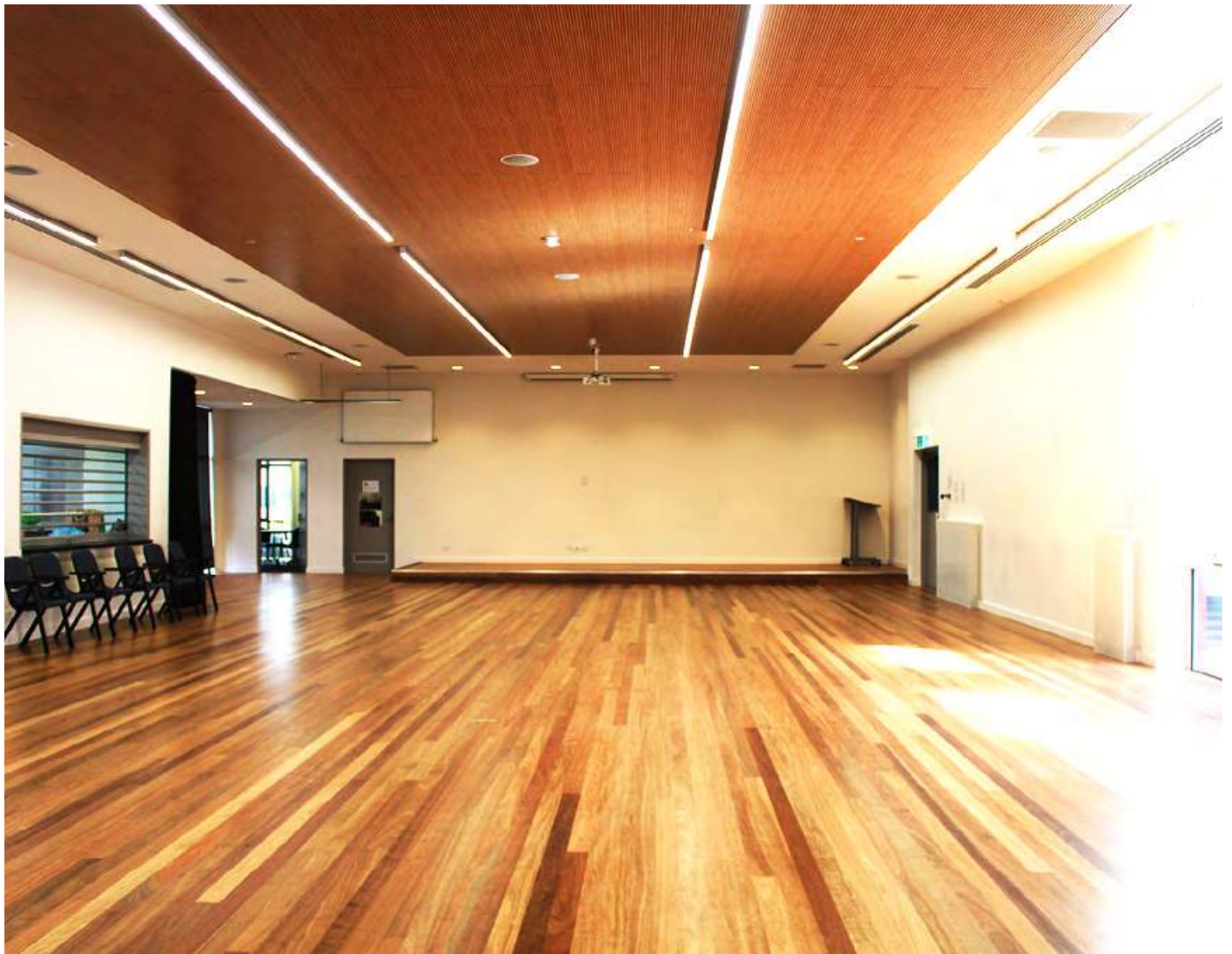
The Ladies Probus Club of Grovedale East meets on the 4th Monday of every month at 10am in the Uniting Church Hall, corner of Torquay Road and Reserve Road Grovedale.

For further information please call
0405 449 716
Gwen Connor, Secretary

**NEW
MEMBERS
ARE VERY
WELCOME**

BOOK YOUR EVENT

Grovedale Neighbourhood House has a range of rooms, and a beautiful hall with a commercial kitchen that you can rent for workshops, meetings, events and activities.



Give us a call now to discuss your needs and we will let you know availability and the range of reasonable rental costs. Phone 52415717.



#FOODISFREE



FOOD IS FREE FOR ALL

Please take what you can use.

We welcome anyone with excess organically grown produce to leave it here for others to enjoy.

Uncut food only please. Plants and seedlings also welcome.



BOOK SWAP

If you love reading and like a variety of topics, then our book swap library is for you. So bring in the books you would like to swap, and take a new lot home with you! We look forward to seeing more kids use the space as well so get donating, swapping, and reading to your heart's content!



Get Sizzling!

Did you know that the Lions donated a BBQ last year? We'd love if some groups could use it so come and enjoy a sausage with your friends and family. If you need anything, let us know.



GNH need volunteers

Help make our neighbourhood house a welcoming space for our community!

If you are community minded, motivated and willing to roll up your sleeves, then you're what we're looking for. Volunteers from all walks of life are encouraged to apply. Tasks include general office support including customer service, filing, photocopying and other light duties as required. Volunteers will be matched to the roles based on their interest and skills and will be mentored and supported to ensure that their needs are met.

Benefits include training in appropriate areas of general office duties, working with other volunteers, community engagement, and community development.

Times required: Mon-Thurs between 9.00am-4.00pm.

Register online: <https://goo.gl/WXn7yB> or contact by email or phone 5241 5717 for more information.



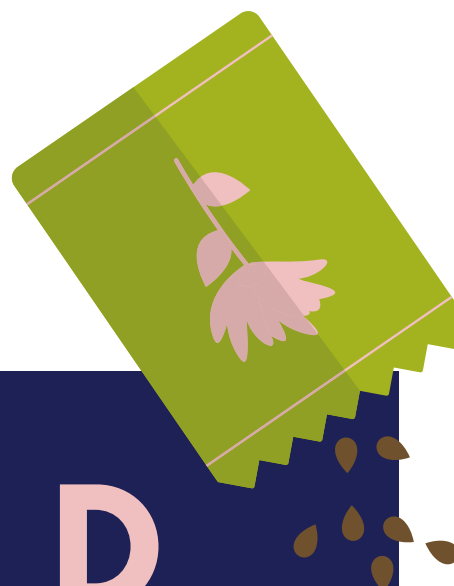


Opening Hours
Saturday
9:30 - 11:30 am

**Enjoy over 1000 toys suitable for
babies to 6 years for less than
\$2 per week.**

- Inside & Outside Toys
- Ride-on Toys
- Sports Equipment
- Building & Construction sets
- Puzzles & Games
- Imaginative play props
- Party & Travel Packs

Grovedale Community Hub
45 Heyers Rd, Grovedale 3216
info@grovedaletoylibrary.org.au
www.grovedaletoylibrary.org.au



SEED LIBRARY

TAKE A SEED, GROW IT
AND BRING ONE BACK.

Access anytime the building is open,
including out of office hours. Seeds are
located inside the glass cabinet in the back
foyer.