

The hub is
waiting for you



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

OFFICE
45 Heyers Rd, Grovedale VIC 3216
Phone: 5241 5717
Monday & Tuesday
8.30am-3.00pm
Wednesday, Thursday & Friday
8.30am-4.00pm
www.grovedalenh.org.au

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TO ADVERTISE
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



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.



A Word from Lisa

Wow, what a start to the year! With the reactivation of the Hub, it has been great to see a lot of our previous programs returning along with some new ones and it's fantastic to have the Senior Citizens back with their array of activities.

It looks like we are wanting to brush those cobwebs off and socially connect, which is lovely to see.

You will find a variety of activities running in Term 2, which can be found inside the Grapevine (and on our website). You can also come in and say hello to myself at the Neighbourhood House office, as I'm currently your "go to" person. Since November, I have been working within the Hub getting the programs ready for commencement in 2021 while working on getting the Hub back to some sort of "normal" for the local community to enjoy.



Don't forget to follow us on Facebook to keep up with programs and information.

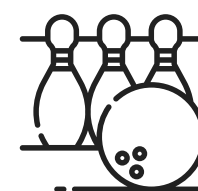
A group enjoying our Line Dancing class in the Dianella Hall

GROVEDALE NEIGHBOURHOOD HOUSE ACKNOWLEDGES THE SUPPORT OF:

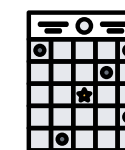


What happens at the Grovedale Senior Citizens Club

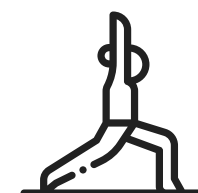
Grovedale Senior Citizens Club will commence the following activities every week during the year at the Grovedale Community Hub, 45 Heyers Road, Grovedale.



MONDAY:
Carpet Bowls
Lyn- 0439 309 456
1.00pm-3.00pm



THURSDAY:
Bingo
1st & 3rd, 5th Thursday
Hank- 5245 6370
1.00pm-3.00pm



TUESDAY:
Gentle Exercise
Mary- 5243 6009
9.00am-10.00am



2nd Thursday
Entertainment
1.30pm-3.00pm



Cards 'Euchre'
Hank- 5245 6370
1.00pm-3.00pm

Further details, ring the club on 52415021 or 0419 549 521 (Julie).

More details on the club's notice board at the Community Hub.





what's on term 2 2021

EXERCISE

AGEING WITH CONFIDENCE

Stay active and healthy.
Mondays 9.00am
Wednesdays 9.00am
\$6 per session if paid monthly
or \$7 casual
BOOKINGS ESSENTIAL
Deb: 5241 5717

BALLROOM DANCING

Suitable for beginners or as a
refresher course.
Friday 7.00 – 8.30pm
\$10.00 per session
Commences: 23rd April
Jose: 0401 673 221

WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm
Seniors 7.30pm
Tues: Sub Jnrs 4.30pm,
Inters 6.30pm
Thurs: Masters 7.30pm
Sat: Tinies Class: 9.00am
Contact: Cathy 0416 255 684

LINE DANCING

Fridays 9:00am-12:00pm
Saturday April 24th &
May 22nd
1:00pm-5:00pm
Email pauline@pgld.com.au
for more information

KAREN FELDMAN'S DANCE STUDIO

Commences Thursday
22nd April
4.00pm
Bookings Contact:
Karen 0432 493 527

WELLBEING

TOWN (Take Off Weight Naturally) Weight Loss Support Group

Wed 6.00pm – 7.00pm
Contact Heather 0417516020

GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm
Commencing 21st April
\$2.50 p/wk
Contact Michael: 5264 7484

UPANISHAD DISCUSSION GROUP

Wednesday 10.00 – 12.00pm
Commencing 21st April
\$2.50 p/wk
Contact Michael: 5264 7484

"UKES "N" MORE"

Community Ukulele Group
Wednesday evenings 7:30pm
JHUI Level 2 @ 5:30pm
Beginners 6:45pm
A fun & social group for
all ages.
Learn the basics of playing
the ukulele. You do not need
any prior experience.
Contact Ross on 0430 871
045 for further information.

MEDITATION

Introduction to Buddhist
meditation course.
Meets fortnightly
Sunday from 9.30am
Contact: Alex 0407 018 498

U3A @GNH

YOGA

Commencing Monday
19th April
& Friday 23rd April

LET'S TALK ABOUT THAT

Commencing Monday
19th April

OUR SOLAR SYSTEM

Commencing Tuesday 20th
April

SPANISH INTERMEDIATE/ ADVANCED

Commencing Wed 21st
April

AMERICAN CIVIL HISTORY 1860-65

Commencing Thursday
22nd April

TRAGEDY & COMEDY IN LITERATURE

Commencing Thursday
22nd April

PHILOSOPHY

A study of the human
subtle energy
Commencing Thursday
22nd April

PHILOSOPHY FOR LIFE

Commencing Thursdays
22nd April

Contact U3A for Bookings
5244 5114

NEW IN TERM 2

INNER HEALTH YOGA
Slow Movement Yoga
Commencing Friday 23rd April
10am-11am
Contact: Lesley 0478 581 319

THE JUNGLE BODY with KAT.B
Dance Fitness
Thursdays @ 6pm
Contact: Katrina 0433 663 996

MISC

JEREMY'S COMPUTER HELP

Need assistance with your
technology? Come and see
Jeremy. Tuesdays
Bookings Only: 5241 5717

ZIMBABWEAN LANGUAGE CLASS

Sundays 2:00pm-4:30pm
Athanas: 0424 326 267

ARTS & CRAFTS

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
Commencing 6th of May
Contact: Christopher
Phone: 5261 3983 or
roadsideikebana
@bigpond.com

ART CLASSES

Teacher Jen Jones will be
conducting lessons for
beginners through to the
more advanced students
Monday: 1.30pm – 4pm
Commencing: 19th April
Saturday 10.30am – 1.00pm
Commencing 24th April
(10 wks.) \$180.00
Contact: Jen 0408 461 559
Jjones53@internode.on.net

CRAFT CREATORS

Sewing & Patchwork group
Friday 9.30am – 12 noon
\$4.00 pw
Recommencing: 23rd April
Phone: 5241 5717

BACK IN TERM 2

**GROVEDALE SENIOR
CITIZENS**
Various activities are held
every week
Contact: Terry 5241 4308

MEN'S SHED

An active and productive
group.
Call for more info.
Contact Merv Poyner: 0417
037 942

FOOD SWAP

Third Saturday of the month
9.30 – 10.30am. Bring your
excess produce for swap
at Grovedale Community
Garden.
Contact Vic: 0407 231 350

GEELONG AREA FRIENDS (GAF)

Meets Monthly
Thursday 9.00am – 12.00pm
Phone: 5241 5717

COMMUNITY KITCHEN

Learn to cook a meal for \$5
or less. Friendly, welcoming
group, no prior skills required.
Term 2 expressions of interest
Phone: 5241 5717

We're back and
looking forward to
seeing you all!

Do you have new ideas for
classes, clubs, groups etc?

We encourage new enquiries from new tutors,
coaches, groups, clubs etc. Anyone from all
walks of life is welcome to use our spaces. Avail
of reasonable community costs that Grovedale
Neighbourhood House provides.

EMAIL

INFO@GROVEDALENH.ORG.AU
CALL 03 5241 5717

Friday *Craft* Creators



If you enjoy craft and conversations with some amazing people from our community, then, come and join the Friday Craft Creators at the Hub. Details are in the program.



Grovedale Neighbourhood House is planning some great activities for Neighbourhood House Week in May. Watch this space.

DID YOU KNOW?

10 million

visits occur at neighbourhood houses in Victoria each year. That's 10 million smiles, conversations and valuable connections made.

NEIGHBOURHOOD HOUSE WEEK
8-14 MAY 2021
'Honouring our community heroes during COVID'



BOOK SWAP

The Book Swap area is back! 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!

Connect with GNH

We're on facebook and Instagram. Like/Follow us to get the latest updates as we share real time information from the community.



[/GrovedaleNeighbourhoodHouse](https://www.facebook.com/GrovedaleNeighbourhoodHouse)



[/grovedaleneighbourhoodhouse](https://www.instagram.com/grovedaleneighbourhoodhouse)

Hello from Jen Jones



Hi everyone,

I'm Jen Jones, Professional Soft Pastel & Acrylics Artist, and Arts Teacher at the Grovedale Community Centre. I currently work privately from my studio, StudioArt6, at Bannockburn, but (during School Terms) Saturday mornings 10.30am-1pm, & Monday evenings 1.30pm-4pm, you will find me at the Community Centre running art classes for adults with all abilities. You can also check out my artworks on my website: studioart6.com.au. Or Email me for more class information on E: jenajones1253@gmail.com

Pastels are an amazing medium to work with as they are extremely forgiving, diverse in their effects as you can see on my artworks, but very messy so bring along an apron or old shirt to protect your clothes from the dust.

For beginners right through to the more advanced students, I teach very much 'hands-on' and will assist you to work on your painting through problem solving and practical demonstrations.

Each student works on their own artwork of choice and will learn how to grid up photos and enlarge on to art paper to get correct proportions and scale.

I will show you how to identify colours and hues, develop your individual style, and will have you hanging your completed and framed artwork on your home wall in no time.



Jen

AMAZE NDIS Planning for a Review Workshop



This FREE workshop is for people and families with an existing NDIS plan and autism. The focus is on preparing for your review and ensuring you are getting the best outcomes. Morning tea will be provided.

DATE: Tuesday 18 May, 2021

TIME: 10:00am to 12:00pm

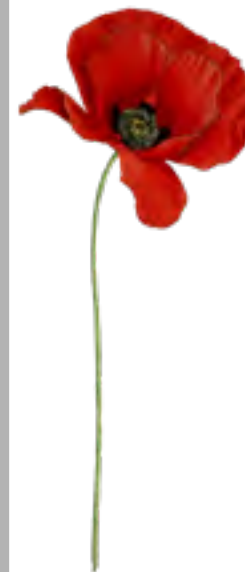
VENUE: Grovedale Neighbourhood House
Banksia Room

45 Heyers Road, Grovedale VIC 3216

BOOKING DETAILS: Bookings are essential. For more information, bookings or to express interest in future training opportunities, please contact Community Inclusion on ccadmin@geelongcity.vic.gov.au or 03 5272 5024. Please advise of any dietary requirements upon registration.



ANZAC Day – 25th April



We will remember them

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Excerpt from "For the Fallen" By
Laurence Binyon



Activities for Older Adults

Time to reconnect in 2021

SENIORS GROUPS

<https://www.geelongaustralia.com.au/seniorcitizensclubs>
GHawkins@geelongcity.vic.gov.au
 (03) 5272 4169

BOWLING CLUBS

<https://bit.ly/359HAoQ>
mail@geelongbowls.com.au
 (03) 5243 4373

GEELONG REGIONAL LIBRARIES

<https://www.grlc.vic.gov.au>
info@grlc.vic.gov.au
 (03) 4201 0600

NEIGHBOURHOOD HOUSES

<http://www.bnnc.net.au>
info@nhbarwon.org.au
 (03) 5241 4810

MEN'S SHEDS

<https://mensshed.org/>
amsa@mensshed.net
 1300 550 009

SWIM SPORT AND LEISURE CENTRES

<https://www.geelongaustralia.com.au/ssl>
 (03) 5272 5272

COMMUNITY DIRECTORY

<https://www.geelongaustralia.com.au/directory>
contactus@geelongcity.vic.gov.au
 (03) 5272 5272

COVID SAFETY

<https://www.geelongaustralia.com.au/covid19>
<https://www.dhhs.vic.gov.au/coronavirus>
 1800 675 398

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD)

<https://diversitat.org.au/services/aged-support/programs/>
info@diversitat.org.au
 (03) 5260 6000

DIGITAL SENIORS - NAVIGATE SOCIAL MEDIA AND ONLINE MEETING SOFTWARE

CCAdmin@geelongcity.vic.gov.au
 03 5272 5024

U3A

Geelong: <http://www.u3ageelong.org.au/>
mail@u3ageelong.org.au
 (03) 5244 5114

Corio Bay: <https://u3acoriobay.org.au/>
info@u3acoriobay.org.au
 0458 636 839

VOLUNTEERING

<https://volunteeringgeelong.org.au/>
manager@volunteeringgeelong.org.au
 (03) 5221 1377

JOIN THE GROVEDALE TOY LIBRARY



The Grovedale Toy Library is open every Saturday during the term from 9.30am-11.30am at the Grovedale Community Hub. We have been successfully open with COVID safe procedures in place for a while, with two options available for borrowing for members. Using our online portal, members can either select a Click & Collect time slot or a 30 minute Book & Browse option. With over 1000 toys from newborn through to 8 years of age and new toys being added regularly, we welcome any new or previous members to join our wonderful community. If you are interested in finding out more or joining, please visit our website at: www.grovedaletoylibrary.org.au.

If you know anyone who might be interested in joining our toy library, please spread the word!

5 benefits of joining your local toy library:

Toy Library provides your family with inexpensive access to a vast array of developmentally and age appropriate toys.

For as little as \$45 a year (concession) or \$60 a year (family), you can enjoy access to a wonderful range of toys all year round.

You can enjoy all the benefits of toys in your home without needing to store them. It is a convenient way to try different toys to see if your children enjoy playing with them or if they hold significant play value for your family before committing to purchase them.

If you are environmentally conscious or looking to minimise your family's consumerism habits, joining a toy library is also a fantastic way to reduce your footprint.

Toy Library is a wonderful way to get to know people in your local community who may have children of a similar age. It can also teach your children about sharing and volunteering.

It is fun! The ritual of visiting your local toy library on a Saturday can create wonderful memories for your family.

Reference: 'A Child's Right to Play' (www.playaustralia.org.au)





THE *Thriving* GROVEDALE COMMUNITY GARDEN

In March, Vasili of the popular Vasili's Garden program paid a visit to the Grovedale Community Gardens.

Vasili spent time with the Community Garden President – Vic and community garden members, where they filmed content for an upcoming podcast.

Vasili and the garden members enjoyed an afternoon full of laughter, sharing of knowledge and garden wisdom with strolls through the many plots that make up the community garden.

It was a joy to see garden enthusiasts together in the tranquil natural surrounds on such a sunny autumn day.

The gardens are a very important part of the Grovedale Community Hub.

It is a delight to view the plots packed full of corn with many other edibles.

There are flowers that attract the pollinators such as the butterfly bushes that gently sway in the breeze and you can't forget the sunflowers that were a spectacular sight to see.



Vasili and the garden members enjoyed an afternoon full of laughter, sharing of knowledge and garden wisdom

Quite often you can find excess produce available in the free food cart located in the foyer just inside the Grovedale Community Hub, which is generously shared with the local community by dedicated members of the community garden.



INNER HEALTH YOGA SLOW- MOVEMENT -YOGA

Gentle Hatha Yoga classes with an emphasis
On: strength, balance, flexibility, agility,
Come along and join in on Fridays at 10am
\$15 per class
or purchase a term pass for \$130 (10 weeks)
limited vacancies available for term 2
maximum of 10 per class
Contact Lesley 0478581319 | innerhealthyoga@protonmail.com

Volunteers needed for **New Links** **Program**

The Volunteer will meet with a CALD participant for one hour a week for 6 months*

The Volunteer will support the participant to:

- Practice their conversational English
- Learn about Australian culture
- Develop a social connection with their local community

The Volunteer can undertake training in:

- Cultural Awareness (required)
- Mental Health First Aid (optional)
- Incidental Counselling (optional)

Scan the QR Code to learn more:



*These meetings will occur in an agreed upon location such as, the client's home, the local library or online

To apply to volunteer for New Links please fill out the form at: <https://tinyurl.com/newlinksprogram>



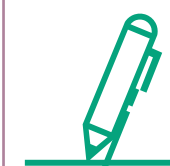

Dance Fitness Class

Looking for a way to get fit?
Come and join our tribe of women who support one another but most of all have fun!
Move your body to the latest top hits from hip hop, Latin, r'n'b, dancehall, rock and more, the time will pass you by. A full body workout that will have you boxing, kicking, swaying, squatting and dancing the night away!

THURSDAYS 6:00PM
\$12 CASUAL CLASS

PLEASE BRING MAT, WATER BOTTLE AND SWEAT TOWEL & MOST IMPORTANTLY YOUR WORKOUT BUDDY BECAUSE WORKING OUT WITH YOUR BESTIE MAKES IT MORE FUN!

Check us out on @thejunglebodywkatb
Phone: 0433663996
Email: thejunglebodykatb@gmail.com



**We want
your stories**

If you have anything you would like to contribute or share with the Grovedale community for the upcoming issues please send your photos and stories to info@grovedalenh.org.au.



An Australian Government Initiative



Community Visitors Scheme

A Friendly Visitor At Home



BEING MATCHED WITH A VOLUNTEER

When matching participants with a CVS visitor, the CVS Program Officer will take into account interests, hobbies, background and preferences.

The CVS Program Officer will introduce you to the volunteer and will stay in regular contact to ensure you are enjoying the visits.

HOW ARE THE SOCIAL VISITS SPENT?

Depending on you and your CVS volunteer visitor, you may spend time together in a variety of ways. For example, sit and chat, share a cup of tea, play a board game, listen to music or you may be able to go on an outing.

CVS volunteer visitors are not able to:

- Provide personal or nursing care, including manual handling and assisting to take medications;
- Provide domestic assistance or undertake home maintenance;
- Get involved in your personal or family affairs;
- Engage in activities outside of social visits, including running errands, shopping or taking you to appointments; or
- Advocate on your behalf.

Volunteers visit simply to provide companionship and friendship. If you need additional support or services please speak to your Home Care Package Provider or the Red Cross CVS Program Officer.

YOUR RED CROSS CONTACT:

Rose Jackson

Social Connections, Community Programs

Tel 0419 151 830

Email rjackson@redcross.org.au

WHAT IS THE COMMUNITY VISITORS SCHEME?

The Community Visitors Scheme (CVS) is for people who could benefit from having a caring and dedicated volunteer visit them to provide friendship and company. Where you might chat together, reminisce, listen to music, read the newspaper or play card games.

The Community Visitors Scheme is for people who receive a Home Care Package and are living at home. Community Visitors Scheme is an Australian Government Funded Initiative.

IS THERE A COST?

No, it is provided free to participants.

WHEN DOES A VOLUNTEER VISIT?

Volunteers visit regularly (either weekly or fortnightly) for approximately 1 hour, at a time convenient for both you and the volunteer.

HOW TO I OBTAIN THE SERVICE?

Your Home Care Package provider can refer you to the Red Cross CVS. They will obtain your consent before referring you to Red Cross CVS. Once Red Cross CVS receives your referral, the CVS Program Officer will arrange to visit you in your home. Meeting you in your home will allow the Program Officer to get to know you, complete a Home Environment Assessment and obtain your consent for service provision.

SPOTLIGHT on our GROVEDALE DANCE CLASSES!

GROVEDALE

2021

Mixed Style Dance

THURSDAY AT THE GROVEDALE COMMUNITY HUB!

Tinies / 5 – 6 yrs Tuesday 4pm - 4:45pm

Juniors / 7 – 8 yrs Tuesday 4:45pm - 5:30pm

Inters / 9 – 11 yrs Tuesday 5:45pm - 6:30pm

Seniors / 12 - 14 yrs Tuesday 6:30pm - 7:15pm

Our Grovedale Studio dance classes are held on Thursday evenings at the Grovedale Community Hub on Heyers Rd!

The Mixed Style Classes (for 5 - 18 years) offer a mix of styles throughout the year with jazz, funk, hip-hop, lyrical and contemporary (depending on age group).

CHECK OUT THE TIMETABLE HERE:

<https://kfdance.com.au/grovedale>

You can register directly into the class you like by clicking on the ENROL button (just leave the payment section blank as this class is just a pay on the day arrangement)

Dancers are required to wear comfortable dance attire (i.e. singlet, leggings, leotard, etc). No formal uniform is required.

Classes are \$12 (pay per week)

Term 2 commences from Thursday 22nd April

Join our Tinies team in 2021

**3-7 YEARS
SATURDAY
9.00AM**



Join Wingrove Calisthenics in 2021



**Tinies U7 - Saturday 9am
Subbies U10 - Tuesday 4.30pm
Juniors U13 - Monday 5.00pm
Inters U17 - Tuesday 6.30pm
Seniors 18+ - Monday 7.00pm
Masters 26+ - Thursday 7.30pm**

**ALL CLASSES
GROVEDALE HUB,
MEYERS ROAD**

**PHONE
0410 255 034**

For more information, visit:
<https://www.facebook.com/wingrovecals/>