



# ARRABRI COMMUNITY HOUSE

## Course and Activity Guide Term 2 - 2026



Scan here to book a course online Today!



### Workplace Skills



#### Intermediate Computers

Build your computer confidence with our friendly tutor Nick in this fun and practical course. Learn how to create and organise files and folders, search the internet more effectively, and use Word and Excel with greater confidence. This course will help you feel more confident using your computer for work, study, or home.

**Wednesdays**

**Time: 9:15am - 12:00pm**

**6 May to 24 June**

**\$70**

**Fridays**

**Time: 9:15 to 12:00pm**

**8 May to 26 June**

**\$70**

#### MS Office

Explore the Microsoft Office suite, including Outlook, Excel, PowerPoint, Publisher, and Word. Build practical skills to work efficiently and confidently. This course covers essential tools to help you with everyday tasks for work, school, or home.

**Thursdays**

**Time: 9:15am - 12:45pm**

**7 May to 25 June**

**\$95 including course manual**

#### Open Classroom / Tech Help

Come along for individual help with your phone, tablet, or laptop. Our tutor Ruth will help with what you want to do online or with your device.

**Thursdays**

**Time: 12:30pm - 2:30pm**

**30 April, 21 May, 4 & 18 June**

**\$5 Per Session**

#### Excel Level 1

Learn how to create and manage spreadsheets using Excel. This course covers formulas, functions, shortcuts, data filtering and more, to help you organise and analyse information with ease.

**Wednesdays**

**Time: 12:30pm - 3:00pm**

**6 May to 24 June**

**\$65**

#### Digital Skills with Toni

Fun and interesting topics designed to help you become more tech savvy.

**Thursdays**

**Time: 1:15pm to 3:15pm**

**14 & 28 May**

**11 & 25 June**

**\$10 per session or**

**All 4 sessions \$30**

**Thursday 14th May | 1:15pm - 3:15pm**

Blocking phone calls and emails

**Thursday 28th May | 1.15pm - 3.15pm**

Scanning Documents and Signing

**Thursday 11th June | 1.15pm - 3.15pm**

Customising Control Centre & Notifications.

**Thursday 25th June | 1.15pm - 3.15pm**

Installing and deleting apps - including emergency apps and setting watch zones.



## Workplace Skills



### Introduction to Floristry

Discover the art of floral design in this hands on 6 week course, perfect for beginners with a love of flowers and creativity. Whether you are exploring a new hobby or considering a career in floristry, this course is a perfect first step to turn your passion into something truly fulfilling. No experience needed, just come along and enjoy!

Dates TBA

Please contact the office to register your interest.

## Talking Cafe

**LIVING OUR BEST LIFE**

**Join Our Talking Café**

**New Location & Time Starting 17<sup>th</sup> March 2026**

Come together with other over 60s from your community and enjoy casual conversation and a cup of tea or coffee.

**All Welcome!**  
**Tuesdays 1.30pm – 2.30pm**  
**Canterbury Garden Coffee Lounge**  
**5/17-39 Canterbury Rd, Bayswater North**

The cafe is hosted in partnership with Arrabri Community House

0457 646 384 | livingourbestlife@chaosnetwork.org.au | www.livingourbestlife.org.au

**ARRABRI COMMUNITY HOUSE**

We acknowledge the support of Equity Trustees

### Talking Cafe

Discover a welcoming space for meaningful conversations and community connections with our Talking Cafés, hosted by Arrabri Community House

#### New Location

#### Canterbury Garden Coffee Lounge

5/17-39 Canterbury Rd,  
Bayswater North  
Tuesdays 1:30pm - 2:30pm



## Get Creative



### Introduction to Portraits with Sandra

You'll learn how to map out the structure of a face and explore different techniques for creating realistic portraits. By the end of the session, you'll have a clearer understanding of facial proportions and the confidence to begin drawing portraits on your own.

**Fridays 8 May to 29 May**

**Time: 10:30 - 12:30pm**

**4 Sessions**

**\$50**

NEW

### Art at Arrabri

Discover your creative side in this relaxed, friendly class. Learn new art techniques and work on your own project with Gabriele's guidance, all in a supportive and welcoming environment.

**Wednesdays 29 April - 24 June**

**Time: 9:30am - 12:30pm**

**9 sessions**

**\$215**

### Needle Felting Taster

Ever wanted to try needle felting? Join Sandra for a taster session to learn the basics and make a small 2D picture from wool using a needle felting needle.

**Friday**

**Time: 10:30am - 12:30pm**

**19 June**

**\$10 includes all materials**

NEW

## Be - Connected at Arrabri

### Free Digital Classes with Be-Connected At Arrabri

Build your confidence with everyday digital technology in a friendly and supportive environment. .

Join our tutor Ruth, as she guides you through a range of useful topics, plus it is a great chance to meet others and learn together.

**Tuesdays**

**Time: 10:00am - 12:00pm**

**FREE**

**28 April - Digital Legacy:**

What happens to your social media and online accounts when you die? Secure your digital future by creating a comprehensive plan for peace of mind.

**26 May- Microphone Mastery:**

Need to record those complex instructions the vet just gave you? Or quickly jot down an idea? Learn the tips & tricks of Voice Typing and control of your phone.

**9 June - Travelling with Technology:**

Learn how to research & book your trip, stay connected with family, keep yourself entertained, access your money, and stay safe on your next holiday



## Get Fit at Arrabri

### Strength & Fitness Classes

Join Muriel for a strength class suitable for all levels. Progress at your own pace and build strength and confidence.



### Chair Based Strength Class

Improve strength, balance, and stability with low-impact exercises using a chair for support. Suitable for all fitness levels.



### Yoga Monday

Join Emma for a rejuvenating yoga session to stretch, relax, and strengthen your body and mind.

### Seated Yoga

Join Angie for a gentle, supported seated class with accessible movements, breathwork and light stretching - all from the support of a chair.

### Dru Yoga

Join Angie for a soothing Dru Yoga class designed to relax your body, calm your mind and improve your overall well-being.

### Saturday Yoga

Join Amy for relaxing Yoga Session to start off your weekend. Sessions finish with a short meditation.

### Pilates

Join Pia to learn the fundamentals of Pilates and build strength, flexibility and balance. All levels welcome.

**Tuesdays 21 April to 23 June**

**Time: 9:00am - 10:00am**

**10 Sessions**

**\$145 (Concession) / \$160(Full Fee)**

**Fridays 24 April to 26 June**

**Time: 9:00am - 10:00am**

**10 Sessions**

**\$145 (Concession) / \$160(Full Fee)**

**Class 1 - Mondays 20 April to 22 June**

**Time: 10:00am - 10:45am**

**Class 2 - Mondays 20 April to 22 June**

**Time: 10:45am - 11:30am**

**9 Sessions \*no class Monday 8 June**

**\$130.50 (Concession) / \$144 (Full Fee)**

**Tuesdays 21 April to 23 June**

**Time: 9:15am - 10:00am**

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**Time: 5:45pm- 6:45pm**

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**\$130.50 (Concession) / \$144 (Full Fee)**

**Wednesdays 22 April to 24 June**

**\*No class 10 June - due to Seniors Lunch**

**Time: 12:45pm - 1:30pm**

**9 Sessions**

**\$130.50 (Concession) / \$144 (Full Fee)**

**Fridays 24 April to 26 June**

**Time: 9:30am - 10:45am**

**10 Sessions**

**\$175 (Concession) / \$190 (Full Fee)**

**Saturdays 16 May to 13 June**

**Time: 9:00am - 10.00am**

**5 Sessions**

**\$72.50 (Concession) \$80.00 (Full Fee)**

**Wednesdays 22 April to 24 June**

**Time: 5:00pm - 6:00pm**

**10 sessions**

**\$145 (Concession) / \$160 (Full Fee)**

## Get Fit at Arrabri

### Arrabri Walking Group

Join the Arrabri Walking Group to stay fit, enjoy the outdoors and connect with like minded people.

### Latin Cardio Fit

Join Kerby for an energetic class that mixes Latin dance and cardio. Get your heart pumping while having fun and boosting your fitness.

**Thursdays during school terms**

**Time: 9:30am - 10:30am**

**FREE**

**Mondays during school terms**

**Time: 5:30pm - 6:30pm**

**\$10 Per Term**

## Community Events

### Biggest Morning Tea

Join us at Arrabri for our Biggest Morning Tea! Help raise vital funds for the Cancer Council and support people impacted by cancer. Bring a plate of treats to share and a donation — every little bit helps! Let's come together for a great cause and even better company!

**Thursday 21 May 2026**

**Time: 10am - 11:30am**

### Law Week - Wills & Estates Community Morning Tea

Join us for a relaxed community morning tea with Grant Hutchison from Hutchison Legal. Learn the basics of wills, estate planning, and powers of attorney in a friendly, interactive setting. After a short presentation, there will be a casual Q&A, giving you the chance to ask questions relevant to your own circumstances.

**Tuesday 19 May 2026**

**Time: 10:30am - 12.00pm**

**FREE**

**Light Refreshments provided**

### Neighbourhood House Week

Bring along a gold coin for a delicious soup lunch as we celebrate Neighbourhood House Weeks Largest community lunch. Centres across Australia will host local lunches that bring people together to connect and celebrate community. Each participating NCHC will register the number of lunches they hold, contributing to a national total.

**Tuesday 12<sup>th</sup> May**

**Time: 12:00 - 1:00pm**

**Gold Coin Donation**

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**Gold Coin Donation**

## In the Kitchen

### Japanese Cooking Workshop

Join Chef Oddie for some fun in the kitchen as you learn to prepare Okonomiyaki (Vegetarian Pancake) along with Japanese Chicken Curry and rice.

**Saturday 13 June**

**Time: 10:30am - 1:00pm**

**\$65**

**Bring your own apron, knife, chopping board & container for your leftovers.**

### Ready for Hospitality

Join Chef Oddie and step into the exciting world of hospitality and discover the foundations of great cooking. Learn essential skills like kitchen hygiene and food safety,

**Fridays**

**Time: 9:30am - 12:45pm**

**24 April, 1 May, 8 May, 15 May,  
5 Jun, 12 June, 19 June, 26 June**

**8 Sessions**

**\$100**



## Children and family

### The Club Playgroup

The Club is a fun, relaxed environment to meet new friends and enjoy playtime with your little ones.

**Tuesdays during school term**

**Time: 9:30am - 11:30am**

**\$8 Per Family Bookings not required.**

### Paediatric First Aid

Join our Paediatric First Aid course to gain essential skills for responding to emergencies with children. Learn how to manage common injuries and medical situations with expert guidance in a supportive environment.

**Thursday 28 May**

**Time: 6:30pm - 9:30pm**

**\$30 Per Person or \$50 Per Couple**

### Occasional Care

Arrabri Occasional Care operates Monday to Friday from 9am to 1pm during school terms. Contact the office for more information or to book a tour.

## Social Groups

### Arrabri Carers Circle

Come along to our new carers social group. A welcoming space to take a break, share a cuppa, and connect with fellow carers in a relaxed and understanding environment.

**Wednesdays Fortnightly**

**Time: 9:30 - 11:30am**

**15 April, 29 April, 13 May, 10 June, 24 June  
FREE**

### Tech Club Thursdays

Join our Tech Club to chat about the latest gadgets, apps, and technology trends. Share your ideas, learn from others, and explore the world of technology.

**First Thursday of the Month**

**Time: 9:30am - 12:00pm**

**30 April, 4 June  
\$30 Semester**

### Knitting Group

Come along to our knitting group. Knit, chat and connect with like-minded people in a relaxed and friendly environment.

**Tuesdays during school terms**

**Time: 1:00pm - 3:00pm**

**FREE**

### Calligraphy

Join our Calligraphy Group. Practice beautiful writing and connect with others in a relaxed, creative setting.

**Tuesdays during school terms**

**Time: 9:30am - 11:30am**

**\$5 Per Class**



### Sewing and Craft Group

Take some time out to work on your own craft or sewing project while socialising with this friendly group.

**Tuesdays**

**Time: 7pm - 10pm**

**\$5 Per Class**

### Book Club

Join our Book Club to connect with fellow readers and share your thoughts on great books. Enjoy lively discussions & discover new perspectives

**Second Thursday of the Month**

**Time: 11:00am to 12:30pm**

**9 April, 14 May, 11 June  
FREE**

### Fernhill Writers

Enjoy an evening with other writers to share current work and to give and receive feedback

**First & Third Tuesday of the Month**

**Time: 7:30pm to 9:00pm**

**7 & 21 April, 5 & 19 May, 2 & 16 June  
\$6 per session**