

Keeping in touch

9 August 2021

NEWSLETTER



Hello all!

We miss all your smiling faces at Learning in the Hills and look forward to seeing you again next term. In the meantime, we love getting your emails letting us know what you think of our newsletters and sharing photos and stories of what you have been up to. We have included a sample in this Newsletter. Keep them coming!

We also had some interest in people attending online workshops for some of the classes we usually run. Some of our tutors have generously agreed to offer online workshops so you can keep busy. Please have a read on the next page for a list of the workshops available and also details of how to register and pay via Eventbrite. We will then send you the Zoom information.

Call the Learning in the Hills Office on 96397918 if you need clarification on how to register and pay online. Please note this is separate to Term 4 registrations.

If you are struggling during lockdown there is some information listed at the end of this Newsletter. You can also call our main office on 96398620 for help to be referred to other organisations.

Stay safe and well, Anita and Louise



Missing Learning in the Hills? Try our Online Workshops!



Researching and Presenting your Family History - Online Workshop Series

Thursdays 10am-12pm for 6 weeks starting 19 August \$30

Who do you think you are? Join this fascinating online workshop series with Elizabeth as your tutor, where you will learn how to research and present your family history. You will be amazed at what you can find out. Perfect for beginners.

Bookings via Eventbrite: www.eventbrite.com.au/e/researching-and-presenting-your-family-history-workshop-series-tickets-166269389219



Life Stories - Online Workshop Series

Thursdays 2pm-4pm for 6 weeks starting 19 August \$30

Everyone has lived a unique life and everyone has a story to tell. Join this 6 week online workshop series where you will learn how to tell your life story, or the story of a loved one, in an uncomplicated way.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/life-stories-workshop-series-tickets-166462434623>



Zumba - Online Workshop Series

Tuesdays 9.30am-10.30am for 6 weeks starting 17 August \$30

Come and dance your frustrations away, finding joy in movement with Anu. Beginners welcome.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/zumba-online-workshop-series-tickets-166463527893>



Chair Yoga - Online Workshop

Monday 16 August 10am-11am \$5

Try this relaxing chair yoga with Nada from home.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/chair-yoga-workshop-tickets-166464121669>



Crochet Together - Online Workshop

Wednesday 18 August 10am-11am \$5

Missing the crochet group or just wanting to socialise with your own craft. Join Julie online.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/crocheting-together-tickets-166465816739>



Meditation in Motion - Online Workshop Series

Mondays 12pm-1pm for 6 weeks starting 16 August \$30

Breathe, flow, laugh. Join Elena as she leads you in Sheng Zhen Gong, which is a form of qigong with simple, revitalizing, sitting and standing moving and still meditation forms.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/zumba-online-workshop-series-tickets-166463527893>



Tai Chi - Online Workshop Series

Tuesdays 12pm-1pm for 6 weeks starting 17 August \$30

Breathe, flow, laugh. Sheng Zhen Gong is a form of qigong with simple, revitalizing, sitting and standing moving and still meditation forms.

Bookings via Eventbrite: <https://www.eventbrite.com.au/e/tai-chi-online-workshop-series-tickets-166465425569>

All bookings are directly via Eventbrite. Phone 96397918 if you are having trouble booking online.

We love getting your feedback after receiving our newsletters!

Here are a sample of the messages we've received from you:

- *Looking forward to being back at Mahjong after the lockdown.*
- *I will be looking forward to seeing everyone.*
- *Thank you so much for your email, it's so important to keep in touch.*
- *Thanks for updating me. Thank you for the information, it's appreciated.*
- *Good job! Thanks for the information. Stay safe!*
- *I am certainly grateful for the work you do, paid and volunteer alike.*
- *Thank you for providing me with many courses that I enjoyed immensely.*
- *Many thanks for this (information). Trying to keep occupied by talking on phone to family and friends. Keeping up with the crafts I love knitting, crochet and sewing. Miss very much the human contact especially my family.*
- *Thank you, ladies, for keeping us informed. Look forward to getting back when we can.*
- *A big thank you to you all for all your work in re-organising and keeping us informed.*
- *LOVE the joke, thank you for the newsletter.*
- *Thank you, ladies, for keeping us in the loop.*
- *Enjoying receiving the newsletter. "Feels like someone still loves you". Thank you for your continuing contact with us all during this lockdown.*
- *Thank you for your newsletter & keeping us up to date, in this Covid world !!*



Join our free online forums



More information about how to register, check out the www.hca.org.au What's On Online tab or call 96398620

Hills Community Aid/Learning in the Hills want to provide opportunities to keep everyone connected during lockdown so we set up the following free chat groups for everyone from class and in the community, including:

- **Tuesday Talking Topics** - Tuesdays 10am- 11am
- **Families and Children Social Chat (for grandparents too!)**
Mondays 10am-11am
- **Steps and Sippers Walking Group Online Check In** -
Wednesdays 10am-11am
- **Learning in the Hills Arts & Crafts Social Catch Up** -
Thursdays 10am-11am
- **Men's Online Chat** - Fridays 10am-11am

Thanks for sharing what you've been up to

Paintings by Sandra Sloan



Homemade soap by Megani Naidoo



Someone sent us this great pic of a cauliflower they are growing in lockdown. Great work whoever you are because it was unidentifiable sent from a phone!



Carole-Ann Grant-Smith has a children's YouTube channel full of phonics and recipes for children.

Here is the link:

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox?projector=1>

Support is available

- **Covid Mental Wellbeing Support Service** - 1800 512 348
- **Older Persons Covid-19 Support Line** - 1800171866
- **Domestic Violence Support Line** - 1800 737 732
- **MensLine Australia** - 1300 789 978
- **Lifeline** 13 11 14
- **Hills Community Aid** - 96398620

