



Learning in the Hills

Hills Community Leisure Learning

## COURSE PROGRAM

TERM 4, 2017 | 9 OCT - 9 DEC

*Tutored and Social Groups*

### Learning in the Hills

Balcombe Heights Estate  
92 Seven Hills Road  
Baulkham Hills, NSW 2153  
(Turner Building 4)

 [learninginthehills.org.au](http://learninginthehills.org.au)

Project of Hills Community Aid



Your link  
to local  
community  
services



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**Hills Community Aid**  
Empowering Communities to Thrive

## LEARNING IN THE HILLS

### ABOUT THE PROGRAM

Learning in the Hills is a project of Hills Community Aid. The leisure learning program provides a range of tutor-led and social groups and classes for residents in north western and western Sydney.

Our classes run for 9 weeks per term (with the exception of Dressmaking and Quilling) and enables residents to choose from a range of leisure and lifestyle, hobbies, arts and crafts groups and classes at very low cost.

All of our programs offer opportunities to meet new friends while learning new skills and sharing or improving existing skills in a relaxed atmosphere.

**Fact sheets for all our social and tutored classes are available at [www.hca.org.au](http://www.hca.org.au)**

### CLASS INFORMATION

For more detailed information and fact sheets for each class, including materials required:

Visit [www.hca.org.au](http://www.hca.org.au)

or contact

Learning in the Hills

Phone: **02 9639 7918**

Email: [learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

### LOCATION

Classes are held at Learning in the Hills Balcombe Heights Estate, Turner Buildings (4 & 5) 92 Seven Hills Road, Baulkham Hills

### TERM DATES

2017	Term 4	9 October - 9 December
2018	Term 1	5 February - 14 April
	Term 2	7 May - 7 July

### ENROLMENT

**Enrolments for Term 4 available now.**

Enrolment forms and fees must be submitted on the first day of the course. Late enrolments may be accepted subject to vacancies.



In July 1992 the Hills Community Aid responded to a need in the community for people to have a space that provided both social contact and intellectual stimulation with this goal in place the ambitious project of establishing a Leisure Learning Centre for residents of The Hills began.

The current tutors and volunteers, equates to over 220 years of support for the community.

# TIME TABLE

MONDAY	P	TUESDAY	P	WEDNESDAY	P	THURSDAY	P	FRIDAY	P	SATURDAY	P
9.30am-12.30pm		9.00am-12.00pm		9.30am-11.45pm		9.30am-11.45pm		9.00am-12.00pm		9.00am-12.00pm	
Dressmaking	4	Dressmaking	4	Cake Decorating	6	Quilling	7	Patchwork and Quilting	4	Dressmaking	4
Patchwork & Quilting	4	Talking Points	7	Soft Furnishing	6	Stitches	7	English Conversation	7	10.00am-2.00pm	
Painting	6	Embroidery and Fine Needlework	5	Painting – All mediums	6	Painting	6	Crochet	5	Knitting for Charity and Trauma Bear Knitting – 1st Saturday month	5
9.30am-10.30am		Painting – Oil, Acrylic & Watercolour	6	Mosaics	7	Life Stories	4	The Page Turners Book Club	7		
Qigong	4			Bobbin Lace Making	5	12.15pm-2.15pm					
		Focus on History Bus Group	7	Candlewick Embroidery	5	Ikebana	7	9.30am-10.30am		Charity Knitting Group – 3rd Saturday month	5
				Knitting for Charity	5	Painting	6	Yoga	4		
		12.15pm-2.15pm		12.15pm-2.15pm		Chair Yoga and Light Exercise	4			12.30pm-3.30pm	
		Mahjong	7	Mahjong	7	6.30pm-8.30pm				Dressmaking	4
		Tai Chi	4	Cake Decorating	6	English Conversation	7				
		English Conversation	7	Soft Furnishing	6	Stitches Craft	7				
				Mosaics	7						
				Painting – all mediums	6						
				Silk Painting	6						
				Tai Chi	4						
				6.00pm-9.00pm							
				Dressmaking	4						
				Painting – all mediums	6						

Starting with no funds, no equipment and no premises it wasn't long until the Baukham Hills and Dural Leisure Learning Centre was started; with the dedication of a handful of volunteers the first classes began in Soft Furnishing, Folk Art, Oil Painting, Mahjong and Picture Framing, child care was offered by volunteers and the Red Cross ran a small morning tea service.

Over the past 35 years Learning in the Hills has grown and changed to meet the needs of the communities interests in different hobbies, arts and lifestyle interests; some of our classes that have been running for the whole 35 years

include Soft Furnishing, Painting, Mahjong. Today over 300 students attend 45 different classes at Learning in the Hills from Monday to Saturday, including Wednesday and Thursday evening, we continue to grow each year in students and classes and aim to remain a space for people to meet new friends while learning new skills and sharing or improving existing skills in a relaxed atmosphere.

Early information was sourced from 'A community response, A history of The Hills Community Aid Information Centre Inc. The first 25 years'.

## HEALTH & LIFESTYLE



**Qigong** \$86.50 (9 weeks)  
(Sheng Zhen Gong) \$11 (casual)

Breathe, flow, laugh. Sheng Zhen Gong is a form of qigong with simple, revitalising sitting and standing moving and still meditation forms. Connect to Nature, connect to the Self for more energy, more love, more life.



Monday 9.30am - 11.00am

**Tai Chi** \$86.50 (9 weeks)  
\$11 (casual)

Build inner harmony, balance and flexibility as you learn Tai Chi.



Tuesday 12.15pm - 1.15pm  
Wednesday 12.15pm - 1.15pm

**Life Stories** \$86.50 (9 weeks)  
\$11 (casual)

Everyone has lived a unique life and everyone has a story to tell. Learn how to tell your life story, or the story of a loved one, in an uncomplicated way using a series of worksheets, and with personal assistance.



Thursday 9.30am - 11.45am

**Chair Yoga and Light Exercise** \$86.50 (9 weeks)  
\$11 (casual)

Relax, Rejuvenate and Replenish. Simple Yoga and Exercise to support health and movement. All exercises are done from a chair or standing position and finishing with a meditation.



Thursday NEW! 12.15pm - 1.15pm

**Yoga** \$86.50 (9 weeks)  
\$11 (casual)

Relax, Rejuvenate and Replenish  
Our class involves a flowing Yoga with simple yet strengthening postures, calming breathing techniques and relaxing meditation.



Friday 9.30am - 10.30am

## SEWING & DRESSMAKING



**Dressmaking** \$107 (8 weeks)  
\$15 (casual)

Beginners to Advanced. Learn the operation of a sewing machine and layout, cutting, construction and finishes of making garments.



*NOTE: Students are welcome to attend the 9th week with no tutor and pay a social fee of \$7.*

Monday 9.30am - 12.30pm  
Tuesday (1st session) 9.00am - 12.00pm  
Wednesday 6.00pm - 9.00pm  
Saturday (1st session) 9.00am - 12.00pm  
Saturday (2nd session) 12.30pm - 3.30pm

**Patchwork and Quilting** \$50.00 (9 weeks)  
\$7 (casual)

For experienced patchworkers and quilters to share skills and ideas.



Monday 10.00am - 1.00pm

**Patchwork and Quilting** \$107 (8 weeks)  
\$15 (casual)

Learn the use of colours and fabrics, how to contrast blocks, rotary cutting, piecing fabrics and completing quilts with batting, backing and quilting layers.



Friday 9.00am - 12.00pm

## NEW CLASSES

Learning in the Hills  
outreach classes starting  
at Rouse Hill in 2018

## EMBROIDERY, LACE MAKING, KNITTING , CROCHET & FELTING



### Embroidery and Fine Needlework

\$50 (9 weeks)  
\$7 (casual)

A social group for people with a high level of embroidery skills who work independently to meet other like-minded people.



Tuesday 9.30am - 11.45am

### Candlewicking and Embroidery

\$50 (9 weeks)  
\$7 (casual)

Share skills with others who also enjoy Embroidery, Candlewicking and Wool Embroidery.



Wednesday 9.30am - 11.45am

### Knitting for Charity

\$20/year

Knitting for Angel Babies, Red Cross, Wires and local hospitals.



FIRST Saturday of month 10.00am - 2.00pm

### Bobbin Lace Making

\$50 (9 weeks)  
\$7 (casual)

For experienced lace makers who enjoy the art of braiding and twisting lengths of thread wound onto bobbins.



Wednesday 9.30am - 11.45am

### Knitting for Charity

\$20 (9 weeks)

A social group for people who like knitting. Each term we knit or crochet for a hospital or charity.



Wednesday 9.30am - 11.45am

### Crochet

\$67 (9 weeks)  
\$9 (casual)

Learn how to crochet a patterned scarf or blanket. Experienced crocheters welcome - BYO project or make a scarf with us.



Friday 9.30am - 11.45am

## CANTEEN

### MORNING TEA

Monday to Friday - 10.30am-10.45am

### LUNCH

Tuesday to Thursday - 11.45am -12.15

Learning in the Hills is a community initiative of Hills Community Aid & Information Service Inc. We acknowledge the contribution of all our Volunteer Tutors, Admin and Kitchen personnel and thank them for their continued support.

### Canteen Service

Volunteers of Learning in the Hills provide a limited morning tea and lunch service from Monday to Thursday.

COFFEE OR TEA ..... \$1.50

CAKE..... \$1.50

COFFEE AND CAKE..... \$2.50

COFFEE AND MUFFIN..... \$3.00

SANDWICHES..... \$4.00



SOCIAL GROUP



TUTORED CLASS

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## PAINTING



### Painting

**\$86.50 (9 weeks)**  
**\$11 (casual)**

Beginners to Advanced. Work with your choice of acrylics, oils, pastels or water colour pencils to learn the art of painting.



Monday	9.30am - 12.30pm
*Monday class is 3 hours.	
\$120 (9 weeks) or \$15 (casual)	
Tuesday (Oil, Acrylic, W'colour)	9.30am - 11.45am
Wednesday (All Mediums)	9.30am - 11.45am 12.15pm - 2.15pm
Wednesday Evening	6.00pm - 8.00pm
Thursday	9.30am - 11.45am
Thursday	12.15pm - 2.15pm

### Silk Painting and Dyeing

**\$86.50 (9 weeks)**  
**\$11 (casual)**

Learn the century old art of dyeing or painting on silk to design scarves and other items to use or to wear.



Wednesday	12.15pm - 2.15pm
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## CAKE DECORATING



### Cake Decorating

**\$86.50 (9 weeks)**  
**\$11 (casual)**

Cake Decorating classes offer multi-level classes to cater for beginners through to those with cake decorating experience.



Wednesday	9.30am - 11.45am
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A structured lesson with time to work on your current project.

Wednesday	12.15pm - 2.15pm
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Independent cake decorating with guidance from the tutor.

## HOME FURNISHING



### Soft Furnishing and Upholstery

**\$86.50 (9 weeks)**  
**\$11 (casual)**

Learn the skills needed to cover lampshades, cushions, sofas, blinds or any items around the home.



Wednesday (1st session)	9.30am - 11.45am
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Wednesday (2nd session)	12.15pm - 2.15pm
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Four long-serving volunteers and tutors with a combined 117 years of supporting the community join in the 35th birthday celebrations.

Nancy 23 years, Ruth 34 years, Marilyn 34 years, Dawn 33 years.

## ARTS & CRAFTS



### Mosaics

**\$86.50 (9 weeks)**  
**\$11 (casual)**

Learn the art of assembling pieces of coloured glass, beads, tiles or pebbles to create beautiful images, pots or boxes.



Wednesday

12.15pm - 2.15pm

### Paper Quilling

**\$60 (8 weeks)**  
**\$9 (casual)**

The art of paper filigree. Learn a modern version of the art of rolling and shaping narrow strips of coloured paper to make cards and pictures. Social (with support).



Thursday

9.30am - 11.45am

### Stitches Social Morning

**\$50 (9 weeks)**  
**\$7 (casual)**

Meet new friends and learn new crafts with other like-minded people.



Thursday

9.30am - 11.45am

### Ikebana

Japanese Flower Arranging

**\$60 (8 weeks)**  
**\$9 (casual)**

Learn how to create stunning floral works in the Japanese tradition.

This class will introduce you to the philosophies and design concepts which are the basis of this art. A Kenzan is required for this class and can be purchased through the office for \$12.



Thursday

12.15pm - 2.15pm

### Stitches Craft Night **NEW!**

**\$50 (9 weeks)**  
**\$7 (casual)**

Meet new friends and learn new crafts with other like-minded people.



Thursday

6.30pm - 8.30pm

## SOCIAL & GAMES



### Mahjong

**\$50 (9 weeks)**  
**\$7 (casual)**

Mahjong is a game of skill, strategy and calculation and involves a degree of chance. We play Mahjong with rules by Max Robertson.



Tuesday

12.15pm - 2.15pm

Wednesday

12.15pm - 2.15pm

### Focus on History Bus Group

**\$20 (casual)**

Plus entry fees and lunch where applicable.

Join us as we explore historical sights in Sydney and surrounding areas including churches, gardens, homes. Full program available at Learning in the Hills.



Tuesday

9.00am

### Talking Points

**\$50 (9 weeks)**  
**\$7 (casual)**

A friendly discussion group sharing ideas on various topics, current affairs, history, travel and health.



Tuesday

9.30am - 11.45am

### The Page Turners Book Club **NEW!**

**\$50 (9 weeks)**  
**\$7 (casual)**

Come along to our new Book Club and learn about new books, discuss authors and meet new friends in a friendly relaxed atmosphere.



Friday

9.30am - 11.45am

### English Conversation **\$10 (9 weeks)**

Practice reading, comprehension and conversations in English with our teacher.



Tuesday

12.15pm - 2.15pm

Thursday

**NEW** 6.30pm - 8.30pm

Friday

9.30am - 11.45pm



SOCIAL GROUP



TUTORED CLASS

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## Marilyn Tobin

### LEARNING IN THE HILLS VOLUNTEER AND STUDENT 1982 TO PRESENT

I had no friends in Baulkham Hills when I attended The Neighbourhood Community Group at Hills Community Aid, this is where I met Kaye who ran the craft group, when Learning in the Hills began. The first classes I attended at Learning in the Hills were Chess, to learn how to play and to listen to the Doctor speak to the class on life. I would drop the children off to school and then attend my classes, MY TIME.

After a while I was asked to help teach the Chess Class with Peggy and then Peggy and I went on to teach Mah Jong. I have made many friends attending and teaching the classes at Learning in the Hills.



## Dawn Robson

### LEARNING IN THE HILLS TUTOR 1993 TO PRESENT

It was about 35 years ago when I picked up a Learning in the Hills brochure from the local milk bar in Kellyville, there were a lot of courses that interested me such as Mahjong, Folk Art, Oil painting and many others, I joined as a member and have been one ever since.

Prior to joining Learning in the Hills I had been painting for a long time and had done many art training courses. It was nice to be able to go somewhere and relax and paint and do some Mahjong, calligraphy, power walking and chess etc.

After many years of art courses I started teaching in oils, acrylics, pastels, watercolour, folk art and silk dying. Over the years I have seen many people come and go and there are a few who have been in the group since day one and are still learning and enjoying the good company of others. It is always nice to welcome back members who have left for various reasons such as babysitting grandchildren or to return to work or family duties. I remember when my own grandchildren came along I was so lucky to be able to take them with me where Ruth and the other ladies were so good to them.

Thinking back I have enjoyed my time at Leisure Learning and now Learning in the Hills, having done the step programmes, played Mahjong and Chess, learnt Calligraphy and computer courses, fold art, oil painting, pastels, pencil drawing, Christmas craft, knitting, power walking, toast mistress course, Tai Chi, Chinese brush painting and of course teaching so many students over the years.

The time has certainly gone quickly and I must say I look forward to many more years of involvement.



## Ruth Petersen

### LEARNING IN THE HILLS VOLUNTEER AND STUDENT 1984 TO PRESENT

I started as the Child Care Worker at learning in the Hills in 1994 and retired after 14 years. I then went to classes and learnt Smocking, Jewellery Making, Ribbon Embroidery and Quilling; from the skills I learnt I started as one of the Volunteer teachers to teach Smocking, Porcelain Doll Making, Ribbon Embroidery, Christmas Decorations.

After a few years one of the Volunteers in the kitchen retired so I started volunteering in the kitchen twice a week and in 2007 I was asked to manage the Centre which I did for the next seven years. Today I still Volunteer and happily teach the skills I have learnt over the years, I currently assist at the Stitches class, with Christmas Decoration workshops and the Learning in the Hills Open Day, and attend the Knitting for Charity class on the first Saturday of the month.



## Thank you

**TO ALL THE STUDENTS, VOLUNTEERS, TUTORS AND STAFF WHO HAVE BEEN PART OF THE FIRST 35 WONDERFUL YEARS AT LEARNING IN THE HILLS.**

*For further information or to book a space in a workshop please ring  
Learning in the Hills on 9639 7918*

### Learning in the Hills

9.30am - 12.30pm Tuesday to Thursday (during term)  
Phone 02 9639 7918  
[learninginthehills@hca.org.au](mailto:learninginthehills@hca.org.au)

### Hills Community Aid

9.30am - 3.00pm - Monday to Friday  
Phone 02 9639 8620 Fax 02 9686 3100  
[enq@hca.org.au](mailto:enq@hca.org.au)