



Community Support Services

Courses & Workshops Guide 2020

WARRAH
DISABILITY SERVICES



Warrah Society

Warrah Society is an experienced provider of quality services and support for adults and children with disability, in Sydney's North West. Inspired by the philosophy of Rudolf Steiner, Warrah provides a range of flexible and tailored services that maximise each person's capacity for self-determination, creativity and contribution. We strive to know each unique individual and to support them in the choices they have made for their life journey.

Courses

Our Community Courses and Workshops provide high quality learning opportunities for people with disabilities. Courses change each term and include offerings from the Arts, Health and Wellbeing, as well as Horticulture. At Warrah, we aim to develop tailored support options that will best meet your requirements.

Please find all enrolment information and Community Course and Workshop details on our website:

www.warrah.org/services/community-courses-and-workshops

Warrah Community Courses and Workshops are held at the Warrah Society campus at 20 Harris Road, Dural.

Please note that all Warrah Community Courses and Workshops are subject to change and availability.

NDIS

Warrah Society is registered to provide supports for National Disability Insurance Scheme (NDIS) participants.

Course Fees

Our courses incur a fee which is billed directly for the term and includes facilitation and all course materials. Support costs can be billed through your NDIS plan.

Term 1 Courses & Workshops

Music Appreciation



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

11/02/2020 – 31/03/2020

Time: 9:30am – 10:30am

Venue: Kinta

Course Fee: \$80

Enrich your musical appreciation through a journey of music, both old and new. These sessions are a multi-sensory experience guaranteed to bring joy through melodies and harmony! This course is open to all, regardless of ability.

Social Music



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

11/02/2020 – 31/03/2020

Time: 1:30 pm - 2:30pm

Venue: Diramu

Course Fee: \$80

Social music is about coming together in a creative space to make music with old friends and new. This group is about sharing a love of music and having fun! This group will enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument, please bring it along. This course is open to all, regardless of ability.

Aqua Aerobics



Facilitator: Active Ability

Date: 8 weeks – Fridays
07/02/2020 – 27/03/2020

Time: 1pm – 2pm

Venue: Warrah Pool

Course Fee: \$167

Aqua Aerobics is a great way to socialise and stay fit. This popular course is run at Warrah's fully accessible pool, which is warmed to make it more appealing. The pool also features a ramp with rails and a hoist for those who need it. Join this fun and popular course.

The team at Active Ability, are accredited exercise physiologists. Bringing a wealth of experience working with people with disability in health and fitness. This course will be delivered by Bianca.

Weaving



Facilitator: Marianne Haylan

Date: 8 weeks – Thursdays
13/02/2020 – 02/04/2020

Time: 10am – 12pm

Venue: Kinta

Course Fee: \$188

Weaving is one of the world's oldest surviving crafts. It traces back to Neolithic times – approximately 12,000 years ago. Our weaving course will teach a variety of techniques to enable participants to weave their own pieces as well as work on a group project together. The course will be run by Marianne Haylan, who is an Australian Weavers Guild Award-Winning volunteer.

Term 2 Courses & Workshops

Music Appreciation



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

05/05/2020 – 23/06/2020

Time: 9:30am – 10:30am

Venue: Kinta

Course Fee: \$80

Enrich your musical appreciation through a journey of music, both old and new. These sessions are a multi-sensory experience guaranteed to bring joy through melodies and harmony! This course is open to all, regardless of ability.

Social Music



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

05/05/2020 – 23/06/2020

Time: 1:30 pm - 2:30pm

Venue: Diramu

Course Fee: \$80

Social music is about coming together in a creative space to make music with old friends and new. This group is about sharing a love of music and having fun! This group will enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument, please bring it along. This course is open to all, regardless of ability.

Zumba



Facilitator: Nina de la Cruz

Date: 8 weeks – Thursdays

07/05/2020 – 25/06/2020

Time: 1pm – 2pm

Venue: Warrah Campus (TBC)

Facilitation: \$128

Course fee: \$128

Zumba fitness is a Latin-dance inspired workout that involves a fun fusion of dance moves from styles like Salsa, Merengue, Reggaeton and Flamenco.

It is one of the most popular group exercise classes on the planet with over 12 million participants. Join Nina to groove your way into a healthier body and mind!

Pottery for Gardens



Facilitator: Julie Scott

Date: 8 weeks – Thursdays

07/05/2020 – 25/06/2020

Time: 10am – 12pm

Venue: Diramu

Facilitation: \$168

Materials: \$20

Course fee: \$188

This course will be interactive and creative! Participants will be learning to craft clay into garden sculptures, practical pots and other fun pieces to use in their garden or to give as beautiful gifts to loved ones.

Term 3 Courses & Workshops

Music Appreciation



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays
04/08/2020 – 22/09/2020

Time: 9:30am – 10:30am

Venue: Kinta

Course Fee: \$80

Enrich your musical appreciation through a journey of music, both old and new. These sessions are a multi-sensory experience guaranteed to bring joy through melodies and harmony! This course is open to all, regardless of ability.

Social Music



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays
04/08/2020 – 22/09/2020

Time: 1:30 pm - 2:30pm

Venue: Diramu

Course Fee: \$80

Social music is about coming together in a creative space to make music with old friends and new. This group is about sharing a love of music and having fun! This group will enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument, please bring it along. This course is open to all, regardless of ability.

Yoga



Facilitator: Maria Jaackson

Date: 8 weeks – Thursdays

6/08/2020 – 24/09/2020

Time: 1pm – 2pm

Venue: Banksia Learning and Leisure Facility

Facilitation: \$102

Materials: \$20

Course fee: \$122

Maria believes yoga is excellent for building muscle strength and flexibility but unique in its ability to provide mental clarity. On top of all that, it is completely accessible to everyone. Maria believes there are no limitations to anyone starting a regular yoga practice.

At the end of the 8-week course you can take home your Yoga mat to practice your new skill at home!

Felted Landscapes



Facilitator: Julie Scott

Date: 8 weeks – Thursdays

6/08/2020 – 24/09/2020

Time: 10am – 12pm

Venue: Warrah Campus (TBC)

Facilitation: \$168

Materials: \$20

Course fee: \$188

Felt making is an ancient craft, dating back to the beginning of civilization. Pure wool fibres are felted using moisture, friction and heat. After learning the basics in this course, participants will work on a take-home piece for framing.

Term 4 Courses & Workshops

Music Appreciation



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

20/10/2020 – 08/12/2020

Time: 9:30am – 10:30am

Venue: Kinta

Course Fee: \$80

Enrich your musical appreciation through a journey of music, both old and new. These sessions are a multi-sensory experience guaranteed to bring joy through melodies and harmony! This course is open to all, regardless of ability.

Social Music



Facilitator: Mark Hellmrich

Date: 8 weeks – Tuesdays

20/10/2020 – 08/12/2020

Time: 1:30pm - 2:30pm

Venue: Diramu

Course Fee: \$80

Social music is about coming together in a creative space to make music with old friends and new. This group is about sharing a love of music and having fun! This group will enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument please bring it along. This course is open to all, regardless of ability.

Aqua Aerobics



Facilitator: Active Ability

Date: 8 weeks – Fridays

23/10/2020 – 11/12/2020

Time: 1pm – 2pm

Venue: Warrah Pool

Course Fee: \$167

Aqua Aerobics is a great way to socialise and stay fit. This popular course is run at Warrah's fully accessible pool, which is warmed to make it more appealing. The pool also features a ramp with rails and a hoist for those who need it. Join this fun and popular course.

The team at Active Ability, are accredited exercise physiologists. Bringing a wealth of experience working with people with disability in health and fitness. This course will be delivered by Bianca.

Christmas Art



Facilitator: Julie Scott

Date: 8 weeks – Thursdays

22/10/2020 – 10/12/2020

Time: 10am – 12pm

Venue: Banksia Art Studio

Facilitation: \$168

Materials: \$20

Course fee: \$188

Learn to create your own personalised cards, wrapping paper, decorations and art all with a Christmas theme in this fun and festive course. Perfectly timed to create beautiful gifts for your friends and family.



WARRAH

DISABILITY SERVICES

20 Harris Road, Dural NSW 2158

PO Box 357 Round Corner NSW 2158

T: 02 9651 2411

E: warrah@warrah.org

www.warrah.org