

# NRCHC GROUPS AND ACTIVITIES

DATE & TIME	PROGRAM	ELIGIBILITY	VENUE	COST	CONTACT
<b>Mondays 10.00am-12.00pm</b>	<b>ENGLISH CLASS</b>	For people who have some English	NRCHC	Free	<b>Isabel Tan Ph: 9420 1317</b>
<b>Mondays 12.00pm-1.00pm</b>	<b>WATER EXERCISE GROUP</b>	People with chronic conditions including long term pain	Epworth Hospital Hydrotherapy pool	\$2.00	<b>Kathy Lukacs Ph: 9429 5477</b>
<b>Mondays 2.00pm-4.00pm</b>	<b>LINE DANCE GROUP</b>	All Adults	110 Elizabeth Street Richmond	\$2.00	<b>Renee Lee Ph: 9420 1323</b>
<b>Tuesdays 1.30pm-3.00pm</b>	<b>ENGLISH CONVERSATION GROUP</b>	Open to all	NRCHC	Free	<b>Renee Lee Ph: 94201323</b>
<b>Tuesdays during school terms 3.30pm-5.45pm</b>	<b>SOLID GROUND AFTER SCHOOL ACTIVITY PROGRAM</b>	Children aged 5 to 12yrs	106 Elizabeth St. The Community Hall	Free	<b>Nathan Lange Ph: 9426 4467 or 0402604429</b>
<b>Wednesdays 12.00pm-1.00pm</b>	<b>WATER EXERCISE GROUP</b>	People with chronic conditions including long term pain	Epworth Hospital Hydrotherapy pool	\$2.00	<b>Kathy Lukacs Ph: 9429 5477</b>
<b>Wednesdays 2.00pm-2.45pm &amp; 2.45pm-3.30pm</b>	<b>FITNESS PROGRAM FOR CALD SENIORS</b>	50yrs & over	Richmond Recreation Centre	\$2.00 for 8 weeks and \$3.50 after	<b>Renee Lee Ph: 9420 1323</b>
<b>Thursdays during school terms 9.30am-11.30am</b>	<b>WALKING GROUP</b>	Open to all (prioritised to people who are isolated or have health issues)	Depart from NRCHC Tracks vary	Free	<b>Renee Lee Ph: 9420 1323</b>
<b>Thursdays 10.00am-12.00pm</b>	<b>DANCING GROUP</b>	All Adults	110 Elizabeth St. The Community Hall	\$2.00	<b>Renee Lee Ph: 9420 1323</b>
<b>Thursdays 10.30am-11.30pm</b>	<b>WATER AEROBIC / GYM EXERCISE</b>	Adults from the Chinese & Vietnamese community	Richmond Recreation Centre	\$3.00	<b>Lan Vuong Ph: 9420 1319</b>
<b>Thursdays 1.30pm-2.30pm</b>	<b>TAI CHI GROUP</b>	Chinese & Timorese community	NRCHC	Free	<b>Isabel Tan Ph: 9420 1317</b>
<b>Thursdays 2.30pm-4.30pm</b>	<b>WOMEN KNITTING AND SUPPORT GROUP</b>	Women from Chinese speaking community	NRCHC	Free	<b>Isabel Tan Ph: 9420 1317</b>
<b>Thursdays during school terms 6.00pm-7.30pm</b>	<b>HOMEWORK SUPPORT GROUP</b>	Students from grade 5/6 to VCE level	NRCHC	Free	<b>Renee Lee Ph: 94201323</b>

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DATE & TIME	PROGRAM	ELIGIBILITY	VENUE	COST	CONTACT
Fridays 10.30am-11.30pm	RICHMOND VIETNAMESE/CHINESE WOMEN GROUP	Open to all women	NRCHC	Free	Lan Vuong Ph: 9420 1319
3rd Friday every month 11.00am followed by shared lunch at 12.00pm	"HEALTHY LIFE, HAPPY LIFE" Vietnamese Diabetes Group	Vietnamese speakers	NRCHC	Free bring food to share	Roger Lindenmayer Ph: 9420 1310
12 weeks program twice per year	VIETNAMESE FAMILY SUPPORT GROUP	Family from Vietnamese community who have problem with illicit drug used	NRCHC	Free	Thuy Bui Ph: 9420 1351 Minh Vo Ph: 9420 1320
5 weeks program held 3 times per year	LIVING WITH DIABETES	English speakers with diabetes	Locations vary (within City of Yarra)	Free	Roger Lindenmayer Ph: 9420 1311
Four times per year	CPR / OVERDOSE PREVENTION WORKSHOP	NSP / OSP clients	NRCHC	Free	Emily Pegg ph: 9420 1345
Various	YOUTH SPORT & RECREATIONAL PROGRAMS	12-25yrs from CALD backgrounds	Locations vary	Variable	Carol Fatouros Ph: 9420 1330