

NRCHC GROUPS AND ACTIVITIES

DATE & TIME	PROGRAM	ELIGIBILITY	VENUE	COST	CONTACT
Mondays 10.00am-11.30am	WALKING GROUP	Open to all women who can walk without aids	Start from NRCH walk around Richmond & Abbotsford	Free	Renee Lee Ph: 9418 9886
Mondays 12.00pm-1.00pm	WATER MOVES	People with chronic conditions including long term pain	Epworth Hospital Hydrotherapy pool	\$4.00	Fiona Beale Ph: 9418 9843
Tuesdays 1.30pm-3.00pm (during school terms)	ENGLISH CONVERSATIONAL CLASS	Open to all beginners	106 Elizabeth Street Richmond	Free	Renee Lee Ph: 9418 9886
Tuesdays 4.30pm-6.00pm (during school terms)	BASKETBALL	10 to 16 years old	Basketball Court between 108 and 110 Elizabeth Street	Free	Carol Fatouros Ph: 9418 9894 or 0418 511 989
Tuesdays 3.30pm-5.45pm (during school terms)	SOLID GROUND AFTER SCHOOL ACTIVITY PROGRAM	Primary school students	110 Elizabeth St. The Community Hall	Free	Nathan Lange Ph: 0402 604 429
Wednesdays 12.00pm-1.00pm	WATER MOVES	People with chronic conditions including long term pain	Epworth Hospital Hydrotherapy pool	\$4.00	Fiona Beale Ph: 9418 9843
Wednesdays 2.00pm-3.00pm	LIVING LONGER LIVING STRONGER FOR CALD	50yrs & over	Richmond Recreation Centre	\$2.90 for Concession card holders	Renee Lee Ph: 9418 9886
Wednesdays 4.30pm-6.30pm	YOUNG WOMEN'S GROUP	15-25 years old	NRCH 23 Lennox Street, Richmond	Free	Carol Fatouros Ph: 9418 9894 or 0418 511 989
Thursdays 10.30am-11.30pm	WATER AEROBIC / GYM EXERCISE	Adults from the Chinese & Vietnamese community	Richmond Recreation Centre	To check with contact person	Lan Vuong Ph: 9418 9891
Thursdays 1.15pm-3.00pm	TAI CHI GROUP	Chinese & Timorese community	106 Elizabeth Street Richmond	Free	Isabel Tan Ph: 9418 9800
Thursdays 4.30pm-7.00pm	THE NATIONHOOD PROJECT	15-25 years old young people connected to the North Richmond Estate	106 Elizabeth Street Richmond	Free	Richard de Kleyn 0437 365 943

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Thursdays (during school terms) 6.00pm-7.30pm	HOMEWORK SUPPORT GROUP	Students from grade 5 to VCE level	9 Belgium Avenue Neighbourhood House	Free	Renee Lee Ph: 9418 9886 or 0419 898 447
Thursdays 5:30pm-8:30pm	HIP HOP AND HEALTH PROJECT	Young people 16-25 years old	106 Elizabeth Street Richmond	Free	Oliver Maboreke Ph: 9342 9731 0448 363 917
Fridays 10.30am-11.30pm	RICHMOND VIETNAMESE/CHINESE WOMEN GROUP	Open to all women	106 Elizabeth Street Richmond	Free	Lan Vuong Ph: 9418 9891
12 week program twice per year	VIETNAMESE FAMILY SUPPORT GROUP	Family from Vietnamese community who have problem with illicit drug used	NRCHC	Free	Minh Vo Ph: 9420 1320
As negotiated	Companion Animal Support Program (volunteers assist with taking care of pets)	Assist residents over 55years old and people with a disability living in City of Yarra	Residents home	Free	Gaylene Ford Ph: 9418 9890
Four week diabetes program	RICHMOND DIABETES EDUCATION GROUP	English & other languages speakers with Type 2 diabetes and family members	various locations (within City of Yarra)	Free (Medicare bulk bill)	Roger Lindenmayer & Yung Nguyen Ph: 9418 9847