# KERRIE RD NEIGHBOURHOOD HOUSE IS A PROUDLY INDEPENDENT NOT FOR PROFIT COMMUNITY ORGANISATION



#### **REGISTER ONLINE**

www.knh.org.au or scan the QR code

#### **REGISTER IN PERSON**

Call or visit the office. Payment can be made by card or cash Full terms & conditions can be found on our website

#### **OFFICE HOURS**

Monday, Tuesday & Thursday: 9.00am - 4.00pm

Wednesday & Friday: 9.00am - 1.00pm

Office closed: School & Public Holidays



Kerrie Rd Neighbourhood House is home to the following groups & organisations. For more information on their activities please contact the organisations directly.

Bipolar Life Victoria (Meets 7.30pm 4th Tuesday of the month)

The Glen Waverley Bipolar Support Group is for women with Bipolar Disorder. amanda.cops@mhfa.org.au | www.bipolarlife.org.au/glen-waverley | 8825 3506

Japanese Playgroup (Fridays 11am-1pm during school term)

Fun & welcoming parent run Japanese language and cultural playgroup.

glenwaverleyjapaneseplaygroup@gmail.com

#### **Mirror Drama**

Mirror Drama Studio is dedicated to offering professional art training programs across various fields, including drama performance, language hosting, vocal music, English public speaking, and dubbing. mirrordrama99@gmail.com | 0498 183 332

**Nadanalaya Academy of Indian Classical Dance** 

Friday evenings 6.30pm | nadanalaya@gmail.com | @nadanalaya\_academy/

### **Sai Organisation**

Sri Sathya Sai Spiritual Education (SSSSE) for children www.sai.org.au | saicentre.waverley@sai.org.au

Waverley Widow Support Group (Meets Wednesdays 7.30pm)

A social support group for those who have lost a partner. Occasional guest speakers & social outings. For further details please contact: Lesley 9725 6843 or Nonie 9802 2316













15 JULY - 20 SEPTEMBER 2024



I NNH because...
the classes are excellent,
especially the French class
& tutor. Facilities are great
& I've made many friends
through the house. Great
friendly staff too!



I NH because...
you are greeted at the door
by staff who know your
name. Our instructor, who
is amazing, leads a great
strength class. It is such a
happy atmosphere here.



I NH because...
of the beautiful staff as
well as the fabulous yoga
and pilates instructors (and
other participants). Keep
up the good work!



I NNH because...
it gives me an opportunity to
mix with others in the
community. I get to learn
from other people, enjoy
their company and
contribute to the community



I KNH because...
of the people who work
there who are so friendly.
I love my art classes and
the wonderful tutor. It's
such a friendly group and
so enjoyable each week.



36 KINCUMBER DRIVE GLEN WAVERLEY 3150



### CONCESSION (C) APPLICABLE TO HOLDERS CARD OR PENSIONER

OF A HEALTHCARE CONCESSION







**DOT MANDALA CANVAS WORKSHOP** MONDAY 5, 12, 19 AUGUST (3WK) 10AM -12PM



# **CLASS SCHEDULE TERM 3 2024**

## **MONDAY** 15 JULY - 16 SEPT

#### HATHA YOGA

9.15am - 10.15am (2) 10.30am-11.30am FF \$150; C \$140 (10wk)

#### STRENGTH

10.30am - 11.30am FF \$150; C \$140 (10wk)

#### **WALKING GROUP**

10am - 11am Free

#### **HUNGARIAN SOCIAL GROUP**

\$3 per session

#### **SPANISH BEGINNERS PLUS**

FF \$195; C \$185 (10wk)

#### **CREATIVE ART**

Mixed Media with Fathima

(Ages 6-8)

FF \$150; C \$140 (10wk)

#### **CREATIVE ART FOR TWEENS**

5.05pm - 6.30pm (Ages 9-13) FF \$170; C \$160 (10wk)



### **TUESDAY 16 JULY - 17 SEPT**

#### **SLOW FLOW YOGA**

9.15am - 10.15am 10.30am-11.30am FF \$150; C \$140 (10wk)

#### FRENCH CONVERSATION

10am - 12pm FF \$195; C \$185 (10wk)

#### FRENCH BEGINNER PLUS

1pm - 3pm FF \$195; C \$185 (10wk)

#### SIMPLY ART

1pm - 3pm FF \$175; C \$165 (9wk)

### KNITTING SOCIAL GROUP

12.30pm - 3pm \$3 per session (10wk)

#### **CREATIVE ART**

Mixed Media with Laila

4pm - 5pm (Ages 6-8) 5.05pm - 6.05pm (Ages 8-12)

FF \$150; C \$140 (10wk)

#### YIN YANG YOGA

6pm - 7pm 7.15pm - 8.15pm FF \$150; C \$140 (10wk)



## WEDNESDAY 17 JULY - 18 SEPT

#### **STRENGTH**

9.45am - 10.45am FF \$150; C \$140 (10wk)

#### **GENTLE STRENGTH**

11am - 12pm FF \$150; C \$140 (10wk)







### **THURSDAY** 18 JULY - 19 SEPT

#### **PILATES**

9.30am - 10.30am 10.30am - 11.30am FF \$150: C \$140(10wk)

#### **PLAYGROUP**

9.30am - 11.30am 6mths-4yrs Term \$30 per family (10wk) or casual \$5 per session



10% OFF WHEN \*CONDITIONS APPLY **NOT VALID FOR** WORKSHOPS OR SCHOOL **HOLIDAY PROGRAMS** 

10% OFF

#### **CREATIVE ART**

### **Painting & Drawing**

4pm - 5pm (Ages 6-8) 5.05pm - 6.05pm (Ages 8-12) FF \$150; C \$140 (10wk)

#### **HATHA YOGA**

6pm - 7pm 7.15pm - 8.15pm FF \$150; C \$140(10wk)



### **FRIDAY** 19 JULY - 20 SEPT

#### STRENGTH TRAINING

9.15am - 10.15am FF \$150; C \$140 (10wk)

DIGITAL DEVICE ESSENTIALS 16, 23 & 30 August 9.30am - 11.30am (3wk)

Bring your own device FF \$20





