

SOCIAL GROUPS

Kerrie's Knitting Group

Our knitting group meets weekly to knit items for donation to charitable organisations. Wool donations are greatly appreciated.

Enquiries: 9887 6226.

Tuesdays 1.00pm - 3.00pm \$2/week

Walking Group

Our group walks every week at different locations and meets at the House once a term for morning tea. Enquiries: 9887 6226.

Mondays 10.00am - 11.00am Free

Hungarian Group

Join this lovely group for Hungarian speakers and enjoy games, embroidery, coffee and a chat.

Enquiries: 9887 6226.

Mondays 12.30pm – 3.30pm \$3/week

OTHER SERVICES

In addition to our classes and social / support groups, Kerrie provides a great range of other services including:

- Justice of the Peace services by appointment (**NEW**)
- Room hire
- Comfortable lounge area
- Free tea and coffee
- Free internet

CALD COMMUNITY DEVELOPMENT WORKER

We are proud to offer the services of our CALD (culturally and linguistically diverse) Community Development Worker, to members of the CALD community. Able to communicate in Mandarin, and English, our CALD Community Development Worker can be contacted via our office or at the following email address:

cdworker@knh.org.au

SUPPORT/SELF HELP GROUPS

Able Music Therapy

Music therapy for adults with an intellectual disability.

Enquiries: Felicia 0417 391 642

Wednesdays 3.30 – 6.30pm

Thursdays 4.00 – 6.30pm

Mums for Mums

This group offers support for mums who do not have extended family support in their lives. The group meets weekly.

Enquiries: 9887 6226.

Thursdays 9.30am – 12.30pm \$45/Term

Waverley Widowed Support Group

A support group for widows, widowers and those who have lost a partner.

Enquiries: Lesley 9725 6843 or Nonie 9802 2316

Wednesdays 7.30pm - 9.45pm

Kerrie Pioneer Group

A music group for people in wheelchairs or with special needs. New members welcome.

Enquiries: Tom 0400 506 884

Tuesdays 11.30am - 12.30pm \$3/week

OFFICE HOURS

Monday: 9.00am – 4.00pm

Tuesday: 9.00am – 4.00pm

Wednesday: 9.00am – 1.00pm

Thursday: 9.00am – 4.00pm

Friday: 9.00am – 1.00pm

Our office is closed public and school holidays

TECH SAVVY TUTORIALS

Free one-on-one introductory computer or BYO device training session

If you would like basic instruction on how to use a computer, the internet, email, operate a smartphone etc call us on 9887 6226 to make an appointment. We also have 2 computers, free WIFI and tea/coffee available in our comfortable lounge.

Mondays 10.00am – 11.00am

by appointment 11.00am – 12.00pm

FREE



**Kerrie Rd
Neighbourhood
House**

CLASSES & COURSES

Term 3, 2019

15 July – 20 September

Kerrie Rd Neighbourhood House is a warm, friendly place where everyone is welcome. We provide opportunities for you to learn, exercise and socialise.

Just take a look at our term program! The tea and coffee are free and so is the internet in our comfortable lounge. Visit soon and see what else we have to offer.



Address: 36 Kincumber Drive,
Glen Waverley VIC 3150
Ph: 9887 6226

Email: info@knh.org.au

Website: www.knh.org.au

Facebook: Kerrie Neighbourhood House



CHILDREN'S ACTIVITIES

Kid's Art Masterclass Program

Mondays 3.45pm – 5.45pm (2hrs)
15 Jul – 16 Sep 10 weeks \$180

For students passionate about their art. This is an advanced class. Students are required to submit two pieces of work prior to enrolment. Places are limited.

Creative Painting & Drawing 5-12 yrs

Dates	Time	Fee
Mondays 22 Jul–16 Sep	4.00–5.00pm (5-7yrs) 5.00–6.00pm (7+yrs)	\$105 9 wks
Tuesdays 16 Jul–17 Sep	4.00–5.00pm (5-12yrs) 5.00–6.00pm (5-12yrs)	\$115 10 wks
Wednesdays 24 Jul–18 Sep	4.00–5.00pm (7+yrs) 5.00–6.00pm (5-7yrs)	\$105 9 wks
Thursdays 18 Jul–19 Sep	4.00–5.00pm (7+yrs) 5.00–6.00pm (7+yrs)	\$115 10 wks

Kids' Pottery

Tuesdays 4.00 – 5.00pm
30 Jul – 17 Sep 8 weeks \$160

Kid's Yoga and Creative Dance 5-12 yrs

Saturdays 10.30am – 11.30am
20 Jul – 21 Sep 10 weeks \$115

Kerrie Neighbourhood House Playgroup

1 hour of structured activities between 10am and 11am
Thursdays 9.30am – 12.30pm
18 Jul – 19 Sep 10 weeks \$45/term

Chinese Mother's Group / Playgroup

Wednesdays 9.30am – 12.30pm
17 Jul – 18 Sep 10 weeks \$45/term

Japanese Mother's Group / Playgroup

Fridays 10.45am – 12.30pm
19 Jul – 20 Sep 10 weeks \$4/week
Enquires: Akemi 0491 141 525

LANGUAGE CLASSES

French – Beginners

Wednesdays 1.30pm – 3.30pm
24 Jul – 18 Sep 9 weeks \$155

French – Intermediate

Tuesdays 1.00pm – 3.00pm
23 Jul – 17 Sep 9 weeks \$155

French – Conversation (Advanced)

Tuesdays 10.00am – 12.00pm
23 Jul – 17 Sep 9 weeks \$155

Italian Intermediate

Mondays 6.00pm – 8.00pm
22 Jul – 16 Sep 9 weeks \$155

ARTS, CRAFTS & COOKING

Italian Cooking for Today

Tuesdays 6.00pm – 8.00pm
6 Aug – 27 Aug 4 weeks \$90
Additional \$25 ingredients fee to be paid direct to tutor

Painting & Drawing (Adults)

Tuesdays 1.00pm – 3.00pm
23 Jul – 17 Sep 9 weeks \$160

JULY HOLIDAY PROGRAM

Kerrie Rd Neighbourhood house has a wonderful range of activities on offer for adults and children in the July school holidays.

Come and try one of our exercise classes for adults or engage the children in a fun activity over the July school holiday break. Contact our office for more information or view our website:

<http://www.knh.org.au/holiday-activities/>

WHAT'S NEW FOR TERM 3

Stretch and Stabilise

Mondays 11.45am – 12.45pm
15 Jul – 16 Sep 10 weeks \$115
Suitable for all ages, levels and abilities. This course supports the development of strength, flexibility and focuses on a range of movement and postures to enhance balance and a sense of wellbeing. Involves mat work so participants need to be able to get down and up from the floor.

BODY & SOUL

Meditation

Dates	Time	Full fee
Thursdays 18 Jul – 12 Sep	7.00 – 8.30pm	\$135 9 wks

Pilates

Dates	Time	Full fee
Mondays 15 Jul – 16 Sep	7.00 – 8.00pm 8.00 – 9.00pm	\$115 10 wks
Thursdays 18 Jul – 19 Sep	1.30 – 2.30pm	\$115 10 wks

Strength Training

Dates	Time	Full fee
Mondays 15 Jul – 09 Sep	10.30 – 11.30am	\$105 9 wks
Wednesdays 17 Jul – 18 Sep	9.45 – 10.45am 11.00am - 12.00pm	\$115 10 wks
Fridays 19 Jul – 20 Sep	9.15 – 10.15am	\$115 10 wks
Fridays 19 Jul – 20 Sep	9.30 – 10.30am	\$115 10 wks

Stretch and Stabilise - NEW

Dates	Time	Full fee
Mondays 15 Jul – 16 Sep	11.45 – 12.45pm	\$115 10 wks

Yoga

Dates	Time	Full fee
Mondays 15 Jul – 16 Sep	9.15 – 10.15am 10.30 – 11.30am	\$125 10 wks
Tuesdays 16 Jul – 17 Sep	9.15 – 10.15am 10.30 – 11.30am 7.45 – 8.45pm	\$125 10 wks
Thursdays# 18 Jul – 19 Sep	6.00 – 7.00pm 7.30 – 8.30pm	\$125 10 wks
Saturdays 20 Jul – 21 Sep	9.15 – 10.15am	\$125 10 wks

*Thursdays 7.00pm – 7.30pm \$40
Optional Extra - 30min Meditation Session after/before
Thursday Yoga Classes