

## 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](mailto: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 11.30am – 12.30pm

by appointment 12.30am – 1.30pm

FREE



**Kerrie Rd  
Neighbourhood  
House**

## CLASSES & COURSES

**Term 4, 2019**

**07 October – 13 December**

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](mailto:info@knh.org.au)

**Website:** [www.knh.org.au](http://www.knh.org.au)

**Facebook:** Kerrie Neighbourhood House



## KERRIE RD NEIGHBOURHOOD HOUSE OPEN DAY

**Date:** Saturday, 16<sup>TH</sup> November, 2019

**Time:** 11.30 – 1.30pm

**Venue:** Kerrie Rd Neighbourhood House

- FREE sausage sizzle & children's activities!
- Meet staff, volunteers and fellow house users
- Children's Art Exhibition & competition

## CHILDREN'S ACTIVITIES

### Art for Teenagers 12-18yrs **NEW!**

**Mondays\*** 6.00pm – 7.00pm  
22 Oct – 09 Dec 7 weeks \$80

Learn a variety of techniques and mediums from our fine arts qualified and experienced tutor. For high school students who are passionate about their art.

### Kid's Art Masterclass Program 8-12yrs

**Mondays\*** 3.45pm – 5.45pm (2hrs)  
07 Oct – 09 Dec 9 weeks \$165

Progress to the next level in this advanced class.

### Creative Painting & Drawing 5-12 yrs

Dates	Time	Fee
Mondays*	4.00–5.00pm (5-7yrs)	\$105
07 Oct –09 Dec	5.00–6.00pm (7+yrs)	9 wks
Tuesdays*	4.00–5.00pm (5-12yrs)	\$105
08 Oct–10 Dec	5.00–6.00pm (5-12yrs)	9 wks
Wednesdays	4.00–5.00pm (7+yrs)	\$115
09 Oct–11 Dec	5.00–6.00pm (5-7yrs)	10 wks
Thursdays	4.00–5.00pm (7+yrs)	\$115
10 Oct–12 Dec	5.00–6.00pm (7+yrs)	10 wks

### Kids' Pottery

**Tuesdays\*** 4.00 – 5.00pm  
15 Oct – 10 Dec 8 weeks \$160

### Kid's Yoga and Creative Dance 5-12 yrs

**Saturdays\*** 10.30am – 11.30am  
12 Oct – 14 Dec 9 weeks \$105

### Kerrie Neighbourhood House Playgroup

1 hour of structured activities between 10am and 11am

**Thursdays** 9.30am – 12.30pm  
10 Oct – 12 Dec 10 weeks \$45/term

### Chinese Mother's Group / Playgroup

**Wednesdays** 9.30am – 12.30pm  
09 Oct – 11 Dec 10 weeks \$45/term

### Japanese Mother's Group / Playgroup

**Fridays** 10.45am – 12.30pm  
11 Oct – 13 Dec 10 weeks \$4/week

Enquires: Kae 0403 520 198

## LANGUAGE CLASSES

### French – Beginners

**Wednesdays** 1.30pm – 3.30pm  
09 Oct – 04 Dec 9 weeks \$155

### French – Intermediate

**Tuesdays\*** 1.00pm – 3.00pm  
08 Oct – 03 Dec 8 weeks \$140

### French – Conversation (Advanced)

**Tuesdays\*** 10.00am – 12.00pm  
08 Oct – 03 Dec 8 weeks \$140

### Italian Intermediate

**Mondays\*** 6.00pm – 8.00pm  
07 Oct – 28 Oct 4 weeks \$70

## ARTS, CRAFTS & COOKING

### Italian Cooking for Today

**Tuesdays\*** 6.00pm – 8.00pm  
19 Nov – 10 Dec 4 weeks \$90  
Additional \$25 ingredients fee to be paid direct to tutor

### Painting & Drawing (Adults)

**Tuesdays\*** 1.00pm – 3.00pm  
15 Oct – 10 Dec 8 weeks \$140

## COME & TRY STRETCH AND STABILISE

**Date:** Monday 7<sup>th</sup> October

**Time:** 11.45am-12.45pm

**Cost:** \$10

**Come and try our Stretch and stabilise class in this one off session as part of the Victorian Seniors**

**Festival.** Stretch and stabilise supports the development of strength and flexibility and focuses on a range of movements and postures to enhance balance and a sense of wellbeing. Suitable for all ages, levels and abilities. **Bookings essential. Call 9887 6226**

## KERRIE RD NEIGHBOURHOOD HOUSE ANNUAL GENERAL MEETING

**Date:** Tuesday, 15<sup>TH</sup> October 2019

**Time:** 12.30 – 2pm

**Venue:** Kerrie Rd Neighbourhood House

Our AGM is a wonderful opportunity to find out more about the activities we offer to both Glen Waverley and Mulgrave communities.

**All welcome. Light lunch provided**

## BODY & SOUL

### Meditation

Dates	Time	Full fee
Thursdays 10 Oct – 12 Dec	7.00 – 8.30pm	\$150 10 wks

### Pilates

Dates	Time	Full fee
Mondays* 07 Oct – 09 Dec	7.00 – 8.00pm 8.00 – 9.00pm	\$105 9 wks
Thursdays 10 Oct – 12 Dec	1.30 – 2.30pm	\$115 10 wks

### Strength Training

Dates	Time	Full fee
Mondays* 07 Oct – 09 Dec	10.30 – 11.30am	\$105 9 wks
Wednesdays 09 Oct – 11 Dec	9.45 – 10.45am 11.00am - 12.00pm	\$115 10 wks
Fridays 11 Oct – 13 Dec	9.15 – 10.15am 9.30 – 10.30am	\$115 10 wks

### Stretch and Stabilise

Dates	Time	Full fee
Mondays* 14 Oct – 09 Dec	11.45 – 12.45pm	\$95 8 wks

### Yoga

Dates	Time	Full fee
Mondays* 07 Oct – 09 Dec	9.15 – 10.15am 10.30 – 11.30am	\$115 9 wks
Tuesdays* 08 Oct – 10 Dec	9.15 – 10.15am 10.30 – 11.30am 7.45 – 8.45pm	\$115 9 wks
Thursdays# 10 Oct – 12 Dec	6.00 – 7.00pm 7.30 – 8.30pm	\$125 10 wks
Saturdays* 12 Oct – 14 Dec	9.15 – 10.15am	\$115 9 wks

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

**\*No classes will be held on Saturday 2<sup>nd</sup> November, Monday 4<sup>th</sup> November & Tuesday 5<sup>th</sup> November, due to the Melbourne Cup long weekend**