

The Kerrie Rd Neighbourhood House Community Newsletter

July 2020

Welcome to the inaugural Kerrie Rd Neighbourhood House Community Newsletter!

Kerrie Rd Neighbourhood House is home to several social and support groups. Come along and try a group today, everyone is welcome!

Unfortunately, we have had to remain closed during these unprecedented times. With the social isolation regulations that have been reintroduced, many of us are now cut off from our regular classes and social contact, and places like our Community houses.

As such, we are looking at ways to keep our wonderful community connected during this time and are continuing to offer a number of online classes!

These can be booked by calling us on 9887 6226 or emailing info@knh.org.au There are also more details on all our classes in our program on our website www.knh.org.au

We look forward to continuing to building our community over the coming months and seeing you all in the House when we reopen!

The Kerrie Rd Neighbourhood House team ☺

COMMUNITY CALL OUT!

WE ARE LOOKING FOR COMMUNITY MINDED INDIVIDUALS WHO WOULD LIKE TO BE MORE INVOLVED WITH THEIR LOCAL GLEN WAVERLEY NEIGHBOURS, PARTICIPATE IN PROJECTS TO BENEFIT THE COMMUNITY, AND SHARE IDEAS. WE WOULD LOVE TO MEET YOU!



Whitehaven Beach, QLD

MEET.... Laura

Laura has worked at Mackie Rd Neighbourhood House for 2.5 years and recently became coordinator of the House. She enjoys meeting the local community and planning new activities which can be run at the Centre. The photo is where she would love to go when travel is allowed again ☺

“YOGA Online – Saturday Class”

Nicky's goal is to make you feel happy and nurtured!

Nicky completed her yoga training with Byron Yoga Centre and teaches a slow flow style that can be as challenging or as gentle as you need it to be! You will begin with a deep warm-up that works out the kinks and stiffness in your joints, finishing with some sun salutations. Balance and strength are also a focus with standing poses; and floor work targets flexibility, especially in the hamstrings and spine.

9.15am – 10.15am

Enrol now!



ADDITIONAL ONLINE CLASSES IN TERM 3 2020:

- YOGA
- PILATES
- MEDITATION
- STRENGTH TRAINING
- FRENCH BEGINNERS, INTERMEDIATE AND CONVERSATIONAL
- KIDS ART (5-7 YEARS AND 8+)
- ITALIAN COOKING
- PLAYGROUP
- ITALIAN INTERMEDIATE

- ENGLISH CONVERSATION

- PREPARE FOR WORK

