

## SOCIAL & SUPPORT GROUPS

**Hungarian Group** Monday 12:00pm-3:00pm 05 Oct-07 Dec \$3 pw  
Join this lovely group for Hungarian speakers to enjoy games, coffee and a chat.

**Kerrie's Knitting Group** Tuesday 1:00pm-3:00pm 06 Oct-08 Dec \$2 pw  
Our knitting group meets weekly to knit items for donation to charitable organisations. *Wool donations are greatly appreciated.*

**Kerrie Pioneer Group** Tuesday 11:30am-12:30pm 06 Oct-08 Dec \$3 pw  
A music group for people in wheelchairs or with special needs. New members welcome. *All enquiries to Tom on 0400 506 884.*

**Mums for Mums** Thursday 9:30am-12:30pm 08 Oct-10 Dec 10wks \$60  
This group offers support for mums who do not have extended family support in their lives.

**Walking Group** Monday 10:00am-11:00am **Free**  
Our group walks every week at different locations and meets at the House once a term for morning tea.

**Waverley Widowed Support Group** Wednesday 7:30pm-9:45pm  
A support group for widows, widowers and those who have lost a partner. *All enquiries to Lesley on 9725 6843 or Nonie on 9802 2316*

## OTHER SERVICES

We also provide a great range of other services including:

- Justice of the Peace services by appointment only
- Room hire
- Comfortable lounge area
- Free tea and coffee
- Free internet

**TECH SAVVY TUTORIALS** Monday 11:30am **OR** 12:30pm

*Sessions run for 1 hour and are by appointment only*

**FREE** one-on-one introductory computer or BYO device training session.  
If you would like basic instructions on how to use a computer, the internet, email, operate a smartphone etc., call the office to make an appointment.

## OFFICE HOURS

Monday, Tuesday & Thursday 9am to 4pm  
Wednesday & Friday 9am to 1pm

*Our office is closed on public and school holidays.*

*\*Term 4 online classes will be discounted by 25% at booking. We thank you for continuing to be part of our community.*



# Kerrie Rd Neighbourhood House



*Kerrie Rd Neighbourhood House front entrance*

# Term 4 2020

## 05 October – 11 December

**\*All classes to be held online via Zoom**

36 Kincumber Drive, Glen Waverley

Phone: 9887 6226

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

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

[www.facebook.com/kerrierdnh](https://www.facebook.com/kerrierdnh)



## CHILDREN'S PROGRAMS

### Creative Painting & Drawing for 5-12 years - These classes run for 1 hour

Develop your child's creativity in a relaxed and friendly environment with the support of our experienced tutors. Students will learn a variety of techniques and mediums, including pastels, paints and pencil. *An art materials kit needs to be purchased prior to your child's first class, the kit will last several terms and is an additional cost of \$35.00.*

Monday	4:00pm for 5-7yrs	05 Oct-07 Dec	*9wks	\$105
	5:00pm for 7-12yrs	05 Oct-07 Dec	*9wks	\$105
Tuesday	4:00pm for 5-12yrs	06 Oct-08 Dec	*9 wks	\$105
	5:00pm for 5-12yrs	06 Oct-08 Dec	*9 wks	\$105
Wednesday	4:00pm for 7-12yrs	07 Oct-09 Dec	10wks	\$115
	5:00pm for 5-7yrs	07 Oct-09 Dec	10wks	\$115
Thursday	4:00pm for 7-12yrs	08 Oct-10 Dec	10wks	\$115
	5:00pm for 5-7yrs	08 Oct-10 Dec	10wks	\$115

### Kid's Art Masterclass Program for 8-12 years

Progress to the next level in this advanced class.

Monday	3:45pm-5:45pm	05 Oct-07 Dec	*9wks	\$165
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## PLAYGROUPS

### Chinese Mother's Group

Wednesday	9:30am-12.30pm	07 Oct-09 Dec	10wks	\$60
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### Kerrie Neighbourhood House Playgroup

1 hour of structured activities between 10am and 11am

Thursday	9:30am-12:30pm	08 Oct-10 Dec	10wks	\$60
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### Japanese Mother's Group

Friday	10:45am-2:30pm	09 Oct-11 Dec	10wks	\$4pw
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All enquires to [glenwaverleyjapaneseplaygroup@gmail.com](mailto:glenwaverleyjapaneseplaygroup@gmail.com)

## 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. Contact our CALD CD Worker via our office or at the following email address [cdworker@knh.org.au](mailto:cdworker@knh.org.au)

\* Please be aware that classes marked with an asterix **WILL NOT** be running either

Monday 2<sup>nd</sup> November or Tuesday 3<sup>rd</sup> November.

\*Term 4 online classes will be discounted by 25% at booking. We thank you for continuing to be part of our community.

## COOKING & ART FOR ADULTS

### Italian Cooking

No experience required. *Additional \$25 for ingredients payable to tutor.*

Tuesdays	6:00pm-8:00pm	17 Nov-08 Dec	4wks	\$90
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### Painting & Drawing for Adults

Create, relax & enjoy learning the basics of drawing, watercolours, acrylics & pastels or come along & work on your own individual projects.

Tuesdays	1:00pm-3:00pm	13 Oct-08 Dec	*8wks	\$140
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## HEALTH & WELLBEING

Build strength, tone your muscles, improve your balance, and fitness levels with these low impact classes that use weights, fit-balls and more.

### Pilates

Monday	8:00pm	05 Oct-07 Dec	*9wks	\$110
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### Strength Training

Monday	10:30am	05 Oct-07 Dec	10wks	\$120
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Wednesday	9:45am <b>or</b> 11:00am	07 Oct-09 Dec	10wks	\$120
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Friday	9:15am <b>or</b> 9:30am	09 Oct-11 Dec	10wks	\$120
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### Yoga

Want to improve your physical and emotional well-being? Join one of our yoga classes and improve stress levels, flexibility and balance.

Monday	9:15am <b>or</b> 10:30am	05 Oct-07 Dec	10wks	\$125
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Tuesday	9:15am <b>or</b> 10:30am	06 Oct-08 Dec	10wks	\$125
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**or** 7:45pm

Thursday*	6:00pm <b>or</b> 7:30pm	08 Oct-10 Dec	10wks	\$125
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### \*Optional add on - 30min Meditation Session after/before Thursday Yoga

Thursday*	7:00pm	08 Oct-10 Dec	10wks	\$40
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Saturday	9:15am	10 Oct-12 Dec	10wks	\$125
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## LANGUAGES

Already know some French but want to improve? Our tutor, Isabelle, was born and raised in France and can give you the skills to speak confidently.

### French - Conversation (Advanced)

Tuesday	10:00am-12:00pm	06 Oct-08 Dec	10wks	\$170
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### French - Intermediate

Tuesday	1:00pm-3:00pm	06 Oct-08 Dec	10wks	\$170
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### French - Intermediate

Wednesday	1:30pm-3:30pm	07 Oct-09 Dec	10wks	\$170
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### Italian - Intermediate (students to purchase text book "Ci Siamo")

Already know some Italian? Want to learn more about the people, country and culture? Learn from Luciano, our native tutor.

Monday	6:00pm-8:00pm	05 Oct-07 Dec	10wks	\$170
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