

DID YOU KNOW?!

Kerrie Rd Neighbourhood House is a drop-off point for knit-one, give one (KOGO). Our Knitting group meets weekly on a Tuesday from 1pm-3pm during school term and is a vibrant, chatty, and friendly bunch! Donations welcome and can be dropped off during our office hours, 9am-4pm (Mon,Tue,Thu) or 9am-1pm (Wed

MEET....Marcia

Marcia has been in the Fitness industry for over 9 years and started with us in 2015. Marcia mainly teaches older adult classes and does Personal Training elsewhere. Marcia says she loves her job and is passionate about health and fitness and finds her job rewarding as she sees the results personally. Recently two of her participants that she teaches celebrated their 100th birthday! ☺ Marcia believes strongly about moving our bodies and connecting with others socially at the same time.

Marcia said that during our covid lockdowns it showed her just how important the physical and mental benefits are of doing classes together. Zoom is ok but nothing beats the real thing!

We offer **STRENGTH TRAINING** classes on a Monday, Wednesday, and Friday. To book or enquire, please email info@knh.org.au or call 9887 6226 during office hours.



COMMUNITY CALL OUT!



“THANK YOU” TO ALL OUR VOLUNTEERS AT KERRIE NEIGHBOURHOOD INC. WE APPRECIATE ALL THE SUPPORT YOU GIVE US!

“THANK YOU” TO EVERYONE WHO JOINED US FOR MORNING TEA TO CELEBRATE HARMONY, CULTURAL DIVERSITY WEEK AND NEIGHBOUR DAY IN MARCH!

“THANK YOU” TO OUR COMMITTED “WALKERS” WHO FREELY OFFER TO HELP DELIVER OUR NEWSLETTERS AND PROGRAMS. IF YOU ENJOY WALKING AND CAN HELP, WE NEED YOU! PLEASE CALL US NOW.

“THANK YOU” TO ALL OUR ART TUTORS AND THEIR STUDENTS FOR MAKING OUR SPOONVILLE VILLAGE

SMARTPHONES FOR BEGINNERS (ANDROID/IPHONE)

NEW! STARTING 19TH MAY!

Join, Tony Danino who has been teaching people to use their smartphones for over 3yrs and will be presenting the following two exciting **NEW** courses in separate classes:

- **Android Smartphones (Samsung, Oppo, Huawei etc.) for Beginners**
- **iPhone for Beginners**

You will find Tony friendly and approachable, and his goal is to teach people to better use their devices and, ultimately, communicate smarter with family and friends. Also use the applications (Apps) on your device and access the internet to help you every day.

To book or enquire, email info@knh.org.au or call us now on 9887 6226 during office hours.



ITALIAN COOKING with Lucia begins 1ST JUNE

No experience required, all Lucia asks is that you roll up your sleeves and give it a go, and (above all) have some fun!

To book or enquire, email info@knh.org.au or call us now on 9887 6226 during office hours

CHILDREN'S PAINTING & DRAWING CLASSES

Kerrie Rd Neighbourhood House has a great range of **Afterschool Children's Art Classes** that encourage originality and creativity and help young people, develop their art and creative thinking skills. You can opt in at any time!

For availability or to book or enquire, email info@knh.org.au or call us now!

Important Upcoming Dates

End of Term 2 – Friday 25th June
 Queen's Birthday - Monday 14th June – **NO CLASSES**
 Monday 14th June – Sunday 20 June – Mens Health Week
 Sunday 20th June -World Refugee Day