

CLASS SCHEDULE TERM 1 2026

GET ONLINE!



Build your digital skills, confidence and safety online with our free sessions on topics such as:

- Smartphone & Tablet Basics
 - Online Safety, Banking, MyGov
 - Managing passwords
 - Using apps and app stores
 - Online shopping & selling
 - Taking & managing photos
 - Social media basics
 - And much more!
- FREE**
- Be Connected**
Every Australian online.

TERM 1 SESSIONS

TUESDAY & FRIDAY MORNINGS*

* Selected dates subject to availability

BOOK THROUGH THE OFFICE

OFFICE HOURS

Monday, Tuesday & Thursday

9.00am - 4.00pm

Wed & Friday: 9.00am - 1.00pm

The Office is closed during School & Public Holidays

REGISTER FOR AN ACTIVITY

Visit knh.org.au or scan the QR code or

call/visit our office.



CONCESSION
HealthCare Card
Low Income or
Pensioner
Concession Card

MONDAY

NO CLASSES 9 MARCH

HATHA YOGA

Gentle Yoga with Angela
2 February - 30 March (8wks)
9.15am - 10.15am
FF \$130; C \$120

HATHA YOGA

Mindful Yoga with Martina
2 February - 30 March (8wks)
10.30am - 11.30am
FF \$130; C \$120

CHAIR YOGA

2 February - 30 March (8wks)
11.45am - 12.45pm
FF \$130; C \$120

SPANISH: INTERMEDIATE

2 February - 30 March (8wks)
1.30pm - 3.30pm
FF \$160; C \$150

BEGINNER SALSA WITH ANA

2 February - 30 March (8wks)
4.00pm - 5.00pm
FF \$130; C \$120

YOUNG CREATORS

Art with Fathima
2 February - 30 March (8wks)
4.00pm - 5.00pm (Ages 6-8)
5.05pm - 6.05pm (Ages 9-13)
Cost \$120

ART 101: ART FOR BEGINNERS

with Christine
2 February - 30 March (8wks)
7.00pm - 9.00pm
FF \$160; C \$150

TUESDAY

FLOW YOGA

3 February - 31 March (9wks)
9.15am - 10.15am
10.30am - 11.30am
FF \$145; C \$135

FRENCH CONVERSATION

with Isabelle
3 February - 31 March (9wks)
11.00am - 12.00pm
FF \$190; C \$180

KNIT & KNATTER

3 February - 31 March (9wks)
12.30pm - 2.30pm
\$3 per session

SIMPLY ART

with Christine
3 February - 31 March (9wks)
1.00pm - 3.00pm
FF \$180; C \$170

FRENCH: BEGINNER PLUS

with Isabelle
3 February - 31 March (9wks)
1.00pm - 3.00pm
FF \$190; C \$180



UPLIFTING FLOW YOGA

3 February - 31 March (9wks)
6.00pm - 7.00pm
7.15pm - 8.15pm
FF \$145; C \$135

WEDNESDAY

STRENGTH CLASS

Strong & Active with Pauline
4 February - 1 April (9wks)
9.45am - 10.45am
FF \$145; C \$135

STRENGTH CLASS

Steady & Strong with Pauline
4 February - 1 April (9wks)
11.00am - 12.00pm
FF \$145; C \$135

QIGONG with Vickie

Mind Body Movement
4 February - 1 April (9wks)
1.00pm - 2.00pm
FF \$145; C \$135

\$100 POWER SAVING BONUS
FOR ELIGIBLE CONCESSION CARD HOLDERS

NEED HELP?
BOOK A TIME WITH THE
OFFICE FOR ASSISTANCE
WITH YOUR APPLICATION

BOOK NOW

CALL 9887 6226

Kerrie Rd Neighbourhood House Victoria VICTORIA

MINI CHEF
Cooking Class (8-13yrs)
4 March - 1 April (5wks)
4.00pm - 5.00pm
Cost \$100

THURSDAY

MAT PILATES WITH PEARL

5 February - 2 April (9wks)
9.30am - 10.30am
10.30am - 11.30am
FF \$145; C \$135

PLAYGROUP FUN

6mths-4yrs
5 February - 2 April (9wks)
9.30am - 11.30am
Term \$35 or \$5 Casual



FREE

HOUSING OPTIONS AS WE AGE

THURSDAY 26 FEB 1.30-2.30PM
BOOKINGS ESSENTIAL

Kerrie Rd Neighbourhood House Victoria COTA VICTORIA

YOUNG CREATORS
Art with Mary
5 February - 2 April (9wks)
4.00pm - 5.00pm (Ages 6-8)
5.05pm - 6.05pm (Ages 8-12)
Cost \$135

FRIDAY

NO CLASSES 3 APRIL

STRENGTH CLASS

Steady & Strong with Pauline
6 February - 27 March (8wks)
9.15am - 10.15am
FF \$130; C \$120

JAPANESE PLAYGROUP

30 January - 27 March (9wks)
11.00am - 1.00pm
\$4 per session



FREE

CHAIN OF SURVIVAL
presented by Ambulance Victoria

THURS 12 MARCH 1.30-2.15PM
BOOKINGS ESSENTIAL

Ambulance Victoria

FREE

EATING WELL FOR HEALTHY AGEING

THURS 26 MARCH 1-2.30PM
BOOKINGS ESSENTIAL