

CLASS SCHEDULE TERM 2 2026



NEED HELP WITH TECHNOLOGY? **FREE**

GAIN THE CONFIDENCE TO GET ONLINE SAFELY.
BOOK A ONE ON ONE SESSION
WITH A VOLUNTEER DIGITAL MENTOR!



IN BLOOM:
Learn the Art
of Flower Arranging



THURSDAY 21 MAY 1.30-3.30pm
Cost \$95 (incl all materials)

OFFICE HOURS
Monday, Tuesday & Thursday
9.00am - 4.00pm
Wed & Friday: 9.00am - 1.00pm
The Office is closed during School & Public Holidays



CONCESSION
HealthCare Card
Low Income or
Pensioner
Concession Card

REGISTER FOR AN ACTIVITY
Visit knh.org.au or scan the QR code or
call/visit our office.

MONDAY

NO CLASSES 8 JUNE

HATHA YOGA
Yoga with Angela
20 April - 22 June (9wks)
9.15am - 10.15am
FF \$145; C \$135

WALKING GROUP
20 April - 6 July (11wks)
10.00am - 11.00am
FREE

SPANISH FOR BEGINNERS
Simple Spanish for Everyone
27 April - 22 June (8wks)
11.00am - 1.00pm
FF \$160; C \$150

SPANISH: INTERMEDIATE
20 April - 22 June (9wks)
1.30pm - 3.30pm
FF \$180; C \$170

SALSA WITH ANA
20 April - 22 June (9wks)
4.00pm - 5.00pm
FF \$145; C \$135

YOUNG CREATORS
Art classes with Fathima
20 April - 22 June (9wks)
4.00pm - 5.00pm (Ages 6-8)
5.05pm - 6.05pm (Ages 9-13)
Cost \$135

ART 101: ART FOR BEGINNERS
with Christine
20 April - 22 June (9wks)
7.00pm - 9.00pm
FF \$180; C \$170

TUESDAY

SLOW FLOW YOGA
21 April - 23 June (10wks)
9.15am - 10.15am
10.30am - 11.30am
FF \$160; C \$150

FRENCH CONVERSATION
with Isabelle
21 April - 23 June (10wks)
10.00am - 12.00pm
FF \$210; C \$200

KNIT & KNATTER
21 April - 23 June (10wks)
12.30pm - 2.30pm
\$3 per session

SIMPLY ART WITH CHRISTINE
21 April - 23 June (9wks)
No class 9 June
1.00pm - 3.00pm
FF \$180; C \$170

FRENCH: BEGINNER PLUS
with Isabelle
21 April - 23 June (10wks)
1.00pm - 3.00pm
FF \$210; C \$200



FLOW YOGA WITH YVONNE
28 April - 23 June (9wks)
6.00pm - 7.00pm
7.15pm - 8.15pm
FF \$145; C \$135

WEDNESDAY

STRENGTH CLASS
with Pauline
22 April - 24 June (10wks)
9.45am - 10.45am
11.00am - 12.00pm
FF \$160; C \$150

QIGONG WITH VICKIE
22 April - 24 June (8wks)
No classes 27/5 & 3/6
1.00pm - 2.00pm
FF \$130; C \$120

MINI CHEF
Cooking Class (8-13yrs)
29 April - 17 June (8wks)
4.00pm - 5.00pm
Cost \$160



EATING WELL FOR HEALTHY AGEING

THURSDAY 23 APRIL
1.30-2.30PM **FREE**



AI LITERACY WORKSHOP **FREE**

THURSDAY 18 JUNE
1.00 - 4.00PM

THURSDAY

PLAYGROUP FUN
with Susanne
23 April - 25 June (10wks)
9.30am - 11.30am
Term \$35 or \$5 Casual



THURSDAY COFFEE
10AM - 11AM
COMMUNITY, CONNECTION, CONVERSATION
GOLD COIN DONATION

MAT PILATES WITH PEARL
23 April - 25 June (10wks)
9.30am - 10.30am
10.30am - 11.30am
FF \$160; C \$150



YOUNG CREATORS
Art classes with Mary
23 April - 25 June (10wks)
4.00pm - 5.00pm (Ages 6-8)
5.05pm - 6.05pm (Ages 8-12)
Cost \$150

STRONG FLOW YOGA
with Yvonne
30 April - 25 June (9wks)
6.45pm - 7.45pm
FF \$145; C \$135

FRIDAY

STRENGTH CLASS
Steady & Strong with Pauline
24 April - 26 June (10wks)
9.15am - 10.15am
FF \$160; C \$150

JAPANESE PLAYGROUP
日本語であそぼう
24 April - 26 June (10wks)
11.00am - 1.00pm
\$4 per session



ELDER ABUSE AND SCAM AWARENESS

THURSDAY 11 JUNE
1.30-2.30PM **FREE**



FIRE & HOME SAFETY
PRESENTED BY FIRE SERVICES VIC

THURSDAY 25 JUNE
1.30 - 2.30PM **FREE**