

KERRIE RD NEIGHBOURHOOD HOUSE IS A PROUDLY INDEPENDENT NOT FOR PROFIT COMMUNITY ORGANISATION

LOOKING FOR A SPACE TO HIRE?  
We have a range of rooms available—perfect for meetings, cultural activities, workshops, social groups, playgroups, fitness classes and more.  
For room details and pricing, visit our [website](#) or get in touch with us directly.  
Rooms can be hired during the following hours (subject to availability)  
Monday–Friday: 8:15am – 10:00pm  
Saturday: 8:00am – 5:00pm  
Sunday: 9:00am – 5:00pm



# TERM 1 PROGRAM

## 2 FEBRUARY – 2 APRIL 2026



# CLASS SCHEDULE TERM 1 2026

## 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)  
10.00am - 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**



### 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



**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



**CONCESSION**  
HealthCare Card  
Low Income or  
Pensioner  
Concession Card

**REGISTER FOR AN ACTIVITY**  
Visit [knh.org.au](http://knh.org.au) or scan the QR code or call/visit our office.

**FREE**

**CHAIN OF SURVIVAL**  
presented by Ambulance Victoria

**THURS 12 MARCH 1.30-2.15PM**

**BOOKINGS ESSENTIAL**

**EATING WELL FOR HEALTHY AGEING**

**THURSDAY 26 MARCH 1.30-2.30PM**

**FREE**