

## DID YOU KNOW?!

*Kerrie Rd Neighbourhood House is home to several social and support groups. Come along and try a group today, everyone is welcome!*

Email [info@knh.org.au](mailto:info@knh.org.au) to chat to us today!



### MEET...Luciano

Luciano was born and educated at University level in Rome (Italy) and on arrival in Australia, studied English and business development at Melbourne University. Has worked in varied roles, having been employed in the airline industry for 25yrs in training, marketing, and management, has successfully owned a travel consultancy office and is an acclaimed Italian Language and Culture Tutor for 40yrs! His aim is to teach colloquial Italian, fresh, crisp, modern everyday language to be learned and used immediately, in shops, restaurants, markets, with friends and acquaintances. Luciano is also the founder and Editor in Chief of the monthly e-zine, "WHAT'S NEW IN ITALY", visit:

<https://www.whatsnewinitaly.com>

## COMMUNITY CALL OUT!

HELLO NEIGHBOURS!  
WE WOULD REALLY APPRECIATE IT IF YOU WERE HAPPY TO SEND US TESTIMONIALS THAT WE CAN USE ON OUR FACEBOOK PAGE AND WEBSITE.

ALTERNATIVELY,  
YOU CAN GO TO OUR FACEBOOK PAGE AND WEBSITE AND WRITE YOUR OWN REVIEW.



### Our own Spoonville continues ...

**SPOON "BUILDING SESSION"** coming soon to your Children's Art & Pottery Classes! Let's share some love and joy in our Community.



### 5 PACK DISPOSABLE MASKS



Send us an email with your details, day, and time if you would like to pick up a packet. (FREE)

## "SMARTPHONES FOR BEGINNERS (ANDROID/IPHONE)" NEW IN TERM 2.2021!

Join retired, 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**

### The need to Keep in Touch.

- Do you want to communicate better with family and friends, both locally and around the world?
- Would you like to message people, video-call the kids and share family photos, files etc.?
- Do you need help to set up and use your device properly?
- What is Wi Fi and Bluetooth? How do I use them?

### Then this Course is for you!

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.



Interested? Want to find out more or want to enrol? Class limited to 8 people.  
Call us now on 9887 6226 or email [info@knh.org.au](mailto:info@knh.org.au)

## Saturday Yoga – with Nicky

**ADULT YOGA (9.15am – 10.15am)** – Nicky teaches a slow ... style that can be as challenging or as gentle as you need it to be! You will begin with a deep warm-up that works out the kinks and stiffness in your joints, finishing with some sun salutations. Balance and strength are also a focus with standing poses, and floor work targets flexibility, especially in the hamstrings and spine.

**KIDS YOGA (10.30am – 11.30am)** – Improve your Child's physical, social, emotional, and mental well-being, as well as their focus and concentration. Kids Yoga is a fun class that incorporates music, games, stories, relaxation and visualization, meditation and more!

### IMPORTANT DATES

8<sup>th</sup> March – Labour Day (No Classes)  
Term 1 finishes Thursday 1<sup>st</sup> April  
Term 2 starts Monday 19<sup>th</sup> April.