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



#### **REGISTER ONLINE**

knh.org.au or scan the QR code

#### **REGISTER IN PERSON**

Call or visit the office to book & make payment Booking T&C's can be found on our website

#### **OFFICE HOURS**

Monday, Tuesday & Thursday: 9.00am - 4.00pm

Wednesday & Friday: 9.00am - 1.00pm

Office closed: School & Public Holidays



Kerrie Rd Neighbourhood House is home to the following groups & organisations. For more information on their activities please contact the organisations directly.

Bipolar Life Victoria (Meets 7.30pm 4th Tuesday of the month)

The Glen Waverley Bipolar Support Group is for women with Bipolar Disorder. amanda.cops@mhfa.org.au | www.bipolarlife.org.au/glen-waverley | 8825 3506

Ikebana with Akemi (Fridays 10-11.30am)

ikebanaakemi.wixsite.com/mysite

<u>Japanese Playgroup</u> (Fridays 11am-1pm during school term)

Fun & welcoming parent run Japanese language and cultural playgroup.

glenwaverleyjapaneseplaygroup@gmail.com

### **Mirror Drama**

Mirror Drama Studio is dedicated to offering professional art training programs across various fields, including drama performance, language hosting, vocal music, English public speaking, and dubbing. rachel.fuyuge@gmail.com | 0498 183 332

Sai Organisation (Sundays 10-12pm)

Sri Sathya Sai Spiritual Education (SSSSE) for children

www.sai.org.au | saicentre.waverley@sai.org.au

Waverley Widow Support Group (Meets Wednesdays 7.30pm)

A social support group for those who have lost a partner. Occasional guest speakers & social outings. For further details please contact: Lesley 9725 6843 or Nonie 9802 2316











# TERM 4 PROGRAM 6 OCTOBER - 12 DECEMBER 2025















36 KINCUMBER DRIVE GLEN WAVERLEY 3150

9887 6226 | info@knh.org.au | knh.org.au

(a) kerrierdneighbourhoodhouse (f) kerrierdnh





**NEED HELP?** 

BOOK A TIME WITH THE

WITH YOUR APPLICATION

**COMMUNITY SAFETY MONTH** 

STAYING SAFE ONLINE

THURSDAY 23 OCTOBER 1.30 - 2.30PM

Want to learn more about your

FREE CLASSES

COMING IN TERM 4

BOOKINGS ESSENTIAL

Be Connected

Presented by the Commonwealth Bank

smartphone or tablet?

BOOK NOW 🔊

CALL 9887 6226

## **MONDAY**

NO CLASSES 3 NOVEMBER

### **HATHA YOGA** Gentle Yoga with Angela

6 October - 15 Dec (10wks) 9.15am - 10.15am

# **HATHA YOGA**

FF \$160; C \$150

### Mindful Hatha with Martina

6 October - 15 Dec (10wks) 10.30am - 11.30am FF \$160; C \$150

### **CHAIR YOGA with Martina**

6 October - 15 Dec (10wks)

11.45am - 12.45pm FF \$160; C \$150

### **SPANISH: INTERMEDIATE**

6 October - 8 December (9wks) 1.30pm - 3.30pm FF \$180; C \$170

### **BEGINNER SALSA with Ana**

6 October - 8 December (9wks)

FF \$145; C \$135

#### **YOUNG CREATORS** Art with Fathima

6 October - 8 December (9wks) 4pm - 5pm (Ages 6-8)

5.05pm - 6.05pm (Ages 9-13)

Cost \$135

#### ART 101: ART FOR BEGINNERS with Christine

6 October - 8 December (9wks)

FF \$175; C \$165

### **TUESDAY**

NO CLASSES 4 NOVEMBER

### **SLOW FLOW YOGA** with Nicky

7 October - 16 December (10wks)

9.15am - 10.15am

10.30am - 11.30am

FF \$160; C \$150

#### FRENCH CONVERSATION with Isabelle

7 October - 9 December (9wks)

10am - 12pm

FF \$190; C \$180



#### **FRENCH: BEGINNER PLUS** with Isabelle

7 October - 9 December (9wks)

1pm - 3pm

FF \$190; C \$180

#### **KNIT & KNATTER**

7 October - 9 December (9wks) 12.30pm - 2.30pm

\$3 per session

### **SIMPLY ART**

with Christine

7 October - 9 December (9wks)

1pm - 3pm

FF \$175; C \$165

### YIN YANG YOGA with Yvonne

7 October - 16 December (10wks)

6pm - 7pm

7.15pm - 8.15pm

FF \$160; C \$150

### **WEDNESDAY**

#### STRENGTH CLASS

Strong & Active with Pauline

8 October - 17 Dec (11wks)

9.45am - 10.45am

FF \$175; C \$165

#### STRENGTH CLASS

**Steady & Strong with Pauline** 

8 October - 17 Dec (11wks)

FF \$175; C \$165



### **QIGONG** with Vickie

**Mind Body Movement** 

8 October - 10 Dec (10wks)

1.00pm - 2.00pm

FF \$160; C \$150



### **MINI CHEF**

Cooking Class (8-13yrs)

8 October - 26 Nov (8wks)

4pm - 5pm

Cost \$160



CONCESSION (C) APPLICABLE TO HOLDERS

OF A HEALTHCARE CARD OR PENSIONER CONCESSION CARD

### **THURSDAY**

#### MAT PILATES with Pearl

9 October - 11 Dec (10wks)

9.30am - 10.30am

10.30am - 11.30am

FF \$160; C \$150

### **PLAYGROUP FUN**

6mths-4yrs

9 October - 11 Dec (10wks)

9.30am - 11.30am

Term \$35 per family

Casual \$5 per session



#### SAVOUR THE WORLD

**Cooking Classes with Edna** 

9 - 30 October (4wks)

12.00pm - 1.30pm

Indian, Middle Eastern

Italian & Asian

Cost \$10 per class

# **YOUNG CREATORS Art with Mary**

9 October - 11 Dec (10wks)

4pm - 5pm (Ages 6-8)

5.05pm - 6.05pm (Ages 8-12)

Cost \$150

### **FRIDAY**

STRENGTH CLASS Steady & Strong with Pauline

10 October - 12 Dec (10wks)

9.15am - 10.15am

FF \$160: C \$150

#### JAPANESE PLAYGROUP

10 October - 12 Dec (10wks)

11.00am - 1.00pm

\$4 per session



## **NEW WORKSHOPS**



