



### REGISTER ONLINE

[knh.org.au](http://knh.org.au) or scan the QR code

### REGISTER IN PERSON

Call or visit the office to book & make payment

Booking terms & conditions 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](mailto:amanda.cops@mhfa.org.au) | [www.bipolarlife.org.au/glen-waverley](http://www.bipolarlife.org.au/glen-waverley) | 8825 3506

#### Ikebana with Akemi (Fridays 10-11.30am)

[ikebanaakemi.wixsite.com/mysite](http://ikebanaakemi.wixsite.com/mysite)

#### Japanese Playgroup (Fridays 11am-1pm during school term)

Fun & welcoming parent run Japanese language and cultural playgroup.

[glenwaverleyjapaneseplaygroup@gmail.com](mailto: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](mailto:rachel.fuyuge@gmail.com) | 0498 183 332

#### Sai Organisation (Sundays 10-12pm)

Sri Sathya Sai Spiritual Education (SSSSE) for children

[www.sai.org.au](http://www.sai.org.au) | [saicentre.waverley@sai.org.au](mailto: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 3 PROGRAM

## 21 JULY - 19 SEPTEMBER 2025





# CLASS SCHEDULE TERM 3 2025

## MONDAY

### HATHA YOGA

Gentle Yoga with Angela  
21 July - 15 September (9wks)  
9.15am - 10.15am  
FF \$145; C \$135

### HATHA YOGA

Mindful Hatha with Martina  
21 July - 15 September (9wks)  
10.30am - 11.30am  
FF \$145; C \$135

### CHAIR YOGA with Martina

21 July - 15 September (9wks)  
11.45am - 12.30pm  
FF \$145; C \$135

## TUESDAY

### SLOW FLOW YOGA

with Nicky  
22 July - 16 September (9wks)  
9.15am - 10.15am  
10.30am - 11.30am  
FF \$145; C \$135

### CONVERSATION EN FRANCAIS

with Isabelle  
22 July - 16 September (9wks)  
10am - 12pm  
FF \$190; C \$180



## WEDNESDAY

### STRENGTH CLASS

Strong & Active with Pauline  
23 July - 27 August (6wks)  
9.45am - 10.45am  
FF \$105; C \$100

### STRENGTH CLASS

Steady & Strong with Pauline  
23 July - 27 August (6wks)  
11am - 12pm  
FF \$105; C \$100



## THURSDAY

### MAT PILATES with Pearl

24 July - 18 September (9wks)  
9.30am - 10.30am  
10.30am - 11.30am  
FF \$145; C \$135

### PLAYGROUP FUN

6mths-4yrs  
24 July - 18 September (9wks)  
9.30am - 11.30am  
Term \$35 per family  
or Casual \$5 per session



## FRIDAY

### STRENGTH CLASS

Steady & Strong with Pauline  
25 July - 19 September (9wks)  
9.15am - 10.15am  
FF \$145; C \$135

### JAPANESE PLAYGROUP

25 July - 19 September (9wks)  
11.00am - 1.00pm  
\$3 per session



**FREE SESSIONS**  
Bookings Essential



Gain confidence & skills to get online safely

**Be Independent.  
Be Connected.**

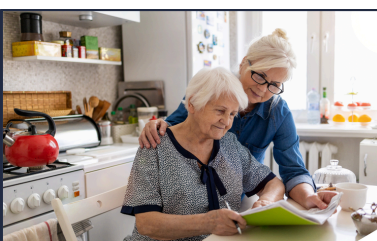
**BOOK A FREE DIGITAL HELP SESSION!**  
FRIDAYS 9.30-10.30AM  
Iphone, Android, Ipad & Tablets  
BOOKINGS ESSENTIAL



**PLANNING AHEAD**  
Thursday 4 September 1.30-3.00pm

An introduction to end of life documentation with The Practical Doula, Melanie Cookes

**FREE**



**MONASH AGED SERVICES**  
Information Session  
Thursday 11 September 1.30pm  
Kerrie Rd Neighbourhood House

**FREE**

### SPANISH: BEGINNER PLUS

21 July - 15 September (9wks)  
1.30pm - 3.30pm  
FF \$180; C \$170

### SALSA with Ana

21 July - 15 September (9wks)  
4pm - 5pm  
FF \$145; C \$135

### YOUNG CREATORS

Art with Fathima  
21 July - 15 September (9wks)  
4pm - 5pm (Ages 6-8)  
5.05pm - 6.05pm (Ages 9-13)  
Cost \$135

**ART 101: ART FOR BEGINNERS**  
with Christine  
Returns Term 4

### FRENCH: BEGINNER PLUS

with Isabelle  
22 July - 16 September (9wks)  
1pm - 3pm  
FF \$190; C \$180

### KNIT & KNATTER

22 July - 16 September (9wks)  
12.30pm - 3pm  
\$3 per session

### SIMPLY ART

with Christine  
22 July - 16 September (9wks)  
1pm - 3pm  
FF \$175; C \$165

### YIN YANG YOGA with Yvonne

22 July - 2 September (7wks)  
6pm - 7pm  
7.15pm - 8.15pm  
FF \$115; C \$105

**TEXTURE & THREADS**  
Mixed Media Workshop  
Plaster, Paint & Fabric

WEDNESDAY (4WKS)  
6 - 27 AUGUST 2025  
10AM - 12PM  
COST \$100

### MINI CHEF: KID'S KITCHEN

Cooking Class (8-13yrs)  
23 July - 13 August (4wks)  
4pm - 5pm  
Cost \$80



**CONCESSION (C)**  
APPLICABLE TO  
HOLDERS  
OF A HEALTHCARE  
CARD OR PENSIONER  
CONCESSION CARD

## ART WORKSHOPS

## FOOD WORKSHOPS

**QIGONG with Vickie**  
Mind Body Movement  
Returns Term 4

### YOUNG CREATORS

Art with Mary  
24 July - 18 September (9wks)  
4pm - 5pm (Ages 6-8)  
5.05pm - 6.05pm (Ages 8-12)  
Cost \$135

**HATHA YOGA with Martina**  
24 July - 18 September (9wks)  
6pm - 7pm  
FF \$145; C \$135

## THE ART OF CHEESE

LEARN HOW TO  
MAKE MOZZARELLA,  
PANEER, RICOTTA &  
HALOUMI

**THURSDAY 7 AUGUST**  
1.00 - 2.30PM  
COST \$55



**INTRODUCTION  
TO INDIAN  
COOKING**



**\$45**

**THURSDAY  
14 AUGUST  
12 - 1.30PM**

