

## SOCIAL GROUPS

### Mahjong Western Style

**Friday 10am - 12pm**

Beginners welcome!

Cost: \$40 per Term

Coffee & Tea included



### Knitting Group

Come join us and knit a square to make a blanket to help those less fortunate in our community to keep warm this winter. We have needles and some wool to get you started.



### COMMUNITY LUNCH

**Burmese Cuisine**

**Date: Wed 11<sup>th</sup> Feb & 18<sup>th</sup> Mar**

Time: **12 noon**, Cost: \$10

Booking essential.



### Book Club

Join us to share your favourite book. Bring a book, bring a friend, and enjoy a relaxed morning of conversation and connection!

**Dates: 16<sup>th</sup> Feb & 16<sup>th</sup> Mar**

Time: 11am - 12pm

Cost: Gold coin, Tea & coffee provided.

### EXPRESSION OF INTEREST

**WE ARE LOOKING FOR A VOLUNTEER TUTOR  
TO RUN A TAI CHI CLASS.**

**PLEASE CONTACT THE OFFICE FOR MORE  
INFORMATION**

**NEW**

### Evening Yoga

Take a pause from the busy day and give your body and mind some gentle care. In this relaxing Yin Yoga class, we'll hold poses a little longer to release tension, improve flexibility, and calm the nervous system.

It's a cozy, welcoming space for all levels

**Mondays, 7pm - 8pm**

**2nd Feb - 30th Mar** (no class on 9th Mar)

Cost: \$120 per Term (8 Weeks)



### Social Tai Chi

**Come and Practice Tai Chi With Us!**

Join a friendly and relaxed group to improve your balance, focus, and wellbeing.

 When: Monday or Tuesday afternoons

\$ Cost: FREE All experience levels welcome

### Free Mindfulness Class

Date:

**Direct Deposits for Class Fees**

BSB: 633-000 Acc No: 149 516 049

**Facebook** <https://www.facebook.com/KerrimuirNH>

**Website** <https://www.kerrimuirhouse.org.au/>

Kerrimuir Neighbourhood House gratefully acknowledges



KERRIMUIR  
NEIGHBOURHOOD  
HOUSE

## Term 1, 2026 Course Guide

**Tuesday 27th Jan - Thursday 2nd Apr  
2026**



**57 Linda Avenue, Box Hill North VIC 3129**

**Phone: (03) 9899 7660**

**E-mail: [info@kerrimuirhouse.org.au](mailto:info@kerrimuirhouse.org.au)**



## ART ADULTS

### Watercolour Classes

Unleash Your Inner Artist! 

Join our Watercolour Classes and explore the tips, techniques, and creativity behind this beautiful art form. Whether you're a beginner or looking to refine your skills, these sessions are perfect for you.

 Learn to create stunning works of art in a relaxed and supportive environment!

#### Thursdays 9:30am - 11:30am

29th Jan - 26th Mar (9 weeks)

Cost: \$225 per Term

#### Fridays 9:30am - 11:30am

30th Jan - 27th Mar (9 weeks)

Cost: \$225 per Term

### DUST OFF YOUR OUTFIT — WE'RE GOING OUT FOR LUNCH!

*We're planning a casual lunch outing soon and would love your ideas.*

*Tell us about your favourite café - the ones with the best coffee, yummy meals, or friendly vibes! Send us your suggestions so we can pick a great spot for our next catch-up.*

**Date: Wed 1<sup>st</sup> April**

**Time: 12pm**

**RSVP: 30<sup>th</sup> March 2026**



## EXERCISE / HEALTH

### STRENGTH & FITNESS CLASS - SENIOR ADULTS

In this class, you will utilize hand weights, engage in movement, and perform circuit exercises to enhance your general fitness.

#### Wednesdays 9:30am - 10.25am

28<sup>th</sup> Jan - 1<sup>st</sup> Apr

Cost: \$150 per Term (10 Weeks)

#### Wednesdays 10:35am - 11.30am

28<sup>th</sup> Jan - 1<sup>st</sup> Apr

Cost: \$150 per Term (10 Weeks)

### Gentle Chair Fitness - Stretch & Strength Senior Adults

Join us for a gentle exercise class that blends soft movements with weights to enhance muscle tone, coordination, and balance, along with a much-needed body stretch.

#### Mondays, 9:15am - 9:55am

2nd Feb - 30<sup>th</sup> Mar

(no class on 9th Mar - Public Holiday)

Cost: \$96 per Term (8 Weeks)

### Walking Group

Come along and join in our walking group. Great way to keep up your fitness and meet others. We often stop for a coffee or Tea at a local Café.

#### Mondays 10:00am

(meet at house during School Term)

Cost: \$5 per term (admin fee)



## SOCIAL GROUPS

### Tuesday Kerrimuir Playgroup

Tuesday during school Term

Time: 9.30am - 11.30am

Age group: 0 - 2 years old

Cost: \$20 per Family per Term

### English Conversation - beginners

Join us for a friendly conversation to practice your English to get ready for your everyday life situation.

#### Tuesday 3rd Feb - 31<sup>st</sup> Mar

Time: 10am - 11.30am

Cost: \$40 per Term

Call us to enroll on 03 9899 7660



### Elder Rights Australia

Invitation to all Community Members  
Elder Rights Australia will be attending on:

#### Wed 25th March

Time: 12pm

Cost: FREE

Topics:

Aged Care Rights

Recognizing and Responding to Elder Abuse

Navigating the Aged Care System

The National Aged Care Advocacy Program

Call us to book on 03 9899 7660

Aged Care Advocacy Line

1800 700 600 | [elderrights.org.au](http://elderrights.org.au)



Elder Rights Australia Ltd is a founding member of the National Older Persons Advocacy Network (OPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

