

## SOCIAL GROUPS

### Mahjong Western Style

**Friday 10am - 12pm**

Beginners welcome!

Cost: \$4 per week. Term payment preferred.

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**

**Booking essential.**

Date: **Wednesday**

**30th Jul & 10th Sep**

Time: **12 noon**

Cost: \$10



### 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: 28th Jul & 8th Sep**

Time: 11am - 12pm

Cost: Gold coin, Tea & coffee provided.



## MARKING YOUR CALENDAR!

🎉 **SENIORS FESTIVAL – COMING THIS OCTOBER (TERM 4)! 🎉**

*Get ready for a vibrant celebration during Term 4 as we welcome the Seniors Festival this October!*

*A wide range of classes, events, and activities will be available for all to enjoy.*

📅 *Full program details and class registrations will be advertised in Term 3 — so stay tuned and don't miss out! Let's make this festival one to remember!*



**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



## Term 3, 2025 Course Guide

**Mon 21<sup>st</sup> July - 19<sup>th</sup> September 2025**



**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

31st Jul - 18th Sep (8 weeks)

Cost: \$200 per Term

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

1st Aug - 19th Sep (8 weeks)

Cost: \$200 per Term

## KIDS CREATIVE ART CLASS

Join Us for a Fun and Creative Kids Art Class with the Talented Artist, Anna!

#### Wednesdays: 4pm - 5.30pm

Age group 5 -9 year old

#### 23rd Jul - 17th Sep

Cost: \$225 per Term ( 9 Weeks)

(2 split payments per Term are acceptable)



## 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 - 10.30am

23rd Jul - 17th Sep

Cost: \$135 per Term (9 Weeks)

### Stretch & Release (suitable for all ages & abilities)

Stretch & Release focuses on improving flexibility, mobility, posture and joint range of motion. Using a combination of gentle movements and slow holds we will provide relief to tight and tense muscles, exploring techniques that nurture your body & calm your mind.

#### Wednesdays 10.45am -11.30am

23rd Jul - 17th Sep

Cost: \$135 per Term (9 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, 9:15 AM - 9:55 AM

21st Jul - 15th Sep

Cost: \$108 per Term ( 9 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 22nd Jul - Tue 16th Sep

Time: 10am - 11.30am

Cost: \$36 per Term (9 Sessions)

Call us to enroll on 03 9899 7660

### English Conversation - intermediate

Tuesday 22nd Jul - Tue 16th Sep

Time: 12pm - 1.30 pm

Cost: \$36 per Term (9 Sessions)

Call us to enroll on 03 9899 7660



We're excited to announce Mini Maestros Music and Movement classes for children aged 0-5 years are running at Kerrimuir Neighbourhood House on Mondays!

Join us for fun-filled sessions designed to nurture your little one's musical development through engaging activities, songs, and movement. A great way to meet other local families too!

BOOK NOW:

Please contact 03 9850 5566 to book or enroll via

[www.https://www.minimaestros.com.au/](https://www.minimaestros.com.au/)

 [hello@minimaestros.com.au](mailto:hello@minimaestros.com.au)  9850 5566

 [minimaestros.com.au](https://www.minimaestros.com.au/)