

# SOCIAL GROUPS

## Rainbow Families Playgroup

Rainbow Family Playgroup is open to all families in the LGBTIQ+ community. This playgroup provides the opportunity to connect with other Rainbow Families with young children in your local area to build a supportive community for our children to grow up in. Feel free to bring along a snack for morning tea.

**Thursdays 9.30am - 11.30am**

**18th Apr - 27th Jun (not on ANZAC Day)**

Cost: Gold coin if the your budget allows  
Tea and coffee provided

## NEW - Mahjong Western Style

**Friday 9.30am - 11.30am**

Beginners welcome! Cost FREE





**Inviting carers of people with disability, mental illness or aged person to attend free walking events in Victoria, connect with other carers, and to learn about the supports available.**

*Morning tea & guest speaker after each monthly walk!*

<b>WHEN</b>	Meet at 9.45am on 16th Apr, 21st May & 18th Jun
<b>WHERE</b>	Kerrimuir NH, 57 Linda Ave, Box Hill North
<b>CONTACT</b>	info@kerrimuirhouse.org.au or call 9899 7660

**FIND A WALK NEAR YOU!**  
Visit: [nhvic.org.au/walks-for-carers-ncc](http://nhvic.org.au/walks-for-carers-ncc)

**QUESTIONS?**  
Contact the NHVic Carers Project Coordinator:  
michelle@nhvic.org.au

where carers are always welcome




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## 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**

1st May & 5th Jun

Time: **12 noon**

Cost: \$10



## Book Club

Please join us to share your favourite book.



Dates: **Mon 22nd Apr, 27th May, 24th Jun**

Time: 11am - 12pm

Cost: Gold coin, Tea & coffee provided.

**Office Hours: Monday to Friday 9am – 3pm.**  
**School Holidays Closed**

## 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 2, Course Guide

**Mon 15th Apr - Fri 28 Jun 2024**

(closed 25th Apr & 10th Jun  
public holidays)



**To celebrate  
Neighbourhood House Week,  
Join us to hear & meet about Edita's Mujkic  
award-winning memoir,  
Between Before and After.**

Morning Tea provided by Whitehorse  
Community Houses

Tue: 14th May 2024

Time: 10.30am - 12pm

**Location : The Holow - Burwood Brickworks**

**Booking via: QR code or link below**



[https://www.trybooking.com/events/landing/11](https://www.trybooking.com/events/landing/1197489?embed)

[97489?embed](https://www.trybooking.com/events/landing/1197489?embed)

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

**Phone: (03) 9899 7660**

**E-mail: info@kerrimuirhouse.org.au**

## ART ADULTS

### Watercolour Classes

Join in Watercolour classes and learn the tricks and techniques of creating beautiful pieces of art.

**Thursdays 9:30am - 11:30am**

2nd May - 27th Jun (9 weeks)

Cost: \$225 per Term  
(Class almost full)



**Fridays 9:30am - 11:30am**

3rd May - 28th Jun (9 weeks)

Cost: \$225 per Term  
(Class almost full)



### Oil Painting class

Join us for oil painting class with the local Artist Bryan Fitzgerald.

**Thursdays: 12:30pm - 2.30pm**

2nd May - 27th Jun (9 weeks)

Cost: \$225 per Term



## KIDS CREATIVE ART CLASS

Join us for fun creative Kids Art Class with the very talented Artist Anna.

**Wednesdays: 4pm - 5.30pm**

17th Apr - 26th Jun (11 weeks)

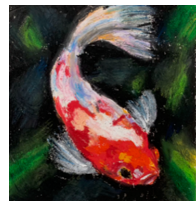
Cost: \$275 per Term  
(2 split payments per Term acceptable)



**Wednesdays: 5.30pm - 7pm**

17th Apr - 26th Jun (11 weeks)

Cost: \$275 per Term  
(2 split payments per Term acceptable)



## EXERCISE / HEALTH

### Strength Classes

#### Senior Adults

In this class you will use hand weights, movement and circuit work to improve your general fitness.



**Wednesdays 9:15am - 9:55am**

17th Apr - 26th Jun (11 weeks)

#### Exercise, Strength & Fitness

Improve your muscle tone, coordination, balance and core strength while improving your overall health.

**Wednesdays 10:05am - 10:45am**

17th Apr - 26th Jun (11 weeks)

**COST: Wed \$110 (11 weeks)**

Participants of KNH strength classes may be asked to consult with their Doctor.



### Stretch & Strength Adults

This gentle exercise class will combine gentle movement with the use of weights to improve muscle tone, coordination and balance with a much needed **body stretch**

**Mondays 9.15am - 9.55am**

15th Apr - 24th Jun (No class on 13th May & 10th Jun - Kings Birthday) **COST: Mon \$90 (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)

## MUSIC

Acoustic Guitar Classes for over 50's.

Bring your Acoustic Guitar, music stand & notebook

**Saturdays: 2pm - 4pm**

20th Apr - 21st Jun (10 Weeks)

Cost: \$250 per Term (2 installments acceptable)



## KEEPING UP WITH TECH / ONLINE

### Technology 1 on 1

#### IT support for participants

1 on 1 support for your iPhone, iPad or computer. 45 minute session, Cost: From \$45 - \$55  
Booking required, Please call to book.



### HLTAID011 Provide First Aid

- First Aid Express (with eLearning (3-4 hours) + practical session 3.5 hours).
- Cost: &130 per person

### HLTAID009 Provide CPR:

- Cost: \$60 per person
- CPR Express: eLearning (approx. 45mins) + practical session (30 - 60 mins)

**Date: Wed 26th June at 11am - 2.30pm**

**Booking required! Call 9899 7660 or email us!**

Remedy First Aid Training are pleased to deliver **Nationally Recognised First Aid Training and assessment delivered on behalf of Allens Training Pty Ltd RTO 90909.**