

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.

Tuesdays 9.30am - 11.30am

2nd May - 20th Jun

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

Kerrimuir Nh Chatty Cafe

Come along to our free Chatty Cafe morning. Connect & make new friends while having a cuppa & a chat.

Tea & coffee provided.
Everyone welcome!

**Tuesday 9th & 23rd May,
6th & 20th Jun**

Time: 10am - 11am



COMMUNITY LUNCH

**Burmese Cuisine
Booking essential.**

Date: Wed 3/5, 17/5, 31/5 & 14/6

Time: 12 noon

Cost: \$10



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.

SOCIAL GROUPS

Neighbourhood Friendship Group

City of Whitehorse & Kerrimuir Neighbourhood House in partnership are hosting Neighbourhood Friendship Group. This is an opportunity to connect & meet other families with children aged 0 - 3 years in your local neighbourhood. Light morning tea will be provided. All welcome - booking essential.

Where: Kerrimuir Neighbourhood House

Dates: Tuesdays 2nd May, 16th May, 30th May & 13th Jun

Time: 9.30am until 11am

Cost: FREE

Contact: Rachel Simpson

parentresource@whitehorse.vic.gov.au
or 0477 329 540



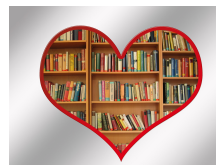
Book Club

Please join us to share your favourite book.

Dates: Monday 1/5 and 29/5

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

26th Apr - 23rd Jun 2023

Closed Mon 12th Jun -

King's Birthday



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

Phone: (03) 9899 7660

E-mail: info@kerrimuirhouse.org.au

ART

Watercolour Classes

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

Thursdays 9:30am - 11:30am

27th Apr - 22nd Jun (9 weeks)

Cost: \$198 per Term
(Class almost full)



Fridays 9:30am - 11:30am

28th Apr - 23rd Jun (9 weeks)

Cost: \$198 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

27th Apr - 22nd Jun (9 weeks)

Cost: \$198 per Term



EXPRESSION OF INTEREST

Kids Art Classes

Adults Drawing Classes



- We offer small size groups
- Different types of art classes,
- Creative art & Professional art
- Chinese painting & calligraphy

Exercise

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

26th Apr - 21st Jun (9 weeks).



Exercise, Strength & Fitness

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

Wednesdays 10:05am - 10:45am

26th Apr - 21st Jun (9 weeks).

Gentle Exercise for Senior Adults

This chair based class will combine gentle movement with the use of weights to improve muscle tone, coordination and balance.

Thursday 9.15am - 9.55am

26th Apr - 21st Jun (9 weeks).



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

Cost: Wed and Thu \$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)

Women's Health Week

Come for a FREE Come'n try exercise class

Wednesday 17th May & 11am -11.40am

UPCOMING EVENT

Sourdough Workshop

Saturday 13th May, 1pm - 4pm

Cost: \$60

Learn how to create your own crusty and delicious sourdough! This hands-on three hour workshop covers basic theory as well as all the steps of making bread and why sourdough is so good for you – chemical free and friendly to your gut! You will take away a piece of dough to bake at home, sourdough starter, a bowl cover and an eBook with recipes.

Vegetable Fermentation Workshop

Saturday 20th May, 1pm - 4pm

Cost: \$60

In this workshop you will learn techniques for preserving fresh vegetables, brining methods, percentages, what role salt and temperature play, what vegetable and equipment to use, jarring & storage. Bring 2 jars, apron & a good mood!

NEIGHBOURHOOD HOUSE WEEK

You are invite it to join us for a Mindfulness Session & Light lunch

Cost: FREE

Wed 10th May 1pm - 2pm



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.

