

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

Booking essential.

Date: **Wednesday 12th Nov**

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: 20th Oct & 1st Dec

Time: 11am - 12pm

Cost: Gold coin, Tea & coffee provided.

Social Tai Chi Practice Expression of Inter.

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: Just \$2. All experience levels welcome

MARKING YOUR CALENDAR! SENIORS FESTIVAL 2025!

Come & Try Strength & Stretch

Wed 15th Oct 9.30 - 10.25 am, FREE

Come & Try Stretch & Release

Wed 15th Oct, 10.35 - 11.30 am, FREE

Gentle Chair Fitness

Mon 20th Oct, 9.15 - 9.55 am, FREE

Falls Prevention workshop

Wed 22nd Oct 12- 1 pm, FREE

Hanging Basket Workshop & Talk

Fri 24th Oct, 11.30 AM - 1 PM, Cost\$5

Booking via Trybooking link.

<https://www.trybooking.com/events/landing/1428441>



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 4, 2025 Course Guide

**Mon 6th Oct - Fri 12th Dec
2025**



End of Year Celebration

&

**FREE Christmas Card Making
Workshop**

(bring a plate of food to share)

Date: Wed 3rd Dec

Time: 12pm - 1.30pm

Materials included

Bookings required by 1st Dec



57 Linda Avenue, Box Hill North VIC 3129

Phone: (03) 9899 7660

E-mail: 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

16th Oct - 11th Dec (9 weeks)

Cost: \$225 per Term

Fridays 9:30am - 11:30am

17th Oct - 12th Dec (9 weeks)

Cost: \$225 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

15th Oct - 10th Dec

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 - 10.25am

8th Oct - 10th Dec

Cost: \$150 per Term (10 Weeks)

Wednesdays 10:35am - 11.30am

8th Oct - 10th Dec

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

20th Oct - 8th Dec (no class on 3rd Nov)

Cost: \$85 per Term (7 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 7th Oct - 9th Dec

Time: 10am - 11.30am

Cost: \$36 per Term (9 Sessions)

Call us to enroll on 03 9899 7660



Annual General Meeting of Kerrimuir Neighbourhood House Inc.

Date: Wed 22nd October

Time: 6pm - 7pm on Zoom

RSVP: info@kerrimuirhouse.org.au by 16th Oct.

TUTU DIY WORKSHOP *No Sewing required*

Unleash your inner artist and twirl away in our no-sew tutu making workshop.
Let the creativity flow without any needles - just pure fun!

Date: Saturday 18th Oct or 29th Nov

Time: 2pm - 3.30pm

Materials included

Cost: \$35

Bookings via try booking or
come and pay at the office.

<https://www.trybooking.com/DEYGW>

