

Technology

KEEPING UP WITH TECH SENIORS INTERGENERATION PROJECT



Come and learn how to keep up with technology. This is a great FREE four week intergenerational course, where students from Koonung Secondary College will assist you to master the use of iPads, smart phones, etc. Outsmart the scammers, solve tech obstacles, answer Tech question & maybe book your next flight to your well deserved holiday.

Course A:

Dates: Wed 12th Feb- 5th Mar (4 weeks)
Max: 8 places available

Course B:

Dates: Wed 12th Mar - 2nd Apr (4 weeks)
Max: 8 places available

Wednesdays 12.30pm - 2.30pm

Cost: FREE

Bookings required! Places will be gone quickly!

BYO: Tablet, smart phone if you have one. We have some available.

SOCIAL CHINESE GAMES AFTERNOON

Social afternoon with games, music, dance & friendly chat and drink.

Tuesday 12pm - 2.00pm

Cost: \$2

SOCIAL GROUPS

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**

Back in Term 2

Time: **12 noon**

Cost: \$10



Book Club

Please join us to share your favourite book.

Dates: **17th Feb & 17th Mar**

Time: 11am - 12pm

Cost: Gold coin, Tea & coffee provided.



Direct Deposits for Class Fees

BSB: 633-000 Acc No: 149 516 049

[Facebook](https://www.facebook.com/KerrimuirNH) <https://www.facebook.com/KerrimuirNH>

[Website](https://www.kerrimuirhouse.org.au/) <https://www.kerrimuirhouse.org.au/>

Kerrimuir Neighbourhood House gratefully acknowledges



KERRIMUIR
NEIGHBOURHOOD
HOUSE

Term 1, 2025 Course Guide

Tue 28th Jan - Fri 4th Apr
2025

(Closed 10th March - Labour Day)



8th of March
International
Women's Day

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

30th Jan - 27th Mar (9 weeks)

Cost: \$225 per Term



Fridays 9:30am - 11:30am

31st Jan - 28th Mar (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

Age group 4 - 6 year old

Wednesdays: 5.30pm - 7pm

Age group 7 - 10 year old

5th Feb - 2nd Apr (9 weeks)

Cost: \$225 per Term

(2 split payments per Term acceptable)



The time of the classes will be confirmed - first school week back in 2025

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

29th Jan - 2nd Apr, 10 weeks

Exercise, Strength & Fitness

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

Wednesdays 10:05am - 10:45am

29th Jan - 2nd Apr, 10 weeks

COST: Wed \$100 (10 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

3rd Feb - 31st Mar (no class on 10th Mar)

COST: Mon \$80 (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

Thursday Kerrimuir Playgroup

Thursday's during school Term

Starts Thu 30th January

Time: 9.30am - 11.30am

Age group: 0 - 4 years old

Cost: \$20 per Family per Term

Places are limited.



Chinese Playgroup

Friday's during school Term ,

Starts Friday 31st January

Time: 12pm - 2pm

Age group: 0 - 4 years old

Cost: \$20 per Family per Term

Call us to enroll on 03 9899 7660

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.

Tuesday's during school Term

Cost: \$20 per Family, per Term

Mahjong Western Style

Friday 10am - 12pm

Beginners welcome!

Cost: \$4

Coffee & Tea included

