

ABOUT YOUR COMMUNITY HOUSE

Kerrie Neighbourhood House Inc. is a not-for-profit community organisation that was established in 1977. A Committee of Management, made up of community members is responsible for governance of the House which is funded through the Department of Planning and Community Development. The City of Monash owns and maintains the building, providing substantial in-kind funding.

Most classes and activities are held on a term basis, although some programs and groups continue throughout the year. Kerrie Neighbourhood House office is closed week-ends and all public and school holidays.

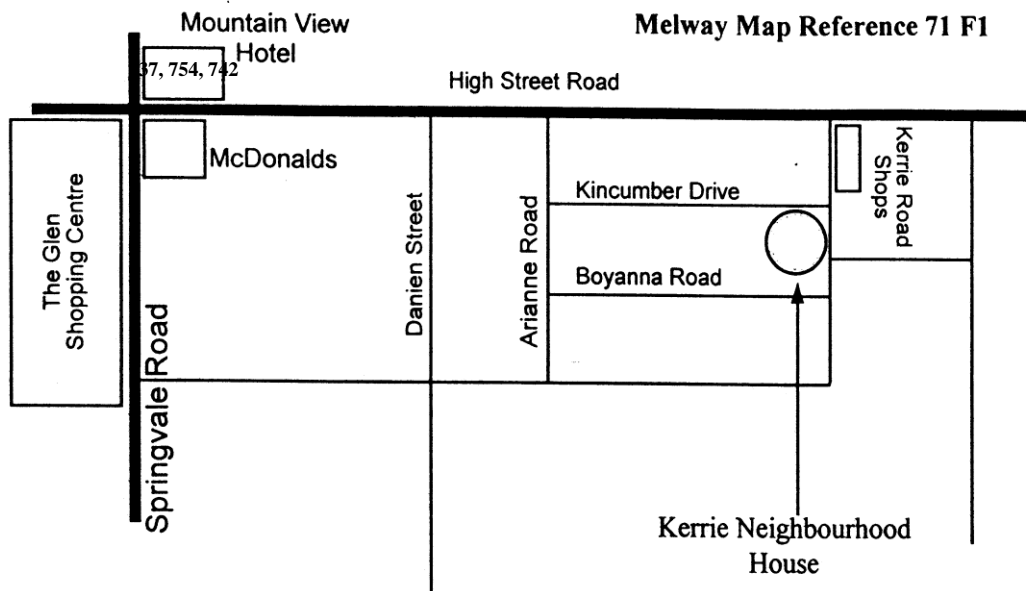
The **Disability Discrimination Act** is intended to give students with disabilities the same rights as other students. However, students that would require additional support and a reasonable adjustment of the course, should discuss requirements with the House Coordinator prior to enrolment as there may be a more appropriate alternative activity.

HOW TO ENROL IN A COURSE:


- *Course fees are payable on enrolment, **7 days** before commencement of course, unless specified otherwise.*
- *Please include a **stamped self-addressed envelope** with postal enrolment to ensure return of receipt.*
- *Concession cards (Pensioner & Health Care cards) **must** be produced on enrolment to take advantage of any discount.*
- *Refunds are provided if a class is cancelled.*
- *Refunds will not be given should a student discontinue a course, or choose not to attend classes.*
- *Should a returning student wish to attend for only part of a course, fees are set at \$10 per hour or \$15/2 hours dependant on a vacancy being available. This policy does not apply to first time students who join an activity which has already commenced.*
- *Enrolment cancellations are accepted up to 7 days before a course starts, however an administration charge of \$5.00 will apply.*


KERRIE NEIGHBOURHOOD HOUSE WELCOMES NEW MEMBERS

Kerrie Neighbourhood House is solely responsible for editorial content.



Bus Routes to Kerrie Neighbourhood House Inc

Bus Numbers  **737, 754, and 742** travel along High Street Road from Glen Waverley passing the intersection of High Street Road and Kerrie Road.

Bus Number  **631** travels along Gallaghers Road and turns right onto High Street Road, immediately adjacent to Kerrie Road.

Kerrie Neighbourhood House would like to thank the following businesses for their friendship, support and assistance:

French's IGA Supermarket	9802 0091
Get Fresh Vermont South	9803 8731
Highvale Retirement Village	9881 2807
Kerrie Lotto News	9803 3405
Kerrie Road Fruit Market	9886 7107
Kerrie Road Pharmacy	9802 1377
Woolworths, The Glen	9803 2455



Neighbourhood Houses
The heart of our community

ENROLMENT FORM – 2012

(Please enclose a stamped self addressed envelope to receive your receipt.)

Name: _____

Address: _____

_____ P/Code: _____

Email Address: _____ Gender: *(please tick)* Female Male

Please include me on the database to receive term program and promotions. YES / NO

Age Group: *(please tick)* 0-17yrs 18+ yrs Age: *(if under 18 years)* _____

Telephone No: (H) _____ (W) _____ (Mob) _____

Emergency Contact Name: _____ Tel: _____

Course/Workshop Name & Day: _____

Payment Type: *(please tick)* Cheque or Money Order Cash EFT
(For EFT details call our office.)

Amount of Payment: \$ _____

Do you hold a Healthcare Card or Pension Concession Card? *(please tick)*

Yes *If Yes, what type?* _____ No

Do you have a disability that would require modification of your chosen course? _____

Have you attended classes/courses at Kerrie Neighbourhood House (Kerrie) before?

(please tick) Yes No

How did you find out about Kerrie? _____

Signed: _____ Date: _____

Please complete the enrolment form above to ensure your place in the class/activity of your choice and mail with your payment (cheque or money order) to:-

Kerrie Neighbourhood House
36 Kincumber Drive
Glen Waverley VIC 3150

Please enclose a stamped self-addressed envelope for the return of your receipt.

Cheques made payable to: Kerrie Neighbourhood House Inc

PRIVACY STATEMENT – When you enrol with us, we require some personal details to enable us to manage the services we provide. We are required by law to protect and store your information in an appropriate manner.

CHILDREN'S ACTIVITIES

Creative Painting & Drawing for Kids

Course Code 208

Creative Painting & Drawing for 6 – 8 year old children encourages originality & creativity. This course enables the children to explore various mediums including printing and provides a great opportunity to develop their drawing skills.

Tuesdays 4.00pm - 5.00pm or 5.15pm - 6.15pm

February 7th to March 27th

8 weeks \$68.00

Mondays 4.15pm – 5.15pm or 5.30pm – 6.30pm

January 30th to March 26th

NB: No class March 12th – Labour Day

8 weeks \$68.00

Drama for Kids (Ages 7 – 10 years)

Course Code 237

Drama for 7 – 10 year old children explores creative ideas in role play, it encourages fun and originality. If your child has a flair for creativity and role play, this program will allow them to express and develop in a fun and informal environment.

Wednesdays 4.15pm – 5.15pm

February 15th to March 28th

7 weeks \$63.00

Japanese Heritage/Community Language Class

Course Code 210

For bilingual children to learn Japanese language and culture; activities include reading stories, learning Kana & Kanji, songs, games, crafts & Japanese drum (Taiko) etc. Children 5 to 10 years old.

Thursdays 4.00pm - 5.15pm

February 9th to March 29th

8 weeks \$68.00

Japanese Mother's Group/Playgroup

Course Code 401

Fridays 10.30am - 12.30pm

Enquiries Akiko Ph: 0439 702 042

\$2.50 per session

Playgroup - Parent Run

Course Code 402

Kerrie Neighbourhood House coordinates parent run playgroup session from Tuesday to Friday. Groups are organised according to age.

Fees are \$35 per term per family (two hours per week). New Groups welcome. Please contact the office to discuss a suitable time on 9887 6226.

Facilities include a shady adventure playground with a variety of outdoor toys, cubby house and equipment. The large indoor playroom is heated/cooled with a range of books, toys, puzzles, CDs, art & craft supplies, dress ups & musical instruments. Kitchen facilities are available with free tea & coffee.

Sri Lankan Dance (Vishver Rangayathanaya)

Traditional Kandyan, Low Country, Indian and drums.

NB: No class March 12th – Labour Day

Mondays 5.00pm - 6.00pm, 6.00pm - 7.00pm & 7.00pm to 8.00pm

February 6th to March 26th

7 weeks \$10.00 per session

Enquiries Rashika: Ph 0423 584 440

Toy/Puzzle Library

The Kerrie Road Toy Library has over 400 toys for children aged 0 – 6 yrs. Opens alternate Tuesdays night & every Saturday morning. Members are required to volunteer one session per term in the library. Phone: - Anna on 0431 387 583 or Tony on 9562 2227

NB: No class March 10th – Labour Day

Every second **Tuesday** 7.30pm - 9.00pm & every **Saturday** 9.30am - 11.00am

***Our office is closing for the school holidays at 1pm on Friday, March 30, 2012.
Normal Office Hours will resume on Monday, April 16, 2012.***

ARTS & CRAFTS

Art at Kerrie

Course Code 214

Beginners to advanced. Learn techniques and applications in drawing and painting in the medium of your choice. Tutor encourages individualism, self expression and creativity in a fun atmosphere.

Thursdays 10.00am - 12.00 noon

February 2nd to March 29th

9 weeks

\$112.50

Cake Decorating

Course Code 215

Celebration Cake, create a masterpiece at your level of expertise, or a beginner with a wonderful rose and rose bud topper.

Mondays 7.30pm – 9.30pm

February 13th to March 26th

Tuesdays 7.30pm – 9.30pm

February 14th to March 27th

Saturday 10.00am – 12.00noon

February 11th to March 24th

NB: No class March 12th – Labour Day

6 weeks \$84+small fee tutor

NB: No class March 13th – Labour Day

6 weeks \$84+small fee tutor

NB: No class March 10th – Labour Day

6 weeks \$84+small fee tutor

Face Painting Basics

Course Code 216

Learn the creative art of face painting for your next children's party. Course covers tools used, types of paints, hygiene, basic brush strokes, sponging, and other skills needed to do your own effective face painting. Choose the one day basics workshop or enrol for both classes to develop your skills further.

Saturdays 1.30pm – 4.30pm

March 17th (Part 1)

March 24th (Part 2)

March 17th & 24th (Part 1 & 2)

Workshop 1 \$35 + \$20 for kit

Workshop 2 \$35 + \$20 for kit

Workshops 1 & 2 \$70 + \$25 for kit

NB: Please note that payment for the face painting kit made to the Tutor on the day.

Floral Art

Course Code 217

Learn to create a variety of modern & traditional flower arrangements. Find out about floral events as well as techniques used in floral design. Learn where to buy flowers & materials. Economical designs are featured which include flowers & foliage from the garden. Students bring flowers each week.

Thursdays 7.30pm - 9.30pm

February 9th to March 29th

8 weeks

\$80.00 + \$3 to tutor

Learn how to Spin Wool

Course Code 242

Knitting and crochet is what you do with finished yarn. Be introduced to the skill of using a spinning wheel. Take steps to create a "Carbon Free and Environmentally Sustainable" fashion statement.

Learn to spin yarn the old fashioned way - on a spinning wheel. Materials & equipment supplied.

Monday 9.30am-10.30am **(Spinning Demo)**

February 20th

1 week

\$10.00

Classes

Mondays 9.30am – 11.30am

February 27th to March 26th

NB: No class March 12th – Labour Day

4 weeks

\$75.00+ \$25 materials

NB: If you attend the demonstration session, \$10 is deducted off your enrolment in the course.

Card Making

Course Code 241

Do you love handcrafted cards? This class teaches you the steps to making your own hand-made, beautiful cards for all occasions? You will create 2 – 4 cards per session. Materials provided.

Wednesday 10.00am - 12.00 noon

February 22nd to March 14th

4 weeks

\$50.00+ \$40 materials

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Bollywood Dancing

Course Code 202

East meets West in this wonderful dancercise class, have fun and get fit at the same time.

Tuesdays 7.30pm - 8.30pm
February 7th to March 27th

8 weeks \$85.00

Meditation

Course Code 204

Suitable for beginners or those wanting to experience more peace, harmony and wellbeing in their life. This fully guided meditation teaches simple releasing techniques through breathing and visualisation that will reduce stress, anxiety and tension. This meditation practice has a positive effect physically, emotionally and mentally.

Thursdays 7.30pm - 9.00pm
February 9th to March 29th

8 weeks \$86.00

Pilates

Course Code 232

Pilates is popular with all ages and abilities, and can help with general fitness, a stronger, toned, more flexible body, improved posture, injury prevention, increased energy and enhanced well being.

Mondays 8.00pm - 9.00pm
February 6th to March 26th

NB: No class March 12 – Labour Day

7 weeks \$66.00

Wednesdays 6.15pm – 7.15pm
February 1st to March 28th

NB: No class Feb 22

8 weeks \$76.00

Thursdays 2.00pm - 3.00pm
February 2nd to March 29th

9 weeks \$86.00

Fridays 12.45pm – 1.45pm or 2.00pm – 3.00pm
February 3rd to March 30th

NB: No class Feb 24

8 weeks \$76.00

Singing for Pleasure

Course Code 230

Develop techniques to get the most out of your voice. Learn songs from various eras and genres including Broadway and Pop. Have fun experimenting with different vocal exercises and harmonies. All levels welcome.

Wednesdays 1.00pm – 2.30pm
February 8th to March 28th

8 weeks \$80.00

Strength Training

Course Code 205

Strength training offers stronger bones, better balance and a general feeling of health and wellbeing. Classes are conducted in a friendly environment with qualified instructors. The emphasis is on safe, enjoyable exercise.

Mondays 10.30am - 11.30am & 11.45am - 12.45pm
January 30th to March 26th

NB: No Class March 12 – Labour Day

8 weeks \$68.00

Wednesdays 9.15am - 10.15am & 10.30am - 11.30am
February 1st to March 28th

9 weeks \$76.00

Fridays 9.15am - 10.15am & 10.30am - 11.30am
February 3rd to March 30th

9 weeks \$76.00

Yoga (Hatha)

Course Code 206

Yoga helps develop strength, flexibility and range of movement, enhancing balance and a greater sense of wellbeing. Through breathing exercises, limbering and a wide range of postures you will receive tools to combat stress, anxiety & tension, soothing stiff & tight muscles, releasing & relaxing both body & mind. All fitness levels.

Mondays 9.30am - 10.30am & 10.45am - 11.45am
January 30th to March 26th

NB: No class March 12 – Labour Day

8 weeks \$72.00

Tuesdays 9.15am - 10.15am, 10.30am – 11.30am & 6.15pm – 7.15pm
January 31st to March 27th

9 weeks \$81.00

Wednesdays 6.15pm – 7.15pm (Gentle Yoga)
February 1st to March 28th

9 weeks \$81.00

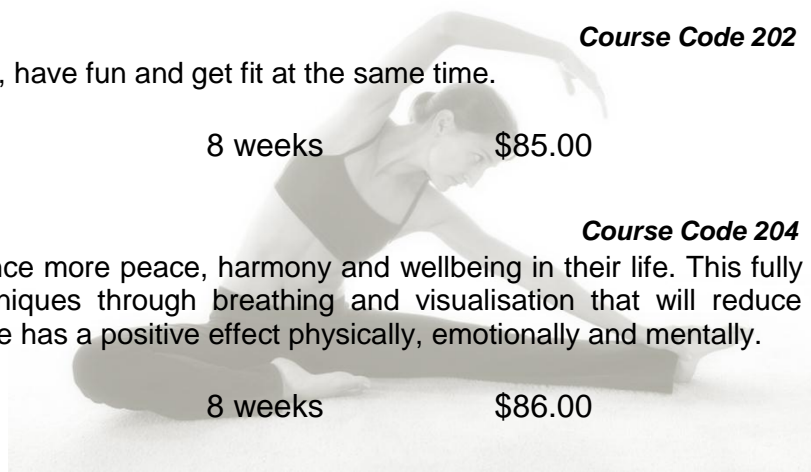
Thursdays 6.15pm - 7.15pm & 7.30pm - 8.30pm
February 2nd to March 29th

9 weeks \$81.00

Saturdays 9.30am - 10.30am
February 4th to March 24th

NB: No class March 10 – Labour Day

7 weeks \$63.00



COMMUNITY EDUCATION

French for Beginners

Course Code 223

Tuesdays 10.00am – 12.00noon

February 7th to March 27th

8 weeks

\$110.00

Wednesdays 7.30pm - 9.30pm

February 8th to March 28th

8 weeks

\$110.00

French – Post Beginners

Course Code 223

Wednesdays 10.00am – 12.00noon

February 8th to March 28th

8 weeks

\$110.00

French - Intermediate (The next step)

Course Code 223

Mondays 7.30pm - 9.30pm

February 6th to March 26th

NB: No class March 12 – Labour Day

7 weeks

\$96.50

Mandarin – Beginners

Course Code 229

Be introduced to Pinyin (tool to sound out characters), intonation (4 tones), simplified characters & basic communication in an informative and relaxed class.

Thursdays 7.30pm - 9.30pm

February 9th to March 29th

8 weeks

\$110.00

Japanese for Beginners with Native speaking Tutor

Course Code 233

Basic Japanese is ideal for those travelling overseas or wishing to explore Japanese culture.

Tuesdays 7.30pm – 9.30pm

February 7th to March 27th

8 weeks

\$110.00

Italian Conversation for those travelling to Italy

Course Code 236

Our native speaking tutor will help prepare you for your travels in the glorious Italian countryside.

Mondays 7.30pm – 9.30pm

February 6th to March 26th

NB: No Class March 12 – Labour Day

7 weeks

\$96.50

Managing Pain

Course Code 238

Based on Do It Yourself principles, combining relaxation/meditation techniques & information sessions for practical ways to assist to make changes in areas impacted by pain. Four session's and a review.

Mondays 1.00pm – 3.00pm

February 27th to March 26th

NB: No Class March 12 – Labour Day

4 weeks

\$65.00 including

Follow up session April 23rd

1 week

All material and Relaxation CD

Free Information Session on Improving Your Sleep

One in four people will have a bad night's sleep at least once a week? Come to a free session that may answer questions on how to sleep better. Discussions will explore the nature of sleep, reasons we don't sleep well, and how we can improve the quality of sleep. Handouts provided.

Monday

February 20th 1.00pm – 3.00pm

1 session

Free

First Aid Course – Perform CPR - Expressions of Interest

Course Code 239

This government accredited course provides certified training of Level 1 First Aid and CPR. Please contact the office to place your name on the waiting list for term 2. Cost \$100 per person.

Ballooning Basics - Expression of Interest

Learn basic twists used to create balloon animals. Contact the office to be placed on the waiting list.

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COOKING AT KERRIE

Chinese Cooking

Course Code 226

Join our healthy Chinese cooking classes here at Kerrie using natural, traditional ingredients.

Each lesson is a step by step demonstration and includes a full meal by sampling a generous helping of two popular authentic dishes. The lessons are held in an informal atmosphere and above all, you will be able to cook these dishes at home for your family and friends.

- **Mondays** 10.30am - 12.30pm (lunch to follow)
- March 19th to March 26th (2 weeks)
- **NB: No class March 12th – Labour Day**
- Cost \$40.00 (includes ingredients)

Indian Cooking

– *Expression of Interest*

Course Code 227

Home style Indian cooking made easy. Come and learn to make South Indian curries, Biryani's, Roti's, and easy to make Indian style fritters. Easy to follow step by step recipes. Will run on Saturdays in Term 2, 2012. Please contact the office to be placed on the waiting list as numbers are limited.



CULTURAL

Japanese Heritage/Community Language Class See 'Children's Activities.'

Mandarin, Japanese & French Languages See 'Community Education'.

Sri Lankan Dance (Vishver Rangayathanaya) See 'Children's Activities.'

YOUNG ADULTS

Yoga for Senior School Students (years 10, 11 & 12)

Course Code 231

The final years of high school can be extremely stressful, both physically & emotionally. The pressure of study, deadlines and change, plus a busy social life can be overwhelming. Yoga offers a host of benefits physically and emotionally, reducing stress. Yoga can relieve tired, tight, stressed bodies and minds providing effective stress management and relaxation skills, including breathing techniques.

Tuesdays 4.45pm - 5.45pm

February 7th to March 27th

8 weeks

\$70.00

Changes to Smoking Laws in the City of Monash

New restrictions in the City of Monash restrict smoking in the following ways:

- No smoking within 10 meters of the entrance to Council land or buildings;
- No smoking at Council run or sponsored events.

We thank you for your cooperation in adhering to these recently amended rules.

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SUPPORT/SELF HELP GROUPS

AA Glen Waverley

Meets every **Wednesday** 7.30pm - 8.30pm

For help phone 9429 1833

Located in the Boyanna Room.

Access from Boyanna Road.

Able Music Therapy

Music therapy for adults with an intellectual disability

Wednesdays 3.30pm - 6.30pm

Thursdays 4.00pm - 6.30pm

Contact 0432 301 322

GROW

For those suffering stress and depression

Thursdays 1.00pm - 3.30pm

Contact GROW on 9528 2977

www.grow.net.au

Mums for Mums Support Group

Thursdays 11.30am - 1.30pm

Playgroup for mums who do not have family support in their lives. Please contact the office for further information.

Waverley Widowed Support Group

Support group for widows, widowers and partners.

Wednesdays 7.30pm - 9.45pm

Contact Lesley 9725 6843 or Lynne 8711 4987



SOCIAL GROUPS

Kerrie Knitting Group

Are you interested in meeting weekly at Kerrie Neighbourhood House to knit blankets and garments for those in need? Come and have a cuppa and put those knitting skills to good use. Can't knit or crochet ... we can teach you!

Tuesdays 1.00pm - 3.00pm During school term

Cost Free

Enquiries Helen: Ph 9887 6226

Hungarian Group

Embroidery, games, coffee and chat.

Mondays 1.00pm - 4.00pm

Enquiries Helen: Ph 9887 6226

Walking Group

Monday 10.00am - 11.00am

Cost Free

Enquiries Gretchen: 0406 008 267



