

OFFICE HOURS

Monday to Thursday: 9:30am - 4:00pm

Friday: 9:30am - 2:30pm

*During school terms only (excl. public holidays)

OTHER SERVICES

- Justice of Peace services available by appointment
- E-cafe open to the public during school terms
- Publicly accessible computers during office hours
- Community Garden plot hire

TO BOOK

www.mackierdnh.org.au

or scan the QR code



Mackie Rd
Neighbourhood
House

learn • share • belong

TERM 3 PROGRAM

15TH JULY - 20TH SEPTEMBER

Mackie Rd Neighbourhood House is home to the following groups & organisations.

FIGHTING SPIRIT GOJU KARATE (Mondays and Tuesdays 4pm - 5pm; Fridays 4.30pm - 6.30pm)

Take your first steps in a fun and safe way to get fit, meet new people and develop skills such as: confidence, flexibility & overall body strength, dedication, discipline, improve your memory and most importantly, learn self defence. Anyone can do it, it's fun for all ages.

Nikolaos Kourtessis, <https://www.fightingspiritgojukarate.com>

HAPPY FEET FITNESS

Happy Feet Fitness has a team of uniquely talented instructors, who themselves are committed to personal development, participating in ongoing learning to ensure the highest standard of teaching and care is made available across Australia.

1300 300 491, <https://www.happyfeetfitness.com.au/about-us/>

HOME EDUCATION NETWORK

The Home Education Network is a not-for profit organisation providing support and information for home educators. <https://home-ed.vic.edu.au/>

KHELAIYA PRODUCTIONS

Khelaiya Productions welcomes all. Our mantra is to experiment creativity through performing art. 0421 124 166, info.khelaiyaproductions@gmail.com

NATURAL WELLNESS (various Sundays 2pm - 3.30pm)

Suitable for children ages 7 and over. Each month we will be learning about the medicinal uses of plants, stories, songs, growing, harvesting, and making something to take home - lavender bags, lip balms, bath bombs, lotions, potions and much more!!

Andra Oana, 0493 395 260, info@natural-wellness.com

SELF-DISCOVERY CONVERSATIONS (Saturdays 2pm - 3.15pm)

Come on a Journey of Self-Discovery. Meditation/Mindfulness with a Spiritual flavour.

Belle Groves, 0438 100 452, bellegroves@bigpond.com

VASUDEVA KRIYA YOGA (Saturdays 7.30am - 9am)

Yoga for Health: Physical, Mental and Spiritual. Your Health Matters.

Shri Rajendra Yenkanamoole, 0410 527 904, vasudevakriyayoga@gmail.com



36-42 MACKIE RD, MULGRAVE 3170

9548 3311 | info@mackierdnh.org.au | mackierdnh.org.au



@mackierdhouse



@mackierdnh

Monday

15TH JULY - 16TH SEPTEMBER

Tai-Chi for Everyone
(10 weeks)
10.15am - 11.15am
FF \$160; C \$150

Nia- Dance Fitness and Mindful Movement
(9 wks, no class 19th Aug)
11.45am - 12.45pm
FF \$145; C \$135

Junior Artists Painting and Drawing (6-8yrs)
(10 weeks)
4pm - 5pm
FF \$150; C \$140
All materials included.
Art smock recommended.

Junior Artists Painting and Drawing (9-12yrs)
(10 weeks)
5.05pm - 6.05pm
FF \$150; C \$140
All materials included.
Art smock recommended.

Pilates Beginner/Intermediate
(10 weeks)
5.30pm - 6.30pm
6.30pm - 7.30pm
FF \$150; C \$140

Tuesday

16TH JULY - 17TH SEPTEMBER

Strength Training
(10 weeks)
9am - 10am
FF \$150; C \$140

Gentle Exercise
(10 weeks)
10.10am - 11am
FF \$150; C \$140

Digital Device Essentials
(3 wks, starting 6th Aug)
10am - 12pm
FF \$20

Community Connections Café
(10 weeks)
10.30am - 11.30am
Free

Thank you to the Wanda Street Bakery for their weekly morning tea donations!



Bread Tuesdays
Pending deliveries and until stock runs out.
Gold Coin Donation
Thank you to the Wanda Street Bakery and the Friends of the Children Foundation!

Wednesday

17TH JULY - 18TH SEPTEMBER

Gentle Yoga
(10 weeks)
9.15am - 10.15am
10.30am - 11.30am
FF \$150; C \$140

Knit and Natter
(10 weeks)
12.30pm - 2pm
\$3 per session

English Conversation
(8 wks, starting 24th July)
1.30pm - 2.15pm
\$3 per session
Basic level required.
Class run by volunteer tutors.

Pokémon Club
(10 weeks)
4pm - 5pm
\$3 per session

Junior Artists: Mixed Media (6-8 yrs)
(10 weeks)
4pm - 5pm
FF \$150; C \$140
All materials included.
Art smock recommended.

Art for Tweens: Mixed Media (9-13 yrs)
(10 weeks)
5.05pm - 6.35pm
FF \$170; C \$160
All materials included.
Art smock recommended.

Thursday

18TH JULY - 19TH SEPTEMBER

Everyday Chinese
(10 weeks)
9.30am - 11.30am
FF \$20
Basic level required.
Class run by volunteer tutor.

Everyday Computer Skills
(6 wks, starting 8th August)
10am - 2pm
FF \$20



Intermediate Italian
(7 wks, starting 8th Aug)
10.30am - 12.30pm
FF \$140; C \$130

Simply Art: Beginners to Intermediate
(10 weeks)
1pm - 3pm
FF \$180; C \$170

Pilates Beginner/Intermediate
(10 weeks)
5.30pm - 6.30pm
6.30pm - 7.30pm
FF \$150; C \$140

Friday

19TH JULY - 20TH SEPTEMBER

Mackie Rd Playgroup
(10 weeks)
9.30am - 11.30am
Term \$30 per family, or casual \$5 per session

Active Adults
(10 weeks)
11am - 12pm
FF \$150; C \$140

Saturday

20TH JULY - 21ST SEPTEMBER

Guitar Lessons: Adults and Children (5 years +)
Lorenzo's lessons will return in Term 4, after a break in Term 3!



Salsa Dancing for Beginners
(10 weeks)
9.30am - 10.30am
FF \$160; C \$150

Intermediate Salsa Dancing
(10 weeks)
10.45am - 11.45am
FF \$160; C \$150

ROOM HIRE AVAILABLE

Did you know, we have rooms available to hire?

For local community groups, not-for-profit organisations or private hire.



TRY A CLASS!
FOR \$10 YOU CAN COME AND TRY A CLASS!
*APPLICABLE ONLY TO NEW PARTICIPANTS.
EXCLUDES- WORKSHOPS, SCHOOL HOLIDAY PROGRAMS, LEARN LOCAL AND VOLUNTEER LED PROGRAMS.

TERM 3 OFFER
10% OFF WHEN BOOKING 2 OR MORE CLASSES.
Conditions apply- not valid for workshops, school holiday programs, Learn Local and volunteer led programs.

Concession (C) applicable to holders of a Healthcare Card or Pensioner Concession Card

FREE **FAQ**
SCAMS AND IDENTITY THEFT
Tuesday August 20th 2024
12pm to 1pm
PRESENTED BY Services Australia
BOOKINGS ESSENTIAL

Wednesday 31st July
9.30am - 5pm
Book online at rspcavic.org/petclinics/
RSPCA Victoria
LOW COST
Pet Vaccine & Health Clinic