

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

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/>

STEM BIRDS (Wednesdays 5.00pm - 6.00pm)

STEM BIRDS offer robotics and coding class, provides hands-on learning experiences, enabling children to design, build, and program robots using state-of-the-art tools and technologies.

www.stembirds.com.au, learn@stembirds.com.au

CHESS REPUBLIC (Saturdays 4pm - 5pm)

Chess Republic offers both beginners and intermediate classes, both in small groups class room and computer learning. 0449930032, <https://chessrepublic.com.au/>

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

TO BOOK

www.mackierdnh.org.au

or scan the QR code



CLASS SCHEDULE

TERM 1 2025

MONDAY

03 FEB - 31 MAR

No classes:
27th Jan & 10th March

T'ai-Chi for Mind & Body with Kim
8 weeks
10.15am - 11.15am
FF \$130; C \$120

Art for Adults with Mei
Beginner/Intermediate
7 wks, starting 10th Feb
1pm - 3pm
FF \$140; C \$130
**Some materials needed- see list on booking page.*

Young Creators
Painting and Drawing with Mei
(6-8yrs)
8 weeks, 4pm - 5pm
FF \$120; C \$110
All materials included. Art smock recommended.

Young Creators
Painting and Drawing with Mei
(9-12yrs)
8 weeks, 5.05pm - 6.05pm
FF \$120; C \$110
All materials included. Art smock recommended.

Pilates with Laura
Beginner/Intermediate
8 weeks
5.30pm - 6.30pm
6.30pm - 7.30pm
FF \$120; C \$110

TUESDAY

28 JAN - 01 APR

Strength Training
9 wks, starting 4th Feb
9am - 10am
FF \$135; C \$125

Gentle Exercise
9 weeks, starting 4th Feb
10am - 11am
FF \$135; C \$125
Please note: there may be a delay in the start dates for Strength Training and Gentle Exercise. If you are interested in these classes, please book your place and we will be in touch.

Community Connections
Café
10 weeks
10.30am - 11.30am
Free



Wanda Street Bakery for the weekly morning tea donations, and the Friends of the Children Foundation for the bread deliveries.

Bread Tuesdays
Pending deliveries and until stock runs out.
Gold Coin Donation

WEDNESDAY

29 JAN - 02 APR

Gentle Yoga with Martina
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



Calligraphy & Craft with Jan
8 wks, starting 12th Feb
10am - 12pm
FF \$160; C \$150
**Some materials needed- see list on booking page.*

Young Creators
Mixed Media with Fathima
6-8 yrs
9 wks, starting 5th Feb
4pm - 5pm
FF \$135; C \$125
All materials included. Art smock recommended.

Art for Tweens
Mixed Media with Fathima
9-13 yrs
9 wks, starting 5th Feb
5.05pm - 6.35pm
FF \$155; C \$145
All materials included. Art smock recommended.

THURSDAY

30 JAN - 03 APR

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

Simply Art with Christine
Beginner/Intermediate
10 weeks
1pm - 3pm
FF \$200; C \$190
**Some materials needed- see list on booking page.*



Kids Cooking Class with Edna
'Healthy Eating, Healthy Habits'
6 wks, starting 20th Feb
4pm - 5pm
FF \$150

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

FRIDAY

31 JAN - 04 APR

Little Learners Playgroup with Susanne
10 weeks
9.30am - 11.30am
Term \$30 per family or casual \$5 per session



Plaster Painting on Canvas with Laila
4 wks, starting 14th Mar
10am-12pm
FF \$80
All materials included.

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

TRY A CLASS!

FOR \$10 YOU CAN COME AND TRY A CLASS!

*APPLICABLE ONLY TO NEW PARTICIPANTS.

EXCLUDES- WORKSHOPS, SCHOOL HOLIDAY PROGRAMS, AND VOLUNTEER LED PROGRAMS.

SATURDAY

1 FEB - 05 APR

Step into Salsa with Ana
Beginner/ Intermediate
10 weeks
9.30am - 11am
FF \$180; C \$170

DO YOU LIKE TO GARDEN?

For only \$50 a year, you can rent a garden plot at MRNH!

Or, you can become a garden volunteer and help us maintain our lovely community space!



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