

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/>

NATURAL WELLNESS (weekend classes)

The Junior Herbalist Club (JHC) is a 2-year, monthly 90-minute extracurricular program for children (ages 7-12). It helps them discover healing plants in a safe, supervised environment through hands-on activities. Supported by the Naturopaths & Herbalists Association of Australia (NHAA), JHC encourages children to explore plants' healing properties using all their senses.

Andra, 0493395268, <https://www.natural-wellness.co/>

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



TERM 2 PROGRAM

22ND APRIL - 4TH JULY



36-42 MACKIE RD, MULGRAVE 3170 P: 9548 3311

info@mackierdnh.org.au | mackierdnh.org.au

@mackierhouse

@mackierdnh





AUSTRALIAN HEALTHCARE SYSTEM TALK **FREE!**

- DISCUSS HEALTH BELIEFS IN DIFFERENT CULTURES
- OVERVIEW OF THE HEALTHCARE SYSTEM, INCLUDING MEDICARE, GPs, BULK BILLING, AND EMERGENCY SERVICES
- KEY SERVICES LIKE PCCCS, AFTER-HOURS CARE, AND MENTAL HEALTH LOCALS
- USEFUL TIPS AND RESOURCES FOR ACCESSING HEALTHCARE

ENGLISH SPEAKING SESSION-
Thursday June 12th 2025
11am to 11.45am

CHINESE SPEAKING SESSION-
Thursday June 12th 2025
12pm to 12.45pm

BOOKINGS ESSENTIAL P:9548 3311

FLORISTRY WORKSHOP

- * Expert guidance from a professional florist
- * Creative tips and techniques to elevate your flower arrangements
- * A fun, interactive environment to experiment with colours, shapes, and textures
- * A chance to bring your unique vision to life!

THURSDAYS 22 MAY - 12 JUNE
10AM - 12PM
\$100 FOR 4 WEEKS

A NEW PROJECT WILL BE COMPLETED EACH WEEK. THE TUTOR WILL ADVISE REQUIRED MATERIALS.

ripples OF CHANGE

Monday 12th to Friday 16th May

Pebbles of Community: Rock Your Art!

Join us to create fun pebble art together! All painted pebbles will be placed in the community garden for everyone to enjoy.
Visit the front desk for details!

Tuesday 13th May, 10.30am - 11.30am
Culinary Connections

Join us for a recipe swap at the Community Connections Café and share your favourite dishes!

CONCESSION (C) APPLICABLE TO HOLDERS OF A HEALTHCARE CARD OR PENSIONER CONCESSION CARD



neighbourhood HOUSE WEEK 12-18 MAY 25

MONDAY
28 APR - 30 JUNE

NO CLASSES
21 APR & 9 JUNE

T'ai-Chi for Mind & Body with Kim
9 weeks
10.15am - 11.15am
FF \$145; C \$135

Art for Adults with Mei
Beginner/Intermediate
9 weeks
1pm - 3pm
FF \$180; C \$170
**Some materials needed- see list on booking page.*

Young Creators
Painting and Drawing with Mei (6-8yrs)
9 weeks
4pm - 5pm
FF \$135
**All materials included. Art smock recommended.*

Young Creators
Painting and Drawing with Mei (9-12yrs)
9 weeks
5.05pm - 6.05pm
FF \$135
**All materials included. Art smock recommended.*

Pilates with Laura
Beginner/Intermediate
9 weeks
5.30pm - 6.30pm
6.30pm - 7.30pm
FF \$140; C \$130

TUESDAY
29 APR - 1 JULY

Strength and Gentle Fitness with Liliana
10 weeks
9am - 10am
FF \$155; C \$145

Computing for All
6 weeks, starting 27th May
10am - 2pm
FF \$60

Community Connections Café
10 weeks
10.30am - 11.30am
Free

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

thank you
Wanda Street Bakery and the Friends of the Children Foundation for the bread deliveries.

Young Creators
Painting and Drawing with Laila (6-8yrs)
9 weeks
4pm - 5pm
FF \$135

Young Creators
Painting and Drawing with Laila (6-8yrs)
9 weeks
5pm - 6pm
FF \$135
**All materials included. Art smock recommended for both art classes*

WEDNESDAY
30 APR - 2 JULY

Gentle Yoga with Martina
10 weeks
9.15am - 10.15am
FF \$155; C \$145

Chair Yoga with Martina
10 weeks
10.30 - 11.15am
FF \$155; C \$145

Knit and Natter
11 weeks, starting 23rd Apr
12.30pm - 2pm
\$3 per session

Calligraphy & Craft with Jan
10 weeks
10am - 12pm
FF \$200; C \$190
**Some materials needed- see list on booking page.*

Young Creators
Mixed Media with Fathima
6-8 yrs
10 weeks
4pm - 5pm
FF \$150
All materials included. Art smock recommended.

Art for Tweens
Mixed Media with Fathima
9-13 yrs
10 weeks
5.05pm - 6.35pm
FF \$170
All materials included. Art smock recommended.

THURSDAY
24 APR - 3 JULY

Everyday Chinese Essentials with Ping
10 weeks, starting 1st May
9.30am - 11.30am
FF \$20
Basic level required. Class run by volunteer tutor.

Simply Art with Christine
Beginner/Intermediate
11 weeks
1pm - 3pm
FF \$220; C \$210
**Some materials needed- see list on booking page.*

Healthy Eating Healthy Habits Kids Cooking Class with Edna
4 wks, starting 5th June
4pm - 5pm
FF \$100

Pilates with Tamara
Beginner/Intermediate
11 weeks
5.30pm - 6.30pm
6.30pm - 7.30pm
FF \$170; C \$160

COMPUTING FOR ALL
10am - 2pm
\$60 FOR 6 WEEKS
STARTS TUESDAY 27TH MAY

healthy eating healthy habits

KIDSCOOKING CLASS!

Thursdays | 4-5pm
5 June - 26 June | 4 weeks
\$100 per child (8-13 years)



FRIDAY
2 MAY - 4 JULY

NO CLASSES
25 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 23rd May
10am-12pm
FF \$100
All materials included.

Active Adults with Linda
10 weeks
11am - 12pm
FF \$155; C \$145

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.

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!

