

## URBAN HARVEST

When: Third Saturday in month  
Time: 11am - 12.30pm Cost: FREE  
20th July, 17th Aug, 14th Sep

## NEW! Robotics & Coding for KIDS

When: Thursday 18 July - 19

Sep 10 wks

Time: 5pm - 6pm

Go to [www.stembirds.com.au](http://www.stembirds.com.au)



## Play Groups

We run playgroups for under fives at the house. Call us for more information.

## Events & Workshops

### RUOk Morning Tea

Come and join us for a cuppa and a chat, we are here to hear.

12 September @ the house

10am - 11.30am

Please go to our website for more details and bookings on all workshops:

<https://www.bhsnh.org.au>



## Café of Connections

A social group for people living with dementia. When: 2nd & 4th Tuesday every month, 10am-12pm.

Placement on application, please call us.



## English Conversation

### 实用英语会话

Learn practical language skills to manage everyday life with confidence.

Thursday's 10.30am - 11.30am Book now. For more information access the WeChat Group using QR Code.



Scan the QR Code to add me on WeChat

## House Hire

We have a range of rooms available for small groups and parties.

Rooms are available during the day, at night and weekends. Coffee/tea and kitchen facilities are included.

Please contact the office for prices and availability.

### Contact Us to Book your Class

Website: <https://www.bhsnh.org.au>

Phone: 9898 8270

E-mail: [info@bhsnh.org.au](mailto:info@bhsnh.org.au)

Address: 47 Kitchener street, Box Hill South 3128



## BOX HILL SOUTH NEIGHBOURHOOD HOUSE

SMALL, FRIENDLY AFFORDABLE CLASSES

TERM 3 2024  
JULY - SEPTEMBER



# Health & Wellbeing

## BEGINNERS HATHA YOGA

When: Monday 15 July - 16 Sep 10 wks

Time: 6:15pm - 7:15pm

Cost: \$135 Or Casual \$15 per class

## INTERMEDIATE HATHA YOGA

When: Monday 15 July - 16 Sep 10 wks

Time: 7:15pm - 8:15pm

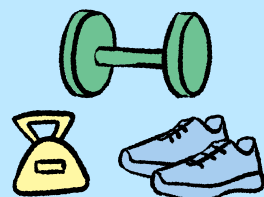
Cost: \$135 Or Casual \$15 per class

## TRIVIA, WALK & TALK

When : Wednesday 17 July - 18 Sep 10 wks

Time: 1:30pm - 3:30pm

Cost: \$2 per class



## STRENGTH TRAINING

When: Monday 15 July - 16 Sep 10 wks

Time: 9:15am - 10:15am

Costs: \$12 per class

When : Thursday 18 July - 19 Sep 10 wks

Time: 9:15am - 10:15am

Cost: \$12 per class

When : Thursday 18 July - 19 Sep 10 wks

Time: 10:30am - 11:30am

Cost: \$12 per class

## TAI CHI - YANG STYLE

*Advanced Classes:*

When: Friday 19 July - 20 Sep 10 wks

Time: 11.30am - 12.30pm

Cost: \$150

*Beginners Classes:*

When: Friday 19 July - 20 Sep 10 wks

Time: 12.45pm - 1.45pm

Cost: \$150

## GENTLE EXERCISE

When: Monday 15 July - 9 Sep 9 wks

No class 16/09

Time: 1.30pm - 2.30pm

Cost: \$117 Or Casual \$15 per class

## Art & Craft

### WATERCOLOUR PAINTING

When: Monday 22 July - 16 Sep 9 wks

Time: 10am - 12pm

Cost: \$175

When: Monday 22 July - 16 Sep 9 wks

Time: 7:30pm - 9:30pm

Cost: \$175

### BOTANICAL DRAWING

When: Wednesday 24 July - 11 Sep 8 wks

Time: 10am - 12pm

Cost: \$160

Call us for bookings and material list

## LEARN HOW TO KNIT/CROCHET

When: Monday 15 July - 16 Sep 10 wks

Time: 1pm - 2.30pm

Cost: \$5 per class

## FRIDAY CRAFT GROUP

When: Friday 19 July - 20 Sep 10 wks

Time: 12.30pm - 3pm

Cost: \$5 per class

## Language Classes

### ITALIAN INTERMEDIATE CLASS

When: Tuesday 16 July - 3 Sep 8 wks

Time: 1pm - 3pm

Cost: \$230 per term

## Social Groups

### BOOK CLUB

First Thursday in month 7.30pm

4th July, 1st Aug, 5th Sep, 3rd Oct

Cost: on application

### WRITERS GROUP

Third Sunday in month 2pm - 4.30pm

21st July, 18th Aug, 15th Sep

Cost: \$7/session

### CARERS WALK

Connect with other carers and learn more about supports available.

4th Wednesday in month 10am - 11.30am

24th July & 28th Aug Cost: Free