

Language Classes

FRENCH CLASSES

Call us for expressions of interest.

Piano

When: Tuesday PM (Call for bookings)

Computers & IT

Individual technology lessons

Call us to book your appointment

Cost: \$45 - \$50 for a hour session

Social Groups

Book Club

First Thursday in month 7.30pm

Term 1 2 Feb, 2 Mar & 6 Apr

Term 2 4 May, 1 June & 6 July

Cost: on application

Writers Group

Third Sunday in month 2pm - 4.30pm

Term 1 19 Feb, 19 Mar & 16 April

Term 2 21 May & 18 June \$7/session

Urban Harvest

When: Third Saturday in month

Time: 11am - 12.30pm Cost: FREE

Chess Group

When: Mondays 1pm

Cost: Gold coin donation

Café of Connections

This social group is part of the Umbrella Dementia Café charity. Designed for people living with dementia to improve social health & wellbeing. *2nd & 4th Tuesday every month, 10am-12pm \$14 couple.*

Workshops

We also run fun workshops during each term. Please refer to our website to book your spot.

HOUSE HIRE

Box Hill South Neighbourhood House has 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

Address: 47 Kitchener street, Box Hill

South 3128



BOX HILL SOUTH NEIGHBOURHOOD HOUSE

SMALL, FRIENDLY
AFFORDABLE CLASSES

TERM 1&2 2023
JANUARY - JUNE



Health & Wellbeing

GENTLE HATHA YOGA

Monday 6:15 - 7:15 pm

Term 1 6 Feb - 3 Apr 8 wks \$100

Term 2 1 May - 19 June 7 wks \$87.50

Or Casual \$15 per class, no class 13/3, 12/6

HATHA YOGA

Monday 7:15 - 8:15 pm

Term 1 6 Feb - 3 Apr 8 wks \$100

Term 2 1 May - 19 June 7 wks \$87.50

Or Casual \$15 per class, no class 13/3, 12/6

HATHA YOGA - INTERMEDIATE

Wednesday 6:15 - 7:15 pm

Term 1 8 Feb - 5 Apr 8 wks \$100

Term 2 3 May - 21 June 7 wks \$87.50

Or Casual \$15 per class, no class 15/3, 14/6

WALK & TALK

Wednesday 2 - 3.30 pm

Term 1 1 Feb - 5 Apr 9 wks

Term 2 26 Apr - 21 June 9 wks

\$2 per class, no class 15/3

MEDITATION

Friday 7.30pm - 8.30pm

Term 1 3 Feb - 31 Mar 9 wks Free

Term 2 28 Apr - 23 Jun 9 wks Free

STRENGTH TRAINING

Monday 9:15am - 10:15 am

Term 1 30 Jan - 3 Apr 9 wks

Term 2 24 Apr - 19 June 8 wks

\$12 per class, no class 13/3

Thursday 9:15am - 10:15 am

Term 1 2 Feb - 6 Apr 10 wks

Term 2 27 Apr - 22 June 9 wks

\$12 per class

Thursday 10.30am - 11:30 am

Term 1 2 Feb - 6 Apr 10 wks

Term 2 27 Apr - 22 June 9 wks

\$12 per class

TAI CHI - YANG STYLE

Friday 12.30pm - 1.30pm (*Advanced*)

Term 1 3 Feb - 31 March 9 wks \$135

Term 2 28 Apr - 23 June 9 wks \$135

Friday 1.30pm - 2.30pm (*Beginners*)

Term 1 3 Feb - 31 March 9 wks \$135

Term 2 28 Apr - 23 June 9 wks \$135

GENTLE EXERCISE

Friday 10:15am - 11:15 am

Term 1 3 Feb - 31 Mar 9 wks \$112.50

Term 2 28 Apr - 23 Jun 9 wks \$112.50

Or Casual \$15 per class

PILATES

Thursday 6:15 - 7:15 pm

Call for expressions of interest

Art & Craft

WATERCOLOUR PAINTING

Monday 7:30 - 9:30 pm

Term 1 30 Jan - 3 Apr 9 wks \$145

Term 2 1 May - 19 June 7 wks \$112

Or Casual \$20 per class, no class 13/3, 12/6

Tuesday 7:30 - 9:30 pm

Term 1 31 Jan - 4 Apr 9 wks \$145

Term 2 2 May - 20 June 7 wks \$112

Or Casual \$20 per class, no class 14/3, 13/6

BOTANICAL DRAWING

Wednesday 10am - 12pm

Term 1 8 Feb - 5 April 9 wks \$165

Term 2 3 May - 21 June 8 wks \$145

Call us for bookings and material list

LEARN HOW TO KNIT/CROCHET

Monday 1pm - 2.30pm

Term 1 30 Jan - 3 Apr 9 wks

Term 2 24 Apr - 19 June 8 wks

\$5 per class, no class 13/3, 12/6

FRIDAY CRAFT GROUP

Friday 12.30pm - 3pm

Term 1 3 Feb - 31 Mar 9 wks

Term 2 28 Apr - 23 Jun 9 wks

\$5 per class