



PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST



Community Courses & Activities

Term 1 2024

Term Dates: 29 Jan – 28 Mar 2024 – 9 Week Term

Please note Public Holidays this term, office closed and no classes on: Friday 26 January 2024 – Australia Day; Monday 11 March 2024 – Labour Day; Friday 29 March 2024 – Good Friday.

Location:

22 Rob Roy Road, Malvern East 3145
Phone: 9530 4397

Email: manager@phoenixparknh.org.au

Web: www.phoenixparknh.org.au

Office Hours: Mon – Thu 9am – 4pm Fri 9am – 1pm

Phoenix Park Neighbourhood House is a registered Not For Profit and a Carer Friendly accredited organisation.



How to Enrol:

- Online:** Visit our website, click on classes, select your course and then click the Register Now button
- In Person:** Talk to our friendly staff

Payments can be made via EFTPOS, Cash or Secure online payment (Booking fees apply)

Annual Administration Fee 2024: All new enrolments will incur an additional fee of \$15 per adult and \$8 per child which is due at the time of enrolment. This is payable once only during the year.

Stay connected... Follow us on Facebook, Instagram or website for the latest news on upcoming workshops, classes and events.



Facebook: @PhoenixParkNeighbourhoodHouse



Instagram: @PhoenixParknh

Acknowledgements

A special thank you to all our volunteers. We gratefully acknowledge the support of:

- The Department of Family, Fairness and Housing
- City of Stonnington
- Community Bank Malvern East, Bendigo Bank
- Neighbourhood Houses Victoria





What's New

Social Bike Group

Help us build a new social bike riding group at PPNH! Discover the hidden gems of your local community as you pedal through scenic routes, meet fellow bike riding enthusiasts, and foster new connections. Meets monthly, register your interest today!



Language Classes are coming to PPNH!

Japanese Language Introduction

Travelling to Japan on a holiday? Always wanted to learn a language? Learn the basics of Japanese language in these conversation based classes for adults, facilitated by a native Japanese speaker. Topics covered include introductions, basic courtesies, asking for things, and points of cultural interest.

Wed 14/2 - 20/3

1.00pm - 2.00pm

Term Cost: \$75

English Conversation Group

Build confidence speaking English in a small social setting, facilitated by a qualified language teacher. All nationalities welcome.

Thu 15/2 - 21/3

1.00pm - 3.00pm

Cost: \$75

Creative Art Workshops

In 2024 we welcome a very talented and award winning artist to PPNH. Laila is constantly exploring and experimenting with different media, including oil, pencil, oil pastels, acrylic, textile art, fabric colours & clay. To register your expression of interest to stay updated about these workshops, scan the QR code.



Seeking Volunteers

New positions are open for 2024. Positions available: admin support, garden program support, food pantry coordinator, art program support. Commitment, 1 to 2 hours weekly or fortnightly. Contact Maddie for more information or to express your interest.

Social & Activity Groups



Chatty Cafe

Have circumstances recently changed for you? Are you new to the community, living alone or recently retired? Join our chatty cafe morning where you will be greeted by our friendly and welcoming team. You will love our high tea setting and delicious morning tea on offer, matched with a lovely latte or cup of tea made by our resident Barista Nino. No bookings required for this friendly gathering.

Tue 30/1 - 26/3

10.00am - 11.30am

FREE Activity

Mahjong

Join this friendly, fun group to play Western Mahjong with other experienced players. A game of skill, strategy and calculation - and a certain degree of chance!

Mon 29/1 - 25/3 (ex 11/3)

Tue 30/1 - 26/3

1.00pm - 4.00pm

Cost: \$4 per session

Social Craft Group

Join this friendly group, connect and be inspired. BYO projects.

Wed 31/1 - 27/3

10.30am - 12.30pm

Cost: Gold Coin Donation



Mahjong for Beginners

Keen to learn how to play Mahjong? Our 4-week introductory courses are offered twice during the year and will be back in 2024. Please contact us to register your interest.

Cost: \$20 for 4 weeks

Singers

Join us and community singing teacher Belinda. Embrace the positive effects of singing, in this acapella based group, all welcome.

Thu 1/2 - 28/3

7.45pm - 9.30pm

Term Cost: \$162



Photography Group

Get together with others to take photos and exchange tips and ideas, with the occasional excursion. Great group support where you can learn how to get the best results and improve the photos taken with the equipment you have.

Dates: 1st Thu of the month

7.00pm - 8.30pm

Cost \$5 per session



All Abilities Singalong



Join talented musician Phoebe, and jam along in this fun, friendly and inclusive environment.

Thu 1/2 - 28/3

1.00pm - 2.00pm

Cost: \$10 per session

English Conversation Group

Build confidence speaking English in a small social setting, facilitated by a qualified ESL teacher. Be a part of this new group.

Thu 15/2 - 21/3

1.00pm - 3.00pm

Cost: \$75



Community Services & Activities



Community Pantry - Food Drive

Help us fill our community pantry with love! Join our Community Food Drive by donating non-perishable items like canned goods, pasta, and rice. Ensure items are within the expiry date, unopened, with intact labeling—no damaged or dented items, and kindly, no confectionary. Drop off your donations at our newly built community pantry, located opposite the kitchen, during normal office hours. Let's nourish our community together! ❤️

Weekly donations of bread from local businesses will still occur, when available. We welcome you to take what you need and give what you can.

If you are in urgent need and want a confidential call to discuss food relief, please contact Maddie on 9530 4397 or email; manager@phoenixparknh.org.au



The Arts

Writers Group

Join facilitator Adam Langenberg and our group of writers, all working on their own projects and offering support and encouragement. By workshoping, discussion and further reading, make progress on your writing project.

Mon 29/1 - 25/3 (ex 11/3)

10.00am - 12.00pm

Term Cost: \$160

Art Discovery

Join us on a journey of discovery as we experiment with old and new art techniques, mixed media and combinations of traditional and non-traditional materials. BYO Materials.

Mon 29/1 - 25/3 (ex 11/3)

10.00am - 12.00pm

Term Cost: \$160

Painters Group

For those independent artists who would like some companionship and encouragement as they work on their own paintings or sketches.

No tutor. BYO materials.

Mon 29/1 - 25/3 (ex 11/3)

1.00pm - 3.30pm

Cost: \$5 per session

Watercolour Introduction

Learn the basics of watercolour painting in this introductory program, ideal for beginners or those who have some basic skills. BYO Materials.

Tue 13/2 - 19/3

6.30pm - 8.30pm

Term Cost: \$120

EVENING SESSION

Book Exchange Program

Located just outside the main doors at Phoenix Park Community Centre, you will find a wonderful community bookshelf, a world of captivating stories and preloved books. Drop off a beloved book and seize the opportunity to pick up a new adventure that piques your interest. Please ensure books that you share are in tip-top condition, so it can be enjoyed.

Right Brain Drawing and Beyond

Make your left brain draw right! People often say they can't draw, however by enhancing visual perception, even those who have struggled in the past will be surprised by their achievements. Explore creative applications using pencil, charcoal and other media.

Wed 31/1 - 27/3

7.00pm - 9.00pm

Term Cost: \$180

Watercolour Painting

Celebrate the joy of lush colour and enhance your skills in watercolour painting. Ideal for those who are familiar with watercolour painting. BYO materials.

Thu 1/2 - 28/3

10.00am - 12.00pm

Term Cost: \$180

EVENING SESSION



Acrylic Painting

Explore your creativity in our acrylic painting classes as your tutor guides you through the process from sketching, through to colour mixing and application. BYO materials.

Thu 1/2 - 28/3

12.30pm - 2.30pm

Term Cost: \$180

All Abilities Art

Join our all abilities weekly art group and channel your artistic creativity while producing a range of mixed-media art projects.

NEW ENQUIRIES WELCOME

Drop in Digital Sessions

FREE 1 Hour Digital Help

Do you need help with your digital device? This program is for you. All welcome to join this session to have a chat and sort out that technology issue. For more information and to book, call JoCare 0468 732 999

Available weekly; Wednesday's

9.00am - 10.00am



Children's Activities

Jack and Jill Playgroup

Did you know there is a playgroup at Phoenix Park Childrens Hub within our precinct? New members welcome.

Please email:

jackjillenrolment@gmail.com

or click on this QR code

to find our more.



Gumnut Music

These classes are for children and a loving adult. Offering a nurturing environment, a lot of fun and live music, delivered by qualified educators.

Thursday & Friday mornings

For details and bookings visit:

www.gumnutmusic.com.au

Mandarin Stars

A children's activity to inspire a lifelong love of Mandarin Chinese language and culture. Fridays and Saturdays during school term.

For more

information and

bookings contact:



www.mandarinstars.com.au

Japanese Playgroup

Meet with Japanese speaking parents and children for play and social interaction each Tuesday morning during school terms.

For more information and bookings: chadstonejapaneseplaygroup2022@gmail.com

Tue 30/1 - 26/3

10.30am - 12.00pm

JP Kids - Japanese Kinder language classes

The program aims for 3-5 year olds to learn and develop Japanese language skills, while also gaining a cultural understanding through a quality Early Childhood Program.

Classes are run with a mix of theory and play. Information and bookings: jpkidsclass@gmail.com

Wed 31/1 - 27/3

Thu 1/2 - 28/3

9:30am - 11:30am





Exercise and Wellbeing

Try your first class for FREE!*

Chairbased Exercise

Come along and join this class for a gentle workout and a good stretch. Ideal for those who have some limited mobility and need to keep flexible. Includes some standing postures. BYO water bottle.

Mon 29/1 - 25/3 (ex 11/3)

10.30am - 11.30am

Cost: \$4 per session

Yoga with Kate

Good for beginners or for those wanting to maintain flexibility. BYO yoga mat, block & water bottle.

Mon 29/1 - 25/3 (ex 11/3)

9.00am - 10.00am

10.15am - 11.15am

Term Cost: \$96

Casual: \$14 per session

Evening yoga with Kate

Join us after a busy workday to wind down with this relaxing class. This class is ideal for both beginners and for those who have been practicing for many years.

BYO yoga mat, block & water bottle.

Thu 1/2 - 28/3

6.30pm - 7.30pm

Term Cost: \$108

Casual: \$14 per session

EVENING SESSION

Gentle yoga with Irene

Gentle yoga for beginners or for those wanting to maintain flexibility.

BYO yoga mat, block & water bottle.

Thu 1/2 - 28/3

10.15am - 11.15am

Term Cost: \$108

Casual: \$14 per session

Tai Chi

Join us on a mindful practice through the modality of Tai Chi. Valuable in promoting health, developing combat and self-defence skills, and improving concentration and overall well-being. BYO water bottle.

Tue 30/1 - 26/3

9.30am - 10.30am

Term Cost: \$108

Casual: \$14 per session

Tap Dance Fit **New & Improved**

This new Tap Dance Fit class is a fun and easy follow along class that uses easy, basic steps to burn calories, improve circulation and brain clarity. Suitable for all ages and with no dance experience necessary. BYO water bottle.

Tue 30/1 - 26/3

1.00pm - 2.00pm

Term Cost: \$108

Casual: \$14 per session

NEW!

Dance Fit with Linda!

This class is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility. Learn different styles of dance with upbeat music and energetic moves, a fun way to get into shape. BYO water bottle.

Tue 30/1 - 26/3

7.00pm - 8.00pm

Term Cost: \$90 Casual: \$12 per session

EVENING SESSION

Buff Bones® for Osteoporosis

Join this guided Pilates based class to tone up, enhance posture, improve balance and gain overall strength, while also being safe for people with osteoporosis and arthritis. BYO yoga mat, bands, towel & water bottle.

Tue 30/1 - 26/3

12.45pm - 1.45pm

Term Cost: \$108 Casual: \$14 per session

****NEW** Thu 1/2 - 28/3**

12.15pm - 1.15pm

Term Cost: \$108 Casual: \$14 per session

NEW!

Zumba Gold

Our Zumba Gold classes are a great workout, lots of fun, and designed for the older members of the community or those after a low impact fitness class. BYO water bottle.

Wed 31/1 - 27/3

Fri 2/2 - 22/3 (ex 26/1)

9.30am - 10.30am

Cost: \$8 per session



Stretch & Move

A gentle physical activity program incorporating stretching, balance and coordination exercises. Suitable for those who haven't done any exercise for a while or those wanting to increase physical activity. Great for seniors or for those leaving rehab. BYO water bottle.

Wed 31/1 - 27/3

10.30am - 11.30am

Cost: \$8 per session

Fit over 50! (Formerly BeatFIT)

Delivered by talented and qualified Trainer Greg Durham.

Engage in a great personal-training style group workout that blends the benefits of flexibility, balance, cardio, weight training for bone density and muscle-strengthening exercises.

BYO yoga mat, towel & water bottle.

Thu 1/2 - 28/3

9.00am - 10.00am

Term Cost: \$108

Casual: \$14 per session

NEW!

Pilates

A gentle and effective way to improve your posture, balance, flexibility and strength. BYO yoga mat, bands and water bottle.

Fri 2/2 - 22/3 (ex 26/1)

9.30am - 10.30am

Term Cost: \$96 Casual: \$14 per session

****NEW** Tue 30/1 - 26/3**

6.30pm - 7.30pm

Term Cost: \$108 Casual: \$14 per session

EVENING SESSION

*Bring a friend! The first class is free for new members attending our Exercise and Wellbeing classes.

SCAN THIS QR CODE TO REGISTER FOR A CLASS:



How to Enrol:

✓ **Online:** Click the **Classes** button on the top menu of our website. Or scan the QR code.

✓ **In Person:** Talk to our friendly staff

Please visit our website for full terms and conditions

