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.
Mon: 10.30am - 11.30am
Tues: 10.00am - 11.00am
Term 3: 14/7 to 16/9
Term 4: 5/10 to 15/12 (exc 2 & 3/11)
Term 3 fee: $50 Term 4 fee: $50
Casual $5 per session

Yoga with Kate
Good for beginners or for those wanting to maintain flexibility.
BYO yoga mat, block & water bottle.
Mon session 1: 9.00am - 10.00am
Mon session 2: 10.15am - 11.15am
Term 3: 13/7 to 14/9
Term 4: 5/10 to 14/12 (exc 2/11)
Term 3 fee: $120 / Term 4 fee: $120
Casual: $15 per session

Tai Chi
Experience the mindful practice of Tai Chi and enjoy improved balance, mobility, and overall wellbeing.
Tues: 9.30am - 10.30am
Term 3: 14/7 to 15/9
Term 4: 6/10 to 15/12 (exc 3/11)
Term 3 fee: $120/ Term 4 fee: $120
Casual: $15 per session

Zumba - Evening
This class is a total workout, combining all elements of fitness, inc cardio, muscle conditioning, balance & flexibility. Learn different styles of dance with fun upbeat music and energetic moves.
Tues: 7.00pm - 8.00pm
Term 3: 14/7 to 15/9
Term 4: 6/10 to 15/12 (exc 3/11)
Term 3 fee: $100/ Term 4 fee: $100
Casual: $12 per session

Healthy Bones Fitness
Join this guided pilates based class to enhance posture, improve balance and gain overall strength, while also being safe for people with osteoporosis and arthritis. BYO yoga mat & bands.
Tue session 1: 11.30am - 12.30pm
Tue session 2: 12.45pm - 1.45pm
Wed session: 12.00pm - 1.00pm
Term 3: 14/7 to 16/9
Term 4: 6/10 to 16/12 (exc 3/11)
Term 3 fee: $120
Term 4 fee: Tue $120 Wed $132
Casual: $15 per session

Meditation
Join this mindful practice, learn the techniques of letting go and bring balance to your life. BYO yoga mat
Tue: 10.15am - 11.00am [45 min]
Term 3: 14/7 - 15/9
Term 4: 6/10 - 15/12 (exc 3/11)
Term 3 fee: $120 / Term 4 fee: $120
Casual: $15 per session

Stretch & Move with Greg
A gentle activity program with stretching, balance and coordination exercises, plus light weight training to support strength and mobility. Ideal for those returning to exercise or wanting to build activity at their own pace.
Wed: 10.30am - 11.30am
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12
Term 3 fee: $80/ Term 4 fee: $88
Casual: $10 per session

Gentle Yoga with Irene
This yoga is great for beginners or for those wanting to maintain flexibility. BYO yoga mat & block.
Tue session: 9.00am - 10.00am
Thurs session 1: 9.00am - 10.00am
Thurs session 2: 10:15am - 11:15am
Term 3: 14/7 to 17/9
Term 4: 6/10 to 17/12 (exc 3/11)
Term 3 fee: $120
Term 4 fee: Tues $120 / Thu $132
Casual: $15 per session

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 low impact fitness.
Wed & Fri: 9.30am - 10.30am
Term 3: 15/7 to 18/9
Term 4: 7/10 to 18/12
Term 3 fee: $80/ Term 4 fee: $88
Casual: $10 per session

Stretch & Move Thursday
Join us for a gentle physical activity session designed to help you stay happier and healthier. In this supportive and fun environment, you'll work on stretching, balance, and coordination exercises, perfect for anyone looking to increase physical activity, especially if you haven't exercised in a while.
Thurs: 11.30am - 12.30pm
Term 3: 16/7 to 17/9
Term 4: 8/10 to 17/12
Term 3 fee: $80/ Term 4 fee: $88
Casual: $10 per session

Fit Over 50
Stay active with Greg's group fitness class! This dynamic workout combines flexibility, balance, cardio, and strength training to boost bone health and muscle strength. Perfect for older, fit adults. BYO yoga mat!
Thurs: 9.00am - 10.00am
Term 3: 16/7 to 17/9
Term 4: 8/10 to 17/12
Term 3 fee: $120 / Term 4 fee: $132
Casual: $15 per session

Evening Pilates
Improve your core strength, flexibility, posture, and mobility in a supportive mat pilates class led by our qualified instructor. All levels welcome.
BYO yoga mat, bands & water bottle.
Wed: 6.30pm - 7.30pm
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12
Term 3 fee: $120 / Term 4: $132
Casual: $15 per session

Pilates
An effective way to improve your posture, balance, flexibility and core strength. BYO yoga mat, bands and water bottle.
Fri: 9.30am - 10.30am
Term 3: 17/7 to 18/9
Term 4: 9/10 to 18/12
Term 3 fee: $120/ Term 4 fee: $132
Casual: $15 per session

Bring a friend! We welcome to try your first exercise class for free.

SCAN THIS QR CODE TO VISIT OUR WEBSITE AND BOOK YOUR 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

www.phoenixparknh.org.au

PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST

July - December 2026
Course, Activity and Event Guide

Malvern East's Favourite Neighbourhood House

KEY DATES

Term 3 2026 (10 weeks): Mon 13 July to Friday 18 September 2026.
Term 4 2026 (11 weeks): Mon 5 October to Fri 18 December 2026. Closed Mon 2 & Tues 3 Nov 2026 (Melbourne Cup).

Location: 22 Rob Roy Road, Malvern East 3145
Phone: 9530 4397
Email: office@phoenixparknh.org.au
Office Hours: Mon - Thu 9am - 4:30pm & Fri 9am - 3pm

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 2026: All new enrolments will incur an additional fee of $15 per person 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 and committee.
We gratefully acknowledge the support of:
The Department of Family, Fairness and Housing
City of Stonnington
Michael O'Brien MP, Member for Malvern
Community Bank Malvern East, Bendigo Bank
Food Pantry Partners: Food Filled, Bright Sparqe and The South Levain Bakery Chadstone.

Community Services

Repair Cafe
Have an item that needs fixing? Got something broken? Don't toss it - fix it! Bring your items to our Repair Cafe and work with skilled volunteers to repair clothes, appliances, jewelry, toys, and more. Free entry, friendly faces, and a cuppa while you learn. **When: Monthly, 1st Sunday of the Month. 5/7, 2/8, 6/9, 4/10, 1/11, 6/12. 2.00pm - 5.00pm. Donation for repairs.**

Food Relief & Community Pantry
We provide a community pantry using donated food soure of fresh produce, available to Stonnington residents. Donations vary each week, so items and quantities depend on supply.
Open Tuesdays & Thursdays, 12:00pm – 1:00pm.
Drop in to pack a bag of available items, limits apply to ensure fair access for all. Supply not guaranteed.

Community Book Exchange
Located inside near the main doors at Phoenix Park Community Centre, you will find a wonderful community bookshelf, a world of preloved books with captivating stories from all genres. We welcome all members of the community to participate to pick up a new book or donate any preloved books, we kindly ask that these are in good condition so they can be enjoyed.

Drop In Digital Sessions
With the help from our friends at Jocare, these sessions are designed to help you build your digital skills, increase your confidence and safety awareness when using the internet and everyday technology. It is a free service, no bookings required.
Wed: 10.00am - 11.00am
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12

SCAN THIS QR CODE TO VISIT OUR WEBSITE AND BOOK YOUR CLASS

Learn & Be Social

Canasta
Join us! All skill levels welcome. Beginners can receive one-on-one guidance, while those ready for a challenge can try Bolivia Canasta as the next step.
Wed 1pm to 4pm
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12
Term fee 3: $40
Term fee 4: $44
Casual: $4 per session

Mahjong - Experienced Players
Join this friendly, fun group to play western mahjong with other experienced players.
Mon: 1.00pm - 4.00pm
Tues: 1.00pm - 4.00pm
Wed: 1.00pm - 4.00pm
Term 3: 13/7 to 16/9
Term 4: 5/10 to 16/12 (exc 2 & 3/11)
Term fee 3: $40
Term fee 4: Mon/Tue $40. Wed $44
Casual: $4 per session

Social Photography Group
Join this self-led friendly group to share images and stories from their latest photo adventures. All skill levels and equipment preferences are welcome. ***Meets monthly 1st Thursday* - 7.00pm - 8.30pm**
Term 3: 6/8, 3/9
Term 4: 8/10, 5/11 & 3/12
Term fee: $10 or $5 per session

All Abilities Sing-Along
Join our talented musician, and jam along in this fun, friendly and inclusive environment. Carers free.
Thurs: 1.00pm - 2.00pm
Term 3: 16/7 to 17/9
Term 4: 8/10 to 17/12
Term 3 fee: $150 / Term 4 fee: $165
Casual: $18 per session

Social Walking Group
Join our weekly social walking group **perfect for early risers**. Meet at Central Park's main carpark for a relaxed, friendly walk. Suitable for all ages, with pets and prams welcome. A great way to start the day... **Free!!**
Tues 6.30am - 7.30am
Term 3: 14/7 to 15/9
Term 4: 6/10 to 15/12

Social Bike Riding Group
Discover the hidden gems of your local community as you pedal through scenic routes, meet fellow bike riding enthusiasts, and foster new connections. **Meets fortnightly**, **Wednesday, start time 9.00am**
Term 3: 8/7 to 16/9
Term 4: 30/9 to 9/12
Term *fee: $10 or $2 per ride*

Social Craft Group
Join our friendly craft group. Bring your own projects and connect with local fellow crafters in a warm and welcoming atmosphere.
Wed 10.30am - 12.30pm
Saturday 2pm - 5pm
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12
Term fee: $25 or $5 per session

Cuppa with Friends
A delightful high tea experience with fresh lattes, tasty treats, and great company. Relax in a welcoming setting, connect with friends, or make new ones. Join us for a cuppa and conversation!
Tue 10.00am - 12.00pm
Term 3: 14/7 to 15/9
Term 4: 6/10 to 15/12 (exc 3/11)

Welcome Table
Community lunch program. Enjoy a home cooked meal, all welcome, bookings are essential. Fortnightly commencing 14th July 2026. See website for dates and bookings.
Wed: 12.00pm - 1.30pm
Casual: $10 per lunch.

Writers Group
Join facilitator Adam Langenberg and our group of writers, all working on their own projects and offering support and encouragement.
Mon 9.30am - 11.30am
Term 3: 13/7 to 14/9
Term 4: 5/10 to 14/12 (exc 2/11)
Term 3 fee: $200 / Term 4 fee: $200

The Arts

Drawing Essentials + Pen & Ink
Build confidence in your drawing skills and discover the expressive possibilities of pen and ink.
This class will guide you through the essentials of drawing, including line, tone, form and composition, while introducing beautiful pen and ink techniques to bring your artwork to life.
Perfect for beginners or those wanting to strengthen their skills.
6 week course.
BYO materials.
Fri 10.00am - 12.00pm
Term 4: 9/10 to 20/11 (exc 6/11)
Term 4 fee: $165.00

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 10.00am - 12.00pm
Term 3: 13/7 to 14/9
Term 4: 5/10 to 14/12 (exc 2/11)
Term 3 fee: $200 / Term 4 fee: $200

Acrylic Painting with Heidi
Acrylic painting made easy! Learn the tips, tricks and techniques of this wonderful medium with experienced tutor Heidi. During the term you will be exposed to a range of various techniques, and paint inspiring images, unique to you. Suitable for beginners through to intermediate level. BYO materials.
****New session added****
Wed 9.30am - 11.30am
Wed 12.30pm - 2.30pm
Term 3: 22/7 to 16/9
Term 4: 7/10 to 16/12
Term 4 fee: $220

Watercolour & Mixed Media
A relaxing evening watercolour and mixed media class. Learn an exciting range of techniques incorporating botanicals and figures, street scenes and landscapes for inspiration.
BYO materials.
Wed 6.30pm - 8.30pm
Term 3: 15/7 to 16/9
Term 4: 7/10 to 16/12
Term 3 fee: $200 / Term 4 fee: $220

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.
Tues: 1.00pm - 3.00pm
Thurs: 10.00am - 12.00pm
Term 3: 14/7 to 17/9
Term 4: 6/10 to 17/12 (ex 3/11)
Term 3 fee: $200/
Term 4 fee: Tue $200 / Thu $220

Right Brain Drawing
Join us as we empower your left brain to draw right and be surprised by your achievements. Explore creative applications using pencil, charcoal and other media. Perfect for beginners or those with some experience. BYO materials.
Thurs: 12.30pm - 2.30pm
Term 3: 16/7 to 17/9
Term 4: 8/10 to 17/12
Term 3 fee: $200 / Term 4 fee: $220

All Abilities Art
Join our inclusive weekly art group designed for members with disabilities. Unleash your creativity with diverse mixed-media projects. Carers attend for free, and all materials are included.
Mon 1.00pm - 2.00pm
Term 3: 13/7 to 14/9
Term 4: 5/10 to 14/12 (exc 2/11)
Term 3 fee: $200/ Term 4 fee: $200

Open Studio: Social Art
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 1.00pm - 3.30pm
Term 3: 13/7 to 14/9
Term 4: 5/10 to 14/12 (exc 2/11)
Term fee: $25 or $5 per session

Children's Activities

Japanese Play Group
Join our Japanese playgroup and meet local Japanese families where children can learn, create, and have fun! Run by dedicated volunteer parents who speak Japanese during the sessions, offered weekly during school terms.
Tue 10.45am - 12.00pm
Term 3: 14/7 to 15/9
Term 4: 6/10 to 15/12 (ex 3/11)
Term fee: $40.00
Casual: $5 per session

JP Kids & Parents
Japanese language experience for children aged 3-5 years. Led by a native Japanese speaking educator. Parents and children explore educational and cultural activities together in a relaxed, friendly environment that supports cultural connection, early learning, socialisation, and shared experiences.
Wed 9.30am to 11.30am
Term 3: 15/7 to 16/9
Term 4: 7/10 to 9/12
Term 3 fee: $275 / Term 4 fee: $275

Gumnut Music
Multi-award winning classes celebrate connection and creativity with hands-on learning. Captivating musical stories with scarves, puppets, bubbles, parachutes and instruments - one for each child!
While your little one's coordination, language and confidence blossoms, you'll connect with our music-loving community. All classes are led by Louise, a qualified early years educator and musician with 15+ years experience, using her ukulele and nurturing voice.
Ages 0-5.
BOOK NOW

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