

Exercise & 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.
Mon 24/4 - 19/6 (no class 12/6)
10.30am - 11.30am
Cost: \$4 per session

Yoga

Good for beginners or for those wanting to maintain flexibility.

Mon 24/4 - 15/5
8.45am - 9.30am
9.45am - 10.30am
Term Cost: \$40 (4 weeks)
Mon 22/5 - 19/6 (no class 12/6)
9.00am - 10.00am
10.15am - 11.15am
Term Cost: \$48 (4 weeks)
Thu 27/4 - 22/6
10.15am - 11.15am
Term Cost: \$108 (9 weeks)
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.
Tue 2/5 - 20/6
9.30am - 10.30am
Term Cost: \$96
Casual: \$14 per session

Exercise & Wellbeing

Buff Bones® for Osteoporosis

Buff Bones is a safe, effective, low-impact workout. If you are aged between 45-70, have good balance and can get down on the floor and back up again, then this class is for you. BYO yoga mat, towel and small cushion.

Tue 2/5 - 20/6
12.30 - 1.30pm
Term Cost: \$96
Casual: \$14 per session

Tap Dancing

Tap Dancing is a fun and communal way to create social and cultural interaction while providing health benefits. Tap shoes preferred, runners not suitable.

Tue 23/5 - 13/6
Term Cost: \$48
Casual: \$14 per session

Dance Fit with Linda!

Join this high energy, dance fitness class with some Piloxing and Zumba thrown in for good measure. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility.

Tue 2/5 - 20/6
7.00pm - 8.00pm
Cost: \$10 per session.

Line Dancing for Beginners

****NEW**** Join us for great music and boot-scooting fun!
Fri 26/5 - 23/6
12.00pm - 1.00pm
Term Cost: \$60
Casual: \$14 per session

Stretch & Move

Formerly called Heartfit. 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.

Wed 26/4 - 21/6
10.30am - 11.30am
Cost: \$7 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 a low impact fitness class.

Wed 26/4 - 21/6
Fri 28/4 - 23/6
9.30am - 10.30am
Cost: \$8 per session

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

Thu 27/4 - 22/6
6.30pm - 7.30pm
Term Cost: \$108
Casual: \$14 per session



Pilates

Work on your core strength with the Pilates moves and gain flexibility from Yoga postures. Evening classes commence 23 May

Tue 23/5 - 20/6
6.30pm - 7.30pm
Term Cost: \$60
Casual: \$14 per session
Fri 28/4 - 23/6
9.30 - 10.30am
Term Cost: \$108
Casual: \$14 per session

BeatFIT

Join this lively exercise class suitable for those looking for a moderately more intense aerobic workout. Weight bearing exercises for able-bodied participants of all ages. BYO Yoga mat & water bottle.

Thu 27/4 - 22/6
9.00am - 10.00am
Term Cost: \$90
Casual: \$12 per session



PHOENIX PARK
NEIGHBOURHOOD HOUSE
MALVERN EAST

Community Courses & Activities

Term 2 2023

Term Dates: 24 April 2023 to 23 June - 9 Week Term

From Mon 24 April - Fri 19 May our building at 22 Rob Roy Road will be undergoing some major upgrades

During this time, we will be located at 4 pop up locations close by.

Please refer to the location guide insert or our website for class location details.

Location from Mon 22 May - Fri 23 June:

22 Rob Roy Road, Malvern East 3145

Phone: 9530 4397

Email: manager@phoenixparknh.org.au

Web: www.phoenixparknh.org.au

Office Closed (no classes):

Anzac Day Tuesday 25 April

King's Birthday Monday 12 June

How to Enrol:

Online: Visit our website, click on classes, select your course and then click the enrol 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: All new enrolments will incur an additional fee of \$12 per adult and \$6 per child which is due at the time of enrolment. This is payable once only during the year.

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



Facebook: @PhoenixParkNeighbourhoodHouse



Instagram: @PhoenixParknh



How to Enrol:
 Online: Click the **Classes** button on the top of our website
 In Person: Talk to our friendly staff
Please visit our website for full terms and conditions



www.phoenixparknh.org.au





What's New

Mother's Day Treat Paint and High Tea

Perfect Mother's Day treat. Join our talented art teacher Natalie, as she takes you on a guided art class to create this beautiful succulent art piece. High tea served to add a touch of glamour and fun. **Date: Sat 6th May 2023**
1.00pm to 4.00pm
Cost \$55 includes all materials and high tea. Children 12 to 17 welcome, with full paying adult, additional cost is \$30. *NOTE: Class held at Malvern Valley Golf Course Community Room*

Australia's Biggest Morning Tea

Fri 2nd June, 10.30am

You are invited! Help us reach our fundraising goal of \$500 for the Cancer Council. A morning to catch up with friends for a great cause, with lovely morning tea served. Watch this space for bakers and volunteer call out!



Watercolour for Beginners

Learn the basics of watercolour in this Introductory 6 week program. Develop confidence in mixing colour and basic watercolour painting techniques.

Tue 2/5 - 6/6

6.30pm - 8.30pm
Cost: \$150

Power Saving Bonus

Did you know that we are a registered outreach partner to process the Power Saving Bonus available for all eligible Victorian Households for a one off payment of \$250 by the Victorian Government? **This means for every application we process, we received \$10.** A new PSB round has been announced and from **24 March 2023**, all eligible Victorian households will be able to apply. For more information or to book an appointment, please contact our office staff.



Social & Activity Groups

Phoenix Park Photography Group

Get together with others to take photos and exchange tips and ideas, with the occasional excursion. Focus is on taking photos not the equipment used, be that digital cameras, point and shoot or phones. 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

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 24/4 - 19/6 (no class 12/6)**
Tue 2/5 - 20/6
1.00pm - 4.00pm
Cost: \$4 per session

Mahjong for Beginners

We are taking expressions of interest for this 4 week introductory course to learn how to play Mahjong in Semester 2. Dates: TBC
Cost: \$20.00 for 4 weeks.

Chatty Cafe

The Chatty Cafe Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation and loneliness. Join us weekly for a friendly gathering. Keep a look out on our socials for special guest speakers **Tue 2/5 - 19/5** 10.30am - 11.30am
Tue 23/5 - 20/6 10.00am - 11.30am
FREE Activity



Social Craft Group

BYO projects and join other like-minded individuals while you craft. **Wed 26/4 - 21/6**
10.45am - 12.30pm
FREE Activity

Phoenix Park Singers

Join us and community singing teacher Belinda. Embrace the positive effects of singing, in this acapella based group. **Thu 27/4 - 22/6**
7.45pm - 9.00pm
Term Cost: \$162

Community Services & Activities



Community Pantry

From week to week we receive food donated by local businesses that would otherwise go to waste. We encourage you to take what you need. If you feel, you are welcome to make a cash donation in return. All proceeds raised go towards funding Chatty Cafe, a free weekly community morning tea.

Safe Seats, Safe Kids

Local parents and carers are invited to book in for a free child car restraint fitting or safety check! Hosted by Kidsafe Victoria. Bookings are essential. NB: During our relocation, this program will continue to operate from the Phoenix Park Car Park. Scan QR code to make a booking:



The Arts

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 27/4 - 22/6**
10.00am - 12.00pm
Term Cost: \$162

Art Discovery

Let our experienced tutor take you on a journey of discovery as you experiment with old and new art techniques, mixed media and interesting combinations of traditional and non-traditional materials, such as acrylic paint, watercolour, oils, pastel and charcoal. **Tue 2/5 - 20/6**
10.00am - 12.00pm
Term Cost: \$144

Acrylic and Oil Painting

This class encompasses all painting mediums, such as acrylic, oil and soft pastels. You will learn both the technical and creative side of each medium. BYO materials. **Thu 27/4 - 22/6**
12.30pm - 2.30pm
Term Cost: \$162

A Community Transport Program

Stonnington's Community Transport Program provides flexible and accessible transport for older residents and people living with disability. This program supports residents to stay independent and to participate in community life, by assisting them to visit shopping centres, libraries and events from Council's Engaged program. All community transport buses take wheelchairs and can accommodate walking frames. Residents are independent on these trips, and can be picked up from their home and helped on and off the bus if needed. To book this service or for further information, please contact Stonnington's Community Transport Program: Office hours: 8:30 am to 5 pm, Monday to Friday. Phone: 03 8290 3224 Email: communitytransport@stonnington.vic.gov.au

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 accomplishments. Explore creative applications using pencil and charcoal and incorporating other media. **Wed 26/4 - 21/6**
7.00pm - 9.00pm
Term Cost: \$162

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 24/4 - 19/6 (no class 12/6)**
1.00pm - 3.30pm
Cost: \$5 per session

Phoenix Park Writers

Join author and editor AJ Collins and our group of writers, all working on their own projects and offering support and encouragement. Through workshopping, discussion and further reading, writers will be able to make progress on their own writing projects. **Mon 24/4 - 19/6 (no class 12/6)**
9.30am - 12.00pm
Term Cost: \$160



Children's Activities

Gumnut Music

This program is for children aged 0 - 5 years and involves live instrumentation and singing. **Thu 8.45am - 10.45am**
For details phone Louise on 0409 757 932 or visit: www.gumnutmusic.com.au



Playball Sports for Kids

Providing an opportunity for every child's health, wellbeing & development. For more info & bookings visit: <https://playball.com.au/franchise/victoria/playball-stonnington/>



Mandarin Stars

A children's activity to inspire a lifelong love of Mandarin Chinese language and culture. Fridays and Saturdays during school terms. For more information and bookings contact: www.mandarinstars.com.au



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. Info and bookings: jpkidsclass@gmail.com **Wed 26/4 - 21/6**
Thu 27/4 - 22/6
9:30am - 11:30am



Japanese Playgroup

Meet with Japanese speaking parents and children for play and social interaction each Tuesday morning during school terms. Info and bookings: chadstonejapaneseplaygroup2022@gmail.com **Tue 2/5 - 20/6**
10.30am - 12.00pm