



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 15/4 - 24/6 (ex 10/6)**

**10.30am - 11.30am**

**\*\*NEW\*\* Tue 16/4 - 25/6**

**10.00am - 11.00am**

Cost: \$4 per session

### YOGA WITH KATE

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

**Mon 15/4 - 24/6 (ex 10/6)**

**9.00am - 10.00am**

**10.15am - 11.15am**

Term Cost: \$120

Casual: \$14 per session

### EVENING YOGA WITH KATE

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

BYO yoga mat, block & water bottle.

**Thu 18/4 - 27/6 (exc 25/4)**

**6.30pm - 7.30pm**

Term Cost: \$120

Casual: \$14 per session

### GENTLE YOGA WITH IRENE

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

**Thu 18/4 - 27/6 (exc 25/4)**

**10.15am - 11.15am**

Term Cost: \$120

Casual: \$14 per session

### 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

### 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 16/4 - 25/6**

**9.30am - 10.30am**

Term Cost: \$132

Casual: \$14 per session

### PILATES FITNESS WITH LINDA

**\*\*NEW - 4 WEEK INTRO\*\***

Discover the ultimate solution for individuals seeking a serene approach to fitness. Ideal for both men and women, especially beneficial for women undergoing peri and menopausal transitions, and anyone combating stress, anxiety, or burnout. BYO mat, towel & water bottle.

**Thurs 18/4 - 16/5 (exc 25/4)**

**6.30pm - 7.30pm**

Course Cost: \$48

### 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 16/4 - 25/6**

**7.00pm - 8.00pm**

Term Cost: \$110 Casual: \$12 per 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 16/4 - 25/6**

**11.30am - 12.30pm**

**12.45pm - 1.45pm**

Term Cost: \$132 Casual: \$14 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. BYO water bottle.

**Wed 17/4 - 26/6**

**Fri 19/4 - 28/6**

**9.30am - 10.30am**

Cost: \$8 per session



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



[www.phoenixparknh.org.au](http://www.phoenixparknh.org.au)



### 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 17/4 - 26/6**

**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 18/4 - 27/6 (exc 25/4)**

**9.00am - 10.00am**

Term Cost: \$120

Casual: \$14 per session

### PILATES

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

**Fri 19/4 - 28/6**

**9.30am - 10.30am**

Term Cost: \$132 Casual: \$14 per session

**Tue 16/4 - 25/6**

**6.30pm - 7.30pm**

Term Cost: \$132 Casual: \$14 per session

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



PHOENIX PARK  
NEIGHBOURHOOD HOUSE  
MALVERN EAST

# Course, Activity and Event Guide

Malvern East's Favourite Neighbourhood House

## Term 2 2024

**Term Dates: 15 April - 28 June 2024 - 11 Week Term**

Please note Public Holidays this term, office closed and no classes on: Thursday 25th April and Monday 10 June 2024 - Anzac Day/Kings Birthday.

**Location:** 22 Rob Roy Road, Malvern East 3145

**Phone:** 9530 4397

**Email:** [manager@phoenixparknh.org.au](mailto:manager@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 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
- Neighbourhood Houses Victoria





## What's New

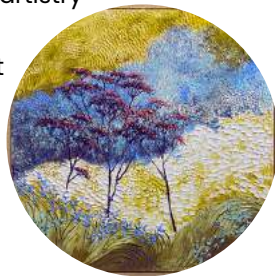
### SAVE THE DATE!

You are invited to our Australia's Biggest Morning Tea on Friday 24th May 2024, 10.30am. Let's get together and enjoy a cuppa so we can support those impacted by cancer. We are **now seeking donations of prizes** for silent auctions. If you can help, please contact the office.



### PLASTER PAINTING

Prepare to tap into your artistic creativity and craft something genuinely distinctive during our immersive 6-week plaster painting course. We're thrilled to introduce Laila to the PPNH family, a self-taught, award-winning artist. Under Laila's expert guidance, you'll embark on a journey into the world of plaster painting, mastering an array of tools and techniques to create breathtaking textures. Unleash your artistry as you create a scenic landscape project that reflects your individual flair. Materials inc.



**Tue 7/5 - 11/6**  
**10.30am - 12.30pm**  
Course Cost: \$165

### MONEY MATTERS

In collaboration with City on a Hill, join our introductory money management 4-week short course! Explore your money story, craft a budget, establish a savings system, and make informed financial decisions. Master your finances in just a few sessions!

**Thu 6/6 - 27/6**  
**6.30pm - 8.00pm**  
Course Cost: \$40

### JAPANESE LANGUAGE INTRODUCTION

Over 6 weeks, learn the basics of Japanese language in these conversation based classes for adults, facilitated by a native Japanese speaker in a fun interactive environment.

**Wed 15/5 - 19/06**  
**1.00pm - 2.00pm**  
Course Cost: \$90

### FOOD RELIEF PARCEL REQUEST

If you're facing food insecurity and require assistance, we invite you to sign up for our food relief parcel program. Rest assured, we prioritise your privacy and confidentiality.



## Learn & Be Social



### CHATTY CAFE

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

**Tue 16/4 - 25/6**  
**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 15/4 - 24/6 (ex 10/6)**  
**Tue 16/4 - 25/6**  
1.00pm - 4.00pm  
Term Cost: \$4 per session



### 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 register your interest by scanning QR code

Cost: \$20 for 4 weeks



### SOCIAL BIKE 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 monthly, Wednesday, start time 8.30am**  
Cost: \$2 per ride

### 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: Thu 2/5 & 6/6**  
**7.00pm - 8.30pm**  
Cost \$5 per session



### SOCIAL CRAFT GROUP

Join this friendly group, connect and be inspired. BYO projects.  
**Wed 17/4 - 26/6**  
**10.30am - 12.30pm**  
Cost: Gold Coin Donation



### ALL ABILITIES SING-ALONG

Join our talented musician, and jam along in this fun, friendly and inclusive environment.  
**Thu 18/4 - 27/6**  
**1.00pm - 2.00pm**  
Cost: \$15 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 18/4 - 27/6 (exc 25/4)**  
**1.00pm - 2.30pm**  
Cost: \$150



### PHOENIX SINGERS

Join us and community singing teacher Belinda. Embrace the positive effects of singing, in this acapella based group, all welcome.  
**Thu 18/4 - 27/6 (exc 25/4)**  
**7.45pm - 9.30pm**  
Term Cost: \$180



## Community Services

### COMMUNITY PANTRY

Our pantry offers essential groceries and household items to alleviate financial burdens. We welcome you to take what you need, and donations are welcome, however not essential.

Daily food donations are received, we thank our community pantry volunteers and partners - Food Filled, Coles Chadstone, Bright Sparq, and The South Levain Bakery Chadstone. Community donations of food items welcome, please contact the office for more information.

### PHOTOCOPY & PRINTING SERVICE

Did you know we offer photocopying or printing of your documents.  
A4 - B & W: 10 cents per side  
A4 - colour: 20 cents per side  
A3 available, contact the office for pricing.



## 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 15/4 - 24/6 (ex 10/6)**  
**9.30am - 11.30am**  
Term Cost: \$200

### 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 15/4 - 24/6 (ex 10/6)**  
**10.00am - 12.00pm**  
Term Cost: \$200

### SOCIAL PAINTERS

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 15/4 - 24/6 (ex 10/6)**  
**1.00pm - 3.30pm**  
Cost: \$5 per session

### WATERCOLOUR (EVENING)

Unleash your creativity and learn the art of watercolor painting. Join a community of fellow enthusiasts with our expert watercolor teacher. BYO Materials.  
**Tue 7/5 - 25/6**  
**6.30pm - 8.30pm**  
Term Cost: \$160



### 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 they can be enjoyed.

### RIGHT BRAIN DRAWING AND BEYOND

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. Delivered by a qualified art teacher. BYO materials.  
**Wed 17/4 - 26/6**  
**7.00pm - 9.00pm**  
Term Cost: \$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.  
**Thu 18/4 - 27/6 (exc 25/4)**  
**10.00am - 12.00pm**  
Term Cost: \$200.00



### 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 18/4 - 27/6 (exc 25/4)**  
**12.30pm - 2.30pm**  
Term Cost: \$200

### ALL ABILITIES ART

Join our inclusive weekly art group to unleash your creativity with diverse mixed-media projects. Carers attend for free. Includes materials.  
**Mon 15/4 - 24/6 (ex 10/6)**  
**1.00pm - 2.00pm**  
Term Cost: \$190.00



## Children's Activities

### JAPANESE PLAY GROUP

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](mailto:chadstonejapaneseplaygroup2022@gmail.com)

**Tue 16/4 - 25/6**  
**10.30am - 12.00pm**  
Cost: \$4 per session

### JAPANESE KINDER LANGUAGE CLASSES

The program run by JP Kids community group 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: [jkidsclass@gmail.com](mailto:jkidsclass@gmail.com)

**Wed 17/4 - 26/6**  
**Thu 18/4 - 27/6 (exc 25/4)**  
**9:30am - 11:30am**

### Gumnut Music



### GUMNUT MUSIC \*\*AWARD WINNING PROGRAM\*\*

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](http://www.gumnutmusic.com.au)

### 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](mailto:jackjillenrolment@gmail.com)

### 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](http://www.mandarinstars.com.au)



### 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  
**Weekly on Wednesdays**  
**9.00am - 10.00am**

