

OFFICE HOURS

Monday to Thursday: 9:30am - 4:00pm

Friday: 9:30am - 2:30pm

*During school terms only (excl. public holidays)

OTHER SERVICES

- Justice of Peace services available by appointment
- E-cafe open to the public during school terms
- Publicly accessible computers during office hours
- Community Garden plot hire

TO BOOK

www.mackierdnh.org.au

or scan the QR code



Mackie Rd
Neighbourhood
House

learn • share • belong

Mackie Rd Neighbourhood House is home to the following groups & organisations.

FIGHTING SPIRIT GOJU KARATE (Mondays and Tuesdays 4pm - 5pm; Fridays 4.30pm - 6.30pm)

Take your first steps in a fun and safe way to get fit, meet new people and develop skills such as: confidence, flexibility & overall body strength, dedication, discipline, improve your memory and most importantly, learn self defence. Anyone can do it, it's fun for all ages.

Nikolaos Kourtessis, <https://www.fightingspiritgojukarate.com>

HAPPY FEET FITNESS

Happy Feet Fitness has a team of uniquely talented instructors, who themselves are committed to personal development, participating in ongoing learning to ensure the highest standard of teaching and care is made available across Australia.

1300 300 491, <https://www.happyfeetfitness.com.au/about-us/>

HOME EDUCATION NETWORK

The Home Education Network is a not-for profit organisation providing support and information for home educators. <https://home-ed.vic.edu.au/>

STEM BIRDS (Wednesdays 5.00pm - 6.00pm)

STEM BIRDS offer robotics and coding class, provides hands-on learning experiences, enabling children to design, build, and program robots using state-of-the-art tools and technologies.

www.stembirds.com.au, learn@stembirds.com.au

CHESS REPUBLIC (Saturdays 4pm - 5pm)

Chess Republic offers both beginners and intermediate classes, both in small groups class room and computer learning. 0449930032, <https://chessrepublic.com.au/>

SELF-DISCOVERY CONVERSATIONS (Saturdays 2pm - 3.15pm)

Come on a Journey of Self-Discovery. Meditation/Mindfulness with a Spiritual flavour.

Belle Groves, 0438 100 452, bellegroves@bigpond.com

VASUDEVA KRIYA YOGA (Saturdays 7.30am - 9am)

Yoga for Health: Physical, Mental and Spiritual. Your Health Matters.

Shri Rajendra Yenkanamoole, 0410 527 904, vasudevakriyayoga@gmail.com

TERM 4 PROGRAM 7TH OCTOBER - 13TH DECEMBER



36-42 MACKIE RD, MULGRAVE 3170

9548 3311 | info@mackierdnh.org.au | mackierdnh.org.au



@mackierdhouse



@mackierdnh

Monday

7TH OCTOBER -
9TH DECEMBER

No classes 4th of November

Arts for Adults Beginner/Intermediate

(7 weeks, starting 21st Oct)

10am - 12pm

FF \$140; C \$130

**Some materials needed-
see list on booking page*

Tai-Chi for Everyone

(9 weeks)

10.15am - 11.15am

FF \$145; C \$135

Junior Artists

Painting and Drawing (6-8yrs)

(9 weeks)

4pm - 5pm

FF \$135; C \$125

*All materials included.
Art smock recommended.*

Junior Artists

Painting and Drawing (9-12yrs)

(9 weeks)

5.05pm - 6.05pm

FF \$135; C \$125

*All materials included.
Art smock recommended.*

Pilates

Beginner/Intermediate

(9 weeks)

5.30pm - 6.30pm

6.30pm - 7.30pm

FF \$135; C \$125

Tuesday

8TH OCTOBER -
10TH DECEMBER

No classes 5th of November

Strength Training

(9 weeks)

9am - 10am

FF \$135; C \$125

Gentle Exercise

(9 weeks)

10.10am - 11am

FF \$135; C \$125

Digital Device Essentials

(3 weeks, starting 22nd Oct)

10am - 12pm

FF \$20



Community

Connections Café

(9 weeks)

10.30am - 11.30am

Free



*Wanda Street Bakery
for the weekly morning
tea donations!*

Bread Tuesdays

Pending deliveries and
until stock runs out.

Gold Coin Donation

*Thank you to the
Wanda Street Bakery
and the Friends of the
Children Foundation!*

Wednesday

9TH OCTOBER -
11TH DECEMBER

Gentle Yoga

(10 weeks)

9.15am - 10.15am

10.30am - 11.30am

FF \$150; C \$140

Knit and Natter

(10 weeks)

12.30pm - 2pm

\$3 per session

English Conversation

(8 wks, starting 16th Oct)

1.30pm - 2.15pm

\$20 per term

*Basic level required.
Class run by volunteer
tutors.*

Pokémon Club

(8 wks, starting 16th Oct)

4pm - 5pm

\$3 per session

Junior Artists

Mixed Media (6-8 yrs)

(10 weeks)

4pm - 5pm

FF \$150; C \$140

*All materials included.
Art smock recommended.*

Art for Tweens

Mixed Media (9-13 yrs)

(10 weeks)

5.05pm - 6.35pm

FF \$170; C \$160

*All materials included.
Art smock recommended.*

Thursday

10TH OCTOBER -
12TH DECEMBER

Everyday Chinese

(10 weeks)

9.30am - 11.30am

FF \$20

*Basic level required.
Class run by volunteer
tutor.*

Everyday Computer Skills -Next Steps

(6 weeks, starting 24th Oct)

10am - 2pm

FF \$20



Intermediate Italian

(8 weeks)

10.30am - 12.30pm

FF \$155; C \$145

Simply Art

Beginner/Intermediate

(10 weeks)

1pm - 3pm

FF \$200; C \$190

**Some materials needed-
see list on booking page*

Pilates

Beginner/Intermediate

(10 weeks)

5.30pm - 6.30pm

FF \$150; C \$140

TRY A CLASS

FOR \$10 YOU CAN COME

AND TRY A CLASS!

**APPLICABLE ONLY TO NEW
PARTICIPANTS AND ONLY
VALID FOR THE TERM IN
WHICH IS BOOKED.*

**EXCLUDES- WORKSHOPS,
SCHOOL HOLIDAY PROGRAMS,
LEARN LOCAL AND
VOLUNTEER LED PROGRAMS.**

Friday

11TH OCTOBER -
13TH DECEMBER

Mackie Rd Playgroup

(10 weeks)

9.30am - 11.30am

**Term \$30 per family
or casual \$5 per
session**

Active Adults

(10 weeks)

11am - 12pm

FF \$150; C \$140

ROOM HIRE AVAILABLE

**Did you know, we have
rooms available to
hire?**

**For local community
groups, not-for-profit
organisations or
private hire.**



Saturday

12TH OCTOBER -
14TH DECEMBER
No classes 16th of November

Salsa Dancing for Beginners

(9 weeks)

9.30am - 10.30am

FF \$145; C \$135

Intermediate Salsa Dancing

(9 weeks)

10.45am - 11.45am

FF \$145; C \$135

NEW

**CHECK OUT OUR
MID SECTION
FLYER FOR ALL
THE FREE AND
NEW ACTIVITIES
HAPPENING IN
TERM 4**

**TERM 4
OFFER**

**10% OFF WHEN
BOOKING 2 OR MORE
CLASSES.**

*Conditions apply- not
valid for workshops,
school holiday programs,
Learn Local and volunteer
led programs.*

**Concession (C)
applicable to holders of
a Healthcare Card or
Pensioner Concession
Card**