

## Robotics & Coding for KIDS

When: Thursday 6 Feb -

27 March 8 wks

Time: 5pm - 6pm

Go to [www.stembirds.com.au](http://www.stembirds.com.au)



## Play Groups

We run playgroups for under fives at the house. Call us for more information.

## Events & Workshops

### Gardening Workshop

Come and learn how to propagate plants

No experience necessary

When: Wednesday 19 March

Time: 10am - 12pm Cost: \$20 p.p.

### Falls Prevention Workshop

A third of people over age 65 will experience a fall, learn tips on how to avoid that. When: Thursday 27 Feb

Time: 11.30am - 12.30pm Cost: FREE

Please go to our website for more details and bookings on all workshops:

<https://www.bhsnh.org.au>

## Café of Connections

A social group for people living with dementia. When: 2nd & 4th Tuesday every month, 10am-12pm.

Placement on application, please call us.



## English Conversation

### 实用英语会话

Learn practical language skills to manage everyday life with confidence.

Thursday's 10.30am - 11.30am Book now. For more information access the WeChat Group using QR Code.



Scan the QR Code to add me on WeChat

## House Hire

We have a range of rooms available for small groups and parties.

Rooms are available during the day, at night and weekends. Coffee/tea and kitchen facilities are included.

Please contact the office for prices and availability.

### Contact Us to Book your Class

**Website:** <https://www.bhsnh.org.au>

**Socials:** Facebook & Instagram for news

**Phone:** 9898 8270 E-mail: [info@bhsnh.org.au](mailto:info@bhsnh.org.au)

**Address:** 47 Kitchener street,  
Box Hill South 3128



## BOX HILL SOUTH NEIGHBOURHOOD HOUSE

Small, Friendly,  
Affordable Classes

**TERM 1 2025  
JAN - APRIL**



# Health & Wellbeing

## HATHA YOGA

When: Monday 3 Feb - 31 March 8 wks  
Time: 7:15pm - 8:15pm & 6:15pm - 7:15pm  
Cost: \$108 Or Casual \$15 per class  
No Class 10 March

## TRIVIA, WALK & TALK

When : Wednesday 5 Feb - 2 April 9 wks  
Time: 1:30pm - 3.30pm  
Cost: \$2 per class

## STRENGTH TRAINING

When: Monday 3 Feb - 31 March 8 wks  
Time: 9:15am - 10:15am  
Costs: \$12 per class  
No Class 10 March  
When : Thursday 6 Feb - 3 April 9 wks  
Time: 9:15am - 10:15am & 10.30am - 11.30am  
Cost: \$12 per class

## TAI CHI - YANG STYLE

When: Friday 7 Feb - 4 April 9 wks  
Time: 11.30am - 12.30pm & 12.45pm - 1.45pm  
Cost: \$135

## GENTLE EXERCISE

When: Monday 3 Feb - 31 March 8 wks  
Time: 11am - 12pm  
Cost: \$108 Or Casual \$15 per class  
No Class 10 March

## ZUMBA CLASS

Love dancing? This fun class is for you, no experience necessary.



When: Wednesday 12 Feb - 2 April 8 wks  
Time: 7.00pm - 8.00pm  
Cost: \$108 Or Casual \$15 per class

## Art & Craft

### WATERCOLOUR PAINTING

When: Monday 10 Feb - 31 March 7 wks  
Time: 10am - 12pm & 7.30pm - 9.30pm  
Cost: \$140  
No class 10 March

### BOTANICAL DRAWING

When: Wednesday 5 Feb - 2 Apr 9 wks  
Time: 10am - 12pm  
Cost: \$180

Call us for bookings and material list

### NEW! BOTANICAL DRAWING

When: Wednesday 19 Feb - 12 March 4 wks  
Time: 1pm - 3pm  
Cost: \$80 Call us for expressions of interest

### NEW! ART CLASS

A mono printing art class where you get to make your own design, call us for expressions of interest.

When: Tuesday 11 Feb - 1 Apr 8 wks  
Time: 7pm - 9pm  
Cost: TBC

## FRIDAY CRAFT GROUP

When: Friday 7 Feb - 4 Apr 9 wks  
Time: 12.30pm - 3pm  
Cost: \$5 per class

## LEARN HOW TO KNIT/CROCHET

When: Monday 3 Feb - 31 March 8 wks  
Time: 1pm - 2.30pm  
Cost: \$5 per class  
No Class 10 March

## Social Groups

### BOOK CLUB

First Thursday in month 7.30pm  
6th Feb, 6 March, 3 April, 1 May  
No Class in Jan 2025  
Cost: On application

### WRITERS GROUP

Third Sunday in month 2pm - 4.30pm  
16th Feb, 16 March, 18 May  
No Class in Jan 2025  
Cost: \$7/session

### URBAN HARVEST

Third Saturday in month 11am - 12.30pm  
15th Feb, 15th March, 17 May  
No Class in Jan 2025  
Cost: FREE