



**Warrandyte
Neighbourhood House**

Term 1, 2025 Calendar

	MORNING	LUNCH	AFTERNOON	EVENING
MON	8:00 - 9:00am Strong Women's Cardio 9:00 - 10:00am Strong Women Stay Young 9:15 - 11:00am Warrandyte Walkers 10:00 - 11:00am Latin Mix Dance 11:00am - 12:00pm Strong People Stay Young	12:00 - 1:00pm Men's Weights	1:30 - 3:00pm French Club (Intermediate)	6:00 - 6:45pm Meditation 7:00 - 8:00pm Yoga
TUES	10:00am - 12:00pm Busy Needles 9:30 - 10:30am Strong People Stay Young 10:30 - 11:30am Strong Women Stay Young	11:30am - 12:30pm Men's Weights 12:30 - 1:30pm Pilates		
WED	9:15 - 10:15am Mat Pilates 10:00am - 2:00pm Warrandyte Trippers (monthly) 10:30 - 11:30am Balance & Injury Prevention Workshops (3 x from 26 Feb)	12:30 - 1:00pm Express Cardio	2:00 - 4:00pm 500s Cards Club (fortnightly)	
THUR	10:30 - 11:15am Gentle Movement	11:30am - 12:15pm Gentle Movement 1:30 - 3:30pm Book Club (monthly)	2:00 - 3:00pm Tai Chi Qigong	5:00pm onwards Dungeons and Dragons Club 6:00 - 8:00pm Cartooning With Chewy
FRI	9:15 - 10:15am Mat Pilates 10:30 - 11:45am Yoga	12:00 - 12:45pm Kids Introduction to Dance 1:15 - 4:00pm Mah Jong Club (fortnightly)		7:00 - 10:30pm Film Society (monthly)



Classes at WNH have a maximum booking capacity, so please register early to avoid disappointment. Classes with less than 5 enrolments will not proceed.

GENTLE MOVEMENT

This class offers a great variety of fun exercises to increase range of movement, coordination, balance and strength. With easy to follow movement patterns, you can improve vitality, cognitive function and brain health. Can be taken seated.

Date: Thursdays (9 weeks)
Times: 10:30-11:15am or 11:30-12:15pm
Cost: FREE but bookings essential



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MEDITATION

In this gentle, nurturing and inclusive class, be guided through tried and tested techniques to cultivate a deeper sense of mindfulness and self-awareness; inner peace, calm, and enhanced well-being. Relieve stress and anxiety, increase mindfulness, reduce muscle tension and pain, improve sleep quality.

Date: Mondays (8 weeks)
Time: 6:00-6:45pm
Cost: \$83

YOGA

Learn, explore and practice classic Asanas (postures), Pranayama (conscious breathing), meditation and relaxation. Inclusive and suitable for all levels. BYO mat and blanket.

Date: Mondays (8 weeks)
Time: 7:00-8:00pm
Cost: \$110

Learn classic Yoga postures, breathing, meditation and relaxation. Improve flexibility and strength. Learn to relax with breathing techniques and Yoga Nidra relaxation. Beginners welcome.

Date: Fridays (10 weeks)
Time: 10:30-11:45am
Cost: \$157

BALANCE & INJURY PREVENTION AWARENESS

One in three Australians aged 65 and older experience at least one fall each year. Join Maria to learn how enhancing balance and mobility can help prevent injuries. Whether you're gardening, bush walking or navigating the terrain of Warrandyte each day, these informative classes will provide you with practical tips and exercises to incorporate into your daily routine.

Date: Wednesdays (3 weeks, 26 Feb to 12 Mar)
Time: 10:30 - 11:30AM
Cost: \$45

YOUNG PEOPLE

KIDS INTRODUCTION TO DANCE

Get ready to dance, move, and groove! Our Kids Dance Class for little ones aged 3-6 is the perfect way to introduce them to the world of dance.

Over the course of the term, children will explore a variety of dance styles including hip hop, jazz, and ballet, all while building confidence, coordination, and creativity. Each week, they'll learn fun routines giving your child a chance to show off their new moves and shine! Whether they're twirling in ballet or busting a move in hip hop, every class is a celebration of self-expression and fun.

Date: Fridays (10 weeks)
Time: 12:00 - 12:45pm
Cost: \$150

CARTOONING WITH CHEWY



Cartooning is fun. It can be humorous, controversial, or just entertaining and a great way to tell your story or comment on current affairs. This course will cover the tools, techniques and skills necessary to create your own cartoons, graphic novels and children's books. There will be lots of opportunity to practice.

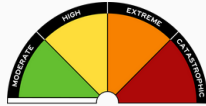
The course covers

- Story design, the components of a good story, converting your ideas into a story.
- Understanding your target audience and making to book appeal to them.
- Design of the finished product including storyboarding.
- Production, we will cover both hand drawing and utilizing computer software

Everyone is welcome (12yo+), BYO tablet/device, or contact the office for a loan tablet/device.
Date: Thursdays (8 weeks, commencing 13 Feb)
Time: 6:00 - 8:00pm
Cost: \$140



BUSHFIRE POLICY



We have activated our Bush Fire Danger Policy and will close the House on Extreme & Catastrophic days, or on the advice from the CFA - no clubs or classes will run.



In the event your class or club is affected by a Bush Fire Closure, we will do our best to contact you, however you should also stay informed about Fire Danger ratings and advice by visiting the [VicEmergency App](#) or on the [CFA website](#).

We offer a free trial to all clubs and classes - for more information please contact the office during business hours.

MAT PILATES

Experience the ultimate mind-body workout with our Pilates Matwork class. Focus on core strength, flexibility, and alignment through a series of precise, controlled movements performed on a mat. Ideal for all fitness levels, this class enhances posture, tones muscles, and promotes overall well-being. Join us to strengthen and balance your body.

Date: Wednesdays (10 weeks)
Time: 9:15-10:15am
Cost: \$150

Date: Fridays (10 weeks)
Time: 9:15-10:15am
Cost: \$150

PILATES

Improve core strength, posture and overall fitness. Benefits of Pilates include improved balance, posture and co-ordination. Pilates can help with injury prevention and rehabilitation.

Date: Tuesday (10 weeks)
Time: 12:30-1:30pm
Cost: \$150



TAI CHI QIGONG

Find presence, vitality and calm. Tai Chi Qigong is gentle exercise, movement therapy, self-care. The practice combines acupressure, flowing movements, gentle stretches and stillness. Tai Chi Qigong releases tension and improves physical health and mental well-being. The class is suitable for all ages and ability and can be done seated. Tai Chi Qigong is an ancient Chinese healing art and enhances mobility, balance, strength and posture. It will help you deepen your mind-body connection to find ease and calm.

Date: Thursdays (9 weeks)
Time: 2:00-3:00pm
Cost: \$135

MEN'S WEIGHTS

Improve strength and flexibility, maintain fitness and muscle mass. Exercises can be moderated for those recovering from injuries.

Date: Mondays (8 weeks)
Time: 12:00-1:00pm
Cost: \$140

Date: Tuesday (10 weeks)
Time: 11:30-12:30pm
Cost: \$175

FITNESS AND WELLBEING

STRONG WOMEN'S CARDIO

Get ready to have fun, get your heart pumping and your muscles moving with the ladies in this morning cardio and fitness class.

Date: Mondays (8 weeks)
Time: 8:00-9:00am
Cost: \$120



STRONG WOMEN STAY YOUNG

Great all over workout combining cardio, low impact moves & weights. Take care of all your fitness needs in one class. Feel yourself and regain strength, flexibility and energy.

Date: Mondays (8 weeks)
Time: 9:00-10:00am
Cost: \$120

Date: Tuesdays (10 weeks)
Time: 10:30-11:30am
Cost: \$150

STRONG PEOPLE STAY YOUNG

This class is for any age or capability! A very comprehensive class with light hand weights, resistance bands and spikey balls. Exercises are done in the chair, seated exercises use ankle weights and hand weights; followed by standing exercises. You will never be bored during this very busy session.

Date: Mondays (8 weeks)
Time: 11:00-12:00pm
Cost: \$120

Date: Tuesdays (10 weeks)
Time: 9:30-10:30am
Cost: \$150



EXPRESS CARDIO

Maximize your workout with our 30-minute Express Cardio class! This high-energy session is designed to get your heart pumping and calories burning in no time. Perfect for busy schedules, it offers an efficient and effective way to stay fit. Join us for a quick, invigorating cardio boost!

Date: Wednesdays (10 weeks)
Time: 12:30-1:00pm
Cost: \$75

30min fitness!



LATIN MIX DANCE (SOLO)

A fun Latin Dance Class using mixes of Cha Cha Cha, Mambo, Samba, Salsa, Rumba + much more! With slower music and more repetitions, you're able to follow along with a sense of achievement. The session forms a routine, flowing from one step to another.

Date: Mondays (8 weeks)
Time: 10:00-11:00am
Cost: \$120



CLUBS

INTERMEDIATE FRENCH

Fancy a slice of French flair? Join the French Club on Mondays for a confidence boost with a side of fun. Mondays from 1.30-3.00pm.

WARRANDYTE FILM SOCIETY

For film buffs, the Film Society screens cinematic gems on the 3rd Friday of the month at 7:00pm, featuring a lineup that'll make your heart flutter.

MAH JONG

If you're up for a game of skill and luck, swing by Mah Jong Fridays, fortnightly each month from 1:15-4:00pm.

WARRANDYTE WALKERS

Join the fun in Warrandyte! Dive into a world of community adventures with the Warrandyte Walkers every Monday in Term 1, gathering at the house from 9:15am.

WARRANDYTE TRIPPERS

For a monthly dose of exploration, hop on board with the Warrandyte Trippers. Unveil Melbourne's treasures with trips on selected Wednesdays.

19 Feb: Melbourne River Cruises (Williamstown) & lunch at Steam Packet Hotel.

BUSY NEEDLES

Feeling crafty? Busy Needles is the spot on Tuesdays from 10.00-12:00pm. Stitch, chat, and share skills with fellow crafters.

500S CARD CLUB

Come on down to the 500s Card Club where the cards are shuffled and the laughs are plenty! Our Wednesday, fortnightly gatherings are chock-full of fun, 2:00 - 4:00pm.

BOOK CLUB

If cards aren't your deal, dive into the Book Club bonanza! Meet up every month on the first Thursday from 1:30 - 3:30pm for bookish banter and good times.

NEW
CLUB

DUNGEONS & DRAGONS CLUB

If you've heard of Dungeons & Dragons but not sure what it's all about, or if you're a seasoned D&D player looking for a new group, you are most welcome in our Warrandyte D&D Club!

D&D is a fantasy tabletop role-playing game, driven by imagination - it's about picturing a crumbling castle in a darkening forest guarded by a fire-breathing dragon and foreboding monsters, and imagining how your character might react to the scene, and how you and your team of adventurers can work together to defeat the demon, to explore the castle, and to continue their quest. Your Dungeon Master (DM) will create a fantastic storyline for you to experience and guide you and your team through the challenges while also providing guidance on appropriate behaviour and helping you all to work as a team and to have a great time together.

Gathering at the House on Thursday evenings weekly, from 5:00pm onwards, free to join for 18+, register online or contact the office.

Contact us

Visit us at Level 1, 168 Yarra Street,
Warrandyte VIC 3113
Monday - Thursday
9am to 4pm

Call us on 03 9844 1839

Email us on info@wnh.org.au

Find more information on our website
www.wnh.org.au

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