

**STRONGER  
Together!**



**Neighbourhood  
House Week** 13 - 19  
MAY '24

## You're invited to celebrate with your local Neighbourhood Houses

The City of Boroondara is home to 11 community and neighbourhood centres, bringing the community together to connect, learn and contribute in their local area through social, educational and support activities. Neighbourhood House Week is an annual national celebration where we invite you to discover what's on at your local House. Here are some of the offers and events available during the week, please contact the individual Houses for more details. We look forward to celebrating with you!

### No Interest Loans and other Concessions - Find out more!

*Alamein Neighbourhood  
and Learning Centre*

**Call:** 9885 9401

**Email:** admin@alameinnlc.com.au

Join Lee Kerr from NHVIC to learn about "No Interest Loans" (NILs) available up to \$2000 with NO fees and NO interest EVER and learn more about concessions and the Utility Relief Grants (URG) and more. Contact us to register.

Wednesday May 15, 10.45am - 11.45am

**Cost:** FREE

**Web:** alameinnlc.com.au/news-and-events

### Come and Try Any Class for Free

*Ashburton Community Centre*

**Call:** 9885 7952

**Email:** office@ashburtoncc.org.au

Here's your chance to trial a class or activity at our Centre for free! To find out what's on offer, please visit our website, pick up a brochure at our Centre or drop by reception 9am - 2pm weekdays. Bookings are essential, please contact our office to reserve your place.

Monday May 13 - Friday May 17

**Cost:** FREE

**Web:** ashburtoncc.org.au

### Mini Yoga Retreat - It's a good time to make time

*Balwyn Community Centre*

**Call:** 9836 7942

**Email:** programs@balwyncc.org.au

Take time to pamper, restore and nourish yourself. This workshop encourages you to be present in the moment and be kind to yourself, with self-massage, yummy treats, music to soothe our soul, eye-pillows and cushions to support a blissful yogic sleep.

Sunday May 19, 10am - 3.30pm

**Cost:** \$80

**Web:** balwyncc.org.au/course/mini-yoga-retreat/

### How to Draw What You See

*Bowen Street Community Centre*

**Call:** 9889 0791

**Email:** info@bowenstreet.org.au

Love to paint or draw but feel you don't have a creative bone in your body? Let Gay prove you wrong and discover the artist within. All materials provided.

Wednesday May 15, 10am - 12pm

**Cost:** FREE

**Web:** www.bowenstreet.org.au

### Yoga Flow & Floor with Flip Shelton

*Camberwell Community Centre*

**Call:** 9882 2611

**Email:** contact@camberwellcc.org.au

Experience 45 minutes of guided breathwork, flowing movements and grounding poses, followed by a 15-minute Q&A. Discover how to soothe your nervous system and release tension in your spine and neck. All abilities welcome.

Monday 13th May 12.15pm - 1.15pm

**Cost:** FREE

**Web:** camberwellcommunitycentre.org.au

### Community Open Day

*Canterbury Neighbourhood Centre*

**Call:** 9830 4214

**Email:** office@canterburync.org.au

Join us for a day celebrating the Canterbury Community Precinct with activities, music, food and drinks. All welcome!

Saturday 18 May, 10.30am - 12.30pm

**Cost:** FREE

**Web:** www.canterburync.org.au

### Family Friendly Interior Workshop: Balancing Function & Style

*Craig Family Centre*

**Call:** 9885 7789

**Email:** administration@craigfc.org.au

Join us in this fun and practical design workshop for parents of young children keen on adapting spaces to enhance their lifestyle. Facilitated by Interior Designer and Child Development Specialist, Penny Miller.

Wednesday 15 May, 7pm - 9pm

**Cost:** FREE

**Web:** craigfc.org.au

### Information Stall and Demonstration Exercise Class at Hawthorn Library

*Hawthorn Community House*

**Call:** 9819 2629

**Email:** info@hch.org.au

Drop in to **Hawthorn Library** complex to hear about the many interesting courses, groups, and events going on at HCH. There will be a Zumba Gold demonstration class at 12pm. Free food and giveaways for kids.

Thursday May 16, 8am - 5pm

**Cost:** FREE

**Web:** www.hch.org.au

### Basic Digital Support Desk

*Kew Neighbourhood Learning Centre*

**Call:** 9853 3126

**Email:** admin@kewnlc.org.au

Join us in the **Kew Library** foyer (crn Cotham Road & Civic Drive, Kew) to receive basic digital support for your phone, tablet or laptop. We will also have a display of our other programs and activities.

Mon May 13 - Fri May 17, 9.30am - 11:30am

**Cost:** FREE

**Web:** kewnlc.org.au

### Qi Gong

*Surrey Hills Neighbourhood Centre*

**Call:** 9890 2467

**Email:** reception@surreyhillsnc.org.au

Embrace the transformative power of Qi Gong and embark on a path to a balanced mind, body and spirit. Contact us to book your place or to trial any of our classes or activities.

Wednesday May 15, 10.30am - 11.30am

**Cost:** FREE

**Web:** surreyhillsnc.org.au

### Belly Dancing - Free Class!

*Trentwood at the Hub*

**Call:** 9006 6590

**Email:** info@trentwood.org.au

A fun low-impact dance workout, suitable for all ages, sizes and stages of fitness. Beginners welcome. Contact us to book your place

Thursday May 16, 2pm - 3pm

**Cost:** FREE

**Web:** www.trentwood.org.au