

## Food Support Pantry

MENH have a community pantry set up for people experiencing difficulties with the rising cost of living. This pantry is stocked with the generous donations from our community members and local businesses.



## Volunteering at MENH

Volunteers needed!

- \* gardening
- \* reception/administration
- \* cooking
- \* letterboxing
- \* event helpers
- \* volunteer tutors – share a skill

## Enrolment & Membership

Enrolling is easy and payments can be made by cash, bank transfer or EFTPOS/credit card at Mount Eliza Neighbourhood House office.

To enrol in our activities and classes you must be a member of Mount Eliza Neighbourhood House. Membership is \$10 per financial year.

Please fill in a membership form and make payment to become a member.

Please note that you must be enrolled before you can attend any activity.

## Venue Hire

### Children's Parties, Meetings and Workshops

We have 2 activity rooms, 1 meeting room, kitchen, spacious decking and a playground for children with a great view of the surrounding park. Our resources include computers, smart TV, digital projector, Wi-Fi and seating for 40 people throughout the centre. Suitable for business meetings or social events such as children's birthdays. Our rates are very reasonable.

## Our Supporters



Neighbourhood House



LIKE US ON FACEBOOK AND INSTAGRAM



## CONTACT US

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 [info@mountelizanh.com.au](mailto:info@mountelizanh.com.au)  
[www.mountelizanh.com.au](http://www.mountelizanh.com.au)

Office hours:

Monday—Thursday  
9.00am—4.00pm

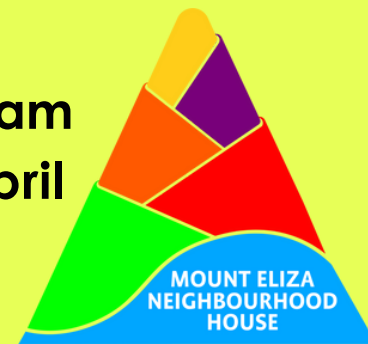
Friday

9.00am - 1.00pm

Registration number: A0000267W

ABN: 55 602 732 315

# Summer / Autumn Program February - April 2025



MENH will be closed from  
20th December 2024 - 20th January  
2025

Monday 20th - Friday 24th January  
MENH office will be open on limited  
hours.

Tuesday 28th January MENH office and  
programs will commence.

## Term 1 - Events for your calendar

Welcome back BBQ  
Thursday 20th February

Online Safety with Bendigo bank

Fire Safety talk with CFA

International Women's Day  
More information of these will be  
provided in Term 1 2025.

## Health & Wellbeing

### Yoga with Paula

Enjoy Yoga and meditation for enhanced health and wellbeing.

**Date:** Tuesday 4th February

**Time: Class 1- 9.00am - 10.30am**

**Cost:** \$180.00 for 9 weeks

**Time: Class 2 -10.45am - 11.45am - Suitable for all abilities**

**Cost:** \$135.00 for 9 weeks or \$20.00 weekly.

### Chair Yoga with Carla

Classes include chair-based flows, breath works and meditation for deep relaxation.

**Date:** Friday 7th February

**Time:** 10.00 -11.00am

**Cost:** \$126.00 for 9 weeks or \$14.00 weekly.

### Meditation for Health and Wellbeing

Carla will introduce you to meditation and support you to develop and strengthen your own practice at home.

**Date:** Monday 3rd March

**Time:** 10.00 - 11.00am

**Cost:** \$40.00 for 4 weeks or \$10.00 weekly

**No class on Monday 10th March.**

**For information regarding the different techniques please contact MENH.**

### Balance and Mobility

Suitable for all ages and gender and can be achieved both seating and standing. Range of movements, Pilates, weights.

**Date:** Wednesday 5th February

**Time:** 9.30am - 10.30am

**Cost:** \$108.00 for 9 weeks or \$12.00 weekly.

### Gentle Exercise

Aerobic, balance and coordination. Floor/mat work stretches and core strength.

**Date:** Thursday 6th February

**Time: 9.15-10.15am or 10.30-11:30am.**

**Cost:** \$ 63.00 for 9 weeks or \$7.00 weekly.

## Health & Wellbeing

### Walking Group

Join a moderately paced 4km walk every Tuesday, starting from the Centre followed by a visit to a local café.

**Day:** Tuesdays **Time:** 8.00am

**Cost:** Free

### Wednesday Walkers\* \* Currently full

**Day :** Wednesdays **Time:** 9.15am

**Cost:** \$2.00

### Half Day Walking Group

Explore the peninsula on walks up to 12km.

A different walk every week, a good fitness level required, BYO water and snack.

**Day:** Wednesdays

**Time:** From 8.30am

**Info:** Call MENH office for info as departure points differ

### Nordic Walking Group

If you have completed Nordic Walking Proficiency Course and want to keep walking then join Laurence in this weekly group.

**When:** Wednesdays

**Time:** 9.15am - 10.15 am

**Cost:** No cost. upon completion of proficiency course.

### Nordic Walking Proficiency Course

This course will be offered over 2 weeks, 4 sessions in total.

**When:** 26th & 27th March and 2nd &3rd April

**Time:** 9.30 to 10.30am.

**Cost:** \$88.00 for the 4 sessions.

Poles provided.

## Language Classes

### French Classes with Andrea -\*Currently full

**Day:** Thursdays

## Creative, Social & Fun

### Acoustic Guitar Meet

**Bring your own guitar and a smile!**

Join others to share in songs, tips and guitar

**Commencing Wednesday 12th February**

**Day:** 2nd and 4th Wednesday of the month

**Time:** 1pm - 3pm

**Cost:** \$3.00

### Social Board Games Group

Would you like a game of Scrabble or maybe Backgammon or Monopoly this social group is for you.

**Starting Thursday 13th February**

**Day:** Thursdays 2nd and 4th Thursday

**Time:** 1.30 - 3.30pm

**Cost:** \$3.00

### Social Jigsaw Puzzle Group

Join with like minded puzzlers and enjoy puzzling.

**Starting Monday 10th February**

**Day:** 2nd and 4th Monday of the month

**Time:** 1.30-3.30pm

**Cost:** \$3.00

### Mahjong

Beginners Welcome

**Day:** Mondays

**Time:** 9.15am – 12.15pm or evening 7-9pm

**Cost:** \$5.00 per session

**All enquires regarding these classes please contact MENH.**

### Chess Group

Beginners and experienced players welcome.

**Day:** Tuesdays

**Time:** 9.30am - 12.30pm

**Cost:** \$3.00 per session

## Creative, Social & Fun

### Men's Social Group

Come along and meet other blokes, chat, play games, read the paper.

**Day:** Fridays

**Time:** 9.30am- 12.30pm

**Cost:** \$5.00 includes lunch, outings additional

### Machine Embroidery & Sewing - \*Currently Full

**When:** Mondays **Time:** 9.30am - 3.00pm

**Cost:** \$6.00

### Craft group

Bring your own project, have a chat.

**Day:** Tuesdays **Time:** 1-3pm

**Cost:** \$4.00 per session

### "Sew What" Patchwork Group - \*Currently Full

**Day:** Tuesdays **Time:** 10.00am - 2.30pm

**Cost:** \$4.00 per session

### Sew Easy - patchwork Quilt project - \*currently full

**When:** 4th Wednesday - **Time:** 10.00am - 3.00pm

**Cost:** \$4.00 per session

## MENH Book Clubs

### Monday Book Group - \*Currently Full

Day : 3rd Monday of the month

Time: 1pm - 3pm

Cost: \$5.00 per session

### Wednesday Bookclub - \*Currently Full

Day: 3rd Wednesday of the month

Time: 1.30-3.30pm.

Cost: \$5.00 per session.

### Twilight Book Club - NEW.

Day: 3rd Tuesday of the month

Time: 5.00- 7.00pm

Cost: \$5.00

## Community Events at MENH

### Welcome back BBQ

Thursday 20th Feb

Online Safety with Bendigo Bank

Fire Safety talk with CFA

International Womens Day

**For information to come.  
Bookings essential for all events.**

### Community Lunches

Meet friends old and new, while enjoying a home cooked meal made by our wonderful volunteers.

**Dates:** Welcome back BBQ - Thursday 20th February

Thursday 20th March

**Time for all lunches:** 12noon - 1.30pm

**Cost per event:** \$5.00 for a 2-course meal  
Bookings essential as places may be limited.



## Technology

### Public Computer Use

We have a computer and room available to use in 45 -minute sessions for our MENH members.

**When:** By appointment

**Cost:** Free for MENH members