

A close-up photograph of a bee on a red and orange flower. The bee is positioned at the top center of the flower, facing the viewer. The flower has a dark brown center with yellow stamens and long, pointed petals in shades of red and orange. The background is a blurred green, suggesting foliage.

Kinglake Ranges Neighbourhood House

2026
July to September

ENROLMENTS

Enrolment is essential for all workshops, classes and sessions. You can enrol:

- Online: krnh.org
- Phone: **03 5786 1301**
- In person: **6 McMahon's Road, Kinglake**
- Enquiries: admin@kinglakeranges.com.au
- Hours: **Monday - Thursday, 9.00am to 4.00pm**

VENUES

All courses and events are delivered from the Kinglake Ranges Neighbourhood House (the House), unless otherwise stated.

TERMS AND CONDITIONS

Fees must be paid in full when enrolling to ensure your place in the course.

Payments can be made:

- Online via our website at: krnh.org
- Cash/EFTPOS: **In person at the House**
- Min/max numbers apply to all sessions for them to proceed.
- Dates and pricing may change from the printed version. ***Please refer to our website for the latest and up-to-date information.***

REFUNDS

Refunds will be considered if:

- The course is cancelled by KRNH
- You cancel your enrolment in writing at least 5 working days prior to session or workshop commencement.

A 10% administration fee will be deducted from all refunds, excluding House cancellations.

Any cancellations 4 working days or less prior to session or workshop start date **will not be eligible** for a refund.

ROOM & EQUIPMENT HIRE

Training Room 1: Tables, chairs, projector and screen.

Training Room 2: Kitchenette, tables and chairs.

Schoolroom: Couches, computer hot desks, internet, projector and screen.

Meeting Rooms 1, 2 & 3: Desk and armchairs.

Kitchen: Large oven/stove & kitchen equipment.

Studio 1: Kiln, tables and chairs, pottery equipment, heater and sink.

Studio 2: High wooden worktables and sink.

Equipment: Sewing Machines and Easels.

Community and Business rates available per hour, for half day or full day.

Meet The House Team



Corrienne Nichols
Manager



Ainsley Hanlan
Administration Officer

Family & Food Support



PEEP

PEEP is a fun and innovative early education program for parents and carers which is facilitated by a qualified Early Childhood Educator. Build relationships and share ideas with other parents and carers in a supportive and friendly environment.

Dates: Wednesdays (School Terms)

Time: 10.30 - 12.30pm

Where: Puggles Place @ The House

For more information and to enrol contact the group facilitator.

Liz Klein: 0436 695 924

FOODSHARE IS OPEN



PLAYGROUP

Playgroup is facilitated by a qualified Early Childhood Educator and is suitable for children up to 5 years old.

Playgroup is free to attend but please bring a piece of fruit to share.

Day: Thursdays (School Terms)

Time: 9.30 - 11.30am

Where: Puggles Place @ The House

For more information and to enrol contact the group facilitator, **Liz Klein: 0436 695 924**



FOODSHARE

Foodshare provides emergency non-perishable food items and basic personal hygiene products, as well as some frozen meals and fresh veggies. Foodshare is for anyone having trouble putting food on the table

The House | 6 McMahons Rd | Kinglake

Every Monday

11.00am - 1.00pm

Every Wednesday

1.00 - 3.00pm

Basic Pantry staples are available from our foodshare table outside these times.

Arts & Crafts

OPEN ART SESSIONS

Open Art Sessions are for everyone, bring your own project and work in the company of others. There will be lots of fun, chatter and inspiration. BYO Refreshments, Tea and Coffee provided.

OPTIONAL: INTRODUCTION TO WET FELTING

Date: 19 July

Time: 1.00 - 3.00pm

Cost: Gold Coin Donation



OPTIONAL: INTRODUCTION TO GEL PRINTING

Date: Saturday, 16 August

Time: 1.00 - 3.00pm

Cost: Gold Coin donation

Your paragraph text



Allopen art sessions are run by
Kinglake Regional Arts volunteers



OPTIONAL: INTRODUCTION TO WATER COLOUR

Open Art Sessions are for everyone, bring your own masterpiece or try your hand at optional session projects. This session we offer introduction to watercolour.

Date: Sunday 19 July

Time: 9.30am - 12.30pm

Cost: \$20 (All materials included)



FIBRE FRIENDS

Fibre Friends meet the **second** and **fourth Tuesday** of each month at The House. Their main focus is knitting and crochet but they also explore spinning, weaving, felting and patchworking intermittently. *Both beginners and experienced crafters are welcome.*

Dates: Second & fourth Tuesdays

Time: 10.00am - 1.00pm

Cost: \$3.00 per session

Makerspace Studio

LEADLIGHTING

Learn about design, glass cutting to finishing a work of art in eight informative sessions. Beginners, ongoing and experienced participants are all welcome.

No classes on public holidays

Dates: Mondays, 27 July - 15 September

Time: 10.00am - 12.00pm **OR** 7.00 - 9.00pm

Tuesdays 28 July - 15 September 7.00 - 9.00pm

Cost: \$120 (Beginners) Materials provided
\$95 (Advanced) BYO materials



CLAY CLUB

Join this fun and creative group for beginners through to more experienced. A tutor is available to guide you if needed.

Learn the basics through working on class projects, or work on your own ideas with guidance as required.

Dates: Tuesday Evenings,
14 July - 9 September

Times: 6.30 - 8.30pm

Cost: \$120.00 (clay & firing extra)
\$15.00 Casual session



POTTERY FIRING

The House has a large electric pottery kiln to fire your pottery pieces. Experienced operators are available to assist you. Single items or full kiln loads.

Email the House for more
information

admin@kinglakeranges.com.au



Lifestyle & Living



BASIC SEWING WORKSHOP

You will learn how to:

- Hand stitch and use a sewing machine.
- Learn Basic Overlocker necessities.
- Mend clothing and create simple alterations like hems
- Join in fun beginner-friendly projects such as a simple embroidered Bear, make a wildlife rescue pouch or a table runner
- Come along, learn something new, and leave with the confidence to start creating on your own!

Date: Sunday's 19 July - 13 September

Time: 9:30am - 12:00pm

Cost: \$20 per session (All materials provided)

MORTGAGE STRESS

What does this mean for you? We will be discussing affordability, strategies to assist & action plans.

DEBT CONSOLIDATION

The benefits & risks for consolidating, good & bad debt and explain credit scores & reports

If you want to get a hold on your finances & have a clearer understanding this presentation may help.

Date: Wednesday 9 September

Time: 6.30pm - 8.00pm

FREE



PAPER CRAFT

Join us for a relaxing session of card making on the **first & third** Tuesday of the month. Scrapbooking and paper art. Learn techniques like embossing, quilling and layering to create beautiful handmade pieces. All skill levels welcome.

Dates: 1ST & 3RD Tuesdays of the Month

Time: 1.00pm - 3.00pm

Cost: \$20 (All materials provided)



WORKING FROM HOME

Supporting Home Based Business

Do you need a warm place to work, study, or connect?

Enjoy free Wi-Fi, comfortable desk space and a welcoming, heated environment where you can focus, relax or get things done. Plus, help yourself to complimentary tea and coffee while you're here.

Everyone is welcome – drop in, settle in, and make yourself at home.



SPRING VEGGIES

Growing your Spring Vegetables from seed. Presented by Alex Pottage our local expert gardener. Come along and get the right hints on how to grow for our location and climate. Get a free packet of seeds to get you started.

Bookings requested.

Date: Saturday 29 August

Time: 3.00 - 4.00pm



WINTER WARMERS

Thursdays,
16 July - 3 September
12.30pm - 2.00pm



Join us on Thursdays for
a delicious homemade
lunch for just a Gold
Coin donation

Winter Warmers is supported by

BENDIGO BANK

and we are grateful for their
ongoing support.



Improve your job prospects, learn new skills, and connect with locals through our affordable short courses.

As a Learn Local provider, Kinglake Ranges Neighbourhood House delivers ACFE-funded, pre-accredited training and programs across a wide range of topics.

ACFE funded places are for those wishing to upskill, try for a new career, return to study or volunteer, regardless of prior training or employment status. Contact us to find out if you are eligible.

HORTICULTURE ADVANCED

By popular demand this 10-week course has been designed to carry gardening enthusiasts forward from Intro to Horticulture or continuing education to further their knowledge and passion for gardening. Join local horticulturist Kathleen Tants as she shares her vast knowledge with you.

Dates: Fridays, 17 July - 18 September

Time: 10.00am - 1.00pm

Cost: \$70.00 for 10 sessions



Introduction to Google Docs & Sheets

This 8-session course offers a practical, step-by-step guide to using Google Docs and Google Sheets.

You will learn to create, format and share documents and spreadsheets with confidence. Perfect for work, study or everyday life.

Dates: Wednesdays, 15 July - 16 September

Time: 6.30 - 8.30pm

Cost: Free



Introduction to MS Word & Excel

This 8-session course offers practical, hands-on training in Microsoft Word and Excel.

Learn to create and format documents, build spreadsheets and use essential tools for work, study or daily tasks.

Note: no sessions on long weekends.

Dates: Mondays, July 13 - 14 September

Time: 10:00 am - 1:00 am

Cost: Free

Lifestyle & Learning

LINE DANCING

Absolute beginners class.

No experience needed—just a friendly, relaxed group learning easy steps and having fun!

Day: Mondays from 20 July

Time: 10:30am - 11:30 am

Location: Kinglake West Hall

Cost: \$90.00 for 6 sessions



TAI CHI

Tai Chi is an ancient Chinese "moving meditation" that combines slow, gentle, flowing movements with deep breathing and mindfulness to improve physical and mental health.

Tuesdays 10.00am -11.00am (beginner)

Thursdays 10:30-11:30am

Cost: \$100.00 or Concession rate \$73.00



PROVIDE CPR - HLTAID 009

This course teaches the skills and knowledge required to perform CPR in line with the ACR Guidelines.

Date: Saturday 25 July

Time: 9.30 - 10.30am

Cost: \$75.00 (CPR only)



PROVIDE FIRST AID - HLTAID 011

This course addresses the skills and knowledge required to provide first aid response to a casualty. The majority of this course is online prior to the day with a brief practical component at the House.

Date: Saturday 25 July

Time: 9.30am - 12.00pm

Cost: \$150.00 Full Level 2 (incl. CPR)

Health & Wellbeing



MUSIC THERAPY

Music therapy can help reduce stress, improve communication skills, boost memory, and support emotional expression

Date: Wednesdays during school term

Time: 1:45pm - 2.00pm

Cost: Free

INFANT BABY MASSAGE

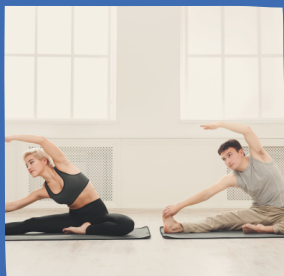
For babies 6 months and under, who are not yet rolling consistently. Join this gentle bonding experience for parents and babies. It provides many health and relaxation benefits to baby and parent as well as providing an opportunity for positive interactions to promote parent/baby secure relationships.



Dates: Wednesdays, 29 July - 19 August

Time: 11.30am - 12.15pm **Cost:** \$80.00 for 4 sessions

PILATES



Mat Pilates for 50+. A gentler, but effective class for bodies that have noticed they just don't work like they used to.

Date and Time: Tuesdays 6.30pm- 7.30pm (50 plus)

Cost: \$150.00 per term

Chair Pilates for Seniors. Exercise is not just for the young. Regain confidence as you improve your strength, mobility, range of movement and balance.

Date and Time: Fridays 11.00am - 12.00pm (over 70's)

Cost: \$150.00 per term

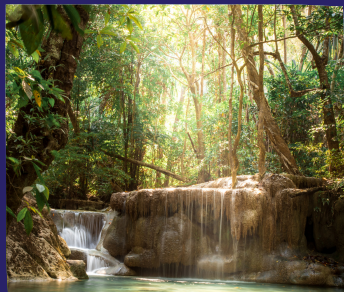
BE WELL IN THE RANGES

Well-being and mental health support for the Kinglake Ranges community and surrounding areas.

FREE & CONFIDENTIAL NO REFERRAL REQUIRED
to access Psychologists and Counsellors.

Email: intake@kinglakeranges.com.au

Phone: 0493 364 484
(Mondays & Tuesdays)



Health & Wellbeing



Allan will discuss prostate cancer and Mens health . what to look for and what treatments are available. With decades of medical experience, Allan will inform you about what to watch for and more importantly what to do if you have any symptoms or concerns. Ladies, encourage your men to come along or come along with them.

Date: Thursday, 27 August

Time: 7.00 - 8.30pm

Cost: **FREE**

BUZZ of the BEE'S

The Bees are coming home.

There will be lots of activites happening and opportunites to learn about Bees. Pollination is so important for our plant development.

Without bees we would not have many of the foods we enjoy and which are essential to everyday living.



KRNH Membership

Join Kinglake Ranges Neighbourhood House and help us strengthen community connections and empower local change.

Membership is just \$5 per year, and if paid at least 30 days before our Annual General Meeting (AGM), you'll have full voting rights at the AGM.

As a member, you'll receive:

- Voting rights at the AGM
- Eligibility to join our Committee of Management
- Access to our Annual Report
- Invitations to community events and updates
- Priority notices on important local information

Ready to join?

Email us at admin@kinglakeranges.com.au to become a member today.

Caring for Our Community

MOBILE HEALTH CLINICS

Flowerdale

Flowerdale Community House
9.00am - 1.00pm

Flowerdale Primary School
1:30 - 3:30pm

Thursday 11 June

- Mental Health
- Cardiac Nurse
- Dementia Australia

Thursday 25 June

- Speech Pathologist
- Diabetes Educator
- Dietitian
- Dementia Australia

Thursday 16 July

- Mental Health
- Social Work
- Dementia Australia

Thursday 30 July

- Speech Pathologist
- Dietitian

TO BOOK

Yea Community Health

☎ (03) 5736 0488

✉ intake@ydmh.org.au

Kinglake / Toolangi

Kinglake Ranges Neighbourhood House
9.00am - 12.00pm

Toolangi Castella Community House
1.00 - 3:30pm

Wednesday 10 June

- Speech Pathologist
- Dietitian
- Dementia Australia

Wednesday 24 June

- Social Work
- Dementia Australia

Highlands

Highlands Hall
10am - 2pm

Wednesday 17 June

- Mental Health

Wednesday 15 July

- Mental Health

Tuesday 7 July

- Mental Health
- Health Promotion
- Diabetes Educator
- Dementia Australia

Wednesday 22 July

- Dietitian
- Speech Pathologist

Appointment Costs

Dietitian, Diabetes Educator and Speech Pathologist are income tested

Low \$11.50, Medium \$17.50, High \$122.10
Appointments will be invoiced

Mental Health and Social Work FREE of charge
Please mention at time of booking of any financial hardship

Kinglake Ranges Op Shop

Come and have a browse at the Op Shop

Our wonderfull Volunteers have some great bargains for you.

Drop in for:

*Affordable second-hand/new treasures

*Community connection

WEDNESDAYS - FRIDAYS

11.00am - 4.00pm

**** THE OP SHOP NEEDS VOLUNTEERS ****

NO EXPERIENCE NECESSARY. FULL TRAINING PROVIDED.

Saturdays & Sundays, 11.00am - 4.00pm

Half shifts & casual shifts available.

KRNH are registered with Centrelink for Mutual Obligations.

Call Corrienne for more info or to volunteer!

Join The Op Shop as a volunteer and help our community thrive,
one pre-loved treasure at a time!



Follow us on Facebook

The Op Shop, 1 Glenburn Rd, Kinglake

Volunteers Needed

Food Share - Monday 11:00am - 1:00pm

**Op Shop Saturday & Sunday
11:00am - 4:00pm**

Community Garden - Fridays 1:00 - 3:00pm

If you have a couple of hours a month or a week to spare we would love to hear from you. Any support for these programs will help keep them running.

At Kinglake Ranges Neighbourhood House, volunteers are at the heart of everything we do. We value the time, skills, experience, and enthusiasm that volunteers bring to our community each day. Whether supporting programs, helping at events, welcoming visitors or sharing knowledge, our volunteers play a vital role in creating a connected, inclusive and supportive environment for everyone.

We believe volunteering is a two-way experience — an opportunity to contribute meaningfully while building friendships, confidence, skills and community connections. We are committed to providing a welcoming, respectful and rewarding environment where every volunteer feels appreciated and supported.

If you're looking to give back, meet new people and make a positive difference in the Kinglake Ranges community, we'd love to hear from you.

