



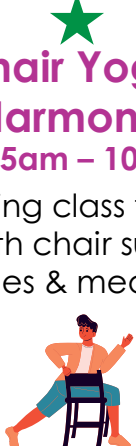



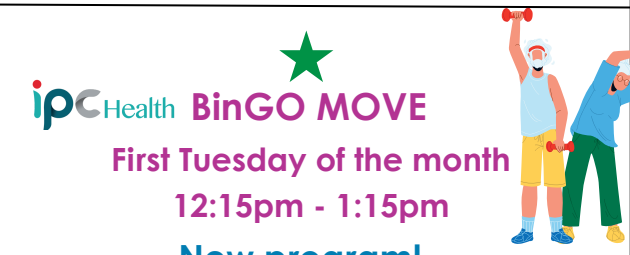


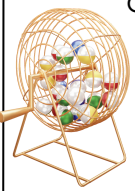




 Proudly part of Neighbourhood Houses Victoria

Follow us on social media for the latest updates on events and happenings at the Neighbourhood House!

 Facebook: [commUnity+ Neighbourhood House](https://www.facebook.com/commUnity+NeighbourhoodHouse)
 Instagram: [communityplusservices](https://www.instagram.com/communityplusservices)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>We are open Monday thru Friday 9am to 5pm. Stop by for a chat!</p> <p>Follow us on social media for the latest updates and community events!</p> <p>Special Note:</p> <p>Hearing Australia will be offering free hearing checks for anyone aged 55 and over on July 23rd and 24th.</p> <p>Want to know more? Chat with us for details!</p> 	 <p>Zumba 10:15am – 11am New time</p> <p>A total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility, and boosted energy. This class will keep you feeling great for the rest of the week!</p> <p>Enjoy the music, the company and the smiles, the fitness part is a bonus.</p>	<p>CCVic Psychology Appointments Please email admin@ccvic.community with a copy of your GP referral and mental health treatment plan.</p>	 <p>Chair Yoga Harmony 9:15am – 10am</p> <p>A nourishing class for body & mind with chair supported stretches & meditation.</p>
	 <p>Tone & Shape Core Balance 11:15am – 12pm New time</p> <p>An overall body toning strength class encouraging a balanced workout of Pilates infused exercises.</p>	 <p>Walking Group 9:45am - 10:30am New time</p> <p>Enjoy the local walking tracks!</p>	 <p>Fun Sing-Along 10:15am – 10:45am</p> <p>No experience needed – just bring your enthusiasm and get ready to sing, laugh, and enjoy a great time!</p>
	 <p>ipcHealth BINGO MOVE First Tuesday of the month 12:15pm - 1:15pm New program!</p> <p>Join us for a fun and friendly Bingo session designed for seniors to connect, stay active, and enjoy great company!</p>	 <p>Patch to Plate Community Garden 12pm – 1:30pm</p> <p>Join us for a variety of weekly workshops and guest speakers from gardening techniques to community cooking classes!</p>	 <p>Get Crafty 11am - 12:30pm New session style!</p> <p>This term, we'll explore a different artist each week to spark inspiration and help shape our own creative styles. Each session kicks off with Show and Tell - bring along your favourite art project to share!</p>
	 <p>Your Group Here!</p> <p>Looking for a welcoming space for your community group?</p> <p>Thinking about starting a new community-led group or program?</p> <p>We'd love to hear from you — get in touch today!</p>	<p>Winter Lounge 1pm – 2pm New program!</p> <p>Drop in for a cuppa and a chat! Browse the library, grab a board game, or bring some friends or crafts and make yourself at home.</p>	<p>Diabetes Support Group Every 4th Wed of the month from 1pm – 3pm Meetings only on 23rd of July & 27th August</p> <p>Peer-led support group for community members managing diabetes.</p>
 <p>Body & Soul Yoga Bliss 6pm – 6:45pm</p> <p>A combination of mindfulness yoga stretches including meditation.</p>	 <p>Better Body Boost 6pm – 6:45pm</p> <p>A fun class incorporating all aspects of a healthy workout of balance, strength, coordination & endurance.</p>	 <p>Dance Fusion! Latin Funk 6.30pm – 7.30pm</p> <p>Enjoy a fun warm up, then learn some new routines, with this funky Latin inspired dance class. Mixing in Bachata, Salsa, Cha Cha and Samba basics. Guaranteed to make you feel good!</p>	 <p>Zumba 6pm – 7pm</p> <p>Fun dance fitness program for all ages and abilities.</p>