

Term 1 2026

27 January 2026 to 2 April 2026



Sessions are subject to change based on weather and staffing.
Visit our website for cancellation notices.

Please enter through back door for all programs that start after 6pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
  Special Dates: We will be closed on the following dates due to public holidays: 26 January 9 March 3 April Check our website to save your spot for the Heat Safe and Call Push Shock CPR workshop on 11 February Join our community meal Eid celebration on 1 April	Zumba 10:15am – 11am  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. Enjoy the music, the company and the smiles, the fitness part is a bonus.	CCVic Psychology Appointments Please email admin@ccvic.community with a copy of your GP referral and mental health treatment plan.	Chair Yoga Harmony 9:15am – 10am  A nourishing class for body & mind with chair supported stretches.
	Tone & Shape Core Balance 11:15am – 12pm  An overall body toning strength class encouraging a balanced workout of Pilates infused exercises.	Walking Group 9am - 9:45am  New time for summer Enjoy the local walking tracks.	Unity Lounge 10:15am – 10:45am  Relax in the space with a cuppa and a friendly chat. Community Mediation hopes to return next term.
	ipc Health BinGO MOVE Community 12:15pm - 1:15pm Every 1st Tuesday of the month: 3 February & 3 March  Join us for a fun and friendly Bingo session designed to help you gently stay active, make friends, and maybe even take home a prize.	Knit One, Talk One 9am – 12pm  Join our social knitting group for creativity and camaraderie.	Patch to Plate Community Garden 12pm – 1pm  Join us for a variety of weekly workshops and activities including guest speakers, community projects, and cooking classes.
	Your Group Here! Looking for a welcoming space for your community group? Thinking about starting a new community-led group or program? We'd love to hear from you - get in touch.	Unity Lounge 1pm – 2pm  A drop in for all community members. Grab a cuppa and a pal - or make a new one. Browse the library, enjoy a board game, bring a craft or a book and make yourself at home.	Diabetes Support Group 1pm – 3pm Every 4th Wednesday of the month: No meeting in January 25 February & 25 March  Peer-led support group for community members managing diabetes.
	Your Group Here! Looking for a welcoming space for your community group? Thinking about starting a new community-led group or program? We'd love to hear from you - get in touch.	ARCVic Anxiety Support Group 6.30pm – 7.30pm Every 2nd Wednesday of the month: 11 February & 11 March Visit arcvic.org.au to learn more. Bookings essential.	In a Flash - Smart Phone Photography 12:45pm - 1:45pm  Last Thursday of the month: No session in January 26 February and 26 March Make the most of your phone camera with this beginner-friendly class.
Body & Soul Yoga Bliss 6pm – 6:45pm A combination of mindfulness yoga stretches including meditation.	Better Body Boost 6pm – 6:45pm Special note: Sessions on 17 Feb, 24 Feb & 2 Mar will start at 5:30pm  A fun class incorporating all aspects of a healthy workout of balance, strength, coordination & endurance.	ARCVic Anxiety Support Group 6.30pm – 7.30pm Every 2nd Wednesday of the month: 11 February & 11 March Visit arcvic.org.au to learn more. Bookings essential.	Zumba Gold-Toning New program 6pm – 7pm  Light dumbbells added to Zumba. Designed for all abilities to improve balance, muscle strength, and increase bone density.

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Have any suggestions for us? Let us know! We'd love to hear from you.

 Proudly part of Neighbourhood Houses Victoria



Instagram: [communitypluservices/](https://www.instagram.com/communitypluservices/)



Facebook: [commUnity+ Neighbourhood House](https://www.facebook.com/commUnity+Neighbourhood-House/)

Updated as of 24/12/25