

Term 2 2026

20 April 2026 to 26 June 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	
<p>Special Dates:</p> <p>We will be closed on the following dates due to public holidays: Monday, 8 June</p> <p>Join our special events: Scam Awareness delivered by Commonwealth Bank on Wednesday, 13 May from 10:30am to 11:30am</p>	<p>Zumba 10:15am – 11am</p> <p>A total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility, and boosted energy.</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.</p>	
	<p>Tone & Shape Core Balance 11:15am – 12pm</p> <p>An overall body toning strength class of Pilates infused exercises.</p>	<p>Walking Group 10am - 10:45am</p> <p>Enjoy the local walking tracks.</p>	<p>ipcHealth Knit One, Talk One 9am – 12pm</p> <p>Join our social knitting group for creativity and camaraderie.</p>	<p>Open Studio New program 10:15am – 10:45am</p> <p>A drop-in Open Studio where you can explore your creative practice at your own pace in a calm, supportive environment. No artistic experience is needed. Materials provided.</p>
	<p>BinGO MOVE Community 12:15pm - 1:15pm</p> <p>Every 1st Tuesday of the month: 5 May & 2 June</p> <p>Join us for a fun Bingo session to help you gently stay active, make friends, and maybe even take home a prize.</p>	<p>The Gathering Table Same program, new name 12pm – 1pm</p> <p>Join us for a variety of weekly workshops and activities including guest speakers, community projects, and cooking classes.</p>	<p>Unity Lounge 1pm – 2pm</p> <p>A drop in for all community members. Grab a cuppa, chat with a friend, enjoy a board game, or bring a craft, and make yourself at home.</p>	<p>Diabetes Support Group 1pm – 3pm</p> <p>Every 4th Wednesday of the month: 22 April, 27 May, 24 June</p> <p>Peer-led support group for community members managing diabetes.</p>
	<p>Creative Art Therapy New program - 19 May to 23 June only. Limited spots open, register online.</p> <p>1:30pm - 3:00pm</p> <p>A six week program to engage with art for expression, self-reflection, and support wellbeing. Bring your curiosity as we explore our inner worlds.</p>	<p>Queers Out West NEW program 4:30pm - 5:30pm</p> <p>Social programming for LGBTQIA+ adults to build community. Featuring creative arts sessions and relaxed fireside conversations with queer icons across diverse fields.</p>	<p>Your Group Here!</p> <p>Looking for a welcoming space for your community group or a new program? We'd love to hear from you.</p>	<p>Budding Artists 11am - 12:30pm</p> <p>Each week we'll explore a different artist to spark inspiration and to help shape our own creative styles. No experience necessary.</p> <p>Special session on 28 May at Caroline Springs Bunnings (meet in DIY workshop area)</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>Your Group Here!</p> <p>Looking for a welcoming space for your community group or a new program? We'd love to hear from you.</p>	<p>Zumba Gold-Toning 6pm – 7pm</p> <p>Light dumbbells added to Zumba. Designed for all abilities to improve balance, muscle strength, and increase bone density.</p>	

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Have any suggestions for us? Let us know!

Proudly part of Neighbourhood Houses Victoria