

13 July to 18 September

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>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</p> <p>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>New program! Cuppa and a chat 11:00am – 2:00pm</p> <p>A drop in session – come in and say hi!</p>	<p>Tone & Shape Core Balance 11:15am – 12pm</p> <p>An overall body toning strength class of Pilates infused exercises.</p>	<p>Knit One, Talk One 9am – 12pm</p> <p>Join our social knitting group for creativity and camaraderie.</p>	<p>Budding Artists 10:30am - 12pm</p> <p>Each week, we'll explore a new artistic medium to spark creativity, build confidence, and develop our own unique creative styles. No experience necessary.</p> <p> Special session on 20 August at Caroline Springs Bunnings - Meet in DIY workshop area</p>
<p>We're open 9-5. Come in!</p>	<p>BinGO MOVE Community 12:15pm - 1:15pm</p> <p>Every 1st Tuesday of the month: 4 August 1 September</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>Walking Group 10am – 10:45am</p> <p>Enjoy the local walking tracks.</p>	<p>New program! ArtBreak 12:30pm - 1pm</p> <p>Take a break from class and get creative! Join a fun 30-minute art activity designed for students learning English. No experience necessary.</p>
	<p>Unity Lounge 2pm - 3pm</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>The Gathering Table 12pm – 1pm</p> <p>Join us for a variety of weekly workshops and activities to support your wellbeing and skill building. Sessions include guest speakers, community projects, cooking and gardening sessions.</p>	<p>New program! Queer Book Club 1:30pm - 2:30pm</p> <p>Second Thursday of the month: 13 August 10 September</p> <p>A welcoming space for LGBTQIA+ people (including those questioning) to connect and chat about whatever you're currently reading or borrow a book from our new queer library.</p>
	<p>Diabetes Support Group 1pm – 3pm</p> <p>Every 4th Wednesday of the month: 22 July 26 August</p> <p>Monthly 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>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