



TERM 3

2026

Start: Monday 13 July

End: Friday 18 September

822 Ballarat Rd, Deer Park VIC 3023



Neighbourhood House Guidelines

Be respectful and patient



Our staff are here to help, and we're a small team so may be assisting others. We appreciate your patience and kindness. If we're not the right service to meet your needs, we'll do our best to refer you to someone who can help.

Everyone is welcome

Abuse, harassment, or offensive language of any kind will not be tolerated. If you ever feel unsafe or uncomfortable, please speak to a staff member immediately.



Follow safety procedures

Follow all safety instructions and procedures while onsite. You may be required to listen to instructions if there is an emergency.



Children and carers

Children must remain under supervision at all times, and carers are expected to stay with the participants they accompany.



AT A GLANCE

Monday

- Morning Cuppa and a chat
- Evening Body & Soul Yoga Bliss program

Tuesday

- Morning Zumba
Tone & Shape Core Balance
- Afternoon BinGO MOVE Community
Unity Lounge
- Evening Better Body Boost

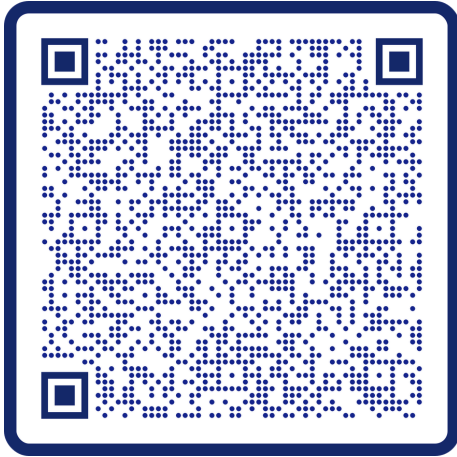
Wednesday

- Morning CCVic Psychology Appointments
Knit One, Talk One
Walking Group
- Afternoon The Gathering Table
Diabetes Support Group

Thursday

- Morning Chair Yoga Harmony
Budding Artists
- Afternoon ArtBreak
Queer Book Club
- Evening Zumba Gold-Toning

FIRST TIME HERE?



Scan the QR code to fill in the participant form.

Knowing who and how many people come to our activities helps us design better programs.



EXERCISE CLASSES

Body & Soul Yoga Bliss

Monday 6–6:45pm

A combination of mindfulness yoga stretches including meditation.

Zumba

Tuesday 10:15–11am

A total workout, combining all elements of fitness: cardio, muscle conditioning, balance & flexibility.

Tone & Shape Core Balance

Tuesday 11:15am–12pm

An overall body toning strength class encouraging a balanced workout of Pilates infused exercises.

BinGO MOVE Community

Tuesday 12:15–1:15pm (monthly)

A Bingo session to help you stay active, make friends, and maybe win a prize! First Tuesday each month.

Better Body Boost

Tuesday 6–6:45pm

A fun class incorporating all aspects of a healthy workout of balance, strength, coordination & endurance.

Walking Group

Wednesday 10–10:45am

Enjoy the local walking tracks!

Chair Yoga Harmony

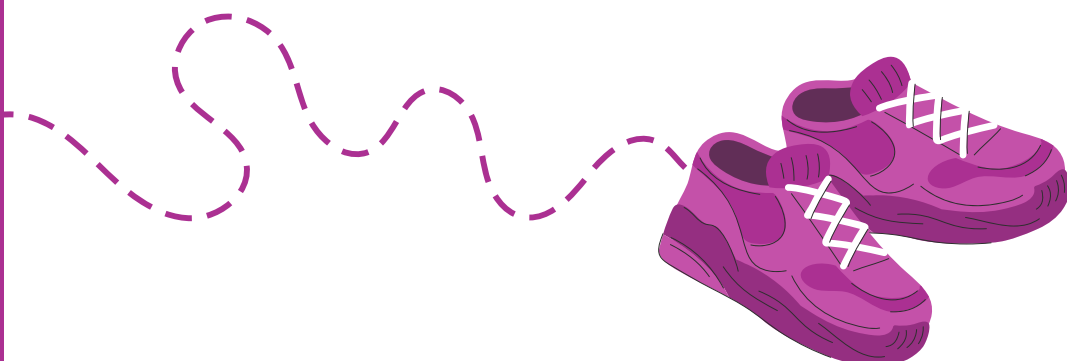
Thursday 9:15–10am

A nourishing class for body and mind with chair supported stretches.

Zumba Gold-Toning

Thursday 6–7pm

Light dumbbells added to Zumba. For all abilities: improve balance, muscle strength, and bone density.



CUPPA AND A CHAT

Mondays 11am – 2pm

A casual drop-in session for all community members. Grab a cuppa and bring a pal – or make a new one.

Browse the library, enjoy a boardgame, bring a craft or a book and make yourself at home.

UNITY LOUNGE

Tuesdays 2 – 3 pm



A casual drop-in session for all community members. Grab a cuppa and bring a pal – or make a new one.

Browse the library, enjoy a boardgame, bring a craft or a book and make yourself at home.

KNIT ONE, TALK ONE

Wednesdays 9am –12pm

Join our social knitting group for creativity and camaraderie.

Not a knitter yourself but admire the craft? Check out the group's creations in the display cabinets next to reception.

Each knitted item can be purchased at affordable prices. 100% of sale proceeds go to IPC Health.



THE GATHERING TABLE

Wednesdays 12–1pm

Everyone is welcome to The Gathering Table!

This is a program about wellbeing in its many forms. You've told us what you wanted to learn more about, and we've embraced a wide range of topics and styles of learning.

The Gathering Table includes hands-on workshops, like cooking and gardening, as well as guest speakers on topics related to health and wellbeing, such as community CPR training, nutrition, and self-care.



Week 1: 15 July

Welcome to Term 3: intro and program review.

Week 2: 22 July

Learn about Sexual and Reproductive Health with GenWest. We'll be talking about consent and healthy relationships.

Week 3: 29 July

Learn about aged care services with Nexia Aged Care.

Week 4: 5 August

Cooking workshop: we're making something yum!

Week 5: 12 August

Talk to us: what would you like to do next term?

Week 6: 19 August

This one is for support workers and carers: a community learning session with My Care Match

Week 7: 26 August

Cooking workshop: we're making something yum

Week 8: 2 September

**What have you learned this term?
Let's reflect and share together.**

Week 9: 9 September

Learn about women's health with IPC Health

Week 10: 16 September

Let's come together for a community meal to celebrate the end of term!

ARTBREAK

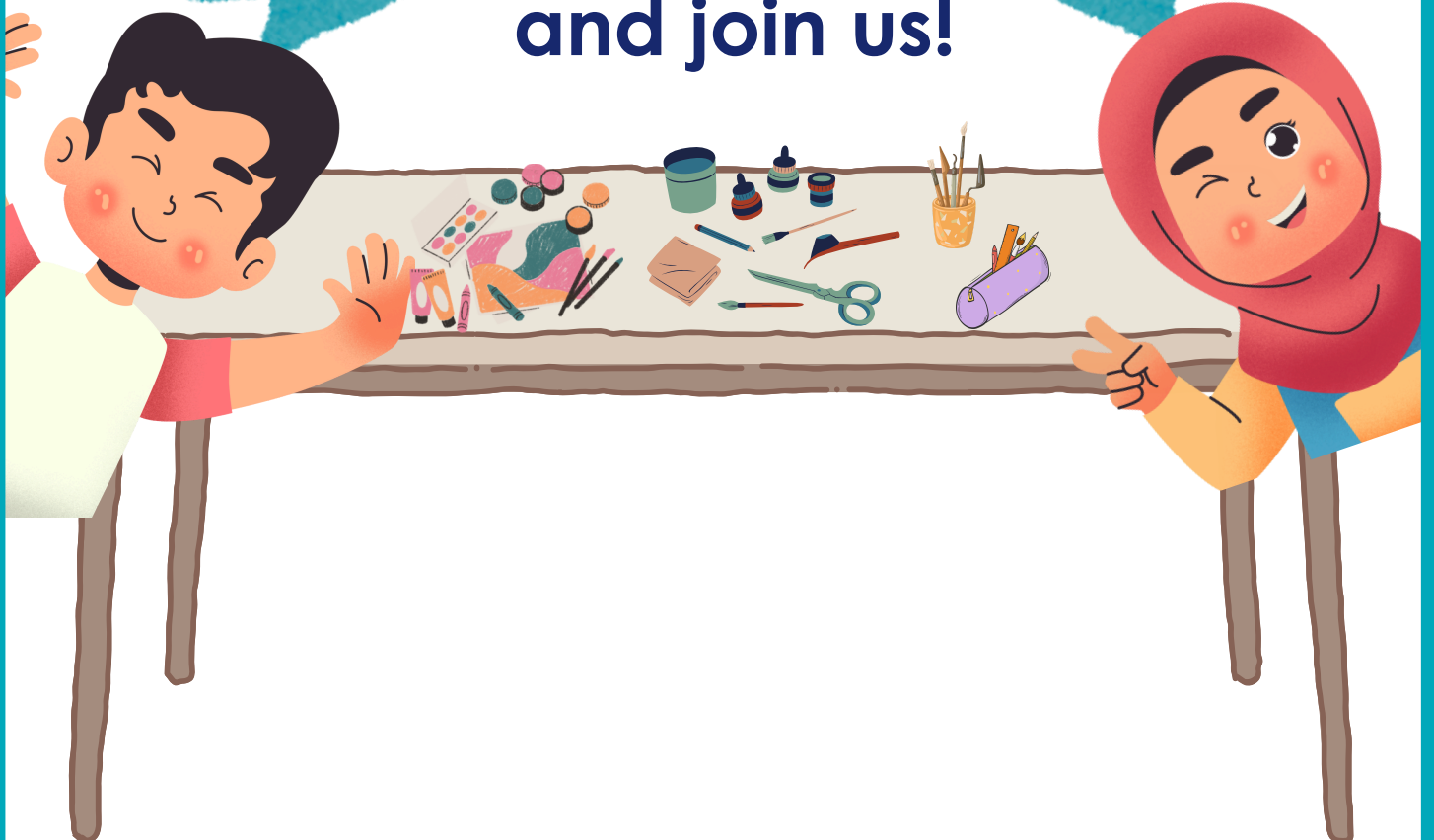
Thursdays 12:30–1:00pm

Take a break from class and get creative!

Join a fun 30-minute art activity designed for students learning English.

No experience necessary.

Walk in
and join us!



SUPPORT GROUPS

CCVic Psychology Appointments

Wednesday, by appointment only

Please email admin@ccvic.community with a copy of your GP referral and mental health treatment plan.

Diabetes Support Group

4th Wednesday of the month, 1–3pm

Peer-led support group for community members managing diabetes.



**Got questions?
Let us know!**

**Check out our contact
details below.**

CONTACT US



822 Ballarat Rd, Deer Park VIC 3023



1800 266 675, Extension 4



neighbourhood@comm-unityplus.org.au



www.comm-unityplus.org.au

commUnity⁺ education legal neighbourhood family

commUnity+ works alongside and cares deeply for communities in Melbourne's West and North.

We provide social programs, adult education, legal advice, and family services.

We are open Monday to Friday 9-5pm.