

Cuppa and a chat

A drop in session – come in and say hi!
Colouring sheets and games supplied.

Mondays 10:30am – 1:30pm

Body & Soul Yoga Bliss

A combination of mindfulness yoga stretches including meditation.

Mondays 6pm – 6:45pm.

Zumba

A total workout, combining all elements of fitness.

Tuesdays 10:15am – 11am.

Tone & Shape Core Balance

An overall body toning strength class of pilates infused exercises. **Tuesdays** 11:15am – 12pm.

NEW! Community Kitchen

A welcoming and inclusive space where community members come together to cook, share a meal, connect, and learn.

Tuesdays 12:15-1:30pm

BinGO MOVES Community

BinGO Move Community combines music with gentle exercise to get you moving and having fun! An IPC Health exclusive program designed by Allied Health Professionals.

Every **1st Tuesday of the month** 2:00pm – 3:00pm.

Better Body Boost

A fun class incorporating all aspects of a healthy workout. **Tuesdays** 6pm – 6:45pm

UPDATED! Creative Stitches

Drop in and get creative. Bring along your knitting, crochet, sewing or other craft projects and enjoy some time creating alongside others in a friendly, relaxed space.

BYO materials and projects.

Wednesdays 9.30am – 11.30am.

Walking Group

Enjoy the local walking tracks.

Wednesdays 10am – 10:45am.

The Gathering Table

Join us for a variety of weekly workshops and activities to support your wellbeing and skill building. **Wednesdays** 12pm – 1pm.

Diabetes Support Group

Monthly peer-led support group for community members for managing diabetes.

Every **4th Wednesday of the month** 1pm – 3pm.

NEW! Afternoon drop in

A welcoming space. Tell us what you would like to see during this time!

Wednesdays 3pm – 4pm.

Chair Yoga Harmony

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

Thursdays 9:15am – 10am.

Budding Artists

Each week, we'll explore a new artistic medium to spark creativity, build confidence, and develop creative styles. No experience necessary.

Thursdays 10:30am – 12pm. Special session on **12 November** at **Caroline Springs Bunnings – meet in DIY workshop area.**

ArtBreak

A 30 minute art activity designed for anyone learning English. No experience necessary.

Thursdays 12:30pm – 1pm.

Queer Book Club

A space for LGBTQIA+ people to chat about whatever you're currently reading or borrow a book from our new queer library.

Every week! 1:30pm – 2:30pm.

Zumba Gold-Toning

Light dumbbells added to Zumba. Designed for all abilities.

Thursdays 6pm – 7pm.

Term 4 2026 Programs | 5 October to 18 December



	MON	TUE	WED	THU
MORNING	10:30am - 1:30pm Cuppa and a chat	10:15am – 11am Zumba	9.30am – 11.30am Creative Stitches 10am – 10:45am Walking Group	9:15am – 10am Chair Yoga Harmony 10:30am – 12pm Budding Artists
LUNCH	10:30am - 1:30pm Cuppa and a chat	11:15am – 12:00pm Tone & Shape Core Balance	12pm – 1pm The Gathering Table	12:30 – 1pm ArtBreak
AFTERNOON	<i>We're open! Come on in. Receive your copy of our new timetable.</i>	12:15pm – 1:30pm NEW: Community Kitchen 2:00pm – 3:00pm BinGO MOVE Community 1 st Tue/month	1pm – 3pm Diabetes Support Group (4th Wed/month) 3pm – 4:00pm NEW: Afternoon drop-in	1:30 – 2:30pm Queer Book Club (NOW every week)
EVENING	6pm – 6:45pm Body & Soul Yoga Bliss	6pm – 6:45pm Better Body Boost		6pm – 7pm Zumba Gold-Toning

SCAN ME



We're open 9-5. Come in!
Sessions are subject to change based on weather and staffing.
Visit our website for cancellation notices.
Please enter through the back door for all programs after 6pm.

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