Term 4 2026 Programs | 5 October to 18 December

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, combing all elements of fitness.
Tuesdays 10:00am – 10.45am

Tone & Shape Core Balance
An overall body toning strength class of pilates infused exercises. **Tuesdays** 11:00am – 11.45am

NEW! Community Kitchen
A welcoming and inclusive space where community members come together to cook, share a meal, connect, and learn.
Tuesdays 12:00-1:30pm

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 dumbells added to Zumba. Designed for all abilities.
Thursdays 6pm – 7pm.

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comm Unity+ neighbourhood

	MON	TUE	WED	THU
MORNING	10:30am - 1:30pm **Cuppa and a chat**	10:00am – 10.45am **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**	11:00am – 11.45am **Tone & Shape Core Balance**	12pm – 1pm **The Gathering Table**	12:30 – 1pm **ArtBreak**
AFTERNOON	*We're open! Come on in. Receive your copy of our new timetable.*	12:00pm – 1:30pm **NEW: Community Kitchen** 2:00pm – 3:00pm **BinGO MOVE Community** **1st 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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