

TERM 1 PROGRAMS 2020



Cooking Class for Adults

4 sessions - \$10 for each
Fridays (Fortnightly)
3:00pm to 5:00pm

Learn how to cook various nutritious dishes and develop your connection with your community through this cooking class.



Cooking Class for Kids

7 sessions - \$5 for each
Wednesdays
3:30pm to 5:30pm

This kids cooking class will give your child the skills to make a healthy meal and connect with all kinds of children.



Children's Hangout

8 sessions - FREE
Mondays
3:00pm to 5:00pm

Come along to an all children's hangout club, where you can make new friends, learn new things and have fun.



Homework Support

16 sessions - FREE
Tuesdays and Thursdays
3:00pm to 5:00pm

Tutors assisting young students with their homework and support them with enhancing their learning.



Yoga

8 sessions - FREE
Mondays
6:00pm to 7:30pm

A beginner-friendly class that will help your flexibility, core strength, and will give you skills to greater your well-being.

In Partnership with Reclink Australia



Zumba

9 sessions - FREE
Wednesdays
6:00pm to 7:30pm

Zumba is a fun exercise fitness program that combines all music with dance moves. Beginners are welcome.

In Partnership with Reclink Australia

Please Note: Enrolments are essential to ensure your place within a program.

ENROLMENT INFORMATION

An **enrolment form** can be found at the commUnity+ Neighbourhood House in Deer Park and on our website.

Please ensure you return your enrolment form by **Tuesday the 28th of January, 2020** or email the Neighbourhood House Coordinator.

For any further information, please see the contact details below:

✉ hbucumi@comm-unityplus.org.au

☎ (03) 7379 0125

📍 822 Ballarat Road, Deer Park

🌐 www.comm-unityplus.org.au

ABOUT OUR NEIGHBOURHOOD HOUSE



commUnity+ Neighbourhood House offers free activities and programs to our local community. We also provide free children-focused programs, such as Homework Support and School Holiday activities.

We welcome people from all and any backgrounds and encourage groups to operate their own activities of interest within our HUB.

We are always looking for volunteers to help support the function of our programs. If you are interested in assisting our Homework Support or organising some new programs such as a craft group, walking group, exercise classes or any other activities, please contact us.

