

Term 1, 2024

29 January - 28 March 2024

Must register and book to reserve your spot. Classes are free, but places are limited.

Classes are subject to change.

E: neighbourhood@comm-unityplus.org.au

P: 1800 266 675

STEP 1 REGISTER FOR OUR PROGRAMS HERE:









Proudly part of Neighbourhood Houses Victoria

MONDAY

Get Fit, Stay Fit

6pm - 6.45pm

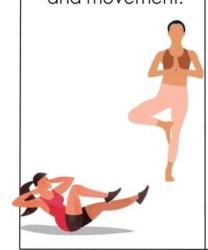
Get your heart rate up with this fun and energetic fitness program.



Meditation & Pilates

7:00pm - 7.45pm

Get your muscles engaged and working together for healthy alignment and movement.



TUESDAY

Garden Club

@ The Hunters

Patch

10am - 12pm

If you love gardening, want

to grow your

knowledge, or

connect with

your community,

come get

involved.

Hosted at: The

Hunt Club

at 775 Ballarat

Road, Deer Park

Tai Chi

9.15am - 10.30am

Get your muscles engaged and

working together, for healthy alignment and movement.



Pilates

11am - 11.45am

Get your muscles engaged and working together, for healthy alignment and movement.

Yak n' Snack

12.30pm - 2pm

Come along and enjoy a shared lunch while chatting to new people and other locals. Please bring a small plate of food to share.

Switch to Fit

6pm - 6.45pm

Fitness program
ideal for
beginners or those
getting back into
being active.

WEDNESDAY

Knit One, Talk One

9am -12pm

Social knitting group





Walking Group

10am - 10.45am

Walk and talk around the local walking tracks.

Men's Group

1pm - 3pm

Social Group for Men.

Meet new people, join in activities, share a meal or just have a chat, games movies and cooking classes

Bunnings dates TBC



Diabetes Support Group

1pm - 3pm

28 February and 27 March

Peer-led support group for community members managing diabetes.

THURSDAY

Chair Yoga & Meditation

9.30am - 10.30am

Join in with a relaxing and mindful program aimed to support you de-stress, eliminate tension and clear your mind.

Get Crafty

11am - 12.30pm

Weekly crafting program for adults.

Learn new crafts each week. No crafting experience required, and all materials provided.

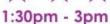
Craft at Bunnings

4th Thursday of each month

Hosted by Bunnings @ Caroline Springs

New Classes See details below





Board Games
1 Feb & 29 Feb
Crafter's Cove
8 Feb & 7 Mar
BYO Book Club
15 Feb & 14 Mar
Be Connected
22 Feb & 28 Mar

Boot Camp

SATURDAY

9:30am - 10.15am

Fitness class where everyone is welcome. Come along by yourself or with the family.

> Let's get fit TOGETHER!



All children under the age of 16 years old must be accompanied by an adult.

Yoga

10:30am - 11.15am

Combination of Tai Chi, Yoga and Pilates that improves flexibility and builds core strength while bringing calmness into the body.



New Classes - Taste of New Programs!

Board Games: Join us for an afternoon of games.

Crafter's Cove: Bring along a craft you've been wanting

to complete.

BYO Book Club: Bring your own book to share with the

group or talk about an old favourite.

Be Connected: Protect yourself from scams and become more tech savvy.

New program Patch to Plate coming soon! Watch this space.

995-4-50-90750

Dance Fusion! Latin Jazz

6.30pm – 7.30pm

Learn some new routines with this fun jazz/salsa fusion in a fun and relaxed

environment.

Women only program. No experience necessary.

Zumba

6.30pm - 7.30pm

Fun dance

fitness program for all ages and abilities





Follow us on Facebook:

commUnity+ Neighbourhood House

as of 18/01/24