

# 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](mailto:neighbourhood@comm-unityplus.org.au)

P: 1800 266 675

STEP 1  
REGISTER FOR OUR  
PROGRAMS HERE:



STEP 2  
BOOK INTO  
EACH CLASS HERE:



Proudly part of  
Neighbourhood Houses Victoria

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	SATURDAY
<p><b>Get Fit, Stay Fit</b></p> <p>6pm – 6.45pm</p> <p>Get your heart rate up with this fun and energetic fitness program.</p> 	<p><b>Tai Chi</b></p> <p>9.15am - 10.30am</p> <p>Get your muscles engaged and working together, for healthy alignment and movement.</p> 	<p><b>Garden Club @ The Hunters Patch</b></p> <p>10am - 12pm</p> 	<p><b>Knit One, Talk One</b></p> <p>9am - 12pm</p> <p>Social knitting group</p>  <p><b>ipc Health</b></p>	<p><b>Chair Yoga &amp; Meditation</b></p> <p>9.30am – 10.30am</p> <p>Join in with a relaxing and mindful program aimed to support you de-stress, eliminate tension and clear your mind.</p>	<p><b>Boot Camp</b></p> <p>9:30am – 10.15am</p> <p>Fitness class where everyone is welcome. Come along by yourself or with the family.</p> <p>Let's get fit TOGETHER!</p> 
<p><b>Meditation &amp; Pilates</b></p> <p>7:00pm - 7.45pm</p> <p>Get your muscles engaged and working together for healthy alignment and movement.</p> 	<p><b>Pilates</b></p> <p>11am – 11.45am</p> <p>Get your muscles engaged and working together, for healthy alignment and movement.</p>	<p>If you love gardening, want to grow your knowledge, or connect with your community, come get involved.</p> <p><b>Hosted at: The Hunt Club at 775 Ballarat Road, Deer Park</b></p> 	<p><b>Walking Group</b></p> <p>10am - 10.45am</p> <p>Walk and talk around the local walking tracks.</p>	<p><b>Get Crafty</b></p> <p>11am - 12.30pm</p> <p>Weekly crafting program for adults.</p> <p>Learn new crafts each week. No crafting experience required, and all materials provided.</p> <p><b>Craft at Bunnings</b></p> <p>4th Thursday of each month</p> <p><b>Hosted by Bunnings @ Caroline Springs</b></p>	<p><b>Yoga</b></p> <p>10:30am – 11.15am</p> <p>Combination of Tai Chi, Yoga and Pilates that improves flexibility and builds core strength while bringing calmness into the body.</p> 
<p>★★★</p> <p><b>New Classes - Taste of New Programs!</b></p> <p><b>Board Games:</b> Join us for an afternoon of games.</p> <p><b>Crafter's Cove:</b> Bring along a craft you've been wanting to complete.</p> <p><b>BYO Book Club:</b> Bring your own book to share with the group or talk about an old favourite.</p> <p><b>Be Connected:</b> Protect yourself from scams and become more tech savvy.</p> <p><i>New program Patch to Plate coming soon! Watch this space.</i></p>			<p><b>Men's Group</b></p> <p>1pm – 3pm</p> <p>Social Group for Men.</p> <p>Meet new people, join in activities, share a meal or just have a chat, games movies and cooking classes</p> <p><b>Bunnings dates TBC</b></p> 	<p><b>Diabetes Support Group</b></p> <p>1pm - 3pm</p> <p>28 February and 27 March</p> <p>Peer-led support group for community members managing diabetes.</p>	<p><b>New Classes See details below</b></p> <p>★★★</p> <p>1:30pm - 3pm</p> <p>Board Games 1 Feb &amp; 29 Feb Crafter's Cove 8 Feb &amp; 7 Mar BYO Book Club 15 Feb &amp; 14 Mar Be Connected 22 Feb &amp; 28 Mar</p>
			<p><b>Dance Fusion! Latin Jazz</b></p> <p>6.30pm – 7.30pm</p> <p>Learn some new routines with this fun jazz/salsa fusion in a fun and relaxed environment.</p> <p>Women only program. No experience necessary.</p>	<p><b>Zumba</b></p> <p>6.30pm – 7.30pm</p> <p>Fun dance fitness program for all ages and abilities</p> 	<p><b>Follow us on Facebook:</b></p> <p><b>commUnity+ Neighbourhood House</b></p>