

Term 2
2024



commUnity+
Neighbourhood
House Program

15 April to 28 June 2024

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822 Ballarat Road, Deer Park 3023

Proudly part of Neighbourhood Houses Victoria

Check us out, we've made some changes!

Classes are subject to change.

How to sign up to classes:



If the class you want to attend has a **green star**, **make sure to pre-register with Humanitix** or visit the front desk to save your spot. We are no longer using TryBooking.

If the class you want to attend **doesn't have a star**, **just show up on the day** and have fun!

Make sure to sign in to the daily sign-in sheet for all classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Please note we will be closed on 25 April and 10 June due to public holidays. Programs will not run on these days.</p>	<p>Tai Chi 9.15am - 10:30am Get your muscles engaged and working together, for healthy alignment and movement.</p>	<p>Knit One, Talk One 9am - 12pm Social knitting group</p>	<p>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.</p>
	<p>Pilates 11am - 11.45am Get your muscles engaged and working together, for healthy alignment and movement.</p>	<p>The Hunters Patch Garden Club 10am - 12pm Hosted at: The Hunt Club at 775 Ballarat Road, Deer Park If you love gardening, want to grow your knowledge, or connect with your community, come get involved.</p>	<p>Walking Group 10am - 10.45am Walk and talk around the local walking tracks.</p>
<p>Get Fit, Stay Fit 6:15pm - 7pm New time! Get your heart rate up with this fun and energetic fitness program.</p>	<p>Yak n' Snack 12.30pm - 2pm Come along and enjoy a snack while chatting to new people and other locals! Please bring a small plate of food to share.</p>	<p>Men's Group 1pm - 3pm Social Group for Men. Meet new people, join in activities, share a meal or a chat, games movies and cooking classes.</p> <p>At Bunnings @ Caroline Springs on 1 May</p>	<p>Be Connected 1:30pm - 3pm Become more tech savvy! Whether you want to increase your search skills, connect more with friends and family, or protect yourself from scams.</p>
<p>Meditation & Pilates 7pm - 7:45pm Get your muscles engaged and working together for healthy alignment and movement.</p>	<p>Switch to Fit 6pm - 6.45pm Fitness program ideal for beginners or those getting back into being active.</p>	<p>Diabetes Support Group 1pm - 3pm 24 April 22 May 26 June Peer-led support group for community members managing diabetes.</p>	<p>Games Club 3:30pm - 5pm New program! Join for a variety of board and card games at this social games club! Welcome to bring your own.</p>
<p>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.</p>	<p>Zumba 6pm - 7pm New time! Fun dance fitness program for all ages and abilities</p>	<p>BYO Book Club 3:30pm - 5pm New program! Share your thoughts about whatever book you're diving into! All ages welcome.</p>	<p>Knit One, Talk One 9am - 12pm Social knitting group</p>

Ready to join?

STEP 1
COMPLETE THE 2024 PARTICIPANT REGISTRATION:



STEP 2
BOOK INTO CLASSES WITH GREEN STARS HERE:



Follow us on Facebook for additional events coming this term!
commUnity+ Neighbourhood House
Including: Neighbourhood House Week, Law Week, National Reconciliation Week
or on our website comm-unityplus.org.au

Have any suggestions for us? Let us know! We'd love to hear from you.

Updated as of 4/4/24