

commUnity+ Neighbourhood House Term 1 2025

28 January to 4 April 2025

Proudly part of Neighbourhood Houses Victoria

822 Ballarat Road, Deer Park 3023 P: 1800 266 675

W: comm-unityplus.org.au

E: neighbourhood@comm-unityplus.org.au

Follow us on social media for the latest updates on events and happenings at the Neighbourhood House!

Facebook: commUnity+ Neighbourhood House

Instagram: communityplusservices

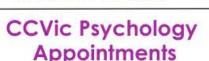
MONDAY

Let's Dance:

TUESDAY

Ballroom, Cha-Cha & Beyond! 10am - 10:45am

Get ready to move and groove with our new dance class! This fun and relaxed session combines a variety of dance lessons including ballroom, salsa, cha-cha, rock n' roll, and more. It's a fantastic way to stay active while learning new dance routines. No prior experience? No problem! Come join us for fun, fitness, and great music.



WEDNESDAY

Please email admin@ccvic.community

with a copy of your GP referral and mental health treatment plan.

Walking Group

9am - 9:45am New time!

Enjoy the local walking tracks!



9am -12pm 1PCHealth

Join our social knitting group for creativity and camaraderie!



9:15am - 10am New time!

THURSDAY

Nourish your body and mind through chair supported stretches and meditation





Please note

that the

building will be

closed on

holiday. No

sessions will

run. Thanks for

understanding!

Follow us on

social media

for the latest

updates and

community

events!



CoreYoga

11am - 11.45am

Overall body toning core strength class encouraging a balanced workout of strengthening and stretching



Patch to Plate Community Garden

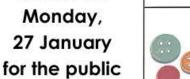
12pm - 1:30pm

Kick off Spring with a variety of weekly workshops, from gardening techniques_ and preserving vegetables to community cooking classes!



10:15am - 10:45am

No experience needed —just bring your enthusiasm and get ready to sing, laugh, and enjoy a great time!



Threading Together

12.30pm - 2pm

Interested in learning the basics of hand-sewing? Join us to mend a seam, sew on a button, or start a creative sewing collage project! We'll provide some fabrics, thread, and needles, so you can jump right in. Come along to meet new people, and if you can, please bring a small plate of food to share.



Men's Group 1pm - 3pm

Social group for men. Meet new people, join in activities like games, movies, and cooking classes. Light lunch

provided. At Bunnings @ Caroline Springs on 19 February & 19th March

Diabetes Support Group

Every 4th Wed of the month from 1pm - 3pm

26th February & 26th March

Peer-led support group for community members managing diabetes.

Get Crafty

11am - 12:30pm

Discover a new craft each week-no experience needed! We provide all materials, so you can jump right in and enjoy the fun while making new connections within the community.





At Bunnings @ Caroline Spring on 27th February & 27th March



mindfulness yoga

stretches induced

with pilates

exercises







Incorporating all aspects of a healthy workout including balance, coordination, strength and endurance exercises

Dance Fusion! Latin Jazz +

ARCVic Anxiety Support Group

Every 2nd Wednesday of the month from 6pm - 7:30pm

12 February

& 12 March

Bookings essential: https://arcvic.org.au

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 6pm - 7pm

Fun dance fitness program for all ages and abilities



Ready to join?

Updated as of 21/11/2024

STEP 1: COMPLETE THE 2024 PARTICIPANT REGISTERATION:



STEP 2: ★

BOOK INTO SESSIONS WITH GREEN STARS HERE THROUGH HUMANITIX:



No green star next to the name? No problem! Just show up on the day and have fun! Sessions are subject to change on infrequent occasion.