



commUnity+ Neighbourhood House
Term 1 2025
 28 January to 4 April 2025

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Proudly part of Neighbourhood Houses Victoria

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

Facebook: [commUnity+ Neighbourhood House](https://www.facebook.com/commUnity+NeighbourhoodHouse)

Instagram: [communityplusservices](https://www.instagram.com/communityplusservices)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<p>Please note that the building will be closed on Monday, 27 January for the public holiday. No sessions will run. Thanks for understanding!</p> <p>Follow us on social media for the latest updates and community events!</p>	<p>★</p> <p>Let's Dance: Ballroom, Cha-Cha & Beyond! 10am - 10:45am</p> <p>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.</p>	<p>CCVic Psychology Appointments Please email admin@ccvic.community with a copy of your GP referral and mental health treatment plan.</p>	<p>★</p> <p>Chair Yoga & Meditation 9:15am – 10am New time!</p> <p>Nourish your body and mind through chair supported stretches and meditation</p>	
	<p>★</p> <p>CoreYoga 11am – 11.45am</p> <p>Overall body toning core strength class encouraging a balanced workout of strengthening and stretching</p>	<p>★</p> <p>Patch to Plate Community Garden 12pm - 1:30pm</p> <p>Kick off Spring with a variety of weekly workshops, from gardening techniques and preserving vegetables to community cooking classes!</p>	<p>Walking Group 9am - 9:45am New time!</p> <p>Enjoy the local walking tracks!</p>	<p>Karaoke Connection 10:15am - 10:45am</p> <p>No experience needed —just bring your enthusiasm and get ready to sing, laugh, and enjoy a great time!</p>
	<p>★</p> <p>Threading Together 12.30pm – 2pm</p> <p>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.</p>	<p>Men's Group 1pm – 3pm</p> <p>Social group for men. Meet new people, join in activities like games, movies, and cooking classes. Light lunch provided.</p> <p>At Bunnings @ Caroline Springs on 19 February & 19th March</p>	<p>Diabetes Support Group Every 4th Wed of the month from 1pm - 3pm 26th February & 26th March</p> <p>Peer-led support group for community members managing diabetes.</p>	<p>Get Crafty 11am - 12:30pm</p> <p>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.</p>
<p>★</p> <p>Yogalates & Meditation 6pm - 6:45pm</p> <p>A combination of mindfulness yoga stretches induced with pilates exercises</p>	<p>★</p> <p>BodyBoost 6pm - 6:45pm</p> <p>Incorporating all aspects of a healthy workout including balance, coordination, strength and endurance exercises</p>	<p>★</p> <p>ARCvic Anxiety Support Group Every 2nd Wednesday of the month from 6pm - 7:30pm 12 February & 12 March</p> <p>Bookings essential: https://arcvic.org.au</p>	<p>★</p> <p>Dance Fusion! Latin Jazz 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>★</p> <p>Zumba 6pm - 7pm</p> <p>Fun dance fitness program for all ages and abilities</p>	

Ready to join?

Updated as of 21/11/2024

STEP 1:
COMPLETE THE 2024 PARTICIPANT REGISTRATION:



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.

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