



**commUnity+ Neighbourhood House**  
**Term 2 2025**  
 22 April 2025 to 4 July 2025

822 Ballarat Road, Deer Park 3023  
 P: 1800 266 675  
 W: [comm-unityplus.org.au](http://comm-unityplus.org.au)  
 E: [neighbourhood@comm-unityplus.org.au](mailto:neighbourhood@comm-unityplus.org.au)

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:  <b>Monday 21 April</b>  <b>Friday 25 April</b>  <b>Monday 9 June</b>          for the public holidays. No sessions will run on these dates. Thanks for understanding!</p> <p>Follow us on social media for the latest updates and community events!</p>	<p><b>Zumba</b>          10am – 10:45am          New Session!</p> <p>A total workout, combining all elements of fitness - cardio, muscle conditioning, balance &amp; flexibility, and boosted energy. This class will keep you feeling great for the rest of the week! Enjoy the music, the company and the smiles, the fitness part is a bonus.</p>	<p><b>CCVic Psychology Appointments</b>          Please email <a href="mailto:admin@ccvic.community">admin@ccvic.community</a> with a copy of your GP referral and mental health treatment plan.</p> <p><b>Walking Group</b>          10am – 10:45am          New time!          Enjoy the local walking tracks!</p> <p><b>Knit One, Talk One</b>          9am – 12pm          Join our social knitting group for creativity and camaraderie!</p>	<p><b>Chair Yoga Harmony</b>          9:15am – 10am</p> <p>A nourishing class for body &amp; mind with chair supported stretches &amp; meditation.</p>		
	<p><b>Tone &amp; Shape Core Balance</b>          11am – 11:45am</p> <p>An overall body toning strength class encouraging a balanced workout of Pilates infused exercises.</p>	<p><b>Patch to Plate Community Garden</b>          12pm – 1:30pm</p> <p>Join us for a variety of weekly workshops and guest speakers from gardening techniques to community cooking classes!</p>	<p><b>Fun Sing-Along</b>          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><b>Get Crafty</b>          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><b>Threading Together</b>          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><b>Men's Group</b>          1pm – 3pm</p> <p>Social group for men. Meet new people, join in activities like games, movies, and cooking classes. Light lunch provided.          At Bunnings @ Caroline Springs on 14th May &amp; 11th June</p> <p><b>Diabetes Support Group</b>          Every 4th Wed of the month from 1pm – 3pm          No meeting in April 28th May &amp; 25 June          Peer-led support group for community members managing diabetes.</p> <p><b>ARCvic Anxiety Support Group</b>          Every 2nd Wednesday of the month from 6pm – 7:30pm          14 May &amp; 11 June          Bookings essential: <a href="https://arcvic.org.au">https://arcvic.org.au</a></p>	<p><b>Body &amp; Soul Yoga Bliss</b>          6pm – 6:45pm</p> <p>A combination of mindfulness yoga stretches including meditation.</p>	<p><b>Better Body Boost</b>          6pm – 6:45pm</p> <p>A fun class incorporating all aspects of a healthy workout of balance, strength, coordination &amp; endurance.</p>	<p><b>Dance Fusion! Latin Funk</b>          6.30pm – 7.30pm</p> <p>Enjoy a fun warm up, then learn some new routines, with this funky latin inspired dance class. Mixing in Bachata, Salsa, Cha Cha and Samba basics. Guaranteed to make you feel good!</p>

## Ready to join?

Updated as of 13/3/25

**STEP 1:**  
 COMPLETE THE 2025 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.