

Term 3, 2022

11th July – 16th September

Places are limited in all programs.

Registrations are required to secure your place.

E: neighbourhood@comm-unityplus.org.au

P: (03) 8312 2063

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



**Neighbourhood
House Program**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep an eye out for new programs coming soon! 	Tai Chi 9.30am – 10.15am Improve your balance and agility through the art of Tai Chi. A gentle exercise of flowing movements.	Knit One, Talk One 9am – 12noon Social knitting group supporting IPC Health 	Chair Yoga & Meditation 9.30am – 10.30am Join Cat for a relaxing and mindful program aimed to support you to de-stress, eliminate tension and clear your mind.	 Mummy & Me Movement 9.00am – 9.45am Support good fitness, socialise with other mums and bond with your child through yoga.	
	Pilates 11am – 11.45am Get your muscles engaged and working together, for healthy alignment and movement. 	Safe Seats Safe Kids 10am – 2pm Child car restraint fitting and safety check Book online at: safeseatssafekids.com.au Hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria 		Made for Trades 9.30am – 12.30pm In partnership with Tradeswomen Australia Community Foundation, we are excited to offer this FREE pre-accredited short course to support women into trades careers.	
	Pottery 1pm – 3pm (6 week program 2 August – 6 September) Adult beginners' pottery class. Learn the basics of pottery with our expert tutor Maria. Hosted at: The Hunt Club 775 Ballarat Road Deer Park	Men's Group Social Group for Men 12.30pm – 3pm 1 st and 3 rd Wednesday of the month 	Get Crafty 11am – 12.30pm Weekly crafting program for adults. Learn new crafts each week. No crafting experience required, and all materials provided.	10-week program (commences 15 July) <ul style="list-style-type: none"> - Learn about trade career options. - Hands on 'Try-a-Trade' practice. - Meet women working in trades. - Get work ready. - Get connected to a trade mentor. (Women's only program)	Bollywood Dancing 10am – 10.45am Designed for adults and children to participate together. Learn Bollywood Dance and get active. Suitable for ages 6 – 106. All children under 16 must be accompanied by an adult.
Kick Boxing for Women 4.00 – 4.45pm Learn the basics of kickboxing in a safe and non-judgemental environment with our awesome tutor Cheyenne. (Women's only program) 	Chat and Chew 12.30pm – 2pm Community potluck lunch. Bring a plate of food to share and enjoy chatting with other locals. Coffee and tea provided.	Swim and Gym 1pm – 2.30pm Adults social swim and gym sessions at Sunshine Leisure Centre. Hosted at: Sunshine Leisure Centre, 5 Kennedy Street, Sunshine. Delivered in partnership with Reclink	Including: Made in Bunnings 4 th Thursday of each month  Hosted by Bunnings Caroline Springs	Hosted at: 354 Main Road West St. Albans 	
Get Fit, Stay Fit 5.45pm – 6.30pm (commences 18 th July) Get your heart rate up with this interval training fitness program.	Switch to Fit 6pm – 6.45pm Get fitter. Feel stronger and healthier. Fitness program ideal for beginners or those getting back into being active.	Dance Fusion 6.30pm – 7.30pm Come along and try a variety of dance styles. New style every two weeks. No experience or talent required. (Women's only program)	Zumba! 6.30pm – 7.30pm Fun dance fitness program with the legendary Porsche and Marj.	 	

commUnity+ Neighbourhood House. 822 Ballarat Road, Deer Park