

Term 3, 2022

11th July – 16th September

Places are limited in all programs.

Registrations are required to secure your place.

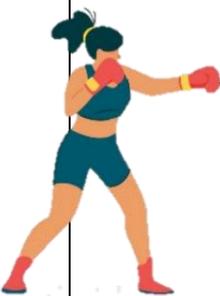
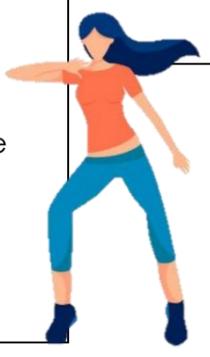
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Neighbourhood House Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Keep an eye out for new programs coming soon!</p> 	<p>Tai Chi 9.30am – 10.15am</p> <p>Improve your balance and agility through the art of Tai Chi. A gentle exercise of flowing movements.</p>	<p>Knit One, Talk One 9am – 12noon</p> <p>Social knitting group supporting IPC Health</p> 	<p>Chair Yoga & Meditation 9.30am – 10.30am</p> <p>Join Cat for a relaxing and mindful program aimed to support you to de-stress, eliminate tension and clear your mind.</p> 	 <p>Mummy & Me Movement 9.00am – 9.45am</p> <p>Support good fitness, socialise with other mums and bond with your child through yoga.</p> 	
	<p>Pilates  11am – 11.45am</p> <p>Get your muscles engaged and working together, for healthy alignment and movement.</p> 	<p>Safe Seats Safe Kids 10am – 2pm</p> <p>Child car restraint fitting and safety check Book online at: safeseatssafekids.com.au</p> <p>Hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria</p>	<p>Men's Group Social Group for Men 12.30pm – 3pm 1st and 3rd Wednesday of the month</p> 	<p>Get Crafty 11am – 12.30pm</p> <p>Weekly crafting program for adults.</p> <p>Learn new crafts each week. No crafting experience required, and all materials provided.</p>	<p>Made for Trades 9.30am – 12.30pm</p> <p>In partnership with Tradeswomen Australia Community Foundation, we are excited to offer this FREE pre-accredited short course to support women into trades careers.</p> <p>10-week program (commences 15 July)</p> <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. <p>(Women's only program)</p>
<p>Kick Boxing for Women 4.00 – 4.45pm</p> <p>Learn the basics of kickboxing in a safe and non-judgemental environment with our awesome tutor Cheyenne.</p> <p>(Women's only program)</p> 	<p>Pottery 1pm – 3pm (6 week program 2 August – 6 September)</p> <p>Adult beginners' pottery class. Learn the basics of pottery with our expert tutor Maria.</p> <p>Hosted at: The Hunt Club 775 Ballarat Road Deer Park</p>	<p>Diabetes Support Group 1pm – 3pm 4th Wednesday of the month</p>	<p>Including: Made in Bunnings 4th Thursday of each month</p>  <p>Hosted by Bunnings Caroline Springs</p>	<p>Bollywood Dancing 10am – 10.45am</p> <p>Designed for adults and children to participate together. Learn Bollywood Dance and get active.</p> <p>Suitable for ages 6 – 106.</p> <p>All children under 16 must be accompanied by an adult.</p> 	
<p>Get Fit, Stay Fit 5.45pm – 6.30pm (commences 18th July)</p> <p>Get your heart rate up with this interval training fitness program.</p>	<p>Chat and Chew 12.30pm – 2pm</p> <p>Community potluck lunch. Bring a plate of food to share and enjoy chatting with other locals.</p> <p>Coffee and tea provided.</p>	<p>Swim and Gym 1pm – 2.30pm</p> <p>Adults social swim and gym sessions at Sunshine Leisure Centre.</p> <p>Hosted at: Sunshine Leisure Centre, 5 Kennedy Street, Sunshine. Delivered in partnership with Reclink</p>	<p>Zumba! 6.30pm – 7.30pm</p> <p>Fun dance fitness program with the legendary Porsche and Marj.</p> 	<p>Switch to Fit 6pm – 6.45pm</p> <p>Get fitter. Feel stronger and healthier.</p> <p>Fitness program ideal for beginners or those getting back into being active.</p> 	