

Celebrate Neighbourhood Houses | 6 May – 16 May 2019

Bringing People Together!



● FREE ACTIVITIES ● BOOKINGS ESSENTIAL ●

Monday 6 May 5.30pm – 7pm	LETS SING TOGETHER Join us to sing nostalgic & popular numbers while enjoying hot food in lovely surrounds. Call Inderdeep for more information 0439 327 716	Sundowner Caravan Park, Rockbank
Monday 6 May 7.30pm – 8.30pm	BE MINDFUL IN MAY Join us to be Mindful in May with Abigail Tamsi through a FREE introductory meditation and breathe work session to support you in discovering ways to relax your body and calm your mind.	Taylor's Hill Neighbourhood House
Wednesday 8 May 10.30am – 11.30am	YOGA Discover the many health and wellbeing benefits of yoga from Leticia, our educated, experienced and welcoming instructor	Melton South Community Centre
Wednesday 8 May 1.30pm – 2.30pm	WATER EDUCATION Western Water is running a free workshop for the community, participants will learn about the benefits of drinking tap water, how to check for leaks, how to save water and how to read and manage your bills. Everyone will receive a free gift pack from Western Water.	Melton South Community Centre
Friday 10 May 7.30pm – 8.30pm	BE MINDFUL IN MAY Join us to be Mindful in May with Abigail Tamsi through a FREE introductory meditation and breathe work session to support you in discovering ways to relax your body and calm your mind.	Taylor's Hill Neighbourhood House
Monday 13 May 10am - 11am	MEDITATION Sahaja Yoga Meditation is designed to improve health and strengthen your immune system. It promotes mental, physical and emotional balance while reducing stress and anxiety. Call Stevenson House for more information	Caroline Springs Library
Tuesday 14 May 12.30pm – 2pm	COMMUNITY LUNCH Come and help us celebrate Neighbourhood House Week and bringing people together through sharing in a free light lunch prepared by local community members.	Stevenson House
Wednesday 15 May 10.30am – 12pm	KNIT FOR A CAUSE MORNING TEA Enjoy morning tea and collect your FREE starter kit to get you knitting! Take part in helping us make 500 knitted items (scarves, beanies, gloves, blankets and socks) that will help keep people warm this winter.	Hillside Community Centre
Thursday 16 May 10am – 2pm	INTERNATIONAL CAFÉ Join this welcoming and friendly café where you will learn about different cultures and cuisines, cook with people from various backgrounds and enjoy sharing the food with others.	Djerriwarrh Community House
Thursday 16 May 6.30pm – 8pm	FINANCIAL BUDGETING AND SAVING TIPS Learn how to control your finances, increase your savings and reduce your debts for a better financial future from a financial management professional in this free workshop!	Diggers Rest Community Hall

DJERRIWARRH COMMUNITY HOUSE
239 Station Road, Melton
P: 8746 1000
W: djerriwarrh.org.au

HILLSIDE COMMUNITY CENTRE
Recreation Reserve,
Royal Crescent, Hillside
P: 9449 8027
W: melton.vic.gov.au

MELTON SOUTH COMMUNITY CENTRE
41 Exford Rd, Melton South
P: 9747 8576
W: meltonsouth.org.au

STEVENSON HOUSE
10 Stevenson Cres,
Caroline Springs
P: 9747 7272
W: melton.vic.gov.au

TAYLORS HILL NEIGHBOURHOOD HOUSE
121 Calder Park Dve, Taylor's Hill
P: 9747 5424
W: melton.vic.gov.au

DIGGERS REST COMMUNITY HALL
48 Plumpton Rd (Diggers Rest
Recreation Reserve), Diggers Rest
P: 0439 327 716 (Inderdeep)
W: melton.vic.gov.au

