



Dallas Neighbourhood House

TERM 3 - 2025

**Working together with the community to create a
safe place for everyone to connect, share and learn.**



180-182 Widford Street,
Broadmeadows Vic 3047



03 9302 2131



Dallas
Neighbourhood
House.



www.dallasnh.org.au

COURSES

Intermediate Hospitality

Cost: Free - 18 week course

Starting: 22 July 2025

When: Tuesday 11.30am-2.30pm

Where: Roxburgh Rise Primary

Digital Skills

Cost: Free - 9 week course

Starting: 21 July 2025

When: Mondays 9.30am -12.00pm

Where: Dallas Neighbourhood House

NEW

Digital Skills for Arabic Speakers

Cost: Free - 9 week course

Starting: 22 July 2025

When: Tuesday 9.30am -12.00pm

Where: Dallas Neighbourhood House

NEW

Everyday English & Digital Skills For the Vietnamese Community

Cost: Free - 9 week course

Starting: 23 July 2025

When: Wednesday 12.30pm-3.30pm

Where: Dallas Neighbourhood House

Chat to Learn

Cost: Free - 9 week course

Starting: 24 July 2025

When: Thursday 9.30am-12pm

Where: Dallas Neighbourhood House

NEW

Cake Decorating

Cost: Free - 5 week course

Starting: 22 August 2025

When: Friday 12.00pm-3.00pm

Where: Dallas Neighbourhood House

Job Searching

Cost: Free - 5 week course

Starting: 22 August 2025

When: Friday 9.30am - 12.00pm

Where: Dallas Neighbourhood House

NEW

Cooking for Beginners

Cost: Free - 18 week course

Starting: 24 July 2025

When: Thursdays 9.30am-12.30pm

Where: Dallas Neighbourhood House

NEW

Fundamentals of Sewing

Cost: Free - 9 week course

Starting: 24 July 2025

When: Thursday 9.30am-12.30pm

Where: Dallas Neighbourhood House

Intermediate Sewing

Cost: Free - 9 week course

Starting: 24 July 2025

When: Thursday 12.30pm-3.30pm

Where: Dallas Neighbourhood House

Introduction to Canva

Cost: Free - 4 week course

Starting: 25 July 2025

When: Friday 9.30am-1.15pm

Where: Dallas Neighbourhood House

Gardening with a Twist

Cost: Free - 9 week course

When: Monday 1pm - 3.20pm

Where: Meadow Heights Primary School

NEW

When: Wednesday 9.30am-12.30pm

Where: Broadmeadows Valley Primary

When: Thursday 9.30am-12.30pm

Where: Meadows Primary

When: Friday 9.30am-12.30pm

Where: St. Dominic's Primary

Inclusive Life Skills

Have fun with chair dancing, get creative with crafts, boost your confidence, and enjoy so much more!

Cost: \$3 per week

Starting: 24 July 2025

When: Thursday 10.30am - 1.00pm

Where: Dallas Neighbourhood House

NEW

Cyber Safety

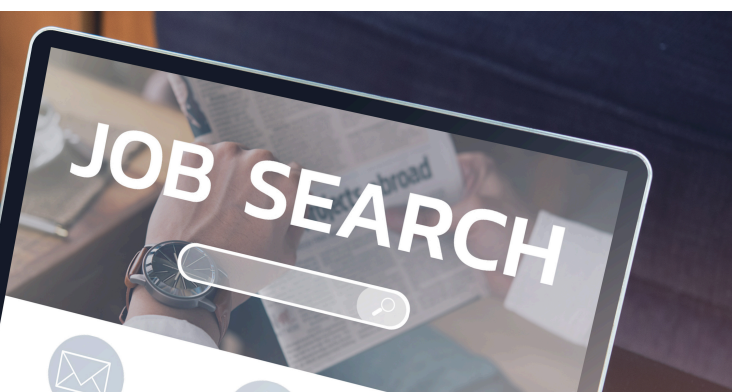
Cost: Free - 5 week course

Starting: 18 August 2025

When: Wednesday 2.30pm-3.30pm

Where: Meadow Heights Primary School

NEW



HEALTH & WELLBEING

Carpet Bowls

Cost: \$3.50

A fun game to make new friends and keep active.

When: Friday 10am-12pm

Where: Dallas Neighbourhood House

Chair Exercise / Meditation

Cost: \$2

Lots of fun and exercising whilst sitting or using the aid of a chair to exercise to music.

When: Monday 9am-10am

Where: Dallas Neighbourhood House

Walk, Talk & feel good

Cost: Free

Walk, Talk and feel good with a group of people that enjoy getting outdoors and keeping active.

When: Wednesday 9.30am-10.30am

Where: Dallas Neighbourhood House

Zumba Dance Party

Cost: \$3

Join the class and work at your own pace to improve your cardio vascular skills whilst in a party atmosphere.

When: Wednesday 10.30am-11.30am

Where: Dallas Neighbourhood House

Self Defense Class

Cost: Free

Learn practical skills to stay safe, confident, and strong.

When: Thursday 12.30pm-1.30pm

Where: Dallas Neighbourhood House

SOCIAL GROUPS

Coffee, Cake & Bingo

Cost: \$2

Join us for coffee, cake, friendship and some bingo fun! We've got the bingo lingo and a showcase of prizes (grocery items) up for grabs.

When: Tuesday 11.30am-1pm

Where: Dallas Neighbourhood House

Community Lunch

Cost: \$3

Join us in sharing a home cooked meal and meet new people without blowing the budget.

When: Wednesday 12pm-1.00pm

Where: Dallas Neighbourhood House

Family Community Dinner

Cost: Free

Join us in sharing a home cooked meal and meet new people without blowing the budget.

When: Tuesday 5.30pm-7.30pm

Where: Dallas Neighbourhood House

Crafty Sisters

Cost: Free

A fun group that knit and crochet for charity and learn new techniques. All materials for free.

When: Monday & Thursday 10am-12pm

Where: Dallas Neighbourhood House



SOCIAL GROUPS Cont..

Spanish Speaking Seniors

Cost: Free

Enjoy conversation, friendship and social activities over morning tea & lunch.

When: Wednesday 9.30am-2.30pm

Where: Dallas Neighbourhood House

Turkish Choir

Cost: Free

An extremely therapeutic activity for all to learn to sing but in a different language.

When: Thursday 6.30pm-8.30pm

Where: Dallas Neighbourhood House

Turkish Women's Group

Cost: Free

Share conversation, food, craft and get information in your own language.

When: Monday 12.30pm-3pm

Where: Dallas Neighbourhood House

Broadmeadows Disability Services

241 Camp Road, Broadmeadows

Dallas Neighbourhood House

180-182 Widford Street, Broadmeadows

Meadow Heights Primary School

46-62 Paringa Blvd, Meadow Heights

Meadows Primary School

41 Gerbert Street, Broadmeadows

Roxburgh Rise Primary School

35-39 Lockwood Drive, Roxburgh Park

St. Dominic's Primary School

408 Camp Road, Broadmeadows

COMMUNITY SUPPORT

Food Parcel Program

Donation: \$10

Open to local residents that hold a Health Care Card, Pension Card or ImmiCard. Halal friendly. Card must be presented on the day. Whilst you are here enjoy a cuppa and biscuit on us.

When: Tuesday 9.30am-11am

Where: Dallas Neighbourhood House



Team BRAT is a group of Placement Students studying who can help with:

- Linking people to support services within our local community.
- Assisting in completing forms & applications. E.g. NDIS, Centrelink, Housing etc.
- Free computer & phone access.

Just ask us a question and we will do our best to help.

Monday 10am - 2pm Bookings
Tuesday 10am - 2pm Bookings
Wednesday 10am - 2pm Walk ins
Thursday 10am - 2pm Bookings

Appointments must be made by contacting (03) 9302 2131.

