



Dallas Neighbourhood House

TERM 1 - 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

Early Childhood Education

Cost: Free - 9 week course

When: Monday 9am-1pm

Where: Dallas Neighbourhood House

Workplace English & Digital Skills

Cost: Free - 9 week course

When: Tuesday 9.30am -11.45am

Where: Dallas Neighbourhood House

Cooking Fundamentals

Cost: Free - 9 week course

When: Tuesday 11.30am-2.30pm

Where: Roxburgh Rise Primary

Introduction to Xero

Cost: Free - 5 week course

When: Tuesday 1pm-4pm

Where: Dallas Neighbourhood House

Everyday English & Digital Skills

Cost: Free - 9 week course

When: Wednesday 9.15am -12.15pm

Where: Holy Child

English for Vietnamese Learners

Cost: Free - 9 week course

When: Wednesday 9am-12pm

Where: Dallas Neighbourhood House

Everyday English & Digital Skills For the Vietnamese Community

Cost: Free - 9 week course

When: Wednesday 12.30pm-3.30pm

Where: Dallas Neighbourhood House

Conversational English

Cost: Free - 9 week course

When: Thursday 9.30am-12pm

Where: Dallas Neighbourhood House

Cooking Fundamentals

Cost: Free - 9 week course

When: Thursdays 9.15am-12.15pm

Where: Holy Child

Fundamentals of Sewing

Cost: Free - 9 week course

When: Thursday 9.30-12.30pm

Where: Dallas Neighbourhood House

Intermediate Sewing

Cost: Free - 9 week course

When: Thursday 12.30pm-3.30pm

Where: Dallas Neighbourhood House

Navigating Government Apps

Cost: Free - 5 week course

When: Friday 9am-12pm

Where: Dallas Neighbourhood House

Introduction to Canva

Cost: Free - 5 week course

When: Friday 9am-12pm

Where: Dallas Neighbourhood House

Summer Warmth to Autumn Cool

Cost: Free - 9 week course

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



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 10.30am-11.30am

Where: Dallas Neighbourhood House

Young @ Hearts Exercise Group

Cost: \$5

Join the class and work at your own pace to improve balance, muscle strength and general health and wellbeing.

When: Wednesday 9.30am-10.30am

Where: Dallas Neighbourhood House

Line Dancing

Cost: \$5

Come along and move & groove to your favourite tunes whilst learning how to line dance.

When: Tuesday 1.30pm-3pm

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-1.30pm

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

Toastie Tuesdays

Cost: \$1

When coming in for your food parcel and enjoy a cuppa and biscuit on us.

When: Tuesday 11am-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

Broadmeadows Primary School

75 Blair St, Broadmeadows

Broadmeadows Valley Primary

Dimboola Road, Broadmeadows

Dallas Neighbourhood House

180-182 Widford Street, Broadmeadows

Holy Child Primary School

227 Blair Street, Dallas

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.

Tuesday 10am-1pm

Wednesday 10am-3pm

Thursday 10am-3pm

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

