

### Community groups

The Community Centre is the venue for a number of community groups that meet on a regular basis for activities or meetings. Below is a list of groups which currently meet at the Centre.

For more information on these groups, please see administration staff or contact the group directly.

Alexandria's Dance	9382 0037
Church Street Children's Centre	9317 5794
Essendon Square Dancers	9390 8308
Footscray Rotary Club - Craft Croup	0438 689 988
Forever Friendship Dance Troup Inc	0412 561 884
Lauralee Dance Club	0425 815 818
Maribyrnong Orchid Society	0412 040 237
Melbourne Church of Christ	0488 202 403
Parent & Child Mother Goose Program	9345 5092
Welcome Dance Inc	0407 401 336
Western Hospital Auxiliary	9318 5656
Wit Kids	0450 018 380

### Drop-in

You're welcome to drop in at any time Monday - Friday for a tea/coffee and a chat from 9am - 4.45pm.

We have a range of puzzles, games and Lego for you to enjoy. Come with some friends to play games or come along to meet new people. Or come in to read the paper and relax with a cup of tea / coffee.

## YOUR COMMUNITY SPACE

Maribyrnong Community Centre has a range of spaces available for hire at reasonable rates. Spaces can be used for meetings, planning spaces, events such as parties or a launch, or for programs and activities.

Spaces are available for one-off or reoccurring events.

Hire includes access to a shared kitchenette or a fully equipped commercial kitchen.

We currently have space available in the Main Hall and Recreation most afternoons between 3.30 - 6pm.

For further information call into the Centre to chat to staff, or visit [www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm)

### Public internet access

The Centre offers free public internet access from 9am - 4.45pm Monday to Friday. Registration to use the computers is required.



### Enrolment information

All participants are required to complete an enrolment form at the start of the year/term or when first attending a class. Parents/carers are to complete on behalf of children.

**Should current participants wish to continue with a program, they are required to book and pay term fees prior to Thursday 26 September. After this date places will be open to new participants.**

Bookings are essential for all classes as a minimum of 4 participants is required for a class to commence.

Payment is required prior to class commencing to confirm enrolment. Payment can be made by credit card, EFTPOS or cash, Monday to Friday from 9am - 4pm.

Full terms and conditions for enrolling in programs can be found on our enrolment form.

Please note that no classes are held on Public Holidays.

**Please note: Parents are required to remain on site whilst their children attend preschool aged activities. For more information, please speak to centre staff. You are welcome to help yourself to tea/coffee during the class.**

### Welcome to Term 4

The year is quickly flying by and what a busy one it's been so far! We're looking forward to a fun filled Term 4 and all that it may bring.

#### New programs

Working with Cultivating Communities we are thrilled to offer a "Designing a Food Garden at Home and in the Community" Workshop which will be in late November.

We're all conscious about our health so to delve into this a bit more we're offering a Gut Health & Ferments workshop on 29 October - see inside for full details.

Earlier this year we offered a Women's Only Self Defence program and are happy to announce that this will now become a regular program with classes to be held in late November.

Expressions of interest are being taken for an exciting new workshop we're offering in partnership with Network West Inc. During the Be Connected sessions you will learn how to support your family and friends with using digital devices. Speak to Centre staff about how to get involved.

For details on how to enrol in programs and activities, please see back page.

### Community Market

Our last Market for 2019 will be on **Friday 22 November, 5.30 - 8.30pm**. With Christmas just around the corner it will be a great opportunity to pick up a handmade gift for loved ones, or spoil yourself with something unique. There'll be Face painting, a animal farm, food vans, coffee van and over 30 stalls to browse - something for everyone!



Check us out on Facebook!

Search for Maribyrnong Community Centre and like our page for updates on programs and events



### School Holiday Fun

#### Free Drama Sessions

Perfect for kids who want to give drama a go, or for regular students eager to continue to enjoy the program over the school holidays!

**Time:** 9.30-10.30am (5-8yo)  
10.30-11.30am (9-12yo)  
**Dates:** Thursday 26 September  
Thursday 3 October

**To book** visit [witinc.com.au](http://witinc.com.au)

#### Plaster Painting Workshop

A fun workshop where children will take home a masterpiece!

**Monday 23 September 10-11am**

#### Slime Making Workshop

Have you wondered how slime is made? Learn how as you have loads of fun!

**Monday 30 September 10-11am**

Both workshops are suitable for children 5 - 12 years old. Maximum 10 participants per workshop - book early! Free activities

### End of Year Celebrations

Let's celebrate the end of the year with a dinner and a dance! What a great way to end the year - bring along your family and friends and enjoy a two course dinner and some dancing. We may have a special visitor attend on the night.

**Friday 6 December, 6-9pm**  
Booking essential for catering purposes.

### Designing a Food Garden at Home and in the Community

A free workshop covering the basic principles of garden design at the Community Centre (which you can then use for your home environment). During the session you will learn about soil, water and drainage, garden aesthetics, planting, planning and more!

**Saturday 16 November 9am-12pm**

### Responsive, Inclusive, Relevant, Accessible.

Maribyrnong Community Centre is part of the Maribyrnong City Council's Community Centres. Along with Braybrook Community Centre and Maidstone Community Centre we provide a range of programs and activities for the community. To see all the programs and activities offered by the Community Centres visit [www.maribyrnong.vic.gov.au](http://www.maribyrnong.vic.gov.au)

### Maribyrnong Community Centre

9 Randall Street  
Maribyrnong 3032  
Ph: 9032 4305 | F: 9318 5427  
E: [maricomm@maribyrnong.vic.gov.au](mailto:maricomm@maribyrnong.vic.gov.au)  
[www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm)



### Office opening hours

Monday - Friday  
9am - 5pm

The office is closed on weekends and public holidays

## MONDAY

### Yoga = Happy Kids

A program for children 3 - 5 years old, where in a fun, interactive and educational environment, they will learn yoga poses, breath work, relaxation techniques and games.

**Time:** 10 - 10.45am  
**Date:** 7 October - 9 December  
**Cost:** \$70



### Use It Or Lose It - Gentle Yoga\*\*

The benefits of yoga can be many, from improving sleep and reducing stress to enhancing breathing function and helping with concentration. Bring along a pillow and small blanket. This program is suited for Senior Citizens 60+ years.

**Time:** 11am - 12pm  
**Date:** 7 October - 9 December  
**Cost:** Free

### Maribyrnong Seniors - Carpet Bowls Program

A fun and gentle exercise activity for senior citizens 55 years and over.

**Time:** 12.30 - 3.30pm  
**Date:** 7 October - 16 December  
**Cost:** \$2 per session

### Introduction to Smart Phone/ Tablet\*

Learn how to use your smart phone or tablet to its full potential in these fun interactive classes. BYO Smart Phone/Tablet. Eligibility criteria applies.

**Time:** 10am - 1pm  
**Date:** 7 October - 9 December  
**Cost:** FREE

### Hatha Yoga

Richard's unique approach from his extensive Hatha training has evolved in these classes. Session comprises physical limbering, stretching, breathing, relaxation and meditation.

**Time:** Beginners: 6 - 7.30pm  
 Intermediate: 7.45 - 9.15pm  
**Date:** 7 October - 9 December  
**Cost:** \$120 Full Fee  
 \$100 Concession

## TUESDAY

### Japanese Playgroup

For families from a Japanese speaking background with children up to 5 years old. The group meets at Maidstone North Kindergarten, 145 Mitchell St, Maidstone.

New families are always welcome.  
**Time:** 9.30am - 12pm  
**Date:** 8 October - 17 December  
**Cost:** \$2 per family

### Maribyrnong Seniors - Crazy Whist Cards Program

A friendly card game for senior citizens 55 years and over. Enjoy a cuppa and a chat after the session.

**Time:** 1.30 - 4pm  
**Date:** 1 October - 17 December  
**Cost:** \$2 per session

### Yoga for Children with ASD

In a safe and fun environment children aged 6 - 12 years will learn how to control movement and emotions as well as focusing on techniques in concentration and breathing.

**Time:** 5.30 - 6.15pm  
**Date:** 15 October - 26 November  
**Cost:** \$48

### Kreativa Arts

Exciting classes for children 6 - 8 years of age allowing them to develop their imagination and expression, exploring and expanding their unique talent.

**Time:** 4.15 - 5.45pm  
**Date:** 22 October - 10 December  
**Cost:** \$49



### English as an Additional Language (EAL)\*

Basic English classes two days each week, delivered by YCC. Fees apply – Government subsidised places available and eligibility criteria applies.

**Days:** Tuesdays and Wednesdays  
**Time:** 9.30am - 1.30pm  
**Date:** 8 October - 11 December

## WEDNESDAY

### Kids Beats: Pre-school Program

A class for 2 - 5 year olds, providing an environment for children to explore body movement and develop their physical, social and emotional wellbeing. Parent participation encouraged.

**Time:** 10 - 10.45am  
**Date:** 9 October - 11 December  
**Cost:** \$56

### Maribyrnong Walking Group

Meet at the Centre for a walk taking approximately 1 hour and then return to the centre for a cuppa and a chat.

**Time:** 8.30 - 9.30am  
**Date:** 2 October - 18 December  
**Cost:** Free

### Easy Step Line Dancing\*\*

A program for Senior Citizens 65+ years old. Learn choreographed dance steps to stay fit and keep active! Participants are required to complete a short health questionnaire prior to starting the program.

**Time:** 10.45 - 11.45am  
**Date:** 9 October - 18 December  
**Cost:** Free

### Line Dancing

A choreographed dance with a repeated series of steps suitable for all ages and abilities. A fun way to stay fit and keep active. First hour suitable for new dancers and beginners.

All welcome.  
**Time:** 12.30 - 4pm  
**Date:** 2 October - 18 December  
**Cost:** \$7 per session

### KOGO (Knit One Give One)

KOGO is a not-for-profit organisation that asks volunteers to knit warm winter woollies for distribution to people in need suitable for all levels of knitters. Donations of wool/needles is greatly appreciated.

**Time:** 1 - 3pm  
**Date:** 2 October - 18 December  
**Cost:** Free

### Introduction to Smart Phone/ Tablet\*

Learn how to use your smart phone or tablet to its full potential in these fun interactive classes. BYO Smart Phone/ Tablet. Eligibility criteria applies.

**Time:** 5.30 - 8pm  
**Date:** 9 October - 11 December  
**Cost:** FREE

## THURSDAY

### Beginners Plus Computer\*

This program is aimed to develop your computer skills. Participants will be guided through how to safely navigate Facebook, basic Excel, Word, Publications and more.

Eligibility criteria applies  
**Time:** 9.30am - 12.30pm  
**Date:** 10 October - 12 December  
**Cost:** FREE

### Maribyrnong Seniors - Bingo with Cards

Bingo with a twist! Come along and play a few games of Bingo with Cards. A social game for senior citizens 55 years and over.

**Time:** 12.30 - 2.30pm  
**Date:** 3 October - 19 December  
**Cost:** 60c per session

### Mini Chefs

During these classes, children will be involved in all aspects of helping in a kitchen from food preparation, cooking and cleaning up. A hands on class for children aged 6 - 12.

**Time:** 4 - 5.30pm  
**Dates:** 7 - 28 November  
**Cost:** \$60 (includes ingredients).

### Calligraphy

In these fun sessions you will learn about the fascinating history and evolution of lettering, how you use calligraphy in practical ways, as well as learn about decoration and illumination appropriate to each style.

**Time:** 6 - 8pm  
**Date:** 10 October - 12 December  
**Cost:** \$140 Full Fee  
 \$120 Concession



### Tai Chi for Health\*\*

Tai Chi techniques are simple, elegant and easy movements. Participants are required to complete a short health questionnaire prior to starting the program. For participants aged 65+ years.

**Time:** 12.15 - 1.15pm  
**Date:** 17 October - 19 December  
**Cost:** Free

## FRIDAY

### Patchwork and Quilting

Learn to make a quilt using traditional methods by hand or sewing machine. Experienced quilters welcome - bring along your current project. Sewing machines provided.

**Time:** 9.30am - 12pm  
**Date:** 18 October - 6 December  
**Cost:** \$63 Full Fee  
 \$49 Concession



### Intermediate Computers\*

For those keen to increase their knowledge, this program will focus on more advanced Excel, Powerpoint, Picasa and browsing the internet safely. You will also learn how to create slideshows with sound and animation. Eligibility criteria applies.

**Time:** 9.30am - 12.30pm  
**Date:** 11 October - 13 December  
**Cost:** Free

### Just Circus for Children

A fun class for children aged 3 - 5 to develop and explore movement through activities including hula hoops, juggling, balancing, somersaults and ribbon dancing.

**Time:** 10 - 10.45am  
**Date:** 11 October - 13 December  
**Cost:** \$70

### Friday Movies

Come along and enjoy a variety of classic and recent release movies once a month. Light refreshments are available during the sessions. Bookings essential as places are limited to 30. Free activity

**Time:** 1.30 - 3.30pm  
**Dates:** 18/10, 15/11 & 20/12



## PLUS.....

### Card Making Workshop

Learn basic card making skills. You will make at least 8 cards during the session. All materials supplied.

**Time:** 12.15 - 4.30pm  
**Date:** 14 October  
 25 November  
**Cost:** \$30 Returning Student  
 \$45 New Student  
 (includes kit)

### Gut Health & Ferments Workshop

Learn about gut health and your microbiome. During the workshop you will cover how you can easily make your own fermented foods such as kombucha. Take home your own kombucha brewing kit, SCOBY and instructions. Maximum 12 participants

**Day:** Tuesday  
**Time:** 7 - 8.30pm  
**Date:** 29 October  
**Cost:** \$30



### Women's Only Self Defence

Learn self defence techniques: simple, quick and effective! The sessions will teach you to be aware of your environment, walk with confidence and to be prepared for potential problems. No special strength or flexibility required.

Offered as part of the Maribyrnong Spring into Summer program.

**Day:** Tuesday  
**Time:** 1 - 2pm  
**Date:** 12 November - 10 December  
**Cost:** Free