

School Holiday Workshops

Try Wit Kids Musical Theatre classes for **FREE** in the school holidays. All levels of experience are welcome! We will be working on singing for half the lesson, and learning some simple choreography for the other half! It will be a fantastic way to try out musical theatre for the first time.

When: Wednesday 14 April

Time: - Juniors 9:30 - 10:30am (ages 5-8) (When I Grow Up - Matilda)

Seniors 10:45-11:45am (ages 9-12) (What is This Feeling - Wicked)

Bookings are essential, head to <https://bit.ly/3sglf2p> to book a free ticket.

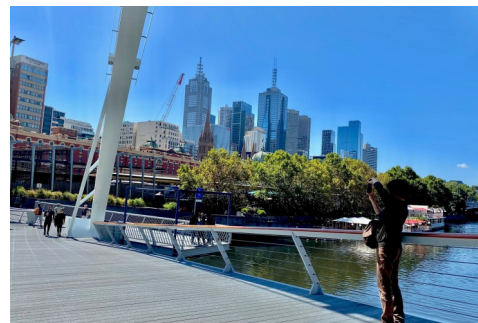


Walk Talk and Photography

Our Walk, Talk and Photography Students have been exploring Maribyrnong, including Pipemakers park, Jacks Magazine and they enjoyed a day in the City including a yummy vegetarian lunch (pictured below). Working with Amanda, the Facilitator, participants will choose photos they have taken which will be used in an exhibition to be held at the Centre during Neighbourhood House Week in May.



Photos from Walk, Talk and Photography



A small selection of the photos from our Walk, Talk and Photography project

Maribyrnong Community Centre Newsletter

Term 2 2021 (April - June)

Looking forward to Term 2

Term 1 was certainly interesting!!!!

We welcomed some of our programs back and it was lovely to feel the excitement of people catching up for the first time in such a long time.

It was wonderful that as restrictions lifted we were also able to increase the programs and the centre is getting busier and busier every day.

We have also seen a few changes in staffing. Cheryl went off on well-deserved long service leave and has handed over to Janette to keep the centre running smoothly. Suzanne has joined us in reception to work alongside Kelly. We look forward to seeing more of you during Term 2.

Janette, Kelly, Suzanne

Photo right: Walk, Talk and Photography tour - View from West Footscray Train Station



Come and Try Programs for Pre Schoolers

On Fridays we will be offering two amazing programs for your little one. Georgina Sidon is a highly skilled and extremely dedicated tutor who specialises in working with preschoolers. Perfect for children aged 3-5 years of age.

Just Circus at 9.30 - 10.15am Fridays from 23 April - 25 June

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

Dance Fusion at 10.30 - 11.15am Fridays from 23 April - 25 June

Dance for fun or dance for development. Children and music are a natural blend. A great way to learn and grow.

Come and try these programs on Friday 9 April

9.30 - 10.15am Just Circus for Preschoolers

<https://www.trybooking.com/BQBXN>

10.30 - 11.15am Dance Fusion

<https://www.trybooking.com/BQBXU>

Come and try these programs on Friday 16 April

9.30 - 10.15am Just Circus for Preschoolers

<https://www.trybooking.com/BQBXR>

10.30 - 11.15am Reiki for Preschoolers through Storytime.

<https://www.trybooking.com/BQBXW>

Bookings essential Register via Trybooking links above



Check us out on Facebook!

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

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

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Office opening hours

Monday - Friday

9am - 5pm

The office is closed on weekends and public holidays

Term 2 Programs and Activities

MONDAY

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 a blanket. This program is suited for Older Adults 55+ years.

Time: 9.30 - 10.30am

11am - 12pm

Date: 12 April - 28 June

Cost: Free

Carpet Bowls

A fun and gentle exercise activity for Older Adults 55 years and over.

Time: 1 - 3pm

Date: 12 April - 28 June

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: 1 February - 21 June

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 - 7.15pm

Intermediate: 7.45 - 9.00pm

Date: 19 April - 21 June

Cost: \$108 Full Fee

\$90 Concession

Kids Art & Craft

Fun craft program for primary school aged children where they will create masterpieces through painting, drawing, collage, and 3 dimensional creations. Amanda will base the class content through listening to the children's interests.

Time: Monday 4 - 5pm

Date: 19 April - 21 June

Cost: \$70

TUESDAY

Japanese Playgroup

For families from a Japanese speaking background with children up to 5 years old. Registration with Playgroup Vic. is required. New families are always welcome.

Time: 9.30am - 12pm

Date: 6 April - 29 June

Cost: \$2 per family *plus* Playgroup Victoria registration

Crazy Whist Cards

A friendly card game for older adults aged 55 years and over. Beginners welcome. Enjoy a cuppa and a chat after the session.

Time: 1.30 - 4pm

Date: 6 April - 29 June

Cost: \$2 per session

English as an Additional Language (EAL)*

Basic English classes two days each week, for participants who are wanting to improve their reading, listening and writing skills. This program is delivered by YCC. Fees apply - Government subsidised places available and eligibility criteria applies.

Days: Tuesdays **and** Wednesdays

Time: 9.30am - 1.30pm

Date: 20 April - 23 June

Kreativa Arts

Art classes for children 6 - 12 years old. The children will learn how to draw cartoons, animals, people and more during these classes.

Time: 4 - 5pm

Date: 27 April - 22 June

Cost: \$63



WEDNESDAY

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: 7 April - 30 June

Cost: Free



Easy Step Line Dancing**

A program for Older Adults 55+ years. Learn choreographed dance steps to stay fit and keep active!

Time: 10.45 - 11.45am

Date: 7 April - 30 June

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.

Time: 12.30 - 4pm

Date: 7 April - 30 June

Cost: \$8 per session



KOGO Knitting Group

Our KOGO Group enjoy a chat whilst knit warm winter woollies for distribution to people in need. Suitable for all levels of knitters.

Time: 1 - 3pm

Date: 7 April - 30 June

Cost: Free

THURSDAY

Beginners Plus Computer*

This program is aimed to further develop your computer skills with a focus on internet safety, safely navigating Facebook, the basics of MS Excel, designing documents and gaining an understanding of computer hardware. Eligibility criteria applies

Time: 9.30am - 12.30pm

Date: 4 February - 24 June

Cost: Free



Bingo with Cards

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

Time: 12.30 - 2.30pm

Date: 8 April - 24 June

Cost: 60c per session

Tai Chi for Health**

Tai Chi techniques are simple, elegant and easy movements. Tai Chi can help increase stamina and energy and improve flexibility, balance and agility. Our program is for Older Adults 55+ years old. New participants are required to complete a Health Questionnaire prior to commencing

Time: 1.30 - 2.30pm

Date: 8 April - 24 June

Cost: Free



FRIDAY

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: 5 February - 25 June

Cost: Free

Just Circus for Preschoolers

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: 9.30 - 10.15am

Date: 23 April - 25 June

Cost: \$70

Dance Fusion for Preschoolers

Dance for fun or dance for development. Children and music are a natural blend. A great way to learn and grow.

Time: 10.30 - 11.45am

Date: 23 April - 25 June

Cost: \$70

Lights Weights for Older Adults**

A free program for older adult 55+ years old. Using light hand weights and resistance bands, the session are designed to help develop stronger bones and slow the process of age-related muscle loss.

Time: 11am - 12pm

Date: 9 April - 25 June

Patchwork and Quilting

Make a family heirloom whilst learning to make a quilt using traditional methods by hand or sewing machine. Participants required to provide own materials. Sewing machines provided.

Time: 9.30am - 12.00pm

Date: 23 April - 18 June

Cost: \$108 Full Fee / \$90 concession.

April - June, 2021

And more.....

Move it Maribyrnong

A free program for older adult 55+ years old. During the sessions you will be guided through a range of exercises to improve joint health and muscle strength using weight bearing and resistance training. Prior to commencing the program you will need to complete a short health questionnaire.

Time: 12.30 - 1.30pm

Date: 7 May - 25 June

Cost: Free



Card Making Workshop

Learn basic card making skills. You will make at least 12 cards during the session. All materials supplied.

Time: 12.15 - 4.30pm

Date: 10 May & 21 June

Cost: Returning Student \$30 / New Student \$45 (includes kit).



Friday Movies

Free movie sessions on the third Friday of the month. Tea/Coffee and light snack provided. Bookings essential as places are limited to 15.

Time: 1.30 - 3.30pm

Dates: 16 April, 21 May & 18 June

Classes with a * are funded by Yarraville Community Centre (YCC) and supported by the Victorian Government. Please note - Computer classes are run over 20 weeks with no sessions on Public Holidays or during school holiday period. Eligibility criteria applies. Classes / Activities with an ** are offered in partnerships with AMCS, through funding received from the Sports Australia Move It AUS - Better Ageing Grant Program.

Are you interested in a program that's currently not offered? Contact us on 9032 4305 or via email to maricomm@maribyrnong.vic.gov.au to let us know what programs and activities you would like to see at the Centre, which we will aim to incorporate into our program.