

Exercise Classes

We now offer four exercise classes on a Friday. In Partnership with Gateway Community Services. Allan brings along the trailer for the participants to use during the advanced exercise class. (Photo right of the advanced exercise class) These classes were introduced at the Centre due to participants requesting an advanced class and the high demand on the current programs. Contact Gateway Community Services on 9399 3511 to enrol, you will need to fill in a short health questionnaire prior to your first class.



FREE Come and Try School Holiday Activities

**Come and Try Kids Art & Craft
Workshops 5 - 12 Year olds**

When: Monday 28 June

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

Monday 5 July

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

Time: 4 - 5pm

Bookings essential as places are limited to 10.

Register via Trybooking

This program will run on Mondays during school term

**Come and Try Just Circus for
Pre schoolers 3 - 5 Year olds**

Register via Trybooking

When: Friday 2 July

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

Friday 9 July

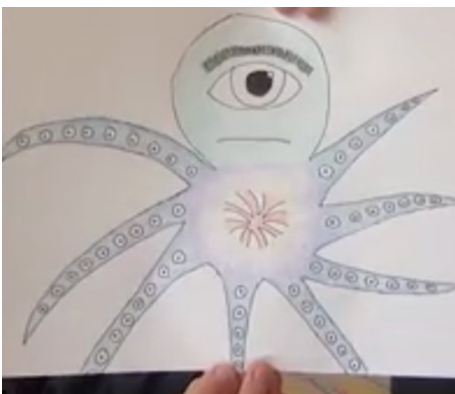
<https://www.trybooking.com/BSDLK>

Time: 10.30 - 11.15am

Bookings essential as places are limited to 10.

This program will run on Fridays during school term.

For further information or to enrol in these programs see inside newsletter



Australia's Biggest Morning Tea

We celebrated Australia's Biggest morning tea a little differently this year due to COVID.

On Wednesday 26 May our Walking Group, EAL Class and KOGO group all had small morning and afternoon teas, we played some games and had a door prize (winners photographed left).

We raised \$128.60 for Cancer Council! Thanks to everyone who participated.

WIT Kids - FREE School Holiday Workshops

Come and join us for free holiday drama classes at Maribyrnong Community Centre with Wit Kids!

Wit Kids is a weekly performing arts program for children aged 5-12 years, offering classes in drama and musical theatre.

The classes involve improvisation, mime, theatre sports, singing, dancing and drama games.

We build confidence, make friends and have loads of fun.

Learn more about the program

at www.witinc.com.au/wit-kids.

When: Wednesday 30 June & 7 July

Time: - Juniors 9 - 10am (ages 5-8)

Seniors 10 - 11am (ages 9-12)

Bookings are essential via the website above or contact the centre to find out how to book 9032 4305 or email

maricomm@maribyrnong.vic.gov.au

(Photo top left WIT Kids class)

Term 3

Throughout Term 2 we began to enjoy the company of many of our regular participants and excitingly also saw an increase in the number of new faces coming to join a variety of activities.

We have watched our programs grow and as always, this reflects what an amazing community we are part of.

Everything from our Japanese Playgroup to our Lightweights for Older Adults welcomed new people into their programs.

Our community is at the heart of everything we do. We are always looking for new, fresh ideas so if there is a program or activity that we might be able support please contact our wonderful team.

As we head into Term 3 please keep warm and stay safe

Janette, Kelly, Suzanne

Walk, Talk and Photography Exhibition

Our Walk, Talk and Photography project has come to an end with an exhibition, which was launched during Neighbourhood House Week. The photos are hung on the walls along the corridor at the Centre for you to come in and enjoy.

The aim of the Walk Talk and Photography Program was to provide opportunities for older adults to improve fitness by introducing interesting activities and encouraging participants to engage with their community via the exploration of local street art, history, past and present industries and public spaces through the lens of either a digital camera or camera on their mobile phone.

We were also lucky enough to receive further funding from Australian Multicultural Community Services (AMCS) to produce a photo booklet of all the photos included in the exhibition.

We would like to thank Amanda Neville for delivering the project and AMCS for Moving For Life – The Way I Like it, a funded program through Sports Australia Move it Aus – Better Ageing Grant Program.

Photo right: Walk, Talk and Photography Participants with Amanda Neville, AMCS and Maribyrnong Community Centre Staff

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 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

Maribyrnong Community Centre

9 Randall Street

Maribyrnong 3032

Ph: 9032 4305 | F: 9318 5427

E: maricomm@maribyrnong.vic.gov.au

www.maribyrnong.vic.gov.au/maricomm



Office opening hours

Monday - Friday

9am - 5pm

The office is closed on weekends and public holidays

Term 3 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.

Time: 9.30 - 10.30am
11am - 12pm

Date: 12 July - 13 September

Cost: \$6 per session

Carpet Bowls

A fun and gentle exercise activity for older adults 55 years and over.

Time: 1 - 3pm

Date: 5 July - 13 September

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: 12 July - 13 September

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: 12 July - 13 September

Cost: \$120 Full Fee
\$100 Concession

Kids Art & Craft

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

Time: 4 - 5pm

Date: 12 July - 13 September

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 July - 14 September

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 July - 14 September

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 Yarraville Community Centre. Fees apply - Government subsidised places available and eligibility criteria applies.

Days: Tuesdays **and** Wednesdays

Time: 9.30am - 1.30pm

Date: 13 July - 15 September



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 July - 15 September

Cost: Free



Easy Step Line Dancing

A program for older adults. Learn choreographed dance steps to stay fit and keep active!

Time: 10 - 11.30am

Date: 7 July - 15 September

Cost: \$4 per session

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 July - 15 September

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 July - 15 September

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: 15 July - 16 December

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: 1 July - 16 September

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. New participants are required to complete a Health Questionnaire prior to commencing

Time: 1.30 - 2.30pm

Date: 1 July - 16 September

Cost: Free

Contact Gateway Community Services on 9399 3511 to enrol.



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: 16 July - 17 December

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: 10.30 - 11.15am

Date: 16 July - 17 September

Cost: \$70



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: 16 July - 10 September

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



And more.....

Gentle Exercise for Older Adults**

A program for older adults. 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.

Date: 2 July - 17 September

Cost: Free

Contact Gateway Community Services on 9399 3511 to enrol.



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: 9 August & 13 September

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



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 with a ** are funded by Gateway Community Services. Eligibility criteria applies.

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.