

Neighbourhood House Week - Chatty Café

Neighbourhood House Week is an annual national celebration, recognising the important contribution over 1,000 neighbourhood houses make in local communities across Australia.



In 2022 it will take place from **Monday 9 to Sunday 15 May** with the theme **'Building resilience by bringing people together'**.

The theme recognises the important role neighbourhood houses and community centres will play in a post-lockdown environment, as Victoria aims to re-emerge and rebuild a harmonious and resilient community. After many lockdowns which saw so many people feeling vulnerable and isolated, we look to rebuild those social connections that many people lost.

Join us on **Thursday 12 May at 10.30am** for morning tea and a cuppa to celebrate Neighbourhood House week where we will be launching our 'Chatty Café'. Originating in the UK in 2017, Chatty Cafes provide an open invitation for community members from all walks of life to congregate at a local venue and have a chat over a cup of tea.

Bookings essential: call 9032 4305 or email maricomm@maribyrnong.vic.gov.au

Australia's Biggest Morning Tea

We will be hosting an Australia's Biggest Morning Tea on **Wednesday 18 May 2022 at 10.30am**.

There will be door prizes and games for you to join in the fun and help us raise money for this worthy cause.

Bookings essential: call 9032 4305 or email maricomm@maribyrnong.vic.gov.au



Work and learn through digital connection

Maribyrnong City Council's Community Centres were successful in receiving a grant in conjunction with Australian Multicultural Community Services to develop and deliver a short introduction to many of the facets of the digital world.

The program is a series of two-hour workshops that explore the very basics of each of the topics. You can enroll for them all or come to the specific ones that you are interested in.

The program is free and will help students either develop knowledge or build on existing knowledge of the area below.

Session 1 - Introduction to Email

Creating, Using and the Benefits of using Email.

Time: 10am - 12pm

Date: Saturday 7 May

Session 2 - Introduction to Internet Safety

Scams, Passwords and making payments online.

Time: 10am - 12pm

DATE: Saturday 14 May

Session 3 - Introduction to Google

Using Google and exploring other handy Google services.

Time: 10am - 12pm

DATE: Saturday 21 May

Session 4 - Introduction to Social Media

Facebook, Instagram and YouTube.

Time: 10am - 12pm

DATE: Saturday 28 May

Session 5 - Introduction to Be Connected

A free learning website for beginners to learn digital skills.

Time: 10am - 12pm

Date: Saturday 4 June



Bookings essential: call 9032 4305 or email maricomm@maribyrnong.vic.gov.au

Term 1 is a wrap!!

We certainly hit the ground running in Term 1 with many of our favourite groups returning and filling the centre with hustle and bustle.

It's also fantastic to see the return of dancing and to hear the music, laughter and chatter that we all missed so much.

We have introduced some macramé classes during this term and will be making rainbow and bohemian wall hangings, check out the newsletter for dates and times.

This term we will also be celebrating Neighbourhood House Week. This week is always filled with a variety of exciting programs for you to come and explore. Keep a look out for what exciting happenings might be occurring, not only in our centre but Neighbourhood Houses and Community Centres across the municipality.

Janette, Kelly, Suzanne and Amelia

NEW Macramé Workshops

Meet Oz our new Macramé workshops tutor!

Oz is a local macramé maker who designs and makes products with eco-friendly materials.

Oz will be running monthly workshops alternating between Tuesdays and Saturdays, and a school holiday workshop in June, details on how to book inside the newsletter.



Confident Living for Seniors

Join Victoria Police in this presentation for seniors, presented by Leading Senior Constable Derek Jenkins. Light morning tea provided.

Topics include:

- The Media
- Home Safety
- Driver Safety
- Scams
- Elder Abuse
- Mental Health
- Support Services
- Police Services

Date: 28 April 2022

Time: 10.15am arrival. 10.30am–12pm

RSVP: by 22 April with dietary requirements via Trybooking:

www.trybooking.com/BYFWR

or contact the Centre on 9032 4305 or email maricomm@maribyrnong.vic.gov.au



Check us out on Facebook!

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

Maribyrnong Community Centre

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Office opening hours

Monday - Friday

9am - 5pm

The office is closed on weekends and public holidays

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

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

Bookings:

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

Time: 11am - 12pm

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

Date: 2 May - 27 June

No session on 13 June

Cost: \$6 per session

Carpet Bowls

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

Time: 1 - 3pm

Date: 11 April - 27 June

No sessions on 18 & 25 April and 13 June

Cost: \$2 per session

Please contact the centre to book

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: 9.30am - 12.30pm

Date: 31 January - 20 June

Contact Yarraville Community Centre to enroll 9687 1560

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

Bookings:

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

Intermediate: 7.45 - 9.00pm

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

Date: 11 April - 27 June

No sessions on 18 & 25 April and 13 June

Cost: \$108 Full Fee

\$90 Concession

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: 12 April - 28 June

Cost: \$2 per family *plus* Playgroup

Victoria registration

Bookings:

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

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: 12 April - 28 June

Please contact the centre to book.

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: 1 February - 22 June

Contact Yarraville Community

Centre to enroll

9687 1560

Macramé Rainbow Workshop

Make beautiful rainbows out of cotton rope, colourful yarn and a few handy tricks in this fun macramé workshop!

This three-hour workshop is suitable for beginners, as you learn how to make your own macramé rainbow and experiment with colour.

Days: Tuesday 17 May

Time: 10am - 1pm

Cost: \$30

Bookings:

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

WEDNESDAY

Maribyrnong Walking Group

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

Time: 8.30 - 9.30am

Date: 13 April - 29 June

Bookings:

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

Easy Step Line Dancing

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

Time: 10 - 11.30am

Date: 13 April - 29 June

Cost: \$4 per session

Bookings:

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

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 - 3.30pm

Date: 13 April - 29 June

Cost: \$8 per session

Bookings: [https://](https://www.trybooking.com/BYLFK)

www.trybooking.com/BYLFK



KOGO Knitting Group

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

Time: 12.30 - 2.30pm

Date: 13 April - 29 June

Bookings:

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

WEDNESDAY CONTINUED

Digital Skills *

Yarraville Community Centre and Maribyrnong Community Centre are partnering to introduce an advanced course for two hours per week for 15 weeks. Come along to learn skills in excel and other Microsoft programs in a friendly and supportive atmosphere.

No sessions school holidays or public

holidays. **Please contact Yarraville**

Community Centre to enroll

9687 1560

Time: 2 - 5pm

Date: 2 February - 22 June



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

No sessions school holidays or public

holidays. **Contact Yarraville**

Community Centre to enroll

9687 1560

Time: 9.30am - 12.30pm

Date: 3 February - 23 June



THURSDAY CONTINUED

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: 14 April - 30 June

Cost: 60c per session

Please contact the centre to book.

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. No sessions school holidays or public holidays. **Contact Yarraville Community Centre to enroll 9687 1560**

Time: 1 - 4PM

Date: 3 February - 23 June

Cost: Free

FRIDAY

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: Friday's

Cost: Free

Tai Chi**

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: Friday's

Time: 3 - 4pm

Cost: Free

Contact Gateway Community

Services on 9399 3511 to enrol.

Workshops

Macramé Wall hanging Workshop

Learn the art of Macramé and create your own wall hanging to proudly hang in your home or gift to a friend. In this fun macramé workshop, you learn various traditional macramé knotting techniques which you will use to create a beautiful boho style wall hanging. No previous experience is necessary. All materials are provided.

Days: Saturday 18 June

Time: 10am - 1pm

Cost: \$30

Bookings:

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

Kids Macramé Rainbow Key Chain School Holiday Workshop

Need indoor activities for kids? Macramé keyring making will keep them crafty and creative! With the guidance of the instructor, kids will learn how to make a macramé rainbow key chain. All tools and materials are provided. Perfect for beginners. Must be 10 years of age or older to join.

Days: Wednesday 29 June

Time: 10.30am - 12.30pm

Cost: \$15

Bookings:

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

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: Mondays 9 May &

27 June

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

Please contact the centre to book.



Classes with a * are delivered through Yarraville Community Centre, ACFE funding. Please note - Computer classes are run over 20 weeks with no sessions on Public Holidays or during school holiday period. Eligibility criteria applies. Enrolments contact 9687 1560. 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.