

New bookings system coming soon!

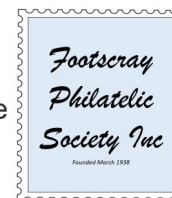
Starting term 4, all our enrolments will be changing from Trybooking to Bookable. For paid programs this will eliminate the booking fees currently on Trybooking. With bookable you can enrol into a class either as a guest or by creating an account. When creating an account, you will create a user name and password that you will use when enrolling into any class or event offered by Council. As a registered customer you will not be required to enter your details every time you register. The guest booking will require you to enter enrolment details every time you book into a program.

Further Activities at the Centre



Essendon Square Dance

If you enjoy physical and mental exercise Square Dancing is for you! The dance club meets at the Maribyrnong Community Centre on Thursdays from 7-11pm. To book please call (03) 9390 8308 or 0400 019 866, or visit www.essendonsquares.com



Footscray Philatelic Society

The Footscray Philatelic Society meets at the Maribyrnong Community Centre on the first Monday of the month from 7.30-9.30pm. Membership costs \$15 per annum. For more information, call the Secretary on 0438 901 144.



Russian Ethnic Representative Council of Victoria (RERC)

RERC is the leading community and not-for-profit organisation founded in 1984 to represent the interests of Russian-speaking people living in Victoria. The group meets on Fridays at the Maribyrnong Community Centre from 9.30am-3.30pm. Below some photos from craft sessions RERC run recently.



Wit Kids – a weekly drama and musical theatre program for children aged 5-12 years.

Mondays

- Senior Drama (9 to 12 years old) 4-4.55pm
- Senior Musical Theatre (8 to 12 years old) 5-5.55pm

Wednesdays

- Junior Drama (ages 5 to 8) 4-4.55pm
- Junior Musical Theatre (ages 5 to 8) 5-5.55pm



Maribyrnong Orchid Society

Come along to the Maribyrnong Orchid Society's show on Saturday 12 and Sunday 13 November, with doors open from 9am-4pm. Admission is \$5.

Pot, bark hooks, stakes, fertilizer and all of your potting needs will be for sale, with morning and afternoon tea snacks also available for purchase.

The Society meets every second Tuesday of the month.

The new growers information session starts at 7.15pm with meeting beginning at 8pm.

For more information please Nicole Power on 0404 118 875 or email mosnews19@gmail.com



TERM 4

Spring Into The End Of The Year

In the blink of an eye we are heading into Term 4. Before we know it, it will be Christmas and New Year and then we start all over again!!

We are excited to announce the Centre will be hosting the City of Maribyrnong Citizenship Ceremonies for the next two years while the Town Hall undergoes renovations.

It has been wonderful to have Monthly Movies back and to see the carpark totally full some days!!

We will be looking to expand our range of classes and would love to hear your suggestions on what interests you.

Have a great Term 4.

Janette Izabela and Kelly



Some dates to remember:

Carers Week: 16 October to 22 October

Children's Week: 22 October to 30 October

16 days of Activism against gender based violence:
25 November to 10 December

Seniors Festival: 1 October to 31 October (Free travel for senior card holders from 2 to 9 October)

Christmas Morning Tea

Come and join us on Thursday 8 December at 10:30am to celebrate Christmas and the great year we had!

We acknowledge that we are on traditional lands of the Kulin Nation. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander peoples past, present and emerging.



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

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www.maribyrnong.vic.gov.au/maricomm



Office opening hours

Monday - Friday

9am - 5pm

The office is closed on weekends
and public holidays

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.

Date: Weekly from 3 October to 12 December
Time: 9.30-10.30am & 11am-12pm
Cost: \$6 per session
Bookings: <https://maribyrnong-events.bookable.net.au>

Carpet Bowls

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

Date: Weekly from 3 October to 12 December
Time: 1-3pm

Cost: \$2 per session
Bookings: <https://maribyrnong-events.bookable.net.au>

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.

Date: Weekly from 11 July to 12 December
Time: 9.30am-12.30pm



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.

Date: Weekly from 3 October to 12 December
Time: Beginners: 6-7.15pm

Cost: \$132 Full Fee
\$110 Concession
Time: Intermediate: 7.45-9pm
Cost: \$132 Full Fee
\$110 Concession

Bookings: <https://maribyrnong-events.bookable.net.au>

Bookings: <https://maribyrnong-events.bookable.net.au>

TUESDAY

Japanese Playgroup

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

Date: Weekly from 4 October to 13 December
Time: 9.30am-12pm

Cost: Free
Bookings: <https://maribyrnong-events.bookable.net.au>

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.

Date: Weekly from 4 October to 13 December
Time: 1.30-4pm

Cost: Free
Bookings: <https://maribyrnong-events.bookable.net.au>



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.

Date: Weekly from July to 7 December
Days: Tuesdays & Wednesdays
Time: 9.30am-1.30pm

Contact Yarraville Community Centre to enroll: 9687 1560



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.

Date: 5 October to 14 December
Time: 8.30-9.30am

Cost: Free
Bookings: <https://maribyrnong-events.bookable.net.au>



Easy Step Line Dancing

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

Date: Weekly, 5 October to 14 December
Time: 10-11.30am

Cost: \$4 per session
Bookings: <https://maribyrnong-events.bookable.net.au>



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.

Date: Weekly, 5 October to 14 December
Time: 12.30-3.30pm

Cost: \$8 per session
Bookings: <https://maribyrnong-events.bookable.net.au>



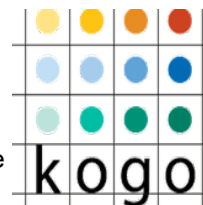
WEDNESDAY CONTINUED

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.
Date: Weekly, 5 October to 14 December
Time: 12.30-2.30pm

Cost: Free
Bookings: <https://maribyrnong-events.bookable.net.au>



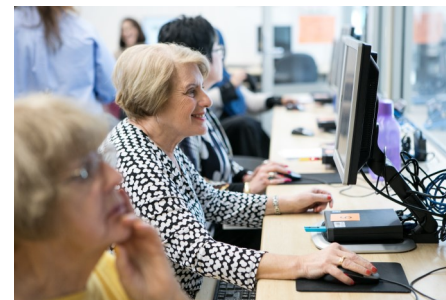
THURSDAY

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.

Date: Weekly from 6 October to 8 December
Time: 9.30am-12.30pm

Cost: Free



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 during school holidays or public holidays.

Date: Weekly from 6 October to 8 December
Time: 1-4pm

Cost: Free

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.

Date: Weekly, 6 October to 15 December
Time: 2.30-2.30pm

Cost: Free
Bookings: <https://maribyrnong-events.bookable.net.au>

Maribyrnong Babies Playgroup

For all families with babies from birth to two years of age. Registration with Playgroup Victoria is required. New families are always welcome.

Time: 10.30am-1pm
Date: Weekly from 6 October to 15 December
Cost: Free

Bookings: <https://maribyrnong-events.bookable.net.au>



Monthly Movies

Monthly movies! Come along, enjoy some light refreshments and watch a movie. Spaces are limited to strictly 30 places. Bookings essential. Light refreshments provided.

Date: 27 October
Time: 11am-1pm

Cost: Free

Date: 24 November
Time: 11am-1pm

Cost: Free

Bookings: <https://maribyrnong-events.bookable.net.au>

U3A will be hosting the October movies as part of Seniors festival.



FRIDAY

Gentle Exercise for Older Adults

My Health – "I am in Control"
Exercise program

An exercise 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, weekly until December
For further details contact Gateway Community Services on 9399 3511



WORKSHOPS

Card Making Workshops

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

Date: Monday 10 October
Time: 12.15-4.30pm

Cost: \$45 or \$30 for returning students

Date: Monday 24 October
Time: 12.15-4.30pm

Cost: \$45 or \$30 for returning students

Bookings: <https://maribyrnong-events.bookable.net.au>

