

## Enrolment information

All participants are required to register to attend a program prior to attending, as many of our programs have enrolment limits. Please note that we require a minimum of four participants for a program to commence.

To make the process easier our programs can be booked via Trybooking. A small booking fee is payable when booking through Trybooking and you will be notified of this at the time of booking and paying fees. Please note that your booking will not be completed until payment details have been completed. You will then receive an email confirming your booking. Current participants will receive notification from us via email providing a unique link which can be used to book for a program through Trybooking. This link will be available for 10 days from date of email. After this period, enrolments will be open to new participants. Should you require assistance to book for a program through Trybooking, please speak to Centre staff who will be able to help you. In instances where you do not have an email account or credit card, you will still be able to book for a class by completing our manual Application Form and paying fees prior to a class commencing. Should you need to pay directly to the Centre, payment is required by 4pm Monday to Friday. Please note:

- No classes will be held on Public Holidays
- **Parents / carers are required to remain on site whilst their children attend pre-school aged activities. You are welcome to help yourself to tea/coffee during the class. This requirement does not apply to children attending the 3 Year Old Activity Group.**

Please speak to Centre staff if you have any queries.

## Events

### Community Markets

Returning in 2020 our Community Markets provide local artists and handicrafters with the opportunity to show and sell their works. There will be four markets during 2020:

**Friday 27 March** 5.30 - 8.30pm

**Sunday 21 June** 10.30am - 2.30pm

**Friday 18 September** 5.30 - 8.30pm

**Friday 27 November** 5.30 - 8.30pm

With approximately 40 stalls, free activities for the children and food vans there's bound to be something for everyone to enjoy. Save the dates in your diary!

New stall holders are always welcome. For details on how to register check out our webpage.



### Celebrating Cultural Diversity

Join us to celebrate Cultural Diversity Week with a shared luncheon. Taste dishes from around the world and talk about your experiences growing up in your home country and your journey since settling in Australia. Bring along a dish which represents your cultural background to share with others.

**Tuesday 24 March 12.30 - 2pm**

Please book by calling 9032 4305 and advise if you will be bringing a dish or any dietary requirements.



### Celebrating Australia Day

Join us on Wednesday 22 January for a Aussie BBQ to celebrate Australia Day. Please contact us on 9032 4305 to register and advise of dietary requirements.

**Time:** 12.30 - 2pm



### Friday Movies

Come along and enjoy a variety of classic and recent release movies once a month.

Bookings essential as places are limited to 30. Free activity

**Time:** 1.30 - 3.30pm

**Dates:** 17/1, 21/2, 20/3

**Room availability**

We have a range of spaces available for hire at reasonable rates. Spaces can be used for one-off or reoccurring events. Due to the relocation of Church Street Children's Services we currently have space available in our multi-purpose room and children's room. Call us for details or to arrange a time to visit the Centre to check out the areas.

# Maribyrnong Community Centre Newsletter

## Term 1, 2020 (January - March)



What a fantastic time we all had in 2019! Lots of great programs for all to enjoy, including a partnership with AMCS which provided us with the opportunity to offer free health and wellbeing programs for older community members. We're looking forward to continuing to work with Cultivating Communities to develop an edible garden at the front of the Centre and have scheduled workshops throughout the year for community members to contribute ideas towards the garden.

Our Community Markets will continue in 2020 with the first one on Friday 27 March. The markets are an opportunity for local artists and handicrafters to show and sell their works, as well as providing opportunities for community members to promote their home based business.

We bid Church Street Children's Services team a fond farewell as they relocate to their brand new building. Church Street team have been at the Centre since July 2016 with staff and families engaging with all groups. We will miss them and wish the service the very best for the future.

The relocation of Church Street Children's Services provides us with the opportunity to open up spaces to more groups and activities. We will be commencing new early years programs in February 2020 and relocating some existing programs to other areas within the Centre.

To make the enrolment processes easier for all, you will be able to enrol through Trybooking for most programs/activities from January, 2020. Full details can be found on the back page or our website: [www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm). Please note that there will be a small booking fee applicable to programs booked via Trybooking.

Thank you to our fantastic tutors, instructors and volunteers for the support they have provided to our community members and to staff at the Centre throughout the year - your support is amazing! We look forward to working with you next year.

Bring on 2020 - it's going to be a wonderful year.

Check us out on Facebook!

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

## School Holiday Fun

Are you looking for something different for your kids to do during the school holidays? Look no further. We've got a few wonderful workshops happening for children aged 5 - 12 years of age & they're FREE!

### Plaster Painting Workshop

A fun workshop where children will take home a masterpiece or two! Maximum 10 participants

**Monday 13 January**  
10-11am

### Slime Making Workshop

Have you wondered how slime is made? Learn how as you have loads of fun! Maximum 10 participants

**Monday 20 January**  
10-11am

### Silent Disco and Games Session

Dance and play games as you listen to music through headphones. Come dressed as your favourite character to add to the atmosphere. Maximum participants 15

**Monday 20 January**  
1 - 2pm

**To book for these activities, please contact the Centre on 9032 4305**

### 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)  
10.45 - 11.45am (9-12yo)

**Dates:** Thursday 16 January &  
23 January

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



## 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

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[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



# Term 1 Programs and Activities

## MONDAY

### 3 Year Old Activity Group *(New)*

An educational program for children 3 years and over where they will learn through exploration and play as they develop their independence. Children must turn 3 by 30 April, 2020. Call us to register your child.

**Time:** 9.30am - 12.30pm

**Date:** TBA

**Cost:** TBA

### 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:** 3 February - 23 March

**Cost:** \$49

### 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:** 3 February - 23 March

**Cost:** Free

### Carpet Bowls Program

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

**Time:** 12.30 - 3.30pm

**Date:** 6 January - 30 March

**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:** 3 February - 22 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 - 7.30pm  
Intermediate: 7.45 - 9.15pm

**Date:** 3 February - 23 March

**Cost:** \$84 Full Fee  
\$70 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. Returning to Maribyrnong Community Centre in 2020.

**Time:** 9.30am - 12pm

**Date:** 14 January - 31 March

**Cost:** \$2 per family

### 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:** 14 January - 31 March

**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:** 11 February - 17 March

**Cost:** \$42

### 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:** 11 February - 24 March

**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:** 4 February - 25 March

### 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. Each session is moulded to suit the needs of the class and answer individual questions.

**Time:** 1 - 2pm

**Date:** 3 March - 24 March

**Cost:** Free

## 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:** 8 January - 25 March

**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:** 22 January - 25 March

**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:** 22 January - 25 March

**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:** 15 January - 25 March

**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:** 5 February - 24 June

**Cost:** FREE

### Grans & Tiny Tots Playgroup *(New)*

Calling all grandparents who look after youngsters from birth - preschool age. Come along to our Playgroup with your tiny tot for some play fun, craft activities, story time and singing.

**Time:** 9.30 - 11.30am

**Date:** 5 February - 25 March

**Cost:** \$2 per family plus registration with Playgroup Vic.

## 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:** 6 February - 25 June

**Cost:** FREE

### 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:** 16 January - 26 March

**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:** 27 February - 19 March

**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:** 6 February - 26 March

**Cost:** \$112 Full Fee  
\$96 Concession



## 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:** 7 February - 27 March

**Cost:** \$72 Full Fee  
\$56 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:** 7 February - 26 June

**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:** 7 February - 27 March

**Cost:** \$56



### Light Hand Weights for Older Adults\*\*

A light workout using hand weights and resistance bands to help develop stronger bones and slow the process of age-related muscle loss.

**Time:** 10.30 - 11.30am

**Date:** 31 January - 27 March

**Cost:** Free

### 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 60+ years.

**Time:** 1 - 2pm

**Date:** 7 February - 27 March

**Cost:** Free

# January - March 2020

## Workshops

### 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:** 10 February

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

### Family Health & Vitality *(New)*

Let's talk about how to easily incorporate nutrient-dense foods to nourish the whole family and the key vitamins and minerals needed by different members of the family. As a following on from this workshop we will be introducing Nutritional Musings sessions - watch this space for more details.

**Time:** 7 - 8.30pm

**Date:** 20 February

**Cost:** \$30

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

You will be guided through the basic principles of garden design and learn about soil, water and drainage, garden aesthetics, planting and more.

**Time:** 6 - 8pm

**Date:** Tuesday 17 March

**Cost:** Free

### You Can Become a Digital Mentor

Learn how to help your family and friends safely use their phones, computers or tablets in one easy and fun workshop

**Time:** 9.30am - 2pm

**Date:** 22 January

**Cost:** Free

### International Flavours

During these workshops you will learn different cooking techniques and experience food from around the world! Hands on class with a maximum of 8 participants where you will sit down to eat what you make during the session.

**Time:** 9.30am - 1.30pm

**Date:** 12 March

**Cost:** \$45 (includes all ingredients and recipes)



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](mailto: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.