

Brush up your bike skills

If it's been awhile since you cycled and you're keen to get pedaling again, dust off your bike and join us for a bike skills refresher session.

Learn about bike control and traffic riding skills including planning your route, road positioning, dealing with inter-sections, signaling, using bike lanes and much more.

The sessions include a short ride on local roads with two qualified bike instructors. This training is aimed at lapsed riders rather than complete beginners.

The sessions cost \$10 each or \$5 for concession card holders. For more information about where and when these sessions will be held and training and bike riding in our City visit our website www.maribyrnong.vic.gov.au

Meet our new Tai Chi instructor

Mei Ling has been a long time attendee at the Maidstone Community Centre. She has been involved with our Women's only yoga classes for several years.



Mei Ling also has a hidden talent we were unaware of, she is a Tai Chi instructor. This is a talent she would now like to share with the rest of the community as she understands the importance of the health and wellbeing of our community.

In addition to the 10.15am class we now have introduced a 1 - 2pm session to allow our yoga students to also participate in Tai Chi. If you'd like to join in contact our office to book. All levels welcome.

Maidstone Community Centre Newsletter

Term 2: April — June 2017



Inside this issue:

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- **Neighbourhood House week photo competition**
- **Meet our new Tai Chi instructor**
- **Filipino Mindanao-Style Chicken Adobo and Garlic rice recipe**

iPad classes now at Maidstone

In partnership with Australian Multicultural Community Services we are now offering iPad classes from our Centre. Our next introductory session will be starting on Wednesday 2 May from 9.30 - 11.30am. This 5 week course will allow you to become confident in navigating your iPad and teach you how to use your it to it's full potential. You will be provided with a class iPad however you are welcome to bring your own to class.

For those of you who would feel more comfortable doing this class in a different language speak to our office staff as we can arrange for classes in several different languages numbers permitting.

Filipino Mindanao-style Chicken Adobo

Our Mindanao chicken Adobo was a favourite at our Harmony Feast. Here's the recipe for you to try at home.

Ingredients

1kg chicken pieces
3 bay leaves
4Tbl soy sauce
1 Star anise
3 cloves garlic, crushed
2 Tbl vinegar (Coconut vinegar is best, but white vinegar will do)
500ml water
3Tbl vegetable oil
2tsp brown sugar
½ tsp peppercorns

Method

Combine all ingredients and marinate up to an hour. Bring to a boil (do not brown the chicken first). Simmer on low until chicken is tender and liquid is thickened and syrupy. Adjust seasonings to taste. Serve with steamed rice or garlic rice.



Filipino Garlic Rice

Ingredients

4 cups of COOKED rice
2Tbl coarsely minced garlic
1.5tsp salt
2Tbl of vegetable oil
Chopped chives or finely sliced spring onion to garnish

Method

Mix salt evenly into cooked rice Heat the oil in a large pan or wok. Add the garlic and cook, stirring constantly until the garlic is crisp and aromatic, being careful not to over-brown as this will make the garlic bitter. Add the rice and mix thoroughly; continue cooking the rice for about five minutes. Serve hot with your Adobo.



Responsive, Inclusive, Relevant, Accessible

Community Centres

Maidstone Community Centre is part of the Maribyrnong City Council's Community Centres. Along with Braybrook Community Centre and Maribyrnong 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 maribyrnong.vic.gov.au and click on the 'Community Centres' link — or like us on Facebook.

Harmony Feast

Maidstone Community Centre held it's 7th annual Harmony Feast on Sunday 19 March. The weather, although a little on the warmer, side did not hold the crowds back. It was well attended with approximately 1,500 people taking part.

This year we had dishes from Vietnam, Chile, Malta, Somalia, Netherlands, Philippines, Eritrea, Greece, UK and Thailand. We also had pizza from our wood fire oven, Chicken Tikka Masala cooked in our tandoor oven, local lemonade and herbal teas, and 50kg of barbequed sausages in three hours.

A special acknowledgment and thanks goes to the 80 plus volunteers we had on the day. This equated to over 370 hours volunteered over the weekend. Our volunteers capture the true spirit of Harmony Feast and this event could not be done without their commitment, support and dedication.

Celebrating Neighbourhood House Week

Share a photo of what your Neighbourhood House or Community Centre means to you for a chance to win an iPad, a 3 month Ultimate membership to the MAC or a \$100 voucher for their specialty food stores.

Just snap a picture and post it to Facebook, Twitter or Instagram with the hashtag **#heartofmari**. Don't forget to set your picture to public.

Competition ends Friday 28 April 2017 with the winner announced during Neighbourhood House week, 8 - 14 May.



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Office Opening Hours
Monday - Friday
9am - 5pm
The office is closed on
weekends and public holidays

Health & Wellbeing	Day & Time	Cost
Positive Steps This community based walking group is a great way of increasing social connections and exercise opportunities. All levels welcome.	Wednesday 10am - 11.30am Ongoing from 18 January	Gold coin donation
Women’s Only Yoga These female only classes are tailored to improve flexibility and increase muscle tone, help unwind and destress giving a sense of physical and mental wellbeing. Classes are suitable for all levels.	Monday 11.30 am - 12.45 pm 24 April - 26 June (no class 12 June) Thursdays 10am - 11.15am 20 April - 29 June	\$5 per session
Tai Chi for Health Learn the 24 steps of Tai Chi in this relaxed and friendly class. Vietnamese Tai Chi techniques are simple, elegant and use easy controlled movements. *New Tai Chi for Health Class All fitness levels welcome.	Monday 11.15am - 12.15pm Ongoing from 16 January Monday 1 - 2pm 24 April - 26 April (No classes 12 June)	Free
Computer Classes	Day & Time	Cost
Beginners Computers This program is aimed at developing computer skills for people who have little or no knowledge of using computers. Participants are shown how to set up an email account, how to use the internet and how to type up Word documents. Beginners Computers for ESL Students This program is designed specifically for ESL students to find their way around the computer and learn the basics.	Wednesday 1pm - 4 pm 1 February - 28 June Friday 3 February - 30 June 1:00pm - 4:00pm Friday 1 February - 30 June 9.30am - 12.30pm	Free Eligibility Criteria Applies
Beginners Plus Computers This program is aimed at developing further skills in Word, Excel and the Internet. Participants will be taught how to safely navigate Facebook and design documents using text and pictures, as well as gain an understanding of computer hardware.	Monday 9.30am - 12.30pm 30 January - 26 June Wednesday 9.30am - 12.30pm 1 February - 30 June	Free Eligibility Criteria Applies
Intermediate Computers This program focuses on more advanced Word, Excel, Internet and PowerPoint. Participants will explore complex social media and use the internet to shop and book flights, in addition to creating slideshows with sound and animation.	Monday 1pm - 4pm 30 January - 26 June Thursday 1pm - 4pm 2 February - 29 June	Free Eligibility Criteria Applies
Seniors iPad This 5 week class is aimed at those wanting to learn how to use their iPad to its full potential. iPads will be provided to students during the class time however you are welcome to bring your own. Spanish Speaking iPad This program is designed for students who's preferred language is Spanish	Wednesday 9.30am - 11.30am 3 May - 31 May] Thursday 1pm - 3pm 4 May - 2 June	Free
Dance & Music Classes	Day & Time	Cost
Ballroom Dancing We are currently looking for a fun and energetic dance tutor or community dance group that may be interested in teaching this class on Friday nights. Depending on hall availability other nights may be possible. If you are interested please contact our office.	Friday 7.30am - 9.30pm Dates to be confirmed	To be confirmed

Language Classes	Day & Time	Cost
English as an Additional Language This class is designed for adults wanting to improve reading, writing, speaking and listening skills.	Monday 9.30am - 1.30pm 24 April - 26 June (No class on 12 June) Thursday 9.30am - 1.30pm 20 April - 29 June	Free Eligibility Criteria applies
Conversational English Class The course will focus on developing listening and speaking skills in short conversations where participants share simple information to make and respond to social conversation.	Tuesday 9.30am - 12.30pm 2 May - 27 June	Free
Children’s Program	Day & Time	Cost
Yoga for School age Kids Children's yoga involves learning yoga postures, breathing exercises, play and creative movement that will assist your child in their physical and emotional wellbeing. This class will enhance your child's strength, flexibility, coordination and concentration. School age.	Tuesday 4pm - 5pm 18 April - 27 June (10 weeks) No class 25 April	\$8 casual visit or \$60 per term
Yoga for Pre schoolers Introduce your pre-schooler to yoga and creative movement in a simple, fun and effective program that promotes healthy and happy young minds and bodies. The classes will centre around themes and games which are age appropriate and value self expression and creativity. Age 3-5 year olds.	Tuesday 11am - 12pm 2 May - 27 June (10 weeks) No class 25 April	\$100 per term
Maidstone Marigolds Playgroup Get the kids into the garden! The children will plant seedlings, harvest the crops and learn about fresh food and healthy eating.	Wednesday 10am - 12pm 4 April - 28 June	Free Playgroup Vic Membership required
Art & Craft	Day & Time	Cost
Papercraft Add your personal touch and surprise your family and friends with beautifully hand crafted cards. Bring your own nail, scissors and tweezers. Spaces are limited to 12 people per session.	Friday 9.30am - 11.30am 21 April - 30 June	\$10 per session
Knitting Group Join our friendly knitting group and learn how to knit and how to read patterns. This group will also be making something to donate to charity. Bring your own yarns and needle or uncompleted work to finish over a friendly chat and cuppa.	Every Monday 1pm - 3pm 24 April - 26 June No class on 12 June	\$3 per session
Latin American Women’s Craft Group This Spanish speaking ladies craft group come together weekly to enjoy a friendly chat and work on their craft pieces.	Thursday 10am - 1pm Ongoing from 2 February	Free
Senior’s Activities	Day & Time	Cost
Sunnysiders Pensions Our Sunnysiders get together weekly to enjoy a social time of chatting, playing bingo, sharing a cuppa and other recreational activities. There is a weekly raffle and door prizes.	Tuesday Ongoing from 17 January 10am - 3pm	\$5 per session