

Antonio Casole – Who am I?

I was born in a small fishing village called Gallipoli in Italy (not the one in Turkey). When I was 21 years old, I decided I needed more life opportunities and experience than Gallipoli offered me. So in 1968 on the recommendation of my friend I boarded the ship 'Angelina Lauro' and travelled to Australia. Over the years I have worked in a variety of jobs – as a blacksmith, a welder and a professional cook (I think my specialty is cooking bolognese sauce – see recipe below).

I do miss my relatives in Gallipoli, but there is just so much more to do here in Melbourne, there is more life and more to achieve. I have been coming to Maidstone Community Centre for about 5 years, to attend English and computer classes with Despina and with Mel. Now happily married with a grown up daughter I look back on how I might have got to where I am now. One thing I try to do well is know when I am making big decisions. I ask myself what are the positives and negatives? I ask myself am I am mature enough to take the next step? I ask myself how will I treat the people I meet and how would I like to be treated by them? This way of thinking has helped me a lot to stay relaxed, to keep learning and living, to the fullest of my ability.

Antonio's Bolognese

Heat 2-3 tbs oil,
Add small onion diced and 1-2 cloves of garlic finely chopped
Add 1 piece each of lamb, beef and pork
Add 1 glass of wine (red or white)
Add herbs to taste (thyme, rosemary, oregano and bay leaf) and 1 tsp sugar
Simmer for 2.5 - 3 hrs until meat falls apart!

Jeanne Santosa - Who am I?

I'm originally from Queensland, I am a Kinesiologist and a mum to my two -year old boy Theo. I've been a Kinesiologist for two years. Before that I was a strings teacher. I studied at the conservatorium and then taught cello, violin, and viola. Teaching was something I just fell into; I always wanted to study health.

I found Kinesiology, which I think is really interesting because it has so many elements to it. It is so tailored to each person, you can really tap into what individuals need. It's a bit mysterious but it works on so many levels: mental, physical, spiritual and emotional. For me, Kinesiology is about freedom. We grow up with these patterns of behavior and get stuck in those, but Kinesiology has given me a way to change that and create my own reality. I also own the local Metafit business and run a class at the community centre.

My husband and I moved to Maidstone in 2014. We love Maidstone and our local café One For The Crow, and I love my studio out the back where I practice. I have made some really good friends in our street and have met a lot of lovely people, it's also great having this community centre. We really enjoy coming here and getting involved in the playgroup and the music. It's really nice to see the same familiar faces and get to know people. I feel more connected to the community and like minded people. It's also really nice meeting other mums and children. I also do the sewing class which I love! It's a great way to relax. I really want to do everything. Doing social things with other women is what I need to do!

Photo gallery



Above - Antonio (one of our regular and long term students) enjoying a cuppa in our garden



Above – Jeanne from Metafit* (right) connecting with our play group participants.

*** On Mondays from 9.30—10am Jeanne runs small 30 minute personalised training sessions at the Centre. Parents are welcome to bring their bubs, toddlers and school kids if they like. Classes are open to beginners.**

Message from the Centre Facilitators

The Maidstone Community Centre is preparing for another action-packed term offering a return of courses and workshops that community members say they want more of, plus some new ones; which we think you'll really enjoy. We are trying hard to make the program as varied and as affordable as possible and to avoid disappointment we recommend you book your spot early in the course / workshop of your choice

Anna & Monique
Centre Facilitators

A lounge to call your own

Our new Lounge is proving a big hit! Most days this shared community space is bustling with activity, with people gathering around our café style tables or relaxing in our cozy couches. They might be chatting away with class mates or with friends they have brought along for a look-see. They might be learning to sew, knit or crochet. Or they might be just quietly taking time out for themselves reading or working on their laptops, making use of the recent access we have to community Wi-Fi. Thank you to everyone who has embraced the idea of creating a comfortable and inviting community space that supports independent and shared activity alike! Come in and make yourself a 'real' coffee (gold coin donation), we'd love to hear what you think and any ideas you may have for people to connect with each other and with the space.



Baking with the CWA – two amazing sessions

On their Facebook page the Footscray CWA are described as 'a friendship group for community minded women'. That's exactly what these three hour baking sessions are all about. AND you get to learn how to make the perfect pav, scrumptious scones and the airiest of sponges in the first session, and tantalising edible Christmas Gifts such as shortbread, yoyos and fruit cake in the second... what else could a foodie want? The last session booked out so fast, we couldn't believe it. So get in quick!

Op Shop Tour of the West

Join Millie Bones, queen of op shops as she leads the charge on your discovery of the best op shops in the west. Revisit the fashions of yester year, reclaim your faves amongst them and recycle your sense of adventure. Even if nothing turns up with your name on it on the day – you know where to return!! Also keep an eye out for our Continental Cake and Deli tour, with five amazing stops. Heavenly food!

Responsive, Inclusive, Relevant, Accessible.

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 www.maribyrnong.vic.gov.au

Check us out on Facebook!

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



Maidstone Community Centre

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www.maribyrnong.vic.gov.au/maidcomm

Office Opening Hours

Monday — Friday
9am — 5pm

The office is closed on weekends and Public Holidays

Maidstone Community Centre Courses & Workshops

MONDAY

Beginners Plus Computers*
Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.
Time 9.30am —12pm
Date 8 October — 10 December
Cost FREE

English as an Additional Language*
Improve everyday English skills through reading, writing, speaking and listening. Students must attend Monday and Thursday class.
Time 9.30am —1.30pm
Date 8 October — 10 December
Cost FREE

Tai Chi for People of All Abilities
A simple and elegant movement class with the kind and patient Antonio.
Time 10.30 — 11am & 11.15am — 12.15pm
Date 8 October — 17 December
Cost FREE

Funky Sewing Workshop
All you budding sewists come on over and learn how to use a sewing machine and other essential techniques on our brand new sewing machines! Zoe, who also works at Gaye Abandon, will teach you to wind a bobbin, thread a needle and sew using different stitches. Walk away having made a little top, zipperk pouch or cushion!
Time 10am — 12.30pm
Date **MONDAY** 12 November— 3 December (or **SATURDAY**) 10 November —1 December
Cost \$40 (4 sessions)

Women’s Only Yoga
Come and release stress through Hatha Yoga. Use of visualisation, breath and movement. Session ends with a period of deep relaxation. Tailored to suit all levels, from beginners to advanced.
Time 11.30am —12.45pm
Date 8 October — 10 December
Cost \$5 (per session)

Intermediate Computers*
This course expands on our Beginner Plus classes. Learn to produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; and create a slideshow with PowerPoint.
Time 12.30 — 3pm
Date 8 October — 3 December
Cost FREE

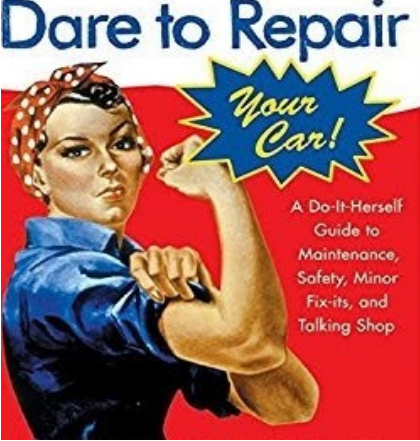
Tai Chi For Mind Power & Memory
Are you aged 60+? Interested getting fitter and improving your memory and thinking? Then Tai Chi – an art form that has been practiced for thousands of years – might be just the ticket! All fitness levels welcome.
Time 1 — 2pm
Date 15 October — 10 December
Cost Free (10 Weeks)

* This particular program is funded by Yarraville Community Centre and eligibility criteria applies

TUESDAY

Conversational English*
This small class will focus on developing and improving your English speaking, reading and listening skills. Participants will learn basic daily conversational English that will assist in everyday life.
Time 9.30am — 12.30pm
Date 9 October — 18 December
Cost FREE (excludes 6 November)

Car Maintenance For Women
Ever wondered about the basic mechanics of your car and how you can help yourself when in a spot of bother? Come along and learn how to change your tyres, spark plugs and oil filters! Learn all about battery health, engine belts, jump starting and so much more with our wonderful female mechanic. Everything easily explained and a car available for lots of hands on work.
Time 10am —12.00pm
Date 13 November — 4 December
Cost \$40



Bingo
Would you appreciate some good old fashioned stimulation, while sharing a cuppa and a laugh? Then come and enjoy a friendly game of bingo held weekly at the centre. All ages welcome!
Time 10 — 3pm
Date 9 October — 18 December
Cost Free (excludes 6 November)

Midlife Pause
A unique opportunity to pause and embrace menopause with Lucy Liga where you can redefine, revalue and reassess yourself to live and move towards a healthy, happy and purposeful life. This will include writing, chi-gong and Yoga.
Time 7 — 8.30pm
Date 13 November—11 December
Cost \$50

School Age Yoga
Your child will learn poses, breathing exercises, play and creative movement that will assist them in their physical and emotional wellbeing. This class will enhance your child’s strength, flexibility, coordination, balance and concentration.
Time 4 — 4.45pm
Date 9 October — 18 December
Cost \$50 (10 sessions) (excludes 6 November)

WEDNESDAY

Maidstone Community Playgroup
Run by an experienced facilitator, children will explore the delights of painting, play dough, dress ups, water play and planting in our gorgeous garden. Special pampering sessions for mums and dads.
Time 9.30 — 11.30am
Date 10 October — 20 December
Cost Gold coin donation

Beginners Plus Computers*
Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the internet.
Time 9.30am —12pm
Date 10 October — 12 December
Cost FREE

Positive Steps Walking Group
Walking is a great way to boost your strength, fitness and general wellbeing. Join us for a brisk walk around the suburb or a gentle stroll around the park. On your return, enjoy a cuppa and a chat with fellow walkers. All fitness levels welcome!
Time 10am —12pm
Date 10 October — 20 December
Cost Gold coin donation

Continental Cake and Deli Tour
Who wants to come on our mystery continental cake and deli tour of the west? One mini bus, ten people, five stops. We promise it will be amazing.

Time 10am — 1pm
Date Wednesday 14 November
Cost: \$15

Crafty Crochet Workshop
Learn crochet basics including how to read a pattern and wield a hook and ball of wool without getting tangled. Bring your wool – best is 12ply with a 5mm or 6mm hook.
Time 12 — 2pm
Date 7 & 14 November
Cost \$20

Intermediate Computers*
This course expands on our Beginners Plus classes. Learn to produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; create a slideshow.
Time 12.30 — 3pm
Date 10 October — 12 December
Cost FREE

Ballroom Dancing
Enjoy a social night of fun and exercise while learning basic ballroom dance sequences: Waltz, Foxtrot, Quickstep, Cha Cha and Rumba. Come on your own or with a partner. Suitable for all levels!
Time 7 — 9.30pm
Date 10 October — 20 December
Cost \$5 per session

WEFO Singers
Join this community choir, rehearse a range of music and enjoy meeting with members of our wonderful community. Contact Sarah 0451 978 733.
Time 7.30 — 9pm
Date Every second Wednesday
Cost FREE

TERM 4 October — December, 2018

THURSDAY

Music for Hip Toddlers
Come on a rollicking ride through dance and percussion and ROCK OUT with Razz, the Mighty bUZZniks’ front person! You and your mini people will leave feeling great, with songs you don’t mind having stuck in your head! Suitable for 0-4 years.
Time 9.15 —10am
Date 11 October — 20 December
Cost \$55 (11 sessions)

English as an Additional Language*
Improve everyday English skills through reading, writing, speaking and listening. Students must attend Monday and Thursday class.
Time 9.30am — 1.30pm
Date 11 October — 20 December
Cost FREE

Medicinal Herbs and Spices 101
Come and join our wonderful naturopath to learn about everyday herbs and spices that are good for you and will help you improve your health and boost your immune system. Delicious juices and warm drinks will be concocted to demonstrate the power of food as medicine.
Time 10am — 2.30pm
Date 1 November
Cost \$15

Women’s Only Yoga



Come and increase your physical health and wellbeing by joining Women’s Only Yoga. This class will help improve your flexibility, increase muscle tone, and help you unwind and de-stress. Tailored to suit all levels from beginners to advanced.
Time 10.15 — 11.30am
Date 11 October — 20 December
Cost \$5 per session

Baking with the CWA –FULL
We are so super lucky to have the legendary Country Women’s Association ladies run a 3 hour heavenly workshop that will teach you how to make the perfect pav, the most scrumptious scones and the airiest sponge cakes ever! 10 places only.
Time 12 — 3pm
Date 25 October
Cost \$15

Intermediate Computers*
This course expands on our Beginners Plus classes. Learn to produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; create a slideshow.
Time 12.30 — 3pm
Date 11 October — 13 December
Cost FREE

FRIDAY

Music for Hip Toddlers ** EXTRA CLASS**
Come on a rollicking ride through dance and percussion and ROCK OUT with Razz, the Mighty bUZZniks’ front person! . Suitable for 0-4 years.
Time 9.15 —10am
Date 12 October — 21 December
Cost \$50 (10 Sessions) (excluding 23 November)

Rainbow Playgroup
This group has been created as a social group for gay, lesbian, queer, transgender and inter-sex parents and their parent friends in Melbourne’s inner west. Their hope is to connect LGBTQI parents so they can create positive friendships with other families and their children can feel part of a bigger community. Families who are friends of LGBTQI families are welcome.
Time 10am — 12pm
Date 12 October—21 December
Cost Gold coin donation

Plarn Workshop
Workshops will focus on recycling and reusing plastic bags to help our environment. Learn how to make plarn (plastic bag yarn) and create a swag mat to donate to the homeless!
Time 9.30 —11.30am
Date 12 October — 21 December
Cost FREE, please bring plastic bags (excluding 23 November)

Paper Craft Workshop
Paper craft is the art of making cards for any occasion. Two card making kits supplied per class. Each class gives participants new skills. You will learn to quill, design and colour your choice of cards. The class brings people together in an enjoyable welcoming group.
Time 9.30 — 11.30am
Date 12 October — 21 December
Cost \$10 per session (materials supplied)

Global Flavours Cooking
Explore the tantalising delights from foods around the world! Create heavenly dishes while soaking up the aromas and atmosphere of our hands-on course. Share cultural food stories and learn new, authentic recipes. Our lovely tutor has a background in food performance art and community cooking. Every alternate Friday.
Time 12 — 2pm
Date 2 November—14 December
Cost \$50

Beginners Plus Computers*
Designed for people who have some knowledge of computers. Introduces students to the basics of how a computer works, Microsoft Word and the Internet.
Time 12.30 — 3pm
Date 12 October — 14 December
Cost FREE

AND MORE.....

Yoga With Vineeta
Relax after a long day of hard work with Vineeta. She will guide you through gentle yoga poses created for general wellbeing, toning of muscles and promoting flexibility. *Open to men and women.*
Time Monday 6 — 7.15pm
Date 8 October — 17 December
Cost \$5

Latin American Women’s Craft Group
This Spanish speaking ladies craft group comes together weekly to enjoy a friendly chat and a cuppa. Open to all ages.
Time Thursday 10am —1pm
Date 11 October — 21 December
Cost FREE

Edible Christmas Gifts with CWA
Yes the lovely CWA ladies are at it again. This time they’ll guide you through the mysteries of creating mouth - watering shortbread, melt in your mouth yo-yos, aromatic mince pies and the piece de resistance, nana’s boiled fruit cake! These will make any gift recipient weak at the knees and forever grateful. Limited places, book in quickly!
Time Thursday 12 — 3pm
Date 6 December
Cost \$15

Knitting Workshops
It’s sll cold in Melbourne and the wool shops are brimming with gorgeous yarn! This is the perfect time to learn how knit with Michelle who will patiently teach you the basics of casting on, plain, purl and stocking stitch in two creative workshops. You’ll come away having learnt how to make something simple and beautiful!
Time Saturday 10 — 12pm
Date 20 & 27 October
Cost \$20

Op Shop Tour of the West
Ever wanted to know where the best op shops are in Footscray, Kingsville, Yarraville and Newport? Well hop on our mini bus and let Millie Bones, the queen of op shops, show you the gems of the west. 5 -6 stops, just enough time to sniff out a bargain!
Time Friday 10am —1pm
Date 23 November
Cost \$15



CLASS / WORKSHOP BOOKINGS
For further information or to book please call 9688 0543 (Mon-Fri 9am-5pm). All classes and workshops at