

Mexican Folk Art 'Nicho' Shadow Box

In this 3.5 hour workshop, students will be given creative freedom to design and construct a Nicho shrine shadow box, including painting the base, cutting and colouring tin, decorating using a large variety of traditional and pop culture mixed media and finally creating a collage base picture. All materials provided.

Time 10am – 1.30pm
Date Monday 18 May
Cost \$35



Essential Oil Workshop for Anxiety

In this class you will learn about what anxiety actually is, some simple techniques to manage thoughts relating to anxiety based on the Cognitive Behavioural Model and Mindfulness. You will also learn how to incorporate essential oils into your mood management regime. Pay directly to tutor.

Time 10.30am – 12pm
Date Saturday 23 May
Cost \$8

School Holiday Program

Slime Making

In this super fun workshop you will have access to ingredients to make one fluffy slime and one clear slime where you can add colour, glitters, foam beads and more! Book in early. Limited places. Age 4 -10yrs. Children under 5 need to be accompanied by a carer.

Time 10 – 11am
Date Tuesday 6 July
Cost \$10 / \$5 conc.

YOUR COMMUNITY SPACE

Maidstone Community Centre is one of three Maribyrnong City Council managed community centres.

The other two are located in Maribyrnong and in Braybrook. They are great places to meet friends, work colleagues - to plan, learn, relax or even celebrate a special occasion.

Call or drop in and talk to us about hiring one of our great spaces!

Dance Session

Get on down and join the sensational free flowing dance guru **Andy Howitt** for a fun, full on hour of dancing to great music. Ages 5 –10yrs.

Time 10 – 11am
Date Tuesday 30 June
Cost \$3

Figurative Sculpture Workshop

In this 3 hour workshop students will create a wire armature (frame) base, or use one of ours, then create form, shape and features using aluminium foil. Cover with masking tape and paint, finally add detail using a variety of papers to create garments and hair. Suitable for complete beginners.

Time 10am – 1pm
Date Thursday 9 July
Cost \$20 / \$10 conc.



Julia Grueskin Staff Profile

The amazing Julia Grueskin is a 900-hour certified vegan chef from the United States. She has been preparing vegan food since 2013. Her culinary training is focused in raw foods, macrobiotics. Ayurveda, and whole food plant-based nutrition. She's done an incredible job running her fermented, Ayurvedic, and vegan classes with an indigenous twist over the last two years at the community centre. They are enormously popular and always booked out, with people queuing up to get in. She also prepares healthy weekly meals for individuals, caters events, creates special cakes, and teaches private cooking and yoga classes. She's an all round incredibly talented person who loves to work with the people. We are so lucky she continues to cook in our fabulous kitchen and to share her valuable skills and knowledge with the wider community.

Women talking about the value of ceremony



In this one off women's only forum we invite you to come and share your stories about the role that 'ceremony' plays in your life. Think about special ceremonies with your family or friends, ceremonies with your community members, or ceremonies you enjoyed as a child or in your country of birth.

Ask yourself why this ceremony is important to you? Share your stories with one another. Hear about the familiar and the not so familiar ceremonies. Learn about how ceremonies have helped us make meaning in our lives for centuries and how this meaning-making supports our sense of wellbeing. Date and time of this forum to be decided. Questions, comments or expressions of interest in this forum welcome.

Photo gallery



Above: Mexican Folk Art Shadow Box



Above: Julia Grueskin Plant Based Chef



Above: Figurative Sculpture Workshop

Message from the Centre Facilitators

After a stressful time for all, we are delighted to offer you this eclectic term two program. A feast of activities to help you feel good, feel creative, feel hungry, but most importantly, feel connected. Whether you're interested in spending time outdoors on the Maribyrnong, or indoors in our wonderful kitchen, you are sure to find like minds and hearts, here at the Maidstone Community Centre. Welcome back.

**Monique & Anna
Centre Facilitators**

New workshops and tours

We are so lucky to have the ever talented **Rachel Pitts**, author of *The Hungry Girls' Cookbooks* and four new *Season* books, back with us this term to run an **Autumn** cooking workshop. Her food is simple, global, and delicious. This fabulous class will include Humitas, a traditional Argentinian vegetable stew, fresh eggplant pickle, Indian sweet potato flatbreads and a classic apple tarte tatin!

Yeni will also be running a wonderful **Peruvian** cooking workshop, which will feature mouth watering fresh ceviche, Causa Limena, a beautiful traditional layered potato and fish dish, and delicious Peruvian donuts called Picarones, for dessert.

Deb Ong, former owner of Jack B Nimble, will teach you how to make superb authentic **Hawker Style Food**. Think Singaporean style curry laksa, a mouth watering rojak salad, and a beautiful sweet filled pandan crepe. Yummo! She's also here to teach you how to make delicious **sour dough bread** so you can be baking warm, crusty loaves throughout Winter.

Indigenous Waterways Story Telling with Uncle Larry on the Blackbird River Cruise is a great new tour happening at the end of April. It will also include a delicious picnic around 2pm with food catered by an Indigenous café in Yarraville called Mabu Mabu. Don't miss out on the fabulous event for \$25 which includes river cruise ticket and picnic lunch.

In May we also have another interesting street art walking tour, **Art and About**, led by local artist Amanda Neville. You'll get to stroll through different parts of Footscray, and end up in a local café for a free afternoon tea to chat about what you've seen and its value and significance to Maribyrnong. This will be a fun and casual afternoon. Book in quickly places are limited!



Ready Set Work Barista

This fantastic **FREE** two day course will knock your socks off! It's designed to prepare people for work or training in the vibrant café scene. You'll learn how to operate a commercial coffee machine, learn about the origins of coffee, make a range of coffees, increase your confidence and improve your job ready skills. Don't miss out on this fabulous opportunity if you're looking to break into the hospitality industry.

Mexican Folk Art Shadow Box

This workshop for adults, is run by the ever talented local artist Anna Kolusniewski, from Aa is for Art. In this workshop, students will be given creative freedom to design and construct a gorgeous Nicho shrine shadow box, including painting the base, cutting and colouring tin, decorating using a large variety of traditional and pop culture mixed media and finally creating a collage base picture. Check out the image on the back page!

Check us out on Facebook!



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 please visit www.maribyrnong.vic.gov.au

Maidstone Community Centre

21 Yardley Street
Maidstone 3012
Ph 9688 0543
E maidcomm@maribyrnong.vic.gov.au

Office opening hours

Monday — Friday
9am — 5pm

The office is closed on weekends

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 – 12.30pm
Date 20 April – 22 June
Cost FREE (excl. Pub.Hol 8/6)

English as an Additional Language*
Improve everyday English skills through reading, writing, speaking and listening.
Time 9.30am – 1.30pm
Date 20 April – 22 June
Cost FREE (excl. Pub.Hol 8/6)
This class also runs on Thursday. Students must attend both days.

Stories, Music and Make Believe
So much fun can be found in every book. Climb inside the characters with Razz,. There are songs to sing and numbers to count, dances, dress ups, puzzles and puppets. Suitable 2 – 5 years 5 sessions.
Time 9.15 – 10am
Date 4 May – 1 June
Cost \$25



Tai Chi For People of All Abilities
A simple and elegant movement class with the kind and patient Antonio and Maureen.
Time 10.30 - 11am or 11.15am –12.15pm
Date 20 April — 22 June
Cost FREE (excl. Pub.Hol 8/6)

Tai Chi for Mind Power & Memory
A focus on increasing both fitness and concentration with the energetic Mei.
Time 1 – 2pm
Date 20 April – 22 June
Cost FREE (excl. Pub.Hol 8/6)

Intermediate Computers*
Learn to produce well-designed documents in Excel and Word; download, edit and back-up your photos; and create a slideshow with PowerPoint.
Time 1 – 4pm
Date 20 April – 22 June
Cost FREE (excl. Pub.Hol 8/6)

Ready Set Work Barista
This is a fantastic 2 day practical course designed to prepare people for work or training in the vibrant café scene. You'll learn how to operate a commercial coffee machine, learn about the origins of coffee, make a range of coffees, increase your confidence and improve your job ready skills. Don't miss out, limited places.
Time 9am — 3.30pm
Date Mon 25 & Tues 26 May
Cost FREE



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 21 April – 23 June
Cost FREE

Rachel Pitts Autumn Cooking Workshop
Autumn is a heady time in the kitchen with so many fruit and vegetables in season. Humitas might be the ultimate celebration – a vegetable stew featuring corn and pumpkin, traditionally served at Easter in Argentina. We'll also whip up a fresh eggplant pickle, roll out Indian sweet potato flatbreads, and make a classic apple tarte tatin for dessert. Lunch to follow.
Time 11am – 1pm
Date 19 May
Cost \$15

Peruvian Cooking
If you haven't tried Peruvian cooking, well now is your chance! The lovely Yeni will teach you how to make a mouth watering ceviche –marinated raw fish in lemon juice, Causa Limena, a beautiful traditional layered potato and tuna dish and a delicious Peruvian donut called Picarones for dessert. Lunch to follow!
Time 11am – 1.30pm
Date 5 May
Cost \$15



Art and About
Come and join this fabulous street art walking tour throughout Maribyrnong with local artist Amanda Neville. These artworks reveal our vibrant history. You'll get to hang out in a local café and have afternoon tea provided while discussing what you've seen and it's value and significance to the city. A minivan will collect and drop you off from the centre. This will be fun and casual!
Time 10am – 2pm
Date 12 May
Cost FREE (funded by AMCS)

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 14 April – 23 June
Cost \$55

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 15 April on going
Cost Gold Coin contribution

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 – 12.30pm
Date 15 April – 24 June
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 Maidstone or a gentle stroll around the park. On your return, enjoy a cuppa and a chat.
Time 10am – 12pm
Date Every Wednesday
Cost Gold coin donation

Ayurvedic Cooking Workshop
Join plant based chef Julia Grueskin, for a delicious, healthy, and educational workshop cantered around Ayurvedic cooking and nutrition. You will find out what Ayurvedic constitution you are and how to cook with this knowledge.
Time 11am – 1pm
Date 3 June
Cost \$15

Hawker's Food Workshop with Deb Ong
Come and learn how to make authentic Hawker style food. Deb Ong, former owner and chef of Jack B Nimble, will teach you how to make a superb Singaporean style curry laksa, a mouth watering rojak salad, and a beautiful sweet filled pandan crepe, traditionally called a 'kuih dadar'.
Time 11am – 1.30pm
Date 21 May
Cost \$15

Kids Can Cook
Your children can look forward to floury faces, sticky fingers and messy bench tops while exploring the delights of cooking. This fun filled four week class will get your kids making pizzas, pasta, smoothies, muffins, and more while learning basic knife handling skills. Limited places. Age 6-12yrs.
Time 4 – 5.30pm
Date 13 May – 3 June
Cost \$40 (4 sessions)

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 beginners and advanced
Time 7 – 9.30pm
Date 15 April – 24 June (Beginners)
16 April – 25 June (Advanced)
Cost \$5 per session (casual)

TERM 2 April — June 2020

THURSDAY

Music for Hip Toddlers
Come on a rollicking ride through dance and percussion and ROCK OUT with Razz. Suitable for 0 - 4 years.
Time 9.15 – 10am
Date 16 April – 25 June
Cost \$55 (11 sessions)

Women's Only Yoga
Come and increase your physical health and wellbeing by joining Fleur's 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 – 11am
Date 16 April - 25 June
Cost \$5 per session (casual)

Kombucha, Kim Chi, Kefir and Fermented Cashew Cheese Workshop
Come and learn how to make traditional fermentations to improve your gut health and boost your immune system. It will be fun, cheap and easy, learning to make four different kinds of fermented foods.
Time 11am – 1pm
Date 28 May
Cost \$20 / \$10 conc.



Sour Dough Bread Baking Workshop
Learn the basics of how to bake your very own sourdough bread at home with Deb Ong! Learn how to create and maintain a sourdough starter, how to proof and shape a basic loaf, how to make sense of bakers' percentages as well as how to fit making your own bread into a busy schedule.
Time 11am –1.30pm
Date 4 June
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 1 – 4pm
Date 16 April – 25 June
Cost FREE

Maidstone Reading Club
Come along for one - to - one reading, group reading and literacy based fun activities. Afternoon tea is also provided. The club is aimed at primary aged children who may not get to read at home, can't afford tuition or find reading challenging. Turn up on a Thursday to see if this club is suitable for your child.
Time 3.45 – 5pm
Date 16 April - 25 June
Cost FREE

FRIDAY

Music for Hip Toddlers
Come on a rollicking ride through dance and percussion and ROCK OUT with Razz. Suitable for 0 – 4 years.
Time 9.15 - 10am
Date 17 April – 26 June
Cost \$55 (11 sessions)



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.
Time 9.30 – 11.30am
Date 17 April – 26 June
Cost \$15 per session

Funky Sewing Basics for Men and Women
Friday students will walk away having made a little top, zip pouch and sling bag. No sewing experience required.
Time 10am – 12.30pm
Date 15 May – 5 June
Cost \$40 (4 sessions)

Worm Farming, Composting & Bokashi
Come and learn about the different ways of composting, including bokashi, permaculture and hot compost. Whether you have just a balcony or a huge backyard, there is a composting solution to suit you. Learn tips to manage the system for success including troubleshooting, harvesting and using the compost you have produced.
Time 10am —12pm
Date 22 May
Cost FREE



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 1 – 4pm
Date 17 April – 26 June
Cost FREE

AND MORE....

Indigenous Waterways Story Telling with Uncle Larry on the Blackbird River Cruise & Picnic
If you like the idea of understanding the importance of the waterways from an Indigenous perspective, while exploring the Maribyrnong River on the *Blackbird* cruise boat and enjoying a picnic prepared by Mabu Mabu, an indigenous local café, well this afternoon is for you! A mini van will collect and return you to the centre.
Time 12.15 – 4.30pm
Date Thursday 30 April
Cost \$25

Ethiopian Cooking With a Twist
Who would like to experience Saida's delicious Ethiopian baos with a dori wot and tibbs filling? A beautiful Buddha bowl will also include aromatic Aliche (potatoes, carrots, cabbage and green beans)a beetroot salad, and a spicy lentil dahl, chickpeas and toasted injera!
Time 11am –1pm
Date Thursday 11 June
Cost \$15

Computer Literacy for Women*
Designed for people with very little confidence in computers, especially women from culturally and linguistically diverse backgrounds.
Time 6 – 7.30m
Date Saturday 25 April – 27 June
Cost FREE (excl. Pub.Hol 8/6)

Yoga for Body & Soul (Women's Only)
Treat yourself in this rather unique class. Allow Vineeta to gently guide you through the physical and spiritual aspects of yoga.
Time 6 – 7.15pm
Date Monday 20 April – ongoing
Cost \$5 per session (casual)

Social Drop in Pool & Table Tennis Fun
If you love playing pool, billiards, snooker, table tennis or just want to learn, come and visit us on Tuesday morning or Thursday evening to hang out, meet some people and have a cuppa. Everyone is welcome, we'd love to see you there!
Date 31 March – 28 May
Time Tuesday 10.30am – 12.30pm
Time Thursday 6.30 – 8.30pm
Cost FREE



Classes with an asterisk* mean this program is funded by Yarraville Community Centre & that eligibility criteria applies.

For further information or to book please call 9688 0543 (Mon-Fri 9am-5pm).