

Message from the Centre Facilitators

A very warm THANKYOU to all tutors, students and other friends of the Centre for helping to make 2019 such a fabulous one. Our end of year 'Disco Funk Fever' was a great example of the colour and energy you all bring to teaching, learning and sharing the good vibe at Maidstone Community Centre. Our challenge for 2020 is to continue to tap into this energy and improve our program wherever we can. There is a lovely saying by the famous Margaret Mead:

"Never doubt that a small group of thoughtful, committed citizens can change the world; Indeed, it's the only thing that ever has."

Monique & Anna
Centre Facilitators

New and Popular Workshops

We are so lucky to have the ever talented **Rachel Pitts**, author of *The Hungry Girls' Cookbooks* and four new *Season* books, run a series of workshops for us starting with **Summer Cooking**. Her food is simple, global, eclectic, and delicious. This fabulous class will include a few favourite summer dishes such as Greek stuffed tomatoes; grilled peach, haloumi and basil salad; a surprise dish from Asia; and a superb plum ice-cream!

If you haven't sampled delicious home made **Maltese** food this **cooking workshop** is your chance. Hobz Biz Zejt u tadam, Gbejniet (soft cheese), Ravjul with a fresh tomato sauce and Biskuttini Tal-Lewz. Everybody gets to sit down and enjoy a lovely lunch afterwards. You won't be disappointed!

Who wants to come and learn how to make authentic **Hawker style food**? **Deb Ong**, former owner 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. Yummo! She's also here to teach you how to make delicious **hot cross buns** and gorgeous Easter biscuits to get you into the swing of baking throughout the school holidays.

Fancy a bit of sewing? Our **Funky Sewing Sustainable Class** for men and women, will have you making 'produce' bags, heat packs, and hardy dish cloths, using your own recycled fabrics. Zoe, our fabulous teacher, will also show you how to alter all those amazing op shop finds that have been sitting in your wardrobe forever! No experience required.



Home Maintenance for Women

If you've ever wanted to know how to do some basic things around the house well here's your chance!

In this fabulous hands-on **three hour workshop** Jane will teach you how to hang pictures and curtain rails, change washers, fix door handles, attach door stoppers, patch holes, apply grout and much more! Don't miss out limited places.

Pool & Table Tennis Social Fun

If you love playing pool, billiards, snooker or 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.

If you like the idea of exploring the Maribyrnong River on the **Blackbird cruise** boat and coming back to our centre for a lovely relaxed **BBQ**, well this afternoon of fun is for you!

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.

Date 7 April
Time Tuesday 10 – 11am
Cost \$10 / \$5 conc.

Lip Balm and Bath Bomb Making for Kids

Who would like to make a selection of tailor-made gorgeous bath bombs (4) and one special lip balm, using simple household ingredients and beautiful essential oils? Well we have a combined, fun, hands-on workshop to keep your kids busy during the holidays. This class is for carers and children to attend together.

Date 2 April
Time Thursday 10.30am – 12pm
Cost \$15

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.

Date 8 April
Time Wednesday 10 – 11am
Cost \$3

YOUR COMMUNITY SPACE

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

The other two are in Maribyrnong and in Braybrook.

They are great places to meet family, 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!

Skateboard Deck Painting

Paint your own amazing skateboard in this three hour workshop with Anna from A is for Art. Students will first learn how to sketch a design on paper, then transfer it onto the board and colour using paint and markers. And finally how to seal with lacquer. No experience necessary. Suitable for kids aged 8-14 years old. Wheels not provided.

Date Tuesday 31 March
Time 9.30am – 12.30pm
Cost \$20 / \$10 conc.

Disco Funk Fever

On Friday 6 December RazzBerry Beret, our fabulous heart pumping DJ, Imogen our roller skating Disco Diva, an armful of wonderful volunteers and at least 150-200 other locals danced up a storm! What a great night with glamorous face painting, hula hooping, roller skating, hot dogs, icy poles and our very own fairy floss machine. Thanks to Saida and Kim for doing such a great job serving out this pink fluff to such an eager crowd! Some people were even brave enough to get dressed up in 70s and 80s gear. We would love to see you all come along next year for a fun filled night of getting your groove on!

Work experience

How lucky were we to have five intelligent and respectful year 10 students from Footscray City College do work experience with us for the week leading up to our disco? The lovely lads learnt about marketing and social enterprises, they baked cakes and made jam and relish and then made their products available for donation and raised well over \$300 for their chosen cause – The Australian Koala Foundation. Their placement was so full of passion and purpose we can't wait to do it again hopefully the same time next year.

Harmony Feast

Don't miss out on our fabulous FREE Harmony Feast *on Sunday **March 22** from 12 –3pm. This a beautiful day of sharing food made by locals from 15 different cultures. There will also be fabulous live music, kids entertainment, art activities and a lot of LOVE. It's all FREE and delicious, so come along and enjoy this gorgeous multicultural feast to help us celebrate our amazing diverse community!

Photo gallery



Above: Skateboard Deck Painting



Above: Disco Funk Fever 2019



Above: Harmony Feast 2019

Check us out on Facebook!

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



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

Responsive, Inclusive,

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

Relevant, Accessible.

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 3 February 22 June
Cost FREE ((excl. school Holidays))

English as an Additional Language*
Improve everyday English skills through reading, writing, speaking and listening.
Time 9.30am – 1.30pm
Date 3 February – 23 March
Cost FREE (excl. Pub.Hol 9/3)
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, creator of Music for Hip Toddlers. 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 17 February – 23 March
Cost \$25 (excl. Pub.Hol 9/3)



Tai Chi For People of All Abilities
A simple and elegant movement class with the kind and patient Antonio.
Time 10.30 - 11am or 11.15am –12.15pm
Date 3 February - 23 March
Cost FREE (excl. Pub Hol 9/3)

Tai Chi For Mind Power & Memory
A focus on increasing both fitness and concentration with the energetic Mei.
Time 1 – 2pm
Date 3 February – 23 March
Cost FREE (excl. Pub.Hol 9/3)

Intermediate Computers*
This course expands on our Beginners Plus classes. Learn to produce well-designed documents in Excel and Word; download, edit and back-up your photos; and create a slideshow with PowerPoint.
Class runs at same time on Thursdays
Time 1 – 4pm
Date 3 February – 22 June
Cost FREE (excl. school Holidays)

Computer Literacy for Women*
Designed for women with very little confidence in computers, especially those from culturally and linguistically diverse backgrounds.
Time 6 – 7.30m
Date 3 February – 22 June
Cost FREE ((excl. school Holidays))

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 6 January—Ongoing
Cost \$5 casual (excl. Pub.Hol 9/3)

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 28 January – 24 March
Cost FREE

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 10am – 12pm
Date 18 February
Cost \$20 / \$10 conc.

Yoga for Women and Men
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.
Time 9.30 –10.30am
Date 28 January – 24 March
Cost \$5 (casual)

Soap and Shampoo Bar Making
This fabulous workshop will teach you how to make soap and shampoo bars using the hot process method. You'll learn to make gorgeous soap and shampoo with a coconut base, essential oils and other goodies. Samples supplied.
Time 10am –12pm
Date 25 February
Cost \$20 / \$10 conc.



Blackbird River Cruise & Social BBQ for Men
If you like the idea of exploring the Maribyrnong River on the *Blackbird* cruise boat and coming back to our centre for a lovely relaxed BBQ, well this afternoon of fun is for you! Come and meet some new people and see what other programs our centre has to offer. Our mini bus will collect you from the centre and drop you back. Limited places so book in quickly.
Time 12.30 – 5pm
Date 3 March
Cost FREE

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 4 February – 24 March
Cost \$40

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 29 January 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 29 January – 24 June
Cost FREE

Hot Cross Buns & Easter Biscuits
Come and learn how to make some delicious hot cross buns and gorgeous Easter biscuits with the fabulous Deb Ong, former owner and chef from Jack B Nimble. You won’t be disappointed, they’ll be quick easy and delicious!
Time 10am – 12pm
Date 4 March
Cost \$15

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

Rainbow Playgroup
This group has been created as a social group for gay, lesbian, queer, transgender and intersex 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 2 – 3.30pm
Date 29 January – 25 March
Cost Gold coin donation

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 19 February – 11 March
Cost \$40

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 29 Jan – 25 Mar (Beginners)
30 Jan – 26 Mar (Advanced)
Cost \$5 (4 sessions)

TERM 1 January — March 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 30 January – 26 March
Cost \$45 (9 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 30 January – 26 March
Cost \$5 per session (casual)

Maltese Cooking Workshop
If you haven’t sampled delicious home made Maltese food this is your chance! Hobz Biz Zejt u tadam, Gbejniet (soft cheese), Ravjul with a fresh tomato sauce and Biskuttini Cinnamon. Everybody gets to enjoy lunch.
Time 11am – 1pm
Date 5 March
Cost \$15

Hawker’s Food Workshop with Deb Ong
Who wants to 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 11 – 1.30pm
Date 20 February
Cost \$15



Rachel Pitts Summer Cooking Workshop
Rachel is a local recipe writer and cookbook maker – author of *The Hungry Girls’ Cookbooks* and four new *Season* books. Her food is simple, global, eclectic, and delicious. This fabulous class will include a few favourite summer dishes, to be eaten together at the end: Greek stuffed tomatoes; grilled peach, haloumi and basil salad; a surprise dish from Asia; and plum ice-cream.
Time 11am – 1pm
Date 12 March
Cost \$15

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 13 February - 26 March
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 31 January – 27 March
Cost \$45 (9 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. 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 31 January - 27 March
Cost \$15 per session

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 31 January – 26 June
Cost FREE

Funky Sustainable Basic Sewing & Friday Basics for Men and Women
The **Saturday sustainable workshops** will have you whipping up produce bags and dish cloths, heat packs, and altering op shop finds. **Friday students** will walk away having made a little top, zip pouch and sling bag. No sewing experience required.
Time 10am – 12.30pm
Date 21 Feb – 13 Mar (Friday)
22 Feb – 14 Mar (Saturday)
Cost \$40 (4 sessions)



AND MORE....

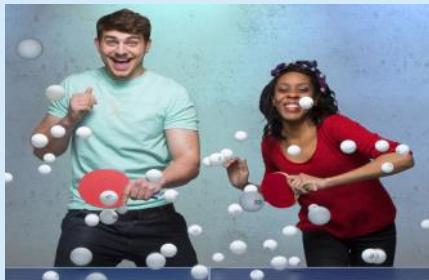
Essential Oil Workshop for Anxiety
In this class you will learn about what anxiety actually is, some simple techniques to manage thoughts relating to anxiety based on the Cognitive Behavioural Model and Mindfulness. You will also learn how to incorporate essential oils into your mood management regime.
Time 10.30am – 12pm
Date Saturday 7 March
Cost \$8

Home Maintenance for Women
If you’ve ever wanted to know how to do some basic things around the house well here’s your chance! In this three hour workshop Jane will teach you how to hang pictures and curtain rails, change washers, fix door handles, attach door stoppers, patch holes, apply grout and more!
Don’t miss out limited places.
Time 10am – 1pm
Date Thursday 5 March
Cost \$15

Bee Keeping Workshop
If you would like to learn the fundamentals of beekeeping and the rules and regulations valid for Victoria, this two hour workshop is for you. Please book through council’s events page.
Time 1 – 3pm
Date Saturday 14 March
Cost FREE

Garden Bed Making Workshop
This two hour workshop run by the fabulous Ella Boyen, will show you how to establish a fantastic ‘planter box’ styled raised bed, which you can adjust in size to meet your needs, whether growing veggies or flowers. This will cover design materials and positioning and be hands on!
Time 9.30 – 11.30am
Date Wednesday 26 February
Cost FREE

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!
Time Tuesday 10.30am –12.30pm
Date 10 March – 12 May
Time Thursday 6.30 – 8.30pm
Date 12 March– 14 May
Cost FREE (10 weeks)



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).