

### Pilates

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

**Time:** 6-6.45pm

**Date:** Thurs, 27 April-22 June

**Cost:** \$10 per session



### Tablet and Devices Class (YCC)\*

Learn to use your device, whether its a tablet, smartphone or iPad, to reconnect with family and friends, connect with your community and interests through online group activities, or to watch documentaries and movies.

**Time:** 10am-12.30pm

**Date:** Thurs, 27 April-22 June

**Cost:** Free

### Latin American Women's Social Group

This Spanish speaking group comes together to enjoy a friendly chat, light lunch and a cuppa. Participants are welcome to bring along something crafty to keep their hands busy!

**Time:** 10am-1pm

**Date:** Thursdays, 3 Feb ongoing

**Cost:** Free

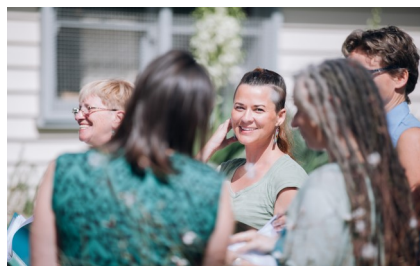
### WEFO Singers

Join this community choir, rehearse a range of music and enjoy meeting other locals! Call 9688 0543 to get in touch with Cecilia the choir leader.

**Time:** 7.30-9pm

**Date:** Every second Wed from 3 May

**Cost:** Free



## Children's Classes

### Maidstone Reading Club

Come along for one-to-one group reading and literacy based activities. A healthy afternoon tea is also provided. The club is aimed at primary school aged children who may not get to read at home, can't afford tuition or find reading challenging.

**Time:** 3.45-5pm

**Date:** Thursdays, 27 April- 22 June

**Cost:** Free

### Global Flavours Kids Can Cook Class

These fun-filled cooking classes will get kids making mini Greek pies, Italian pizza, Middle Eastern dips, Spanish Tortillas, Vietnamese rice paper rolls, smoothies, and bliss balls, all while learning important knife handling skills. 6-12yrs. Book week one, two or both!

**Time:** 10-11.30am

**Date:** Wed 28 & Thurs 29 June

Wed 5 & Thurs 6 July

**Cost:** \$20 (for two sessions)

\$40 (for four sessions)



### Spanish Speaking Playgroup

This wonderful new group is for Spanish speaking families. Children will have the opportunity to practice language through songs, games and general conversation. Only Spanish will be spoken.

**Time:** 10.30am-1pm

**Date:** Mondays, 24 April-19 June

**Cost:** \$1 per family

### Parenting Group

Are you a new parent or parenting a new person between the ages of 3-8 months? The New Parents Group is a casual, safe and supportive network of first and second time parents going through similar joys and challenges of navigating parenthood.

**Time:** 1-3pm

**Date:** Thursdays ongoing

**Cost:** \$1

## Spread the Warmth Lunch Celebrating Refugee Week



This year during Refugee Week we will be hosting a lovely hot lunch in the Lounge Room to celebrate the wonderful, positive contributions refugees make to our community.

Our centre is hugely multicultural and we host groups from Eritrea, Sudan, Chile, Ethiopia, Vietnam, and Spain. There will be limited places but if you are interested in coming along please call us on 9688 0543.

**Time:** 11.30am-1pm

**Date:** Thurs 22 June

**Cost:** Free

## SustainaBubs Clothing Swaps

**REDUCE** your landfill impact  
**RECYCLE** unwanted children's clothing  
**REUSE** donations from others



**Time:** 1-3pm

**Date:** Sat 27 May

**Cost:** \$2

**Where:** MDCC 21 Yardley St Maidstone

## Message from the Centre Facilitator

Welcome to our term 2 newsletter! We have lots of great things in store for you, so sit down with a cuppa and see what's on offer. We had a very busy first term celebrating Harmony Feast with over 2000 people attending and enjoying the festivities, but this term proves to be just as exciting. See you all soon!

**Monique Camilleri**

## New Foodie Workshops & More...

### Medicinal Herbs and Spices Workshop

Come and join Julia, a vegan chef and nutritionist, to learn about everyday herbs and spices that are good for you and will help you improve your immune system throughout the year. Delicious juices and warm drinks will be concocted to demonstrate the power of food as medicine.

### French Fusion Cooking

This soulful workshop will transport you to another place where you'll delight in a lemongrass and coconut chicken fricassée and a delicate coconut pandan cream panacotta for dessert. There will be lots of storytelling and laughter along the way and of course a delicious meal to sit down and enjoy!

### Peruvian and Chilean Vegan Cooking

Who would like to learn how to make delicious Empanadas from scratch, a superb Shepherds pie, delicate Ceviche, a hearty Cazuela soup, and Alfajores caramel biscuits garnished with coconut?

### Autumn Cooking with Rachel

Come and cook some new autumn dishes with Rachel. We'll make an Argentinean vegetable stew called *humitas*, traditionally served at Easter but perfect whenever corn and pumpkin are in season. There will also be Brazilian cheese bread (gluten free!), an unusual but simple Japanese buckwheat soup, and an exotic fruit drink that tastes like sorbet in a glass!

### Tantalising Thai Cuisine

Join Deb Ong on this aromatic cooking journey and learn how to make Pad Kra Pao, a delicious tender pork and basil stir-fry, her famous chicken green coconut curry and a delectable mango sticky rice for dessert. You'll get to meet new people and sit down to a lovely lunch!



## Spread the Warmth Lunch celebrating Refugee Week

This year during Refugee Week we will be hosting a lovely hot lunch in the Lounge Room to celebrate the wonderful, positive contributions refugees make to our community. Limited places available. Please call 96880543 to book.

**Time:** 11.30am-1pm

**Date:** 22 June

**Cost:** Free

## Soil and Berry Growing Workshop

Come along to learn how to improve your soil to grow a great berry crop. This session will explore soil health and pH, and the requirements for growing different types of berries. Learn tips for growing and maintaining different berry crops to increase your yield.

**Time:** 10am-12pm

**Date:** 19 May

**Cost:** Free

Check us out on Facebook!

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



## Responsive, Inclusive, Relevant, Accessible.

Maidstone Community Centre is part of the Maribyrnong City Council's Community Centre network. 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](http://www.maribyrnong.vic.gov.au)

## Maidstone Community Centre

Address: 21 Yardley Street,  
Maidstone 3012  
Phone: 9688 0543  
Email: [maidcomm@maribyrnong.vic.gov.au](mailto:maidcomm@maribyrnong.vic.gov.au)

## Office opening hours

Monday - Friday  
9am - 5pm

**Closed on weekends and public holidays**



# Maidstone Community Centre Courses & Workshops

## MONDAY

### Beginners Computers (YCC)\*

Designed specifically for people with little or no computer knowledge. Learn how to use computer hardware and software, internet safety and Google search for information. You will also learn how to create simple documents using Microsoft Word and Excel.

**Time:** 9.30am-12.30pm  
**Date:** 24 April-19 June (exc 12/6 Pub Hol)  
**Cost:** Free

### English as an Additional Language

Improve everyday English skills through reading, writing, speaking and listening.

**This class also runs on Thursdays**

**9.30-1.30pm. (YCC)\***

**Time:** 9.30am-1.30pm  
**Date:** 24 April-19 June (exc 12/6 Pub Hol)  
**Cost:** Concession rates apply

### Solar Savers Information Session

Let's talk solar! Come hear from Council's Solar Savers team about solar energy, and whether it's right for you. Learn how generating your own electricity via solar panels can reduce your energy bills, future-proof your household against energy costs, and reduce your carbon footprint. Hear how the Solar Savers program can help you along your solar installation journey!

**Time:** 10-11am  
**Date:** 5 June  
**Cost:** Free

### Intermediate Computers (YCC)\*

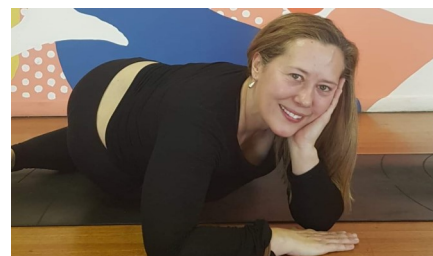
This class expands on our Beginner Plus classes. Learn to produce well-designed documents in Excel and Word; download and back-up your photos; use a photo editing program; and create a slideshow with PowerPoint.

**Time:** 1-4pm  
**Date:** 24 April-19 June (exc 12/6 Pub Hol)  
**Cost:** Free

### Tai Chi for Mind Power & Memory

A focus on increasing both fitness and concentration with Mei to create calm and wellbeing.

**Time:** 1-2pm  
**Date:** 24 April-19 June (exc 12/6 Pub Hol)  
**Cost:** Free



### Monday Evening Slow Flow Yoga Class for Men & Women

Let Cecilia guide you through a relaxing, slow-flowing yoga class to unwind after your day. Enjoy gentle meditation and breathing and finish the class with a long guided Savasana.

**Time:** 6-7pm  
**Date:** 24 April-19 June (exc 12/6 Pub Hol)  
**Cost:** \$5 per session

## TUESDAY

### Medicinal Herbs and Spices Workshop

Come and join Julia, a vegan chef and nutritionist, to learn about everyday herbs and spices that are good for you and will help you improve your immune system throughout the year. Delicious juices and warm drinks will be concocted to demonstrate the power of food as medicine.

**Time:** 10am-12pm  
**Date:** 13 June  
**Cost:** \$18 (workshop)



### Vietnamese Playgroup

This Vietnamese playgroup offers art and craft activities, and bilingual story time to support children's fine motor skills and language development. We also support and link parents to local communities, early childhood services and increase families' social networks in the community through outings and celebrating special events. Healthy snacks are provided. Please contact the facilitator, Thuy, via email at [thuy.pham@avwa.org.au](mailto:thuy.pham@avwa.org.au) for more information.

**Time:** 10am-12pm  
**Date:** 2 May-20 June  
**Cost:** Free

### Social Art

Social art is a visual arts program for art lovers with an intellectual/physical disability and their support worker if required. The program will explore diverse art forms including drawing, painting, and printmaking. Come and build your art skills, meet new people and have a great time!

**Time:** 10.30am-12pm  
**Date:** 23 May-20 June  
**Cost:** \$60 (five sessions)

### Drop In Social Baking

If you want to come together in a relaxed and informal way and just hang out, chat and bake with others in our fabulous kitchen, well here's your chance. This is a great way to meet other locals while having fun! Please bring your own ingredients.

**Time:** 10am-12pm  
**Date:** 2 May-20 June  
**Cost:** Free

### Drop in Table Tennis

If you love playing table tennis in an informal and fun setting, pop over on Tuesday and have a bash. Invite your friends and enjoy a great afternoon while meeting new people. All are welcome!

**Time:** 12-2pm  
**Date:** 2 May-20 June  
**Cost:** Free

## 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. There's a special pampering sessions for parents too!

**Time:** 9.30-11.30am  
**Date:** 26 April-5 July  
**Cost:** \$2 per family

### Positive Steps Walking Group

Walking is a great way to boost your strength, fitness and general wellbeing. On your return enjoy a cuppa and a chat.

**Time:** 10am-12pm  
**Date:** Every Wednesday from 26 April  
**Cost:** Gold coin donation

### Tantalising Thai Cuisine

Join Deb Ong on this aromatic cooking journey and learn how to make Pad Kra Pao, a delicious tender pork and basil stir-fry, her famous chicken green coconut curry and a delectable mango sticky rice for dessert. You'll get to meet new people and sit down to a lovely lunch with everyone too!

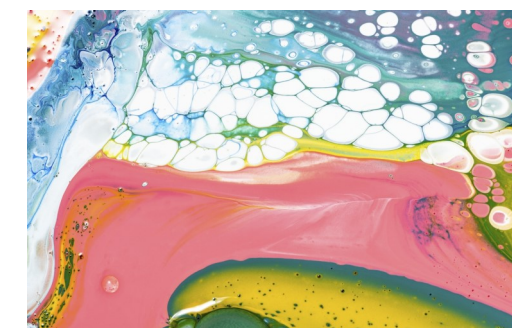
**Time:** 10am-1pm  
**Date:** 31 May  
**Cost:** \$18 (workshop)



### Beginners Plus Computers (YCC)\*

Designed for people who have some knowledge of computers, this class introduces students to the basics of how a computer works, Microsoft Word and the internet. **This class also runs on Friday 1-4pm.**

**Time:** 9.30am-12.30pm  
**Date:** 26 April-21 June  
**Cost:** Free



### Card Playing

This friendly card group meets every Wednesday and loves playing 500. They are also open to playing new suggested games like Euchre. All beginners are welcome!

**Time:** 1-3pm  
**Date:** Ongoing  
**Cost:** Free

# Term April - June 2023

## THURSDAY

### Music for Hip Toddlers

Come on a rollicking ride through dance and percussion and rock out with Razz in this ten-week course. Suitable for 6 months -4 years.

**Time:** 9-9.45am  
**Date:** 27 April-22 June  
**Cost:** \$45 (9 weeks)

### Women's Only Yoga

Come and increase your physical health and wellbeing by joining Cecilia'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.

**Time:** 9.30-10.30am  
**Date:** 27 April-22 June  
**Cost:** \$5 (session)



### Preserve Making with the CWA

If you've always wanted to make home-made jams this workshop is for you! Delicious pear and vanilla jam, raspberry jam and cauliflower pickles are on the menu. You'll also get to take home little sample bottles made during the session.

**Time:** 10am-12.30pm  
**Date:** 18 May  
**Cost:** \$18 (workshop)

### French Fusion Cooking with Anastasia

Anastasia born in Vietnam, grew up experimenting, combining and harmonizing different Vietnamese and French ingredients and flavours. This soulful workshop will transport you to another place where you'll delight in a lemongrass and coconut chicken fricassée and a delicate coconut pandan cream panacotta for dessert. There will be lots of storytelling and laughter along the way and of course a delicious meal to sit down and enjoy!

**Time:** 10am-1pm  
**Date:** 25 May  
**Cost:** \$18 (workshop)

### Peruvian and Chilean Vegan Cooking

Who would like to learn how to make delicious Empanadas from scratch, a superb Shepherd's pie, delicate Ceviche, a hearty Cazuela soup, and Alfajores caramel biscuits garnished with coconut?

**Time:** 10am-1pm  
**Date:** 8 June  
**Cost:** \$18 (workshop)



## FRIDAY

### Music for Hip Toddlers

Come on a rollicking ride through dance and percussion and rock out with Razz in this nine-week course. Suitable for 6 months-4 years.

**Time:** 9-9.45am  
**Date:** 28 April-23 June  
**Cost:** \$45 (9 weeks)



### Intermediate Computers (YCC)\*

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:** 9.30am-12.30pm  
**Date:** 28 April-23 June  
**Cost:** Free

### Home Maintenance Class for Women

In these three hands-on sessions you'll learn how to hang pictures and curtain rails, change washers, fix door handles, attach door stoppers, apply grout, and basic electrical skills!

**Time:** 10am-12pm  
**Date:** 5-19 May  
**Cost:** \$20 (three sessions)

### Martial Arts (Vovinam Viet Vo Dao)

This fun and energetic class is a Vietnamese martial art aimed to enhance self confidence. It promotes fitness and discipline and aims to support a strong mind and body and positive connection to community.

**Time:** 5-6.30pm (kids 6-12yrs)  
6.30-8pm (ages 13-adults)  
**Date:** 28 April-23 June  
**Cost:** \$60

### Soil and Berry Growing Workshop

Come along to learn how to improve your soil to grow a great berry crop. This session will explore soil health and pH, and the requirements for growing different types of berries. Learn tips for growing and maintaining different berry crops to increase your yield.

**Time:** 10am-12pm  
**Date:** 19 May  
**Cost:** Free

### Chook Workshop

This informative workshop involves choosing chooks, basic needs, feeding, predator protection, hygiene, health and happiness, and council requirements!

**Time:** 10am-12pm  
**Date:** 2 June  
**Cost:** Free

## AND MORE....



### Footscray Art and About Tour

Why not meet new people and join this fabulous street art walking tour throughout Footscray with local artist Amanda Neville? This will be a relaxed, fun morning admiring many local, beautiful murals and great graffiti. Wear comfy shoes, bring some water and a sense of adventure. Meeting at the ASRC car park in Footscray and ending at Myrtle Café for a complimentary tea or coffee!

**Time:** 10am-1pm  
**Date:** Frid 26 May  
**Cost:** \$15

### Funky Sewing for Men and Women

After four fun-filled, relaxed sessions students will walk away having made a top, zip pouch and sling bag. No sewing experience required.

**Time:** 10am-12.30pm  
**Date:** Frid 5-26 May  
**Cost:** \$60 (4 sessions)



### Autumn Cooking with Rachel Pitts

Come and cook some new autumn dishes with Rachel. We'll make an Argentinean vegetable stew called *humitas*, traditionally served at Easter but perfect whenever corn and pumpkin are in season. There will also be Brazilian cheese bread (gluten free!), an unusual but simple Japanese buckwheat soup, and an exotic fruit drink that tastes like sorbet in a glass!

**Time:** 10am-1pm  
**Date:** Thurs 11 May  
**Cost:** \$18 (workshop)

We acknowledge that we are on traditional lands of the Kulin Nation. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander peoples past, present and emerging.

Classes with an asterisk\* means the program is funded by Yarraville Community Centre



For further information or to book please scan QR code or call 9688 0543 (Mon-Fri 9am-5pm) OR

[CLICK HERE to view classes and book](#)