#### Venue hire

Our Centre has various rooms available for hire at reasonable rates on a regular or casual basis, depending on availability.

Rooms are suitable for meetings, training sessions or functions.

All room hirers will have access to shared kitchen facilities.

The Main Hall is currently available on Thursday from 9am-6.30pm.

We also have meeting equipment available for hire at a low cost.

If your community group is looking for a space, please contact us on 9032 4305 to discuss availability or to arrange a time to view the Centre.

### **Community Groups at the Centre**

Below is a list of groups which currently meet at the Centre for activities or meetings. For more information on these groups, please see administration staff or contact the group

Alexandria's Dance	9382 0037
Essendon Square Dancers	9390 8308
Footscray Rotary Club - Craft Group	0438 689 988
Forever Friendship Dance Troup Inc.	0412 561 884
Friends of Sandy	0419 112 436
Lauralee Dance Club	9317 9526
Maribyrnong Orchid Society	0412 040 237
Maribyrnong Residents Association	0433 936 366
Maribyrnong Senior Citizens	9317 7183
Melbourne Church of Christ	0488 202 403
Western Hospital Auxiliary	9318 5656
Wit Kids	0450 018 380

## **Monthly Movies**

Join in a free movie session, held on the third Friday every month from 11am-1pm. Enjoy a light lunch and a cuppa as you watch the movie. Suggestions for movie titles are always welcome!

Bookings essential as places are limited to 30.

Movie dates in Term 4 are: 20 October.

17 November and 15 December.

#### Church Street Children's Service

Church Street Children's Service, operating at Maribyrnong Community Centre whilst their building is under redevelopment, currently has vacancies.

The service is open Monday to Friday, 7am-6pm and provides a high quality, integrated service for children from 6 months to 5 years with a 4 year kindergarten program.

The service helps families meet their child's educational, development, social, cultural and emotional needs.

To enrol in care, children need to be registered with Maribyrnong City Council's Early Years Central Registration System.

If you wish to view the Centre prior to registering, please contact Church Street Children's Service on 9317 5794.

#### New Ideas!

Do you have a skill you would like to share with others? Or are you interested in learning a skill or participating in a activity not currently offered at the Centre. If so, we would love to hear from you. Please speak to Centre staff to pass on your suggestions.



## Responsive, Inclusive, Relevant, Accessible.

Maribyrnong Community Centre is part of the Maribyrnong City Council's Community Centres. Along with Braybrook Community Centre and Maidstone 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

# **Maribyrnong Community Centre Newsletter**

Term 4 2017: 9 October - 22 December



#### In Review:

Term 3 was a very busy term with participants enjoying a variety of activities including card making, yoga, and information sessions on How to Prepare for a Flood Evacuation during Adult Learner's Week.

#### **Term 4 Enrolments**

Enrolments are now open for our Term 4 program. For details on programs and activities offered, see inside. A minimum of 4 participants is required for a class to start

# Volunteer opportunities at Maribyrnong

We are currently seeking a craft person to help organise our CrAfternoon Tea sessions on a Thursday afternoon from 1.30 - 3.30pm.

We are also seeking a person to lead our Computer Club on Tuesday afternoon from 2 - 4pm.

If either of these opportunities is of interest to you, please call the Centre for further details.

# Maribyrnong's mid week twilight community market

We're excited to reinstate our community markets with the first to be held on **Tuesday 21 November from 6.30 - 9pm.** 

The market is open to local artists who would like the opportunity to sell their works or to local residents wishing to on-sell second hand items (no electrical equipment to be sold).

We will have a sausage sizzle and children's activities on the night.

Cost of a stall is \$10 (trestle table and chairs provided).

To register your stall, please contact us on 9032 4305 or email maricomm@maribyrnong.vic.gov.au

# Active Maribyrnong Spring into Summer Series - Seniors Movement Class (5 week program)

A fun class for seniors citizens, providing the opportunity to meet new friends whilst participating in a low impact movement class.

Friday 1.30 - 2.30pm, 17 November - 15 December FREE

If you require transport to and from the program, please let us know and we can provide this for your free of charge.

Registrations open on Monday 9 October. To register, please contact Maribyrnong City Council's Positive Ageing team on 9688 0192.

## **Christmas Morning Tea**

Join us at our end of year morning tea to celebrate the start of the festive season.

Wednesday 13 December 10.30-11.30am
Registration essential for catering purposes.
Call us on 9032 4305 or email
maricomm@maribyrnong.vic.gov.au
advising of any dietary requirements.



#### Check us out on Facebook!

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

Maribyrnong Community Centre
9 Randall Street

Maribyrnong 3032

Ph: 9032 4305 | F: 9318 5427 E: maricomm@maribyrnong.vic.gov.au www.maribyrnong.vic.gov.au/maricomm





Office Opening Hours Monday - Friday 9am - 5pm

The office is closed on weekends and Public Holidays

# **Term 4 Programs and Activities**

Health And Wellbeing	Day & Time	Date	Cost
'Use It Or Lose It' - Gentle Yoga The benefits of yoga can be many; from improving sleep and reducing stress to enhanced breathing function and helping with pain from ailments, concentration and much more. Bring along a pillow and small blanket. For concession eligibility, please present your Seniors or HCC. Tutor: Paula Crawford-Hall	Monday 10.45am- 11.45am <b>or</b> Wednesday 11am-12pm	16.10.2017 - 11.12.2017 18.10.2017 - 13.12.2017	\$5.00 Concession 60+ & Health
Hatha Yoga Composed of physical limbering, stretching, movement and poses, breathing, relaxation and meditation. Richard, a full member of the International Yoga Teachers Association, has been teaching continuously at the Centre since 1988 and his unique approach from his extensive Hatha Yoga training has evolved in these classes.  Tutor: Richard Liddicut	Monday Beginners - 6pm-7.30pm or Intermediate - 7.45pm-9.15pm	09.10.2017 - 04.12.2017	\$103.50 Full Fee \$81.00 Conces- sion \$93.15 Returning Student
Line Dancing A choreographed dance with a repeated series of steps suitable for all ages and abilities. A fun way to stay fit and keep active. First hour suitable for new dancers and beginners. All welcome. Tutor: Heather Barszuskyj	Wednesday 12.30pm-4pm or 7pm-10 pm	04.10.2017 - 13.12.2017	\$6.00 per session includes tea/ coffee
Maribyrnong Walking Group  Meet at the Centre for a walk taking approximately 1 hour. Route will be determined by the participants on the day. Return to the centre afterwards for a cuppa and a chat. All welcome.	Wednesday 8.30am	04.10.2017 - 20.12.2017	Free
Children's Programs	Day & Time	Date	Cost
Mini Chefs Under the guidance of a qualified Chef, children aged 6-12 years will be involved in cooking, food preparation and cleaning during this hands-on class. Please bring an apron and containers. Tutor: Neil Gerecke	Thursday 4pm-5.30pm	26.10.2017 - 16.11.2017	\$60.00
Kreativa Arts An exciting range of classes and workshops for 5-12 years old allowing children to develop their imagination and expression and to explore and expand their unique talents.  Tutor: Emma Arnel	Tuesday 4pm-5.30pm Wednesday 4pm-6pm	10.10.2017 -12.12.17 18.10.17- 13.12.2017	\$54.00 (5-8 year olds) \$54.00 (9-12 year olds)
Kids Beats - Pre-school Program A class for 2 -5 year olds, providing an environment for children to explore body movement and develop their physical, social and emotional wellbeing. Parent participation encouraged. Tutor: Laura loannou	Wednesday 10am-10.45am	18.10.2017 - 20.12.2017	\$60.00
Yoga = Happy Kids Fun classes consisting of yoga poses, breath work, relaxation techniques and games, in a safe, interactive and educational environment. Suitable for 3—5 year olds. Tutor: Paula Crawford-Hall	Monday 9.30am-10.15am	16.10.2017 - 11.12.2017	\$54.00
Yoga for Children with ASD This program can help children learn how to move, concentrate and breathe. In a safe, fun and educational environment, sessions will provide children with tools on how to control movement and emotions as well a focus techniques. Tutor: Paula Crawford-Hall	Tuesday 5.30pm-6.15pm	17.10.2017 - 05.12.2017 Fortnightly Classes	\$36.00
Kids Beats - Primary School Program An environment where kids 5-12 year olds, can explore movement through yoga and dance, this class is designed to incorporate a range of fun activities, with a strong focus on creating healthy hearts and happy minds! Activities include parachute games, art & craft, dance and yoga.  Tutor: Laura loannou	Monday 4pm-4.45pm	16.10.2017 - 18.02.2017	\$60.00
Just Circus for Children A fun class for children aged 3 – 5 years old to develop and explore movement through activities including hula hoops, juggling, balancing, somersaults and ribbon dancing. Tutor: Georgina Sidon	Thursday 10am-10.45am	19.10.2017 - 07.12.2017	\$48.00
Reiki for Children with Fairy Storytime Through story time and activities children will learn how to express themselves through their words. The session will end with a short meditation session for the children. For 3-5 year olds. Tutor: Georgina Sidon	Thursday 11am-11.45am	19.10.2017 - 07.12.2017	\$48.00
Japanese Playgroup A parent run playgroup for families from a Japanese background, currently meeting at Maidstone North Kindergarten, Mitchell Street, Maidstone. New families always welcome.	Tuesday 9.30am-12pm	10.10.2017 - 19.12.2017	\$2 per family as attended

Bookings essential for all classes. Payment is required prior to class commencing and for confirmation of enrolment. For full terms and conditions, please see our Class enrolment form. Returning Students must book and pay in full by Thursday 28 September, 2017 to receive the discounted rate.

\*F: Full Fee | C: Concession | RS: Returning Student from previous term. Please note: classes are not held on Public Holidays

Art and Craft	Day & Time	Date	Cost
Card Making Workshop Learn basic card making skills including punching, colouring, stamping and more. Students will make at least 8 cards during the session. All materials supplied. New students will receive a beginners kit. Tutor: Sue O'Loughlin	Monday 12.15pm- 4.45pm	13.11.2017 and 11.12.2017	\$30.00 Returning Student \$40.00 New Students (including kits)
Community Colouring Group A social colouring group for participants over 16 years. Colouring can help ease stress and anxiety as well as help with a range of medical conditions including arthritis and more. A range of colouring pages and pencils will be available at a low cost or you can bring your own supplies. Organised by local artist, Jade of Colour Me Forum	Saturday 3pm-5pm	14.10.2017 28.10.2017 25.11.2017 and 09.12.2017	FREE Unless purchasing supplies direct from Jade
Calligraphy In a friendly environment, participants will learn the art of writing beautiful script including decorated capitals and more. Tutor: Stephen Wright	Thursday 6pm-8pm	12.10.2017 - 14.12.2017	\$130.00 Full Fee \$110.00 Concession \$117 Returning Student
Patchwork and Quilting Learn to make a quilt the traditional way by hand or sewing machine. Experienced quilters welcome - bring along your current project. Sewing machines provided. Tutor: Santina Gangemi	Friday 9.30am-12pm	17.11.2017 - 15.12.2017	\$30.00 Conces-
A Photographic Journey A program designed to build confidence in the use of digital camera usage (DSLR), by teaching participants to use cameras in manual mode (rather than on 'auto') and learning the knowledge in obtaining creative effects in your photography. BYO Camera Tutor: Carmen Caruana	Friday 1pm-3pm	20.10.2017 - 08.12.2017 -	\$100.00 Full Fee \$80.00 Conces- sion
Kreativa Arts - Youth Program (teenagers - young adults) This program will introduce participants to a range of media including ink, charcoal, chalk pastel and acrylic paint. Please wear clothes you don't mind getting dirty or stained for this hands-on class. Tutor: Emma Arnel	Wednesday 6pm-8pm	18.10.2017 - 13.12.2017	\$90.00 Full Fee \$67.50 Conces- sion
CrAfternoon Tea *NEW Come along to a relaxed afternoon of craft and afternoon tea. Bring along a craft you're interested in and share your skills with others in the group. Free (only cost is the cost of your craft materials).	Thursday 1.30-3.30pm	05.10.2017 - 21.12.2017	FREE
Life Skills	Day & Time	Date	Cost
The Computer Club *NEW Have you attended a computer class at the Centre? Wondering "where to from here?" Join our Computer Club to link in with others, share your skills and develop new ones as you explore the world of digital literacy. Desktop computers available or bring along you iPad/iPhone.	2:00pm-4:00pm	03.10.2017 - 19.12.2017	FREE
Languages	Day & Time	Date	Cost
Conversational Spanish  During this conversational class you will learn the basics of the Spanish language with an emphasis on vocabulary and everyday phrases. Suitable for travel.  Tutor: Neil Orchard	Monday 1.30pm-3.30pm	16.10.2017 - 04.12.2017	\$64.00 Conces-
Exploring Japanese This course will teach you the Japanese language suitable for travel and everyday conversations as well as an insight into Japanese culture, including music, food, origami and calligraphy. Tutor: Noyuri Liddicut	Monday 7pm-9pm	16.10.2017 - 20.11.2017	\$48.00 Conces-
English as an Additional Language (EAL) Basic English Class run by Yarraville Community Centre. Eligibility criteria applies. Tutor: Despina Dawatzis	Tuesday 9.30am-2pm Wednesday	10.10.2017 - 13.12.2017	FREE
Computer / IT			
Held in partnership with Yarraville Community Centre and supported by the Victorian Government. Eligibility Criteria applies. Expressions of Interest for Terms 1 & 2 2018 are now being taken for Beginners Computer, Beginners Plus Computers and iPhone/iPad.		Expressions of Interest for 2018	