

Just about movement – JAM

A dance class for mixed abilities. This playful class encourages people with disabilities to keep active. It's designed for those on their feet or on a seat. JAM is a fun, guided, low impact communal dance class that also involves a touch of karaoke for those that love to sing!
Time: 11-11.45am
Date: Thursday 8 October-17 December
Cost: Free

NEW



'Books and bickies' book club

A small group of people meets monthly to discuss literature with like-minded bookish types. There will be biscuits! For more information, please email Olivia Sinclair-Thomson at oliviasinclairthomson@gmail.com
Time: 7-8.30pm
Date: Tuesday Oct 3 and 10 Nov
Cost: Free

NEW

Latin American women's group

Spanish speaking group comes together to enjoy a friendly chat, light lunch and a cuppa. Occasionally casual craft activities occur during the Winter months.
Time: 10am-1pm
Date: Thursday 8 October-3 December
Cost: Free



Children's activities 6 months to preschool

Music for hip toddlers

Come on a rollicking ride through dance and percussion and rock out with Sarah in this ten week course. Suitable for 6 months-4 years.
Time: 9.30-10.15am
Date: Monday 5 October-7 December
Thursday 8 October-10 December
Cost: \$60 per child



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. Spanish story time is supported by our partners from the Australian Multicultural Community Centre. Only Spanish will be spoken.

Time: 10.30am-1pm
Date: Monday 5 October-7 December
Cost: Free



Vietnamese playgroup

This Vietnamese playgroup offers art and craft activities and bilingual story time to support children's fine motor skills and language development. Contact the facilitator, Huan, via email huan.cao@awwa.org.au for more information.

Time: 10am-12pm
Date: Tuesday 6 October-8 December
Cost: Free

Babies playgroup

This self-run playgroup is a casual, safe and supportive network of first and second time parents. Age 3-6 months.

Time: 1-3pm
Date: Thursday 8 October-10 December
Cost: Free

NEW

Primary school programs

Martial arts (Vovinam Viet Vo Dao)

This fun and energetic class is a Vietnamese martial art aimed to enhance fitness, self confidence and a strong mind.

Time: 5-6.30pm (kids 6-12yrs)
Date: Friday 9 October-11 December
Cost: \$60

Maidstone reading club

Come along for one-to-one group reading and literacy based activities. 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. This is run in conjunction with Edmund Rice Community Services.

Time: 3.45-5pm
Date: Thursday 8 October-3 December
Cost: Free

Disco funk fever

Come on down to funky town and celebrate with us at our spectacular family disco with DJ Lobo and his fabulous heart pumping 70s and 80s tunes. There will be glamorous face painting, hu-la hooping, roller skating, hot dogs and a fairy floss machine. If you and your kids like to boogie, this free event is for you!

Time: 6-8pm
Date: Friday 20 November
Cost: Free



Message from Maidstone

As the weather warms up, we're excited to bring you another season of inspiring activities, creative workshops, informative talks and opportunities to connect with others. Come along, discover something new, share a few laughs and make term 4 a season to remember!

New foodie workshops and more...

Persian vegan street food

Savour the vibrant flavours of Persian street food: sambooseh-golden, crispy Persian samosas with a fragrant filling, nan o Panir o sabzi-warm flatbread with creamy vegan cheese and fresh herbs, kotlet shirazi-crisp, golden vegetable patties, khorak-e lubia-slow-simmered beans in a rich, aromatic tomato sauce; and a decadent, fragrant Persian love cake.

Food of the Himalayas

The landscapes are sometimes sparse, but the food is not. In Rachel's class we will travel to Tibet and Nepal to make vegetable momos with spiced grilled tomato sauce; a vibrant soup of lamb and hand-cut noodles; and sweet rice doughnuts for dessert.

Simple celebration food

Join Rachel for a delectable menu fit for a special occasion, such as Christmas or beyond. Rolled chicken with pistachio and breadcrumb stuffing, and a gorgeous zucchini salad. A fancy drink, and dessert cups to die for featuring French sabayon.

Cinnamon: beyond the sweet

Let cinnamon take centre stage in this delicious exploration of spice. Discover how its warm, aromatic character transforms both savoury and sweet dishes- from a fragrant koubes tagine layered with subtle cinnamon warmth, to irresistible cinnamon baklava, where crisp pastry, toasted nuts and luscious syrup meet the unmistakable richness of cinnamon. A celebration of this wonderfully versatile spice.

CWA Christmas baking extravaganza

Get into the spirit with delicious Christmas baking. We'll be creating a rich and irresistible Christmas cake, indulgent, chocolatey rocky road and buttery melt in your mouth shortbread. Come along for a joyful session of festive flavours, sweet treats and a little Christmas magic!



South East Asian food tour

Discover Footscray's vibrant South-East Asian flavours on this lively food tour with Anastasia. Explore the market's fresh Asian vegetables and condiments while learning how to use them, uncover the best spots for Bahn Mi, pho, bubble tea and finish with delicious Asian-inspired ice-cream - a colourful, flavour packed experience.
Time: 10am-12pm
Date: Wed 11 Nov
Cost: \$15

Summer garden: herbs and harvest

This informative workshop will guide you through the essentials of summer planting and herb care, from soil preparation to harvesting techniques. Whether you're a beginner or seasoned gardener, discover tips and techniques to make your summer garden thrive.
Time: 1-3pm
Date: Wed 25 Nov
Cost: Free

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

Maidstone Community Centre

Address: 21 Yardley Street,
Maidstone 3012
Phone: 9688 0543
Email: maidcomm@maribyrnong.vic.gov.au

Office opening hours

Monday - Friday
9am - 5pm

Closed on weekends and public holidays

Check us out on Facebook!

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



Maidstone Community Centre Courses & Workshops

MONDAY



English as an additional language (YCC)*

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

Also runs on Thursdays from 8 Oct-3 Dec 9.30am-1.30pm.

Time: 9.30am-1.30pm

Date: 5 October-30 November

Cost: Concession rates apply

Digital essentials 1 (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: 5 October-7 December

Cost: Free

Tai chi for mind power and memory

Focus on increasing fitness and concentration with Mei, to create calm and boost wellbeing.

Time: 1-2pm

Date: 5 October-14 December

Cost: Free



Beginners line dancing

Music, much-needed exercise, laughter and lots of fun: you'll enjoy all of these at our line dancing classes! It's a great way to make friends. Book at:

u3amaribyrnong.org.au/courses-activities/

Intermediate/advanced runs on a Monday 3.30-4.45pm.

Time: 2.30-3.30pm

Date: 5 October-14 December

Cost: \$30 U3A rego for all classes

TUESDAY

Tuesday night slow flow yoga for adults

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

Time: 6-7pm

Date: 6 October-15 December

(Exc.public holiday 3 Nov)

Cost: \$7 per session



TUESDAY

Maidstone multiform arts

Weekly multi form arts sessions specifically for deaf and disabled artists, and people with mental health lived experience, who do not have access to NDIS funding. Great space to explore different art forms and connect with other artists in a welcoming environment. Facilitated by Arts Access Victoria, basic materials supplied. For more information and bookings, please contact AAV artsservices@artsaccess.com.au

Ph: 03 9699 8299 (voice only)

Time: 9.30am-12.30pm

Date: 6 October-8 December

(Exc.public holiday 3 Nov)

Cost: Free



Home maintenance for women

In these two hands-on sessions you'll learn how to hang pictures and curtain rails, change washers, fix door handles, attach door stoppers, apply grout, and learn basic electrical skills. Jane is a great, supportive teacher who lets you get your hands dirty!

Time: 1-4pm

Date: 17 and 24 November

Cost: \$30 (2 sessions)

Digital essentials 2 (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. **Also runs on Mondays 1-4pm.**

Time: 9.30am-12.30pm

Date: 6 October-8 December

(Exc.public holiday 3 Nov)

Cost: Free

Tuesday 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!

Also runs on Frid and Wed 1.30-4.30pm

Time: 12-1.30pm and 1.30-3pm

Date: 6 October-15 December

(Exc.public holiday 3 Nov)

Cost: Free

Tablet and devices class (YCC)*

Learn to use your device, whether it's a tablet, smartphone or iPad, to reconnect with family and friends or to watch documentaries and movies.

Time: 1-4pm

Date: 6 October-8 December

(Exc.public holiday 3 Nov)

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 session for parents too!

Time: 9.30-11.30am

Date: 7 October-9 December

Cost: \$3 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: 7 October-9 December

Cost: Gold coin donation

Persian vegan street food

Savour the vibrant flavours of Persian street food: Sambooseh-golden, crispy Persian samosas with a fragrant filling; Nan o Panir o Sabzi-warm flatbread with creamy vegan cheese and fresh herbs; Kottlet Shirazi-crisp, golden vegetable patties; Khorak-e Lubia-slow-simmered beans in a rich, aromatic tomato sauce; and a decadent, fragrant Persian love cake.

Time: 10am-1pm

Date: 4 November

Cost: \$15

South East Asian food tour

Discover Footscray's vibrant South-East Asian flavours on this lively food tour with Anastasia. Explore the market's fresh Asian vegetables and condiments while learning how to use them, uncover the best spots for bahn mi, pho, bubble tea and finish with delicious Asian-inspired ice-cream - a colourful, flavour packed experience.

Time: 10am-12pm

Date: 11 November

Cost: \$15



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!

Also runs Thursdays 1-3pm.

Time: 1-3pm

Date: 7 October-9 December

Cost: Free

WEFO singers

Join this community choir, rehearse a range of music and enjoy meeting other locals! New members will only be accepted at the beginning of each term.

Time: 7-8.30pm

Date: Every second Wed from 7 October

Cost: Free

Term 4 October - December

THURSDAY

Women's only yoga

Come and increase your wellbeing by joining Katie's class. Build up strength to feel confident that your feet, spine and breath are supported and thriving. This class will help improve your flexibility, muscle tone and help you unwind.

Time: 9.30-10.30am

Date: 8 October-17 December

Cost: \$7 (session)

Food of the Himalayas

The landscapes are sometimes sparse, but the food is not. In Rachel's class we will travel to Tibet and Nepal to make vegetable momos with spiced grilled tomato sauce; a vibrant soup of lamb and hand-cut noodles; and sweet rice doughnuts for dessert.

Time: 10am-1pm

Date: 5 November

Cost: \$18 (workshop)



Cinnamon: beyond the sweet

Let cinnamon take centre stage in this delicious exploration of spice. Discover how its warm, aromatic character transforms both savoury and sweet dishes -from a fragrant koubes tagine layered with subtle cinnamon warmth, to irresistible cinnamon baklava, where crisp pastry, toasted nuts and luscious syrup meet the unmistakable richness of cinnamon. A celebration of this wonderfully versatile spice.

Time: 10am-1pm

Date: 12 November

Cost: \$18 (workshop)

Simple celebration food

Join Rachel for a delectable menu fit for a special occasion, such as Christmas or beyond. Rolled chicken with pistachio and breadcrumb stuffing, and a gorgeous zucchini salad. A fancy drink, and dessert cups to die for featuring French sabayon.

Time: 10am-1pm

Date: 26 November

Cost: \$18 (workshop)

CWA Christmas baking extravaganza

Get into the spirit with delicious Christmas baking. We will be creating a rich and irresistible Christmas cake, indulgent, chocolatey rocky road and buttery melt in your mouth shortbread. Come along for a joyful session of festive flavours, sweet treats and a little Christmas magic!

Time: 10am-1pm

Date: 3 December

Cost: \$18 (workshop)

FRIDAY

Toddler art and craft

These fun drop in sessions will keep your toddlers and pre-schoolers happily painting, cutting and pasting to create individual works of art! The garden will also be open to attendees with a sandpit, veggie plots and lots of outside toys to keep them entertained! 18mths-5yrs.

Time: 9.30-11am

Date: 30 October-11 December

Cost: \$3 per family



Mahjong

Mahjong is a tile-based game derived in China involving strategy, skill and luck! Great for memory and a fun way to socially connect. Beginners welcome.

Also runs on Mondays 1-4pm.

Time: 9am-1pm

Date: 9 October-18 December

Cost: Free

Let's learn English (YCC)*

A beginners English conversation class designed to help participants build practical language skills for professional settings including using technology.

Time: 1.30-4.30pm

Date: 9 October-11 December

Cost: Free

AND MORE...

Healthy women, healthy lives

Join us for an inspiring women's health morning with expert talks, open Q&A, complimentary yoga and morning tea. Sessions are tailored for two age groups: 30-40 year olds; focusing on good nutrition, perimenopause signs and symptoms, pregnancy, pelvic floor health and wellbeing; and 50 plus, exploring menopause and post menopause signs and symptoms, bone and heart health, diabetes and activity.

Understanding hormone changes and protecting bone health are important at every stage of life. While one group attends the talk, the other can enjoy relaxing yoga and a cuppa.

Time: Talk 10-11.30am 30 and 40 years

Yoga 12-1pm 30 and 40 years

Yoga 10.30-11.30am 50 plus

Talk 12-1.30pm 50 plus years

Date: Friday 6 November

Cost: Free

The art hub

The U3A Art Hub welcomes artists of all styles and skill levels. Each session includes a facilitator and the chance to explore your creativity in a relaxed, supportive environment.

Time: 10.30am-12.30pm

Date: Thursday 8 October-10 Dec

Cost: \$30 U3A rego for all classes

Car maintenance workshop for guys, gals and non-binary pals

Ever wondered about the basic maintenance of your car? Come and learn how to change your tyres, spark plugs, oil filters and other handy tips! Jane will make you feel comfortable while talking you through the steps.

Time: 1-4pm

Date: Saturday 21 November

Cost: \$20 (workshop)



Beeswax wrap workshop

Come and learn how to make environmentally friendly beeswax wraps. They are a reusable, washable and sustainable alternative to single-use plastics like cling wrap. They can be used to cover left overs in a bowl, wrap sandwiches, cheese, bread etc.

Time: 1.30-3.30pm

Date: Wednesday 18 November

Cost: Free

Summer garden: herbs and harvest

Summer Planting and Herbs Workshop This informative workshop will guide you through the essentials of summer planting and herb care, from soil preparation to harvesting techniques. Whether you're a beginner or seasoned gardener, discover tips and techniques to make your summer garden thrive.

Time: 1-3pm

Date: Wednesday 25 November

Cost: Free



Mystery op shop tour of the west

Ever wanted to know where the best op shops are in Maribyrnong. Yarraville and Sunshine? Well hop on our mini bus tour and let us show you the gems of the west. Four stops, enough time to sniff out a bargain!

Time: 10am-1pm

Date: Tuesday 27 October

Cost: \$15



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* mean the program is funded by Yarraville Community Centre and criteria applies.



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](#)