

## Centre Community Groups

### Alexandria's Dance

A range of dances including new vogue and Latin.

**Friday nights**  
**Bill | 9382 0037**

### Essendon Square Dance Club

Lessons in social and square dancing.

**Thursday nights**  
**John and Ruth | 9390 8303**

### Forever Friendship Dance

Ballroom dancing class.

**Sundays**  
**Yen | 0412 561 884**

### Laura Lee Dance Club

Dance club meeting to practice sequence ballroom dancing.

**Tuesday mornings**  
**Christine | 0431 533 393**  
**David | 0468 404 823**

### Maribyrnong Orchid Society

Monthly meetings to educate orchid lovers on how to nurture them.

**Anthony | 0412 040 239**

### Welcome Dance Inc

Sequence and New Vogue dance steps with stretching exercises.

**Friday nights**  
**Thang | 0407 401 336**

### Melbourne Church of Christ

Non-denominational Christian church group meetings and kids Sunday school.

**Sundays**  
**Jon | 0404 089 405**

## 2025 snapshots



Volunteers from the Friends of Maribyrnong Valley (with Ranger Martin) gave our garden beds a fabulous boost, planting and mulching bird attracting native species. The group meets at the Centre monthly.



As part of Seniors Month, Drag Bingo was a hit with an enthusiastic crowd. Thanks to the community who requested the format.



OzHarvest delivered its popular six week nutrition and cooking program. It was such a success it will be running again in 2026, this time at Braybrook Community Centre.



**Artist in residence, Emma Ismawi**  
**We're thrilled to welcome back Emma, the creator of the Centre's beautiful mural.** As our 2026 'artist in residence', they will collaborate with community to create prints and a 'zine', collecting stories, ideas and memories as the basis for art. The works aim to capture creative expression from our local residents and visitors while exploring histories and culture. Look out for session dates in 2026.

**It's heating up again: during the hot summer days ahead, keep cool and safe.**

Remember to stay inside on hot days if you can, keep hydrated and use fans or air conditioning if needed. Check on friends and neighbours. Visit [www.health.vic.gov.au](http://www.health.vic.gov.au) for more information.

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.

## Maribyrnong Community Centre Newsletter Term 1 2026

There is room for everyone at the Centre and activities to match. This term we are planting seeds for community programs to bloom. Community Cooking Club is beginning, so come and chat about your speciality dish and we'll cook up a plan. We hope to see you soon.

### Community cooking club

**This new monthly gathering** invites the sharing of food and stories. We invite our community to take turns in teaching others about how to prepare their favourite dish with friends, old and new. Teach or learn how to cook a new dish, explore a different cuisine or help run the kitchen. Talk to us about getting involved.

## MARIBYRNONG SUSTAINABLE LIVING FESTIVAL

### Sewing machine workshop

**Wednesday 11 February 6.30-8.30pm**

How do sewing machines work? What keeps them humming and working well? This practical session led by Liza invites you to bring along your machine and learn all about maintenance, simple repairs and tips and tricks.

**Free**, bookings via QR code

### Get off gas seminar

**Tuesday 17 February 6:30-8pm**

Join Brendan Lang who kick started Get Off Gas in Australia, for a presentation and Q and A session to understand why we should be moving to all electric and how to do it

**Free**, bookings via QR code

### Autumnal edible gardening: planning, preparing and planting

**Saturday 21 February 11am-12.30pm**

Learn about organic gardening principles from local gardening specialist Jay Aggarwal from Edible Garden Guys and get your hands dirty to plant veggies and herbs in the garden. This is a Smart Gardening Workshop.

**Free**, bookings via QR code



### Build a bee hotel

**Saturday 21 February 2-4pm**

**7-12 year olds, with an adult**

Join us for a hands-on Native Bee Hotel Building workshop where you'll learn how to create eco-friendly habitats and gardens for native bees! Perfect for children between 7-12 years old, adult must attend.

**Free**, bookings via QR code

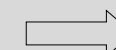
### Bojagi hand sewing

**Thursday 26 February 6.30-8.30pm**

This Korean practice of creating beautiful fabric gift wrapping is a mindful and creative activity. Join Melody to learn about this special form of hand sewing.

**Free**, bookings via QR code

For all sessions and programs, scan the QR code to book



### Maribyrnong Community Centre

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Email: [maricomm@maribyrnong.vic.gov.au](mailto:maricomm@maribyrnong.vic.gov.au)

Web: [www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm)

### Office opening hours

Monday - Thursday

9am - 4pm

Office closed weekends and public holidays



# Maribyrnong Community Centre courses and workshops

## MONDAY



### Gentle yoga

Helen's classes facilitate a connection between body, breath and mind. Each yoga posture uses the breath as a guide and variations are offered. Students are encouraged to listen to their body. Bring a mat, pillow and blanket.

**Time:** 9.30-10.30am OR 11am-12pm  
**Date:** 2 Feb-30 Mar  
**Cost:** \$8/ \$56 per term (8 weeks, 1 free)  
 Book via QR code

### Carpet bowls

Just like lawn bowls but indoors, carpet bowls is fun, social and gentle exercise. Come and join this friendly group.

**Time:** 1-3pm  
**Date:** 12 Jan-2 Apr  
**Cost:** Free, Book via QR code

### Hatha yoga

Experience a holistic and creative approach to yoga with Richard's classes, blending gentle stretching, breath work and meditation. The focus is on mindful breath and movement.

**Time:** 6.30-8pm  
**Date:** 2 Feb-30 Mar  
**Cost:** \$8/ \$56 per term (8 weeks, 1 free)  
 Book via QR code

## TUESDAY



### Laura lee dance club

This established group love their sequence ballroom dancing. Join them to learn some moves and socialise over morning tea.

**Time:** 9.30am-12.30pm  
**Enquiries:** David 0468 404 823  
 Christine 0431 533 393

### Whist cards

Join us for a lively and social card game with great company. If you can play 500, you can learn Whist. Beginners warmly welcomed.

**Time:** 1.30-4pm  
**Date:** 13 Jan-31 Mar  
**Cost:** Free, book via QR code

## WEDNESDAY

### Line dancing

Step into the rhythm with our popular line dancing class. Heather teaches easy to follow steps set to contemporary music, with a break halfway through. A great way to stay active and meet new friends.

**Time:** 9.30am-12pm  
**Date:** 21 Jan-1 Apr  
**Cost:** \$8/ \$80 term (11 weeks, 1 free)  
 Book via QR code

## WEDNESDAY cont.

### KOGO knitting group

KOGO (Knit One Give One) is a fabulous program where volunteers donate time and wool to knit woollies for those in need. Bring your knitting needles, enjoy some friendly conversation and help spread the warmth.

**Time:** 1-3pm  
**Date:** 14 Jan-1 Apr  
**Cost:** Free, book via QR code



### Let's learn english

This program helps learners build literacy and language skills for pathways into accredited language courses, volunteering or work. It's ideal for culturally and linguistically diverse attendees.

**Time:** 9.30am-1.30pm  
**Date:** 4 Feb-24 June  
**Cost:** Free (with eligibility criteria)

**Enquiries:** Yarraville Community Centre on 9687 1560 or info@ycc.net.au

### Maribyrnong walking group

Join our walking group for a relaxed walk along our beautiful river, followed by morning tea. All fitness levels welcome. Bookings one day in advance.

**Time:** 8.30-11.30am  
**Date:** 14 Jan-1 Apr  
**Cost:** Free, book via QR code

# Term 1: January - April 2026

## WEDNESDAY cont

### Tablets and devices

Unlock the potential of your smartphone or tablet. Join our hands-on classes to learn tips, tricks, and essentials for getting the most out of your device. Bring your own smartphone or tablet.

**Time:** 2-5pm  
**Date:** 4 Feb-24 June  
**Cost:** Free (eligibility criteria)  
**Enquiries:** Yarraville Community Centre on 9687 1560 or info@ycc.net.au

## THURSDAY Kangatraining



This baby-wearing fitness class is designed for parents and carers to get active while bonding with their little ones. Led by a qualified personal trainer, each session is tailored to support postnatal health and fitness.

**Time:** 10-11am  
**Date:** 29 Jan-2 Apr  
**Cost:** \$10/\$6 concession  
 Book via QR code

### Movie club

Come along and enjoy an uplifting, funny or inspiring movie with friends. Bring a plate to share after the screening. Fourth Thursday of each month.

**Time:** 1-3pm  
**Dates:** 26 Feb, 26 Mar  
**Cost:** Free, book via QR code

## THURSDAY cont.

### Chatty café



This group of chatters is friendly and welcoming. Drop in for a chat and stay as long as you like. Snacks supplied but baking welcome. Second Thursday of each month.

**Time:** 10-11am  
**Dates:** 12 Feb, 12 Mar  
**Cost:** Free, no booking Required.

### Stitch it



Join our monthly craft group to work on your own knitting, cross-stitch, crochet or other favourite project while sharing the experience with others. First Thursday of each month, new members welcome.

**Time:** 10am-1pm  
**Dates:** 5 Feb, 5 Mar, 2 Apr  
**Cost:** Free

**Try our 10 class pass**  
 Valid for 2 full terms. Perfect for yoga and line dancing. One class free, and you can share with another attendee. Purchase online or at reception with a credit card.

## FRIDAY

### Gentle exercise for older adults

In one hour sessions, you will be guided through a range of exercises to improve joint health and muscle strength using weight bearing and resistance training. You will also need to do a short health questionnaire.

**Time:** 9am-1pm  
**Date:** 1 hour each Friday  
**Cost:** Fees apply, call Gateway on 9399 3511



## SATURDAY & SUNDAY

### Tai chi

Join Alfred as he leads you through a gentle yet powerful way to improve balance, strength and mindfulness. These popular sessions are attended by long term practitioners as well as beginners.

**Time:** 9.30-10.30am  
**Day:** Saturdays  
**Time:** 7.30-8.30am  
**Day:** Sundays

**Cost:** Free, no booking required

