

Maidstone Community Centre

Term 2 Newsletter 2025

Monday

English as an additional language (YCC)*

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

This class also runs on Thursdays

9.30am-1.30pm.

Time: 9.30am-1.30pm

Date: 28 April-30 June (exc 9/6 Pub Hol)

Cost: Concession rates apply

Crochet club

Come along and join our crochet club that meets the first Monday of the month.

Bring along your current projects and share your favourite patterns and techniques. This is not a formal class and is best suited to people with prior knowledge of crocheting. See you there!

Time: 9.30-11.30am

Date: 5 May, 2 June

Cost: Free

Digital essentials 2 (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: 1-4pm

Date: 28 April-30 June (exc 9/6 Pub Hol)

Cost: Free

Let's learn to cook

Learn how to create delicious food from around the world. This fun program is designed for adults and their support worker, and suitable for people with a mild to moderate intellectual/learning disability.

Time: 10am-12pm

Date: 28 April-26 May

Cost: \$60 (5 sessions)

Tai chi for mind power and memory

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

Time: 1-2pm

Date: 28 April-30 June (exc 9/6 Pub Hol)

Cost: Free

Line dancing

Music, much needed exercise, laughter and lots of fun-you'll enjoy all of these at our line dancing classes and it's a great way to make friends. Visit the link below to book: <https://u3amaribyrong.org.au/courses-activities/> **Also runs on a Thurs 2-3pm.**

Time: 3-4pm

Date: 28 April-30 June (exc 9/6 Pub Hol)

Cost: \$25 U3A rego for all classes

Monday evening slow flow yoga for men and women

Let Hannah 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: 28 April-30 June (exc 9/6 Pub Hol)

Cost: \$7 per session

Tuesday

Multi form arts

Weekly arts sessions specifically for deaf and disabled artists, 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: 22 April-1 July

Cost: Free (workshop)

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!

Time: 12-1.30pm and 1.30-3pm

Date: 8 April-15 July

Cost: Free

Digital essentials 1 (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 a Fri 1-4pm.

Time: 9.30am-12.30pm

Date: 22 April-1 July

Cost: Free

Tablet and devices class (YCC)*

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

Time: 1-4pm

Date: 22 April-1 July

Cost: Free

Beeswax wrap workshop

Come and learn how to make environmentally friendly beeswax wraps. They are reusable, washable, 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: 13 May

Cost: Free

No Lights No Lycra

This wonderful partnership with No lights No Lycra is a casual free-form dance class in the dark for the pure joy of dancing! Just show up when you're in the mood for a dance! Bring: water bottle and comfortable clothes to dance in. Booking link

<https://www.trybooking.com/CNOXD>

Time: 6.30-7.30pm

Date: 22 April-1 July

Cost: \$10 per session

IDAHOBIT No Lights No Lycra celebration

Every Tuesday night we're dancing from 6.30-7.30pm, in the dark of course! This year on the 14th May, we'll be dancing for IDAHOBIT day, bringing you a playlist full of LGBTQI+ artists. Stick around to the end to receive a delicious little treat.

Booking link <https://www.trybooking.com/CNOXD>

Time: 6.30-7.30pm

Date: 13 May

Cost: \$10

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: 23 April-9 July

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: 23 April-16 July

Cost: Gold coin donation

Edible weed foraging workshop

Amazingly most of the weeds in our gardens are totally edible! Join Adam Grubb, coauthor of *The Weed Forager's handbook* for a walk on the wild side. Learn how to forage safely, including key identification tips, medical uses of these plants and folklore and tradition!

Time: 1-3pm

Date: 28 May

Cost: Free

Native gardens for food and medicine

Join Ella Boyen to learn about native plants, many local to Melbourne, and their different uses for food and medicine. Be it berries, roots, leaves, or spices, Australia's native plants offer a cornucopia of ingredients for a native kitchen garden.

Time: 1-3pm

Date: 4 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!

Also runs Thursdays 1-3pm.

Time: 1-3pm

Date: 9 April-16 July

Cost: Free

WEFO singers

Join this community choir, rehearse a range of music and enjoy meeting other locals!

Email wefosingers@gmail.com to get in touch with Jennifer the choir leader. New members will only be accepted at the beginning of each term.

Time: 7.30-9pm

Date: Every second Wed from 23 April

Cost: Free

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: 24 April-3 July

Cost: \$7 (session)

Just About Movement – JAM

A dance class for mixed abilities. This playful class run by Sarah Ward encourages people with disabilities to keep active. It's designed for those on their feet or on a seat. J.A.M 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: 15 May-3 July

Cost: Free

Flatbreads of the world

You'll have plenty of fun with dough, fillings and rolling pins in Rachel's hands-on class. Flatbreads will span from Malaysia to India to Turkey. Gorgeous square-shaped gozleme with spinach and cheese, potato paratha, and flaky roti with curry sauce.

Time: 10am-1pm

Date: 15 May

Cost: \$18 (workshop)

Sri Lankan vegan banquet

This wonderful banquet will include a coconut cream Jackfruit curry, spicy red lentil dahl, garlic and turmeric laced cabbage stir fry, cashew curry, chickpea curry, eggplant and chili salad, onion chutney and coconut relish! Wow!

Time: 10am-1pm

Date: 22 May

Cost: \$18 (workshop)

Peranakan specialties

Come and cook Mee siam - A special-occasion rice noodle dish inspired by Thai flavours. Kuih Cara Berlauk - a savoury turmeric mini pancake filled with mince meat and sweet shortbread laksa cookies!

Time: 10am-1pm

Date: 29 May

Cost: \$18 (workshop)

A taste of spice

In Rachel's class, you will make a chicken and black cardamom stir-fry from Yunnan, China. You will also cook with Lebanese seven spice, and Bengali five-spice. Dessert will feature spices too!

Time: 10am-1pm

Date: 5 June

Cost: \$18 (workshop)

French Vietnamese fusion

Join Anastasia in making a hearty delicious Winter chicken and coconut stew served with rice, accompanied by a pandan flan with gentle, delicate flavours for dessert!

Time: 10am-1pm

Date: 12 June

Cost: \$18 (workshop)

The Quarry Book Club

A small group of people discussing literature with like minded bookish types. Meeting monthly. There will also be biscuits! For more information please email Olivia Sinclair-Thomson

oliviasinclairthomson@gmail.com

Time: 7-8.30pm

Date: 24 April, 22 May

Cost: Free

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: 2 May-4 July

Cost: \$3 per family

Digital essentials 2 (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: 2 May-4 July

Cost: Free

Williamstown Indigenous coastal walk and talk

Join us for a unique opportunity to explore Indigenous culture and learn about the significance of local flora, fauna, and the rich marine and birdlife along the coast. The tour will also highlight historically important sites, offering insight into the deep connection between the land, water, and Indigenous people.

Time: 10-11.30am

Date: 9 May

Cost: \$15

Funky sewing for adults

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

Time: 10am–12.30pm

Date: 16 May-6 June

Cost: \$60

English conversation (YCC)*

Come and join our friendly beginners conversation class and talk about things you love to do, family, hobbies, travel and food! This class will also include a little bit of reading and writing too!

Time: 1-4pm

Date: 2 May-4 July

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 basic electrical skills. Jane is a great, supportive teacher that let's you get your hands dirty!

Time: 9.30am-12.30pm

Date: 13 and 20 June

Cost: \$30 (2 sessions)

Saturday

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 talking you through the steps.

Time: 1-4pm

Date: 14 June

Cost: \$20 (workshop)

Indigenous waterways Blackbird tour

Join traditional owner Robert Ogden, as we tour down the Maribyrnong River on the Blackbird boat to learn about the significance of the waterways to indigenous people. Important historical and cultural sites will be discussed along the way. Starting at Pipemaker's Park jetty travelling north to Canning Reserve and back.

Time: 11am-12.30pm

Date: 24 May

Cost: \$20

Saturday yoga for men and women

Come and increase your physical health and wellbeing. This class will help improve your flexibility, increase muscle tone and help you unwind and de-stress. Tailored to suit all levels.

Time: 9-10am

Date: Sat, 26 April-28 June

Cost: \$7 (session)

Children's activities 6 months-preschool

Music for hip toddlers

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

Time: 9.30-10.15am

Date: Mon, 28 April-30 June (exc 9/6 Pub Hol)

Thurs, 24 April-3 July

Cost: Mon \$45 (9 weeks) per child over 6 months old

Thurs \$55 (11 weeks) per child over 6 months old

Little Wombats indigenous program

Join Andrea and Cameron, the creative duo of Little Wombats, an Aboriginal cultural program for pre-schoolers between the ages of 3-5 years. These sessions incorporate music, art, games and storytelling to help children learn about Aboriginal culture.

Time: 10-11am

Date: Wed 30 April, 21 May, 18 June

Cost: Free

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 will also take place thanks to our partners from the Australian, Multicultural Community Centre. Only Spanish will be spoken.

Time: 10.30am-1pm

Date: Mon, 28 April-30 June
(exc 9/6 Pub Hol)

Cost: \$9 per family per term

Vietnamese playgroup

This Vietnamese playgroup offers art and craft activities, and bilingual story time to support children's fine motor skills and language development. Please contact the facilitator, Tien, via email tien.pham@avwa.org.au for more information or call 0469 410 595.

Time: 10am-12pm

Date: Tues, 22 April-1 July

Cost: Free

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: Fri, 2 May-4 July

Cost: \$60 (10 weeks)

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 the Edmund Rice Community Services

Time: 3.45-5pm

Date: Thurs, 1 May-26 June

Cost: Free

School holiday program

Global flavours kids can cook classes These fun-filled cooking classes will get kids making zucchini fritters, pesto pasta, chickpea nuggets, lentil soup, cookies, banana nice cream, chocolate hummus, mac n cheese, tofu tacos, veggie pizza and more! Age 6-12yrs. Book in week 1 or 2 or both.

Time: 10-11.30am

Date: Wed 9 and Thurs 10 July (week 1)
Wed 16 and Thurs 17 July (week 2)

Cost: \$20 (for week1) \$40 (for week 1 and 2)

Kite making workshop

This two hour fun workshop will allow enough time for your children to create and decorate a beautiful kite and test it out in the back garden! Think animal and insect motifs, pretty ethereal sea creatures, and rainbow and planet designs. Suitable for 8-15yrs.

Time: 10am-12pm

Date: Mon, 7 July

Cost: \$5 (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 and criteria applies.