

### 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 9 October—18 December  
**Cost:** Free

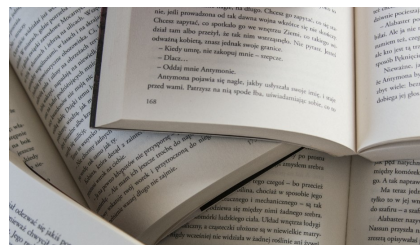


### Saturday yoga for adults

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:** Saturday 11 October—20 December  
**Cost:** \$7 (session)

### '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](mailto:oliviasinclairthomson@gmail.com)  
**Time:** 7-8.30pm  
**Date:** Tuesday 14 October and 18 November  
**Cost:** Free



### Latin American Women's Social Group

This Spanish speaking group comes together to enjoy a friendly chat, light lunch and a cuppa.  
**Time:** 10am-1pm  
**Date:** Thursday 9 October—18 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 nine-week course. Suitable for 6 months-4 years.  
**Time:** 9.30-10.15am  
**Date:** Monday 6 October—15 December  
**Cost:** Monday \$55 (11 weeks) per child over 6 months old  
 Thursday \$55 (11 weeks) per child over 6 months old

#### Little Wombats indigenous program

Little Wombats is 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:** Wednesday 12 November  
**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 is supported by our partners from the Australian Multicultural Community Centre. Only Spanish will be spoken.  
**Time:** 10.30am-1pm  
**Date:** Monday 6 October—15 December  
**Cost:** \$11 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. Contact the facilitator, Huan, via email [huan.cao@avwa.org.au](mailto:huan.cao@avwa.org.au) for more information.  
**Time:** 10am-12pm  
**Date:** Tues 7 October—16 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 9 October—18 December  
**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:** Friday 10 October—19 December  
**Cost:** \$66 (11 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 Edmund Rice Community Services.  
**Time:** 3.45-5pm  
**Date:** Thursday 16 October—4 December  
**Cost:** Free



### Jump, Run, Play! Celebrate Children's Week with Active Fun

Council is calling the young and the young at heart to join a series of fun and free activities to celebrate Children's week running from 18 to 26 October. This year's Children's Week program encourages movement, creativity, and connection – bringing families together through a variety of inclusive and engaging events. Find out more and get involved in the fun at [www.maribyrnong.vic.gov.au/childrensweek](http://www.maribyrnong.vic.gov.au/childrensweek)

### Message from the Centre Facilitator

With sunny days and blossoming trees, it's the perfect time to get involved at the Community Centre! We've got a great mix of programs to help you spring into summer. Get festive with the CWA Christmas Baking or the Celebration Food Cooking workshop. If you're feeling creative you could try funky sewing or learn about Summer Planting and Herbs. And don't forget, the annual Disco Funk Fever is back! Get your dancing shoes ready for a fun night.

We look forward to seeing you at the Centre and trying something new!

The Maidstone Community Centre team

### New foodie workshops and more...

#### Amazing Asian Desserts Cooking Workshop

Dive into the delicious world of Asian desserts from Japan, Indonesia, India and beyond with Rachel! In this workshop you'll learn how to make fragrant pandan flavoured onde onde, adorable cashew 'apples', and a moist sweet potato cake.

#### Vegan Cooking Workshop with an Indigenous Twist

Join Julia, a fabulous plant-based chef, for a healthy and delicious vegan cooking workshop featuring Indigenous Australian herbs and bushfoods. Learn to create vibrant dishes infused with native flavours.

#### Macrobiotics Cooking Workshop

Discover the basics of macrobiotics and balancing yin and yang through delicious, wholesome dishes such as nori rolls, pumpkin and apple soup, kinpira, and poached pears with cashew crème.

#### Simple Celebration Food Cooking Workshop

Get ready for the season of celebrations with Rachel's simple and delicious cooking workshop! Learn to make a crave-worthy potato salad, a fresh seafood dish and a decadent chocolate pavlova with cherries.

#### Country Women's Association Christmas Baking

Join the CWA ladies for a festive Christmas baking workshop where you'll make classic shortbread, easy fruit cake, Christmas scones and rolled pavlova.

Check us out on Facebook!

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



#### Full Moon Festival

In partnership with the Vietnamese Women's Association, we will be celebrating the Full Moon Festival again and can't wait! This will be a fun afternoon where children can create lanterns, colour in and dance, and the elderly get to sing and perform on stage. There will be a delicious afternoon tea provided, including traditional moon cakes.  
**Time:** 1-3pm  
**Date:** Friday 10 October  
**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 heart-pumping 70s and 80s tunes. There will be glamorous face painting, hula 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 28 November  
**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](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

### English as an additional language (YCC)\*

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

**Also runs on Thursdays 9.30am-1.30pm.**

**Time:** 9.30am-1.30pm

**Date:** 6 October—1 December

**Cost:** Concession rates apply

### Crochet Club

Join our crochet club on the first Monday of each month! Bring your projects and share your favourite patterns and tips. This casual group is for those with crochet experience.

**Time:** 9.30-11.30am

**Date:** 6 October, 3 November, 1 December

**Cost:** Free



### 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.

**Also runs on Fridays 9.30am-12.30pm.**

**Time:** 9.30am-12.30pm

**Date:** 6 October—1 December

**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 provide insight into the deep connection between the land, water, and Indigenous people.

**Time:** 10-11.30am

**Date:** Monday 10 November

**Cost:** \$15



### 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:** 6 October—15 December

**Cost:** Free

### 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/](http://u3amaribyrnong.org.au/courses-activities/)

**Also runs on a Thursdays 2-3.30pm.**

**Time:** 2.30-3.30pm

**Date:** 6 October—8 December

**Cost:** \$25 U3A rego for all classes

### Monday night slow flow yoga for adults

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:** 6 October—15 December

**Cost:** \$7 per session

## TUESDAY

### Maidstone Arts—Arts Access Victoria Studio

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](mailto:artsservices@artsaccess.com.au) Ph: 03 9699 8299 (voice only)

**Time:** 9.30am-12.30pm

**Date:** 7 October—9 December (excl. 4/11 Pub Hol)

**Cost:** Free (workshop)



### 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:** 7 October—2 December (excl. 4/11 Pub Hol)

**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!

**Time:** 12-1.30pm and 1.30-3pm

**Date:** 7 October—16 December (excl. 4/11 Pub Hol)

**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:** 7 October—2 December (excl. 4/11 Pub Hol)

**Cost:** Free

### 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:** 21 October

**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:** 8 October—17 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:** 8 October—17 December

**Cost:** Gold coin donation

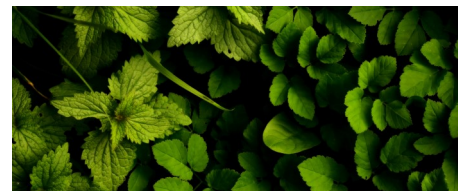
### Summer Planting and Herbs Workshop

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:** 29 October

**Cost:** Free



### Country Women's Association

#### Christmas Baking Cooking Workshop

The CWA ladies will be running another fabulous Christmas baking workshop. You'll be creating shortbread, easy fruit cake, Christmas scones and rolled pavlova.

**Time:** 10am-1pm

**Date:** 3 December

**Cost:** \$18 (workshop)



### 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:** 8 October—17 December

**Cost:** Free

### WEFO singers

Join this community choir, rehearse a range of music and enjoy meeting other locals! Email [wefosingers@gmail.com](mailto: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 8 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:** 9 October—18 December

**Cost:** \$7 (session)

### Vegan Cooking Workshop with an Indigenous Twist

Join Julia, a fabulous plant-based chef for a yummy and healthy educational workshop with an indigenous Australian twist using herbs and bushfood.

**Time:** 10am-1pm

**Date:** 6 November

**Cost:** \$18 (workshop)



### Amazing Asian Desserts Cooking Workshop

Let's dive into the fun world of sweet treats from Japan, Indonesia, India and beyond. Rachel will show you how to use fragrant pandan leaves to make balls called onde onde. We'll also make cute cashew 'apples', a cake with sweet potato, and taste some beautiful fruits of the tropics too.

**Time:** 10am-1pm

**Date:** 13 November

**Cost:** \$18 (workshop)



### Macrobiotics Cooking Workshop

Learn some principles of macrobiotics, from balancing yin and yang to the energy within different foods, including dishes such as leafy greens and nori rolls, pumpkin and apple soup, carrot and parsnip kinpira, and poached pears with cashew crème!

**Time:** 10am-1pm

**Date:** 20 November

**Cost:** \$18 (workshop)



### Simple Celebration Food Cooking Workshop

The season of get-togethers is just around the corner. Whether for Christmas, New Year or summer meals with friends, Rachel will teach you a few of her favourites. A simple potato salad to lust after. A seafood dish. A moreish pâté that should never go out of fashion. Plus chocolate pavlova with cherries!

**Time:** 10am-1pm

**Date:** 27 November

**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:** 10 October—19 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:** 10am-1pm

**Date:** 10 October—19 December

**Cost:** Free

### Funky Sewing for adults

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

**Time:** 10am-12pm

**Date:** 31 October—21 November

**Cost:** \$60 (4 sessions)



### Workplace English with a digital component (YCC)\*

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

**Time:** 1-4pm

**Date:** 10 October—5 December

**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:** 9.30am-12.30pm

**Date:** 7 November and 14 November

**Cost:** \$30 (2 sessions)

## AND MORE...

### 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 8 November

**Cost:** \$20 (workshop)

### 'So you think you can't Draw' workshop

A welcoming workshop for anyone who's new to art or has felt discouraged in the past. You'll start creating satisfying 3D drawings from day one in a relaxed, judgment-free space. All materials are provided for the first session, with affordable options explored for future classes. Book at:

[u3amaribyrnong.org.au/courses-activities/](http://u3amaribyrnong.org.au/courses-activities/)

Email Lesley for any questions at

[lcmac28@icloud.com](mailto:lcmac28@icloud.com)

**Time:** 10.30am-12.30pm

**Date:** Thursday 9 October—6 November (5 sessions)

**Cost:** \$25 U3A rego for all classes



### 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 to Canning Reserve and back.

**Time:** 11am-12.30pm

**Date:** Saturday 15 November

**Cost:** \$20



### Understanding Elder Abuse – Your Rights, Ageism & Support Services

As part of Seniors Festival, join a free community session led by GenWest on Understanding Elder Abuse and promoting the rights and wellbeing of older people. The session will cover aging rights, the impacts of ageism, signs of elder abuse and family violence, and how to access support services. Afternoon tea provided.

**Time:** 1-3pm

**Date:** Wednesday 22 October

**Cost:** Free



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 City Council is committed to the safety of children and young people.

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](#)