

## **Maidstone Community Centre Term 4 Newsletter**

**2025 – October to December**

### **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:** 6 October – 1 December

**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:** 6 October, 3 November, 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 highlight historically important sites, offering insight into the deep connection between the land, water, and Indigenous people.

**Time:** 10-11.30am

**Date:** 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 Thurs 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 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 Public Holiday)

**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:** 7 October – 16 December (excl. 4/11 Public Holiday)

**Cost:** Free

### **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 Public Holiday)

**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 Public Holiday)

**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

### **'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:** 14 October and 18 November

**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

### **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)

### **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

**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

**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

**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

**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)

**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

### **‘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

### **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:** 9 October – 18 December

**Cost:** Free

### **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

### **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 a Mon 9.30am-12.30pm.**

**Time:** 9.30am-12.30pm

**Date:** 10 October – 5 December

**Cost:** Free

### **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)

### **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

## **Saturday**

### **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:** 15 November

**Cost:** \$20

### **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:** 11 October – 20 December

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

### **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:** 8 November

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

### **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

Thursday 9 October – 18 December

**Cost:** Mon \$55 (11 weeks) per child over 6 months old

Thurs \$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. Please contact the facilitator, Huan, via email [huan.cao@avwa.org.au](mailto:huan.cao@avwa.org.au) for more information.

**Time:** 10am-12pm

**Date:** Tuesday 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

Classes with an asterisk\* means the program is funded by Yarraville Community Centre and criteria applies

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.