**Term 2 Newsletter 2025**

**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   
 11am -12pm  
**Date:**  28 April – 30 June  
**Cost:** $7 per class

**Carpet bowls**

Just like lawn bowls but indoors, carpet bowls is fun, social and gentle exercise. Come and join this friendly group. No experience needed.

**Time:** 1-3pm

**Date:** 7 April - 30 June

**Cost:** $2 per session

**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:** Beginners 6-7.15pm

Intermediate 7.30-9pm

**Date:** 28 April- 30 June

**Cost:** $12 / $10

**Tuesday**

**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:** 1.30pm-4pm

**Date:** 8 April - 1 July

**Cost:**  Free, bookings required

**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 half way through. A great way to stay active and meet new friends.

**Time:** 9.30am-12pm

**Date:** 23 April - 2 July

**Cost:** $6 per class

**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:** 9 April - 25 June

**Cost:**  Free, bookings required

**Maribyrnong walking group**

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

**Time:** 8.30-11.30am

**Date:** 9 April -25 June

**Cost:** Free, bookings required

**Language and literacy for jobseekers 1\***

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

**Time:** 9.30am-1.30pm

**Date:** 22 January - 2 July

**Cost:** Free (eligibility criteria)

**Tablets and devices\***

Unlock the full 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. Perfect for all skill levels - bring your own smartphone or tablet and get ready to explore.

**Time:** 2-5pm

**Date:** 22 January - 2 July

**Cost:** Free (eligibility criteria)

**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:** 24 April – 3 July

**Cost:** $10 / $6 concession

**Digital essentials level 1\***

This program is for learners with little or no computer experience who want to build digital skills for work and online. The course covers social networking, managing security risks, and developing essential digital literacy, offering pathways to further study and job opportunities.

**Time:** 9.30am-12.30pm

**Date:** 23 January - 3 July

**Cost:** Free (eligibility criteria)

**Stitch it**

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

**Time:** 10am -1pm

**Date:** 3 April, 1 May

5 June, 3 July

**Cost:** $2 per session

**Chatty Café**

Is a global movement promoting connected and social communities. Come along for an informal chat and stay as long as you like. Who knows who you will meet there, you might find your next best friend.

**Time:** 10-11am

**Date:** 10 April, 8 May

12 June, 10 July

**Cost:** Free, no bookings required

**Friday**

**Monthly movies**

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

**Time:** 11am-1pm

**Dates:** 24 April, 26 June

**Cost:**  $2 per session

**Free Workshops**

**Seed saving and sharing**

This introductory workshop covers identifying which plants to save seeds from, when to re-plant and how to maximise propagation success. Impress your friends with your knowledge the magical world of seeds and help the environment at the same time. Delivered by sustainability, cooking and gardening guru, Scott Hitchins.

**Date:** Thursday 1May

**Time:** 1-3pm

**Growing in small spaces**

If you think you don’t have enough space to grow an edible garden, we’ll show you how. This workshop takes you through the process of setting up an edible garden from the basics right through to harvesting. Growing food to fit your lifestyle is the goal.

**Date:**  Wednesday 7 May

**Time:**  6.30-8.30pm

To book into any of our events please go to https://www.maribyrnong.vic.gov.au/Events

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.