

What's new?

Business Coaching Workshops for Migrant and Refugee Women

This 6-week business coaching program for migrant and refugee women with emerging businesses through a series of mentoring workshops. This is a tailored program designed by Liliana Bravo, Colombian-Australian social leader with the mission to empower migrant women to access opportunities in the retail and wholesale sector.

Workshop details	
Product Development	
Costing, Accounting and Fina	ance Fundamentals
Visual Merchandising	
Modern Day Marketing & Art	of Storytelling
Sales Fundamentals	
Event Planning, Networking	and Community
	Product Development Costing, Accounting and Fina Visual Merchandising Modern Day Marketing & Art





Space2b will also be funding the business coaching for 6 refugee women through the Investing Women Grassroots Grant Program from Business Victoria.

Costs: \$25/ session, subsidies available for Refugee women. For more information, call us on 9032 4305 Bookings essential via Bookable.



Registrations Now Open for Randall Street Kindergarten 2024

To support local children to start their learning. Maribyrnong Community Centre will be undergoing major renovations in 2023 to provide 66 new licenced kindergarten places from early 2024. Council's Central Registration System is now taking registrations for children wishing to attend a funded three or four year old sessional kindergarten program in 2024. For more information call 9688 0116



or <u>earlyyearscentralregister@maribyrnong.vic.gov.au</u>

Responsive, Inclusive, Relevant, Accessible.

Maribyrnong Community Centre is a Maribyrnong City Council Community Centre. Along with Braybrook Community Hub and Maidstone 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 visit maribyrnong.vic.gov.au

Maribyrnong Community Centre Newsletter Term 3, 2023



We are halfway through a fabulous year!

Maribyrnong Community Centre cherishes your presence and warm hearts especially as we enter some cold winter days. Keep an eye out for some new programs and events and join us to make this community bigger, better and stronger together!

Update on Centre Renovations for our much awaited Kindergarten

The constructions works are still continuing and we will keep you updated and do our best to keep disruptions to a minimum. The construction crew will be on site from 8am-5pm, Monday to Saturday. If you have any questions about the works please speak to staff. Thank you again for all your cooperation!

Day trip to Narana Aboriginal Cultural Centre

Date and Time: Tuesday, 11 July, 10.30am - 4.30pm Bookings: essential via Bookable.

Enjoy a bus trip to connect with Aboriginal history and culture at Narana Aboriginal Cultural Centre. This trip will include the bus to and from Narana Aboriginal Cultural Centre, boomerang painting and bush tucker foods. The Bus leaves from Maribyrnong Community Centre at 10.30am sharp, and will arive back at Maribyrnong Community Centre at 4.30pm



Dream and Play Hour

on National Aboriginal and Torres Strait Islander Children's Day

Age Group: 3 to 6yr olds and Parents Welcome! Date and Time: Friday, 4 August 3.30pm - 4.30pm In collaboration with Wurundjeri Council, activities include singing, dancing and painting boomerangs as well as exploring artifacts. Bookings essential via Bookable



Program Bookings now via Bookable

This is a reminder for all previous and new users of our Centre programs to register via Bookable. Our staff is also here to assist you with the process. Visit our website maribyrnong-events.bookable.net.au or Scan the QR code to register online





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.

We support the diversity and inclusion for all people in the workplace and the broader community.



Check us out on Facebook @maribyrnongcommunitycentre earch for Maribyrnong Community Centre and like our page for updates on programs and events.

Maribyrnong Community Centre 9 Randall Street, Maribyrnong, 3032 Ph: 9032 4305 F: 9318 5427 E: maricomm@maribyrnong.vic.gov.au Web: <u>www.maribyrnong.vic.gov.au/maricomm</u> Office opening hours: Monday-Friday, 9am-5pm

The office is closed on weekends and public holidays

Monday

Use it or Lose it

Gentle Yoga to destress, improve sleep, concentration and breathing

Date: weekly 10 July - 4 Sept

Time: 9.30-10.30am and 11am-12pm

Cost: \$6/session



Intro to Smart Phone/ Tablet*

Learn to use your device in a fun interactive class. BYO smart phone/tablet. Eligibility criteria applies. Date: weekly, 10 July - 11

Time: 9.30am-12.30pm



Carpet Bowls

A Fun and gentle exercise activity for older adults 55 yrs and over

Date: weekly, 3 July - 11 Sept

Time: 1-3pm Cost: \$2/session



Hatha Yoga

Join Richard in his unique approach to extensive Hatha training. Suitable for all levels

Date: weekly, 3 July-11 Sept Time: Beginner 6-7.15pm; Intermediate 7.30-9pm Cost: \$12/ session; \$10 concession



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your computer skills with a focus on internet safety, Excel, PowerPoint, designing documents and understanding your device.

Eligibility criteria applies.

Date: weekly 13 July - 14 Sept Time: Beginners Plus 9.30am-12.30pm; Intermediate 1-4pm Cost: Free

Thursday

Computer Class*

This program aims to develop



Stitch It

A Volunteer led program where participant share their skills. Bring your projects and share a cuppa with our lovely group!

Date: monthly on first Thursdays Time: 10am-1pm Cost: \$2/ session



Bingo with Cards

Bingo with a twist! Come along and play a few games of Bingo. A great social game for older adults 55 yrs and over

Date: weekly 13 July - 14 Sept

Time: 12.30-2.30pm Cost: Free



Maribyrnong Babies Playgroup

All families with babies from birth to 2 yrs. New families are welcome. Date: weekly 13 July - 14 Sept Time: 10.30am-1pm

Cost: Free



Tuesday

English as an Additional Language (EAL*)

Improve your reading, listening and writing skills. Delivered by Yarraville Community Centre. Fees and eligibility criteria apply.

Date: Tues and Wed 11 July - 12 Sept Time: 9.30am-1.30pm

Call YCC on 9687 1560 to enrol





Japanese Playgroup

For families from Japanese background with children aged upto 5 yrs.

Date: Weekly, 4 July-12 Sept Time: 10am-12.30pm

Cost: Free



Crazy Whist Cards

Friendly card game for older adults aged 55 and over.
Beginners welcome.

Date: weekly, 4 July - 12 Sept

Time: 1.30-4pm



Friday

Gentle Exercise for Older Adults

A guided exercise program for older adults to improve joint health and muscle strength using weight bearing and resistance training. Short health questionnaire to be completed before commencing.

Date: 7 July - 15 Sept

Contact: Gateway on 9399 3511



Wednesday

Maribyrnong Walking Group

Meet at the Centre for a walk and then return for a cuppa and a chat!
Date: weekly 5 July Time: 8.30-11.30am
Cost: Free



Easy Steps Line Dancing

A choreographed dance program for older adults. Beginners welcome Date: weekly 5 July - 13 Sept Time: 10am-12pm Cost: \$5/session



Line Dancing

A fun choreographed dance with series of steps. Date: weekly 5 July - 13 Sept

Time: 12.30-3.30pm Cost: \$8/session



KOGO Knit Group

KOGO enjoys knitting winter woollies for people in need. Beginners welcome

Date: weekly 5 July - 13 Sept

Time: 12.30-2.30pm Cost: Free



Free Monthly movie with a theme

Come along, enjoy some light refreshments and watch a movie. Spaces are limited to 30 seats. Bookings: essential via Bookable

Christmas in July Movie and an Crazy Sweater Competition! Enjoy a christmas treat and win a prize for the craziest christmas sweater!

Date: 27 July Time: 11am-1pm







Movie for Science Month!

Join us for a Surprise movie to
celebrate Women in Science. You will
not be disappointed with this
biographical drama!

Date: 24 August Time: 11am-1pm



U3A MARIBYRNONG INC

Are you interested in a program that's currently not offered? Contact us on 9032 4305 or via email at maricomm@maribyrnong.vic.gov.au to let us know what programs and activities you would like to see at the Centre, which we will aim to incorporate into our program.

Classes with a * are delivered through Yarraville Community Centre (YCC), ACFE funding. For enrolments call 9687 1560. Please note: Computer classes are run over 20 weeks with no sessions on Public Holidays or during school holidays. Classes with a ** are funded by Gateway Community Services. Eligibility criteria applies.