

Term 4 Newsletter 2024

Monday

Digital essentials 1 (YCC)*

Designed specifically for people with little or no computer knowledge. Learn how to use computer hardware and software, internet safety and Google search for information. You will also learn how to create simple documents using Microsoft Word and Excel.

Time: 9.30am-12.30pm

Date: 7 October -2 December

Cost: Free

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: 7 October - 2 December

Cost: Concession rates apply

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. Only Spanish will be spoken.

Time: 10.30am-1pm

Date: 7 October-9 December

Cost: \$1 per family

Crochet club

Come and learn how to read a pattern and wield a hook and a ball of wool without getting tangled. You can work on your own mini project too. Bring your own wool, best is 12 ply with a 5 or 6 ml hook.

Time: 9.30-11.30am

Date: 7 Oct, 4 Nov, 2 Dec

Cost: Free

Let's learn to cook

Learn how to create a simple breakfast, lunch and dinner. 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: 7-28 October

Cost: \$48 (4 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: 7 October-16 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 and it's a great way to make friends. To book please click the

<https://u3amaribyrong.org.au/courses-activities/>

Time: 3-4pm

Date: 7 October-16 December

Cost: \$25 U3A rego for all classes

Monday evening slow flow yoga for men and women

Let Cecilia 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: 7 October-16 December

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: 8 October-17 December
(except 5/11 Public Hol)

Cost: Free (workshop)

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: 8 October-10 December
(except 5/11 Public Hol)

Cost: Free

Little Wombats indigenous preschool 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. Every month different themes will be explored such as bush tucker, tools, animals and art.

Time: 10-11am

Date: 22 October

Cost: Free

Drop-in 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: 12-2pm

Date: 8 October-17 December
(except 5/11 Public Hol)

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, connect with your community and interests through online group activities, or to watch documentaries and movies.

Time: 1-4pm

Date: 8 October - 3 December
(except 5/11 Public Hol)

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.

This class also runs on Frid 1-4pm.

Time: 9.30am-12.30pm

Date: 8 October - 3 December
(except 5/11 Public Hol)

Cost: Free

Climate proofing your garden

Learn how to balance production with protection so that you can have an active food garden and refuge from weather and climate extremes. We cover layout, design, species selection, water retention, fire risk and much more!

Time: 1-3pm

Date: 12 November

Cost: Free (workshop)

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: 8 October-17 December
(except 5/11 Public Hol)

Cost: \$10 per session

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: 9 October-18 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: 9 October-18 December

Cost: Gold coin donation

Country Women's Association Christmas baking

The CWA ladies are coming to town to create a delicious Christmas cake, mouth-watering classic shortbread and some rocky road with a fruity twist! These places get snapped up so quickly book in!

Time: 10am-1pm

Date: 4 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: 9 October-18 December

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 9 Oct-18 Dec

Cost: Free

Thursday**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: 9-9.45am

Date: 10 Oct-12 December

Cost: \$50 (10 weeks)

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: 10 October-19 December

Cost: \$7 (session)

Latin American women's group

This Spanish speaking social group comes together to enjoy a friendly chat, light lunch and a cuppa. Participants are welcome to bring along crafty projects to keep their hands busy!

Time: 10am-1pm

Date: Thurs, 10 October- 5 December

Cost: Free

Spring Cooking with Rachel

Join Rachel for a seasonal class focussing on the beautiful produce of Spring. Together we will prepare and cook artichokes, then make a simple pizza. We will also make our own free-form filo pies with silverbeet and ricotta, plus a vibrant green soup featuring asparagus and green garlic. A lemon dessert to finish!

Time: 10am-1pm

Date: 31 October

Cost: \$18 (workshop)

Singaporean Hawker classic

The wonderful Deb Ong, owner of local café Masak, Masak, will be cooking up a superb, authentic, aromatic Hainanese chicken dish. The succulent poached chicken will be accompanied with the traditional chicken broth, fragrant rice and garlic and chili dip. This class will be truly amazing and not to be missed.

Time: 10am-1pm

Date: 7 November

Cost: \$18 (workshop)

Roaming the subcontinent

Join Rachel as we delve into the foods of India from the north to the south, and some surrounding countries as well. We will make the most delectable paneer makhani, and a beautiful bean and coconut salad from southern India called pachadi. The menu will also feature comforting Nepali dhal, Gujurati potatoes and a simple sweet treat.

Time: 10am-1pm

Date: 14 November

Cost: \$18 (workshop)

Authentic Vietnamese entrees

If you love Vietnamese rice paper rolls, spring rolls and grilled beef rolls with vine leaves, this fun class will be perfect for you. Anastasia will also help you create delicious dipping sauces for each dish!

Time: 10am-1pm

Date: 21 November

Cost: \$18 (workshop)

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: 10 October-12 December

Cost: \$1

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: 11 October-13 December

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. **This class also runs on Monday 1-4pm.**

Time: 9.30am-12.30pm

Date: 11 October-6 December

Cost: Free

Op shop tour

Ever wanted to know where the best op shops are in Ascot vale, Yarraville and Sunshine? Well hop on our mini bus and let Millie Bones, the queen of op shops, show you the gems of the west. Four great stops, enough time to sniff out a bargain! These tours are wonderful to connect with others.

Time: 10am-1pm

Date: 18 October

Cost: \$15

Op shop repairs and alterations

If you want to learn how to refashion your op shop finds this is the course for you. You'll learn to mend, alter and upcycle all your treasures. Think letting down hems, taking side seams, waistbands or darts in or out, patching rips or holes and more!

Time: 10am-12.30pm

Date: 25 Oct-15 November

Cost: \$60 (4 sessions)

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: 8 and 15 November

Cost: \$30 (2 sessions)

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: 11 Oct-13 Dec
(except 29 Nov)

Cost: \$54 (9 weeks)

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: 16 November

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-12pm

Date: 9 November

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: 12 Oct-14 December

Cost: \$7 (session)

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 29 November**

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.

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](#)

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



