

Centre Community Groups

Alexandria's Dance

A range of dances including new vogue and Latin.

Friday nights
Bill | 9382 0037

Essendon Square Dance Club

Lessons in social and square dancing.

Thursday nights
John and Ruth | 9390 8303

Forever Friendship Dance

Ballroom dancing class.

Sundays
Yen | 0412 561 884

Laura Lee Dance Club

Dance club meeting to practice sequence ballroom dancing.

Tuesday mornings
Christine | 0431 533 393
David | 0468 404 823

Maribyrnong Orchid Society

Monthly meetings to educate orchid lovers on how to nurture them.

Anthony | 0412 040 239

Welcome Dance Inc

Sequence and New Vogue dance steps with stretching exercises.

Friday nights
Thang | 0407 401 336

Melbourne Church of Christ

Non-denominational Christian church group meetings and kids Sunday school.

Sundays
Jon | 0404 089 405

Flood recovery program update

This October marks three years since the Maribyrnong River Flood in October 2022. Those that wish to come together are invited to attend a community event in partnership with Moonee Valley City Council. This event features a screening of short films featuring community stories, as well as local musicians, a river stories tent, free food trucks and kids' activities. An artist's talk on the Coulson Gardens public artwork, capturing the experiences of the Maribyrnong community will also be happening.

Saturday 11 October

5-9pm, Coulson Gardens, (The Esplanade end)

Flood risk packs have been delivered via a door knock to residents at risk in a 1% annual exceedance probability (AEP) flood event – meaning a 1% chance in any given year. If you were not home to receive your pack, a postcard has been left in your mailbox with options to receive your pack.

A barbeque is being held to launch the cards and provide an opportunity for follow up questions. The event will feature a free coffee cart, barbeque and tai chi class.

Sunday 21 September

11am-2pm, Burton Crescent Reserve, Maribyrnong

For more information, email emergencymanagment@maribyrnong.vic.gov.au or visit www.maribyrnong.vic.gov.au/flood

Notices

- **Maribyrnong City Council is committed to the safety of children and young people** - feedback about the safety of our programs, services or spaces can be confidentially sent to: childsafety@maribyrnong.vic.gov.au
- The **Garage Sale Trail** is back this November – find out more at www.garagesaletrail.com.au/Maribyrnong
- **Summer closure dates:** Maribyrnong Community Centre closes on 24 December 2025 and re-opens 12 January 2026

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 from 18-26 October. This year's 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

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 Community Centre Newsletter Term 4 2025

We are leaping into spring with more than a little excitement, our programs are ramping up along with attendance numbers. Take a look at our latest happenings and join us for cooking, talking or dancing: the stuff of life!

Hope to see you soon — the team at Maribyrnong

Special Events

Drag Bingo

16 October

1-3pm

Join us for a afternoon of hilarious Drag Bingo. Test your luck and win prizes while you enjoy the show. Including light afternoon tea.

Free, bookings via QR code below

Dying to Talk

23 October

10-11am

Join Mercy Palliative Care for a supportive afternoon sharing stories, advice, tips and ideas to help you have meaningful conversations with your loved ones about what truly matters to you. Morning tea provided.

Free, bookings via QR code below

Beeswax Wraps

25 October

11am-12.30pm

For Children's Week we have a lovely session for kids, making their own beeswax wraps. With funky fabrics and wax to melt in the oven, their school lunches are going to be fully hand-made. For ages 8-12 years, carers welcome.

Free, Bookings via QR code below

Flags to Bags

6 November

1-3pm

Help repurpose retired flags into reusable bags for local food relief programs. All skill levels welcome as we come together to prepare 'take home & sew kits' at this fun and friendly session. Tasks include measuring, cutting, pinning and sewing.

Free, Bookings via QR code below

Christmas together 11 December

1-3pm

Arnie is back! This year he will perform a Christmas special like no other. Join us for afternoon tea and some beautiful songs and dancing.

Free, bookings via QR code below

Scan the QR code to book into programs or classes.



Cooking and nutrition program

Starts Monday **20 October, 10.30am -1pm**

(weekly for 6 weeks in total)

Maribyrnong Community Centre

The Nutrition Education Skills Training (NEST) is a six-week program teaching adults about healthy eating and easy, affordable cooking in a friendly and fun environment.

Join us as we work through our program cookbook as a group, exploring nutrition, food storage, shopping tips, budgeting and decoding food labels.

Participants are expected to attend all 6 sessions.

Free, registrations essential via QR code.

Program delivered by **OzHarvest**, find out more at www.ozharvest.org/education/nest

Maribyrnong Community Centre

9 Randall Street, Maribyrnong 3032

Phone: 9032 4305

Email: maricomm@maribyrnong.vic.gov.au

Web: www.maribyrnong.vic.gov.au/maricomm

Office opening hours

Monday - Friday

9am - 5pm

Office closed weekends and public holidays

Maribyrnong Community Centre Courses and Workshops

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 OR 11am-12pm
Date: 6 Oct – 15 Dec
Cost: \$80 per term (11 weeks, with 1 week discount)
 Book via QR code

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: 6 Oct – 15 Dec
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: 6 Oct – 15 Dec
Cost: \$12 / \$10
 Book via QR code

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: 1.30-4pm
Date: 7 Oct – 16 Dec
Cost: Free, book via QR code



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

Time: 9.30am-12pm
Date: 8 Oct – 26 Nov
Cost: \$56 per term (8 weeks, with 1 week discount)
 Book via QR code

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: 8 Oct – 17 Dec
Cost: Free, book via QR code



WEDNESDAY cont.

Let's Learn English

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

Time: 9.30am-1.30pm
Date: 8 Oct – 3 Dec
Cost: Free (eligibility criteria)
Enquiries: Yarraville Community Centre on 9687 1560 or info@ycc.net.au



Maribyrnong Walking Group

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

Time: 8.30-11.30am
Date: 8 Oct – 17 Dec
Cost: Free, book via QR code

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 explore.

Time: 2-5pm
Date: 8 Oct – 3 December
Cost: Free (eligibility criteria)

Enquiries: Yarraville Community Centre on 9687 1560 or info@ycc.net.au

Term 4: October - December 2025

THURSDAY



Digital Essentials Level 1

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

Time: 9.30am-12.30pm
Date: 9 Oct – 4 Dec
Cost: Free (with eligibility criteria)

Enquiries: Yarraville Community Centre 9687 1560 or info@ycc.net.au

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: 9 Oct – 18 Dec
Cost: \$10 / \$6 concession
 Book via QR code



THURSDAY cont.

Monthly movies

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

Time: 1-3pm
Dates: 23 Oct, 27 Nov
Cost: \$2 per session
 Book via QR code

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
Dates: 2 Oct, 6 Nov, 4 Dec
Cost: \$2 per session



Chatty Café

Is a global movement promoting connected, social communities. This group is growing each month, come along for a chat and stay as long as you like. Snacks supplied but baking welcome.

Time: 10-11am
Dates: 9 Oct, 13 Nov
Cost: Free, no booking required



FRIDAY

Gentle exercise for older adults

In one hour sessions, you will be guided through a range of exercises to improve joint health and muscle strength using weight bearing and resistance training. You will also need to do a short health questionnaire.

Time: 9am-2pm
Date: 1 hour each Friday
Cost: Fees apply, call Gateway on 9399 3511

SATURDAY & SUNDAY

Games and puzzles hangout (for over 18 year olds)

Join Mel and a small group of avid cards, games and puzzles lovers for a relaxed and social session. Feel free to bring snacks. Call 9032 4305 to register.

Saturday 4 Oct, 10am-12pm
Thursday 16 Oct, 6-8pm

Tai Chi

Join Alfred as he takes you through a gentle yet powerful way to improve balance, strength and mindfulness.

Time: 9.30-10.30am
Date: Saturdays

Time: 7.30-8.30am
Date: Sundays
Cost: Free, no booking required



Check us out on Facebook! Search for Maribyrnong Community Centre and like page for updates



Bookings for all programs essential, scan the QR code

