

### Alexandria's Dance

A range of dances including new vogue and Latin during dance sessions.

**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 and train orchid lovers on how to nurture them.

**Anthony | 0412 040 239**

### Rotary Club of Footscray

Monthly craft activities for socialising and support Rotary International's Polio Eradication Program.

**Carol | 9092 3725**

### Welcome Dance Inc

Sequence and New Vogue dance steps with stretching exercises.

**Friday nights**  
**Thang | 0407 401 336**

## Flood recovery program update

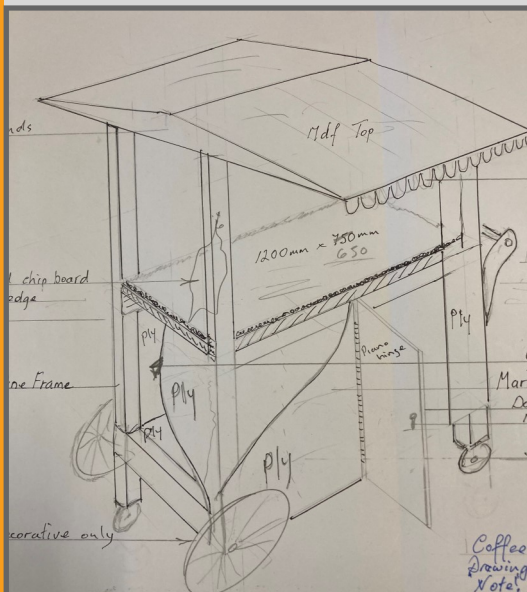
Recently, Maribyrnong City Council and GenWest launched the Flood Insurance Guide, an initiative developed in collaboration with flood-impacted community and insurance and recovery experts.

The aim was to create an accessible guide to insurance, something community wished they had before the flood. See the guide (in English and Vietnamese) here [www.maribyrnong.vic.gov.au/Residents/Emergency-Management/Maribyrnong-Flood-Recovery/Maribyrnong-Insurance-Project](http://www.maribyrnong.vic.gov.au/Residents/Emergency-Management/Maribyrnong-Flood-Recovery/Maribyrnong-Insurance-Project)

This term, we look forward to the continuation of the tai chi program, skill-building workshops and Blackbird River Cruises. A program of preparedness activities is also planned with the Victorian State Emergency Services (VICSES) and the Australian Red Cross. This will include workshops and individual support developing your own emergency plan.

For more information on flood recovery programs, visit [www.maribyrnong.vic.gov.au/Flood](http://www.maribyrnong.vic.gov.au/Flood). Council is committed to providing recovery relief and connecting residents with support services where needed. To find out more, visit the Maribyrnong Community Centre on Thursdays to meet with the team or email [FloodRecovery@maribyrnong.vic.gov.au](mailto:FloodRecovery@maribyrnong.vic.gov.au)

## Our coffee and tea cart is arriving soon...



**We are excited to see our completed addition to our foyer, built by the talented team at the Braybrook Men's Shed.**

The cart will provide a spot to grab a drink, have a chat and take a moment.

We would like to invite the community to help decorate the exterior of the cart - let us know if you'd like to join in.

**You might have noticed some increased activity around the Centre recently, the building work is gathering pace and we're on schedule for completion in mid-April 2025.**

We will soon have access to a bigger and brighter room, re-named **'Sandy's Room'** (previously Craft Room). Some resident groups will move back in, and there are plans for new happenings in there too.

We want to celebrate with everyone, to say thank you for your patience and support. This will happen during Neighbourhood House Week, **on Thursday 15 May, from 10am.**

Join us to take a peek at the new space and enjoy some cake. We look forward to celebrating with you.

## My Place through My Eyes Photography project

**If you love to get creative and take photos on your phone, here's a chance to meet like-minded folk and explore your local area, with an artist's eye.**

Led by artist Amanda Neville these six, weekly sessions include group planning, photo taking skills, capturing images on location and selecting photos for exhibition.

This fabulous project helps you refine your photography skills while meeting new friends and walking through some favourite places. No special skills required.

An exhibition of selected works will be launched and displayed at Maribyrnong Community Centre on completion.

**Dates:** Tuesdays, 6 May - 10 June 2025

**Time:** 10-11.30am

**Places:** Maribyrnong Community Centre and surrounds, 9 Randall Street Maribyrnong 3032

**Cost:** \$60 (for six weeks)

**Bookings:** Are essential - scan the QR code on the next page.



**We would like to pick your brain....**during May we will be asking you to complete our annual survey, to tell us how the Centre supports you and what you would like to see done differently. Paper copies will be out soon, or pick one up from reception.

### Maribyrnong Community Centre

9 Randall Street, Maribyrnong 3032  
Phone: 9032 4305

Email: [maricomm@maribyrnong.vic.gov.au](mailto:maricomm@maribyrnong.vic.gov.au)  
[www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm)

### Office opening hours:

Monday - Friday 9.00am - 5.00pm

Centre Office is closed on weekends and public holidays

Check us out on Facebook and Instagram. Search for 'Maribyrnong Community Centre' and follow for updates



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 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  
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



## WEDNESDAY cont.

### 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)

# Term 2: April - July 2025

## THURSDAY

### 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

## THURSDAY cont.

### 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



### 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

## 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 complete a short health questionnaire.

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

## FREE WORKSHOPS

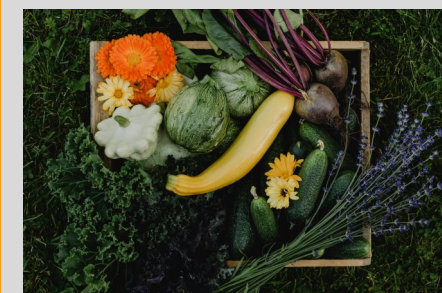
### Seed saving and sharing



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 1 May  
**Time:** 1-3pm  
**Book:** via QR code, free



### 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  
**Book:** via QR code, free

