

### Construction update

Efforts to complete the construction of the Randall Street Kindergarten and refurbishment of Maribyrnong Community Centre is ongoing. Whilst Council looks at options to complete the build as soon as possible, Maribyrnong Community Centre will continue to remain open. We thank you for your ongoing patience.

### Spring into Summer Series 2024

The Spring into Summer Series is a free Active Maribyrnong program offering a range of physical activities and wellbeing programs delivered over a four-week period. The program takes place around the City of Maribyrnong and also offers online opportunities so there's something for everyone to get involved in.

All programs are delivered by qualified and experienced local health, fitness and sports professionals with options suitable for all ages and fitness levels.

In 2023 over 45 programs were on offer that were held in November and December. Programs were offered across Maribyrnong's beautiful parks, reserves and local facilities, or online in the comfort of your own home.

**2024 Spring into Summer Series is on from Monday 11 November to Sunday 8 December.**

More details to follow closer to the series. For further information about the Spring into Summer Series please contact us on 9688 0200 or send us an email at [active@maribyrnong.vic.gov.au](mailto:active@maribyrnong.vic.gov.au)

### Cohealth flood recovery support

cohealth's case support workers will be available to support community affected by the October 2022 Flood at the Maribyrnong Community Centre.

The team will be available on a fortnightly basis from 10:00am to 1:00pm on:

- 1, 15 and 29 October 2024
- 26 November and 10 December 2024

Supports available includes:

- Providing information and assistance with practical matters
- Identification of service needs including coordination and management of services
- Advocacy support to access services
- Wellbeing supports.

Drop in to the Maribyrnong Community Centre to access support through this program. For more information, email the team at [flood.relief@cohealth.org.au](mailto:flood.relief@cohealth.org.au)

For recovery information, subscribe to Council email updates here: <http://eepurl.com/idmpPT>



### Welcome to Term 4!

#### Final term for 2024

It is hard to believe that we are already doing our final newsletter for the year. What a great year it has been with many of our programs growing and lots of new faces and friends.

Keep a lookout for the wonderful reading chair artwork that will be installed in the holidays and for some amazing artwork that will appear later in the year to brighten up our building. Have a great term everyone.

The Maribyrnong CC team.

### Maribyrnong Orchid Society Show

The Maribyrnong Orchid Society Winter Show will be held on **Saturday 9 and Sunday 10**

**November** The hall opens to the public at 9am and closes at 4pm. Admission is \$5. For more information, please contact Anthony Scerri on 0412 040 239



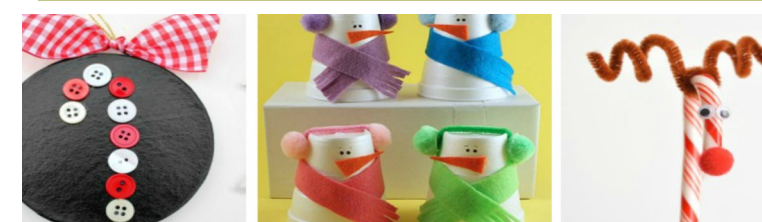
### Hatha yoga

Hatha yoga is one of the most popular types of yoga, and it's often used as an umbrella term for *any* yoga style that emphasises and balances physical yoga postures with breathing techniques. A regular Hatha yoga practice can have a range of physical and mental health benefits, with improved flexibility, athletic performance, stress reduction, and improved quality of life..



### Crafty Christmas morning!

We will be hosting our annual Christmas Morning with some fun craft activities on **Thursday 12 December at 11am. Bookings essential.**



Check us out on Facebook and Instagram! Search for Maribyrnong Community Centre and like our page for updates on programs and events



### Responsive, Inclusive, Relevant, Accessible.

Maribyrnong Community Centre is part of Maribyrnong City Council's Community Centres. Along with Braybrook Community Centre 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 [www.maribyrnong.vic.gov.au](http://www.maribyrnong.vic.gov.au)

### Maribyrnong Community Centre

9 Randall Street  
Maribyrnong 3032  
Ph: 9032 4305 | F: 9318 5427  
E-mail: [maricomm@maribyrnong.vic.gov.au](mailto:maricomm@maribyrnong.vic.gov.au)  
Website: [www.maribyrnong.vic.gov.au/maricomm](http://www.maribyrnong.vic.gov.au/maricomm)

### Office opening hours

Monday - Friday  
9am - 5pm

The office is closed on weekends and public holidays



## MONDAY

### Use it or lose it - Gentle yoga

The benefits of yoga can be many, from improving sleep and reducing stress to enhancing breathing function and helping with concentration. Bring along a pillow and a blanket. This program is suited for older adults.

**Time:** 9.30-10.30am

11am-12pm

**Date:** 23 September - 16 December

**Cost:** \$6 per session



### Tablets and devices\*

Learn how to use your smart phone or tablet to its full potential in these fun interactive classes. BYO Smart Phone/Tablet. Eligibility criteria applies.

**Time:** 9.30am-12.30pm

**Date:** 7 October - 16 December

### Carpet bowls

A fun and gentle exercise activity for older adults 55 years and over.

**Time:** 1-3pm

**Date:** 23 September - 16 December

**Cost:** \$2 per session



**Program bookings**  
Bookings for all programs are essential. Please scan the QR code to register online. If you need assistance with booking or further information call 9032 4305 or email mari-



## MONDAY CONTINUED

### Hatha yoga

Richard's unique approach from his extensive Hatha training has evolved in these classes. Session comprises physical limbering, stretching, breathing, relaxation and meditation.

**Time:** Beginners: 6-7.15pm

Intermediate: 7.30-9.00pm

**Date:** 7 October - 16 December

**Cost:** \$12 Full Fee per session

\$10 Concession per session

## TUESDAY

### Crazy whist cards

A friendly card game for older adults aged 55 years and over. Beginners welcome. Enjoy a cuppa and a chat after the session.

**Time:** 1.30-4pm

**Date:** 24 September - 17 December

**Cost:** Free



## WEDNESDAY

### Maribyrnong walking group

Meet at the Centre for a walk taking approximately one hour and then return to the centre for a cuppa and a chat.

**Time:** 8.30-11.30am

**Date:** 25 September - 18 December

### Easy steps line dancing

A program for older adults . Learn choreographed dance steps to stay fit and keep active!

**Time:** 9.30am-12pm

**Date:** 9 October-18 December

**Cost:** \$6 per session

## WEDNESDAY CONTINUED

### Line dancing

A choreographed dance with a repeated series of steps suitable for all ages and abilities. A fun way to stay fit and keep active. First hour suitable for new dancers and beginners.

**Time:** 12.30-3.30pm

**Date:** 9 October - 18 December

**Cost:** \$8 per session



### Language and literacy for jobseekers \*

This program is designed to build the literacy and language skills of learners to pathway in to an accredited language course, volunteering or employment. Eligibility criteria applies. This program is suitable for culturally and linguistically diverse communities

**Time:** 10am-2pm

**Date:** 9 October - 18 December



### KOGO knitting group

Our KOGO group enjoy a chat whilst knitting warm winter woollies for distribution to people in need. Suitable for all levels of knitters.

**Time:** 1-3pm

**Date:** 25 September - 18 December

**Cost:** Free



## THURSDAY

### Digital essentials level 1 \*

This program is targeted at learners who have limited and/or experience with computers and are wanting to develop online and work-related computer skills.

The course aims to build the student's digital literacy skills with a special focus on participating in social networking whilst understanding and managing security risks.

The course provides pathways to further study and employment opportunities. Eligibility criteria applies No sessions school holidays or public holidays.

**Time:** 9.30am-12.30pm

**Date:** 10 October- 5 December



### Kanga Training

Kanga Training is a baby wearing fitness class for parents and caregivers to stay active

**Time:** 9.30-10.30am

**Date:** 10 October - 19 December

**Cost:** \$10 Session/  
\$6 Concession

**No session on 28th November**

### Stitch It!

Bring along your current projects to work on and share sewing tips and knowledge with the group. Held on the first Thursday of every month.

**Time:** 10am-1pm

**Date:** 3 October, 7 November, 5 December

**Cost:** \$2

## MONTHLY MOVIES

Join us for a free movie screening on the fourth Thursday of every month, with light refreshments included.

**Time:** 11am-1pm

**Date:** 24 October: (Melbourne Cup

Theme)

28 November: (Christmas Theme)



## FRIDAY

### Gentle exercise for older adults\*\*

A program for older adults. During the sessions you will be guided through a range of exercises to improve joint health and muscle strength using weight bearing and resistance training. Prior to commencing the program you will need to complete a short health questionnaire.

**Date:** Fridays

**Cost:** Fees apply

**Contact: Gateway on 9399 3511 for bookings**



## What else is on at MNCC?

### Community Groups at the Centre:

**Essendon Square Dance Club**  
Lessons and social dancing in square dancing.  
John and Ruth Humphrey  
9390 8303

### Forever Friendship Dance Troupe

Sunday afternoon ballroom dancing class.  
Yen Tran  
0412 561 884

### Alexandria's Dance

Bill teaches a range of dances including new vogue and Latin during weekly dance sessions.  
Bill Tepper  
9382 0037

### Laura Lee Dance Club

Dance club which meets Tuesday mornings to practice sequence ballroom dancing.  
Christine Felmingham  
0431 533 393  
David Oliver  
0468 404 823

### Maribyrnong Orchid Society

Monthly meetings to educate and train orchid lovers on how to grow them.  
Anthony Scerri  
0412 040 239

### Welcome Dance Inc.

Sequence and New Vogue dance steps with some stretching exercise.  
Thang Nguyen  
0407 401 336

### Melbourne Church of Christ

Non-denominational Christian church group meetings and kids Sunday school.  
Jon Lucas  
0404 089 405

### Rotary Club of Footscray

Monthly craft activities where participants can interact, socialize and support Rotary International's Polio Eradication Program.  
Carol Costano  
9092 3725

### Wit Kids

Weekly children's drama classes.  
Maddy Carr  
0403 129 769

Classes with a \* are delivered through Yarraville Community Centre,

ACFE funding.

Please note - Computer classes are run over 20 weeks with no sessions on Public Holidays or during school holiday period. Eligibility criteria applies. Enrolments contact 9687 1560 .

Are you interested in a program that's currently not offered? Contact us on 9032 4305 or via email to 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.