

Term 1 Newsletter 2025

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: 3 Feb-31 Mar (except 10/3 Pub Hol)

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: 3 Feb-31 Mar (except 10/3 Pub Hol)

Cost: Concession rates apply

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 8 ply with a 4 ml hook.

Time: 9.30-11.30am

Date: 3 Feb, 3 Mar, 7 April

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: 3 Feb-3 March

Cost: \$60 (5 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: 3 Feb-31 Mar (except 10/3 Pub Hol)

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. Visit the link below to book: <https://u3amaribyrnong.org.au/courses-activities/> **Also runs on a Thurs 2-3pm.**

Time: 3-4pm

Date: 20 Jan-31 Mar (except 10/3 Pub Hol)

Cost: \$25 U3A rego for all classes

Monday evening slow flow yoga for men and women

Let Hannah 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: 3 Feb-31 Mar (except 10/3 Pub Hol)

Cost: \$7 per session

Writing workshop

Discover new ways to tell your stories in this engaging four-week writing workshop series. Explore a variety of genres including short stories, poetry, memoirs, and scriptwriting. These workshops will provide the opportunity to share your work and receive constructive feedback. Perfect for writers of all skill levels looking to diversify their writing.

Time: 1-3pm

Date: Mon, 3, 17, 24, 31 March

Cost: \$20 (4 sessions)

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: 4 Feb-1 April

Cost: Free (workshop)

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: 14 Jan-1 April

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.

Also runs on a Fri 1-4pm.

Time: 9.30am-12.30pm

Date: 4 Feb-1 April

Cost: Free

Tablet and devices class (YCC)*

Learn to use your device, whether it's 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: 4 Feb-1 April

Cost: Free

Beeswax wrap workshop

Come and learn how to make environmentally friendly beeswax wraps. They are reusable, washable, sustainable, Alternative to single use plastics like cling wrap. They can be used to cover left overs in a bowl, wrap sandwiches, cheese, bread etc

Time: 1-3pm

Date: 18 March

Cost: Free

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:** 4 Feb-1 April

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: 5 Feb-2 April

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: 15 Jan-2 April

Cost: Gold coin donation

Learn, connect and grow with AI Curious about AI? Discover how tools like ChatGPT, Google Assistant, and Siri shape our world. Learn how these technologies simplify daily tasks and boost productivity. Enjoy hands-on activities, practical tips, and expert guidance in a friendly session. Join us to unlock AI's potential and transform your everyday life.

Time: 10am-12pm

Date: Wed, 12 March

Cost: Free

International Women's Day High Tea with the Country Women's Association

Come along and celebrate International Women's Day with a fab cooking class and a scrumptious high tea with the wonderful folk from the Country Women's Association. Sausage rolls, curried egg sandwiches, scones with jam and cream, and custard fruit tarts are on the menu! There will also be an inspiring female guest speaker.

Time: 10am-1pm

Date: 5 March

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: 15 Jan-2 April

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 5 February

Cost: Free

Thursday

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: 6 Feb-3 April

Cost: \$7 (session)

Greece, Turkey and Lebanon

Join Rachel on a culinary journey through Greece, Turkey and Lebanon. This is food to make you weak at the knees, including stuffed tomatoes with a perfect rice filling – the taste of summer. We will also make fattah, the Lebanese dish of fried pita, chickpeas, yoghurt and pine nuts, Turkish zucchinis and a surprise dessert.

Time: 10am-1pm

Date: 27 February

Cost: \$18 (workshop)

Asian street food

In this fun hands-on class with Rachel, we'll whip up Thailand's famous stir-fried noodle dish, pad Thai. Also on the menu are Chinese steamed buns with interesting vegetable fillings, and tapioca pearls for homemade bubble tea!

Time: 10am-1pm

Date: 20 March

Cost: \$18 (workshop)

New York Jewish temptations with a vegan twist

This unique workshop will not disappoint! Think soft, warm challah bread, golden crispy potato latkes, melt in your mouth delicate jackfruit brisket, flavourful seitan hot dogs, and a to die for New York lemon cheesecake!

Time: 10am-1pm

Date: 27 March

Cost: \$18 (workshop)

Latin American women's group

This Spanish speaking social group comes together to enjoy a friendly chat, light lunch and a cuppa.

Time: 10am-1pm

Date: 6 Feb-3 April

Cost: Free

A taste of Malaysia

Learn how to make curry chicken kapitan, a fragrant Malaysian-style dish with Portuguese influences, served with roti jala, a soft savoury crepe. To finish off indulge in bubur cha cha, a coconut milk based dessert made with a medley of sweet potatoes, sago and lychees.

Time: 10am-1pm

Date: 3 April

Cost: \$18 (workshop)

The Quarry Book Club A small group of people discussing literature with like-minded bookish types. Meeting monthly. There will also be biscuits! For more information please email Olivia Sinclair-Thomson oliviasinclairthomson@gmail.com

Time: 7-8.30pm

Date: Thurs, 27 Feb, 27 March

Cost: Free

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: 7 Feb-4 April

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: 7 Feb-4 April

Cost: Free

Mahjong

Mahjong is a tile based game derived in China involving strategy, skill and luck! Great for memory and a fun way to socially connect. Beginners welcome.

Time: 9.30am-12.30pm

Date: 7 Feb ongoing

Cost: Free

English conversation (YCC)*

Come and join our friendly beginners conversation class and talk about things you love to do, family, hobbies, travel and food! This class will also include a little bit of reading and writing too!

Time: 1-4pm

Date: 7 Feb-4 April

Cost: Free

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: 21 and 28 March

Cost: \$30 (2 sessions)

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: 29 March

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: 1 March

Cost: \$20

Bicycle maintenance workshop

Learn how to tune tweak and maintain bicycles. Whatever style or bike you have, we'll have you tuning and indexing it like a pro. Learn how to adjust and tune brakes, clean and learn chains, change a tyre, check and adjust headsets, and other things!

Time: 1-4pm

Date: 15 March

Cost: Free (workshop)

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: Sat, 8 Feb-29 Mar

Cost: \$7 (session)

South East Asian food tour

Join Anastasia, a fabulous local cook, to explore the delights of Asian grocery stores and the Footscray market, to learn about condiments and Asian vegies. You'll also discover the best places to eat including exotic ice-cream, bahn mi, bubble tea and pho. Limited places so book in quickly!

Time: 10am-12pm

Date: Sat, 15 March

Cost: \$15

Sunday

Multicultural picnic

You're invited to our beautiful picnic in the park during Diversity Week in 2025. Bring some delicious food to share with family and friends, and sit back and enjoy great live music and cultural entertainment. There will be free delicious Eritrean coffee and multicultural sweets. The kids will also enjoy a free sausage sizzle, freshly baked pizzas, face and henna painting. Everyone is welcome!

Time: 12-2pm

Date: 23 March

Cost: Free

Children's activities

6 months-preschool

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: Mon, 3 Feb-31 Mar

Thurs, 6 Feb-3 April

Cost: Mon \$40 (8 weeks), Thur \$45 (9 weeks)

Little Wombats indigenous 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: Mon 11.30am-12.30pm, Fri 10.30-11.30am

Date: Mon 24 Feb, Fri 28 March

Cost: Free

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: Mon, 3 Feb-31 Mar (exc 10/3 Pub Hol)

Cost: \$1 per family

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: Tues, 4 Feb-1 April

Cost: Free

Primary school programs

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: Fri, 7 Feb–4 April

Cost: \$54 (9 weeks)

Maidstone reading club

Come along for one-to-one group reading and literacy based activities. The club is aimed at primary school aged children who may not get to read at home, can't afford tuition or find reading challenging.

Time: 3.45-5pm

Date: Thurs, 6 Feb-3 April

Cost: Free

School holiday program

Global flavours kids can cook classes

These fun-filled cooking classes will get kids making Italian pizza, Middle Eastern dips, Vietnamese rice paper rolls, smoothies and more! Age 6-12yrs. Book in week 1 or 2 or both

Time: 10-11.30am

Date: Wed 9 and Thurs 10 April (week 1)

Wed 16 and Thurs 17 April (week 2)

Cost: \$20 (for week1) \$40 (for week 1 and 2)

Girl power mural making project

These fabulous sessions for girls will focus on creating a series of playful ply board murals to adorn the centre. The students will choose a number of themes to work with and learn about the art of mural making with the well-known Justine McAllister! Suitable for 8-15yrs.

Time: 10am-12pm

Date: 7, 8, 11 April

Cost: \$20 (3 sessions)

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.

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