

We have a range of community groups meeting up - get in touch directly to join.

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

Looking to hire a hall?

Our beautiful big hall offers a perfect location for your next event or large gathering. Available from April 2025.



Features include:

- Table seating: 80 people
- Seminar seating: 150 people
- Raised stage with curtain
- Sound system and dance floor
- Heating and air-conditioning
- Full sized kitchen (additional booking)
- Off-street parking

Hire fees: \$50-\$100 per hour

Enquiries (03) 9032 4305
maricomm@maribyrnong.vic.gov.au

Preparing for the heat

We are expecting a very hot Summer this year, see the tips below to keep safe and well.

Drink plenty of water, even if you don't feel thirsty.

Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.

Eat smaller meals more often and cold meals such as salads. Stock up on food, water and medicines to minimise trips outside.

Look into ways to keep your home cooler, like installing window coverings or shade cloths on sunny sides of the house.

More info:
www.betterhealth.vic.gov.au

Help: NURSE-ON-CALL
1300 606 024 (24-hours)



Seniors Month, Oct 2024: lunch and dancing with Elvis created lasting smiles.

Welcome to 2025

It's going to be an exciting year. In addition to our regular programs and groups, we have some new offerings we hope you will enjoy. These will include community art, cooking, social chats and gardening.

We have also had a stunning facelift - a beautiful mural created by local artist Emma Ismawi. The work is a celebration of the community and surrounds, the people that make it special, and the Maribyrnong River and its flora and fauna.

The mural also depicts various Centre activities such as walking, tai chi, exercise, cards, knitting, morning tea, digital classes and line dancing.

We look forward to seeing you soon.

Flood recovery update

Two years on from the Maribyrnong River Flood event, the impacts are still being felt. The Maribyrnong Community Recovery Committee continues to support Council to support recovery and bring the community together.

In Term One, we look forward to the continuation of free tai chi every Saturday and additional Blackbird River Cruises.

Victoria and Southern Cross Universities will deliver an art program for young people aged 11-17 who have been impacted by the flood, which will lead to an exhibition and a framework to understand young people's needs in emergencies.

The Community Recovery Committee, GenWest and Council are working with legal and financial services on a project to make insurance information more accessible for the community.

Walk-in information about accessing recovery support continues to be available every Thursday at the Maribyrnong Community Centre during operating hours.

For more information about recovery initiatives:
Web www.maribyrnong.vic.gov.au/Flood
Email FloodRecovery@maribyrnong.vic.gov.au



Artist Emma Ismawi launches her mural, *Meet Me at the Centre*.

Building works update

We still look a little like a building site, but we have a new builder and the works are restarting in mid-January 2025 (expected completion April 2025).

We appreciate your patience and look forward to welcoming the early years centre and reopening our

Coffee cart coming soon!

We're excited to announce a addition to our foyer, a coffee cart hand-crafted by the talented team at the Braybrook Men's Shed.

The cart will be a welcoming spot to grab a coffee or tea, have a chat, and enjoy the warmth of our community.

Maribyrnong Community Centre
Randall Street, Maribyrnong 3032
Phone: 9032 4305
Email: maricomm@maribyrnong.vic.gov.au
www.maribyrnong.vic.gov.au/maricomm

Office opening hours
Monday-Friday
9.00am - 5.00pm

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, finding ease in every form. Bring a mat, pillow and blanket.

Times: 9.30 am -10.30 am
11.00 am -12.00 pm

Date: 3 Feb - 31 Mar

Cost: \$7 per class
(term discount \$56)

Drama classes

Maddy creates a fun and inclusive space in these much loved classes that include improv, mime, acting, singing and dancing. The children have fun, while building confidence and making friends. Ages 5-12, no experience needed.

Time: 4.00 pm - 6.00 pm

Date: 3 Feb - 24 Mar

Cost: From \$55 per term

Info and bookings:
www.witinc.com.au/wit-kids

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 6.00 - 7.15 pm

Intermediate 7.30 pm - 9.00 pm

Date: 3 Feb - 31 Mar

Cost: \$12 per class, \$10 concession

Term discount \$84/ conc. \$70

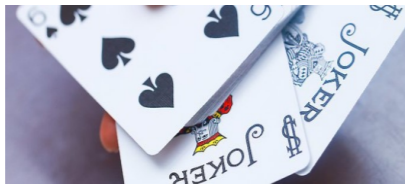
TUESDAY

Crazy Whist cards

Join us for a lively and social card game perfect for players 55 and over, enjoy a friendly game with great company. Beginners warmly welcome.

Time: 1.30 pm - 4.00 pm

Date: 21 Jan - 30 Jun



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 fabulous way to stay active and meet great people.

Time: 9.30 am - 12.00 pm

Date: 22 Jan - 2 Apr

Cost: \$6 per class
Term discount \$60

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: 1.00 pm - 3.00 pm

Date: 22 Jan - 25 Jun



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 am - 11.30 am

Date: 22 Jan - 25 Jun



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: 9.30 am - 1.30 pm

Date: 5 Feb - 2 Jul

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: 2.00 pm - 5.00 pm

Date: 5 Feb - 2 Jul

Cost: Free (eligibility criteria)

Term 1: January - April 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: 10.00 am - 11.00 am

Date: 6 Feb - 3 April

Cost: \$10 per class, \$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: 9.30 am - 12.30 pm

Date: 6 Feb - 3 Jul

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: 10.00 am -1.00 pm

Date: 6 Feb, 6 Mar, 3 Apr

Cost: \$2

Monthly Movie

Come along for a free movie screening with friends, light refreshments provided.

Time: 11.00 am - 1.00 pm

Date: 23 Jan, 27 Feb, 27 Mar

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 need to complete a short health questionnaire.

Time: 9.00 am - 2.00pm

Date: 7 Feb -

Cost: Fees apply, contact Gateway on 9399 3511

Chatty Café

Chatty café is a global movement promoting connected and social communities.



Come along for an informal chat, a snack and a warm drink.

Time: 10.00 am - 11.00 am

Date: Thursdays from early 2025, contact us for details.

Civic Precinct and Community Hub - now open

61 Napier Street Footscray
Hours: 8.30 am - 5.00 pm
Monday - Friday
PH: 9688 0200

Carpet bowls Mondays!

This group are champions, and love to roll out the carpet and get cracking with some laughs while they bowl. Just like lawn bowls but indoors, carpet bowls is fun, social and gentle exercise. Come and join this friendly group.

Time: 1.00 pm - 3.00 pm

Date: Weekly 3 Feb- 30 Jun

Cost: \$2 per session

COMING UP

School holidays activities

We know kids are up for some adventure during the school holidays. In April, bring your school age children for some drama classes and cooking sessions. Details available early 2025. Let us know if you are keen to join in.



Creative cooking

Cooking is the best skill to have, how to make simple, tasty, low cost meals with seasonal produce. Come and hang out in the kitchen with our resident culinary genius and create some scrumptious dishes. Details available early 2025, register your interest with the team.

New life for vintage clothes

Love the look of vintage but need to make some funky adjustments? This is the class for you - learn to sew simple additions, add a bit of sparkle and get the fit just right. Details available in 2025.



Seeds for all

Fancy building up your edible garden, or attracting more birds with native plants? Our 'seed swap' could be the answer. Come and tell us about the plants you'd like to nurture, we are very excited to see this project grow :)

