

Course & Activity Guide

Term 4: 2 October to 8 December 2023
(10 weeks excluding 6 and 7 November 2023)



Congratulations Anna Dal Forno

Congratulations to our very own Anna Dal Forno for her recognition at the Deakin Community Awards 2023. Anna is a generous and passionate contributor to Yarrunga Community Centre. On behalf of our community we thank her.



Health & Wellbeing

Stay active so you can enjoy life's important moments – keeping up with loved ones and pursuing your hobbies with ease. Our classes can be adapted to all fitness levels and are also a wonderful opportunity to enjoy the company of others.

Pilates (Floor/Mat Style)

Tuesdays 2pm – 3pm
Tuesdays 6.15pm – 7.15pm

Choose one session to attend weekly for \$168.90 per term (concession \$143)

Tai Chi (Paul Lam Style)

Intermediate

Wednesdays 10am -11am

Beginner

Wednesdays 11.15am – 12.15pm

Choose one session to attend weekly for \$168.90 per term (concession \$143)

Interval Training

Interval Training is perfect for people wanting a more challenging activity. Work at your own pace and fitness level with low to high intensity exercises. All new participants must provide a medical self-assessment and medical clearance – forms are available online or from the office.

Mondays 7pm – 8pm
Attend weekly for \$168.90 per term (concession \$143)

Try one session of any health and wellbeing program for only \$5 (places are limited). Plus enjoy a 15% discount when you book two or more health and wellbeing programs per term.

Living Longer Living Stronger®

Progressive strength training and balance classes specifically designed for people aged 50+. Prior to commencement all new participants must provide medical self-assessment and medical clearance – forms are available online or from the office.

Mondays 9am – 10am
Mondays 3pm – 4pm
Tuesdays 11am – 12pm
Tuesdays 12.30pm – 1.30pm
Wednesdays 9am – 10am
Thursdays 9.30am – 10.30am
Thursdays 8pm – 9pm
Fridays 11am – 12pm

Choose one session to attend weekly for \$104 per term

Note - Friday sessions are \$83.20 for an 8-week term starting 20.10.23

COTA 
For older Australians



Come into the office or scan the QR code to book online.

Follow us to stay connected



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Life-long Learning

Build skills for enhanced living and discover new opportunities for employment and volunteering. Keep your brain healthy and become a more interesting person through life-long learning at Yarrunga.



Auslan



Learn introductory Auslan sign language skills so you can hold some basic conversations. Classes for this semester-based program are held via Zoom.

Tuesdays 6.30pm – 8pm
Attend weekly for \$28.50 per semester

Mixed Media Art @ Wyreena



This term program is for people with a disability and teaches skills in various art and craft mediums. Cost includes all materials and participants must be accompanied by a carer.

Mondays 10am – 12pm or 1pm – 3pm (02.10.23 - 04.12.23)
Choose one session to attend weekly for \$198 per term

This program is a collaboration between Wyreena Community Arts Centre and Yarrunga Community Centre.



Practical Computer Skills



This term-based course is perfect for anybody wanting to gain confidence in basic computer skills including file and document management, Microsoft Word and Excel, and internet safety.

Thursdays 9.15am – 12.15pm
Attend weekly for \$15 per term

Barista Skills 1:1

Would you like to have a 1:1 session to brush up your Barista Skills?

Call for available days and times

Attend a two-hour session for \$160 including materials

If you have a small group that would like barista training please contact the Centre to arrange a session that suits you.

Painting with Acrylics



This semester-long program is suitable for beginners and those wanting to learn more. Cost includes materials.

Fridays 10am – 1pm
Attend weekly for \$160 per semester

Barista for Teens

This one-day session is for teens looking for part-time work in the hospitality industry. The class size is small so there is plenty of time for hands-on, practical experience.

Thursday 28 September
9.30am – 1pm
Attend this intensive workshop \$111.20

Additional classes may be added if required.

Barista Training



Our Barista Training is a short course that teaches you how to make a shot, froth milk and make a range of coffees.

Thursdays 19 and 26 October
9.30am – 12.30pm
Attend this intensive two-day course for \$28

Yarrunga Community Centre is a Learn Local organisation providing quality pre-accredited training. Programs with the symbol are Learn Local funded.





Social Groups

Find a sense of belonging by connecting with like-minded people through social groups at Yarrunga. Join today to discover a community that shares your interests and values. Most groups have a \$5 annual membership plus \$3 per meeting.

Yarrunga Writers

Share your love of writing and enhance your writing skills through the use of fun activities that stimulate your creative side.

Mondays 1pm – 3pm

Redit Book Club

Redit Book Club holds monthly meetings to add insights, understanding and perspective to your reading.

Second Wednesday of the month,
7.30pm - 9.00pm

Join this group for an annual membership fee of \$110 (includes library fees and social group membership fees)

Chatty Café

This weekly group is for people to connect over a coffee and a chat.

Fridays 10.30am – 11.30am

Yarrunga Walkers

Explore the beauty of your local area. Walks are around one hour long at a moderate pace.

Fridays 9.15am – 10.30am approx.

Pickleball

Pickleball combines elements of badminton, table tennis and tennis. Two or four players use paddles to hit a lightweight ball over a net. So, grab some friends and book a pickleball time. Equipment supplied

Call the Centre to book a time

Yarrunga Indoor Bowls

Indoor bowls is loads of fun and helps keep you active.

Mondays 11.30am – 2.00pm

Yarrunga Crafters

Work on your favourite craft projects in the company of others. Sewing machines and ironing facilities are available.

Mondays 12.30pm – 2.30pm

Yarrunga Retirees

This independent group holds a range of activities including a monthly meeting. Guests are welcome for a nominal cost. For more information contact yarrungaretirees@outlook.com.

Monthly meeting second
Wednesday of the month

Join this group for an annual membership fee of \$40 plus activity costs

OM:NI (Older Men, New Ideas)

This group brings together men aged over 50 years to talk about a range of topics.

Every second and fourth Thursday of the month, 10am - 12pm



Other Community Centres in Maroondah



www.nrch.org.au



Central Ringwood
Community Centre Inc

www.crcinc.org.au



Glen Park
Community Centre

www.glenparkcc.com.au



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