

# Course & Activity Guide

Term 1: 30 January to 28 March 2024  
(9 weeks excluding 11 March 2024)



Thanks to Birgit  
and Judy for their  
amazing work  
over the years.  
Enjoy Retirement!





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.

# 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.

## Interval Training

Interval Training is for people wanting a more challenging activity. Work at your own 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 \$118.30 per term (concession \$100.10)

## Tai Chi (Paul Lam Style)

**Intermediate**  
Wednesdays 10am -11am

**Beginner**  
Wednesdays 11.15am – 12.15pm  
Choose one session to attend weekly for \$152 per term (concession \$128.70)

## Pilates (Floor/Mat Style)

Tuesdays 6.15pm – 7.15pm  
Attend weekly for \$152 per term (concession \$128.70)

## Living Longer Living Stronger®

Progressive strength training and balance classes 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.

Casual Passes are back! (with strict terms and conditions) please contact the Centre to find out more.

Mondays 9am – 10am  
Mondays 3pm – 4pm

Choose one session to attend weekly for \$72.90 per term

Tuesdays 11am – 12pm  
Tuesdays 12.30pm – 1.30pm  
Wednesdays 9am - 10am  
Thursdays 9.30am - 10.30am  
Thursdays 8pm - 9pm

Choose one session to attend weekly for \$93.70 per term

Fridays 11am – 12pm  
Attend weekly for \$83.20 per term



## Closure Dates

The Centre closes Friday 15 December 2023 and reopens 15 January 2024. It is also closed for Australia Day 26 January.

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



# Life-long Learning

Build skills for enhanced living and discover new opportunities for employment and volunteering. Life-long learning is for everybody.

## Auslan



Learn introductory Auslan sign language skills including finger spelling, numbers, some commonly used signs and some basic conversation skills. Classes for this term-based program are held via Zoom. Beginners level.

Tuesdays 6.30pm – 8pm  
Attend weekly for \$17 per term

## Mixed Media Art @ Wyreena

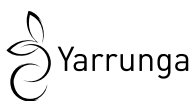


This term program is for people with a disability and teaches skills in various art and craft mediums. Cost includes all materials and participants must be accompanied by a carer.

Mondays 10am – 12pm or  
1pm – 3pm (5 February – 28 March,  
7 weeks excluding 11 March)

Attend weekly for \$154 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 everyday computer skills including staying safe online, smartphone use, social media, using apps and software, and using technology for everyday tasks. Easy to understand learning manuals provided.

Thursdays 9.15am – 12.15pm  
Attend weekly for \$56.50 per term

## Winter Shelter Community Cooking



This semester-long program is suitable for people wanting to learn hospitality skills by preparing meals for the Winter Shelter Community Meals program.

Mondays 11am – 2pm or  
Tuesdays, 2pm – 5pm

Attend fortnightly on one of the registered days

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

## Explore Mixed Medium Art



This semester-long program will explore different water-soluble art mediums (no oils) including acrylics, inks, water colour, graphite pencils, colour pencils, charcoal and oil and chalk pastels. Class suitable for beginners to advanced. Cost includes materials. No oils.

Fridays 10am – 1pm  
Attend weekly for \$159 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 25 January  
9.30am – 1pm  
Attend this intensive workshop for \$113.40

Additional classes may be added if required

## Barista Skills



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

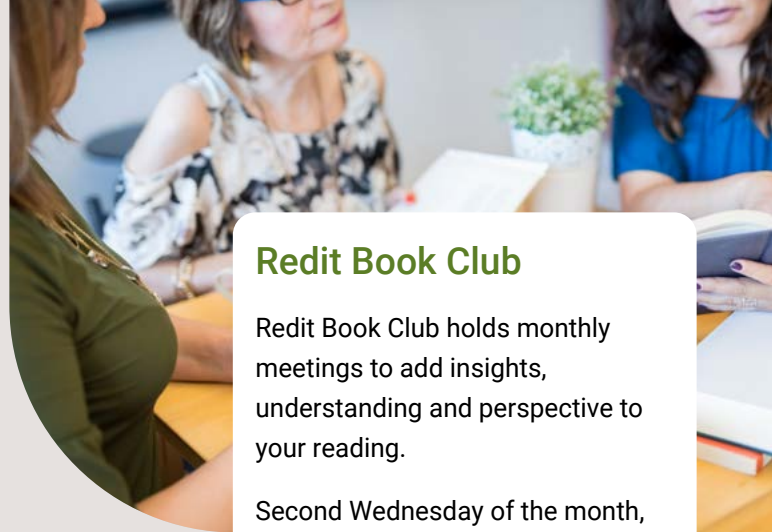
Thursdays 15 February  
and 22 February  
9.30am – 12.30pm  
Attend this intensive two-day course for \$28 (Participants must attend both days)

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.



## Chatty Café

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

Fridays 10.30am – 11.30am

## Yarrunga Indoor Bowls

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

Mondays 11.30am – 2.00pm

## 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.

## 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

## Palette Harmony Collective

NEW

A social group for artists to connect while they work. Any level welcome. BYO all materials and equipment. Places are limited.

**Strictly no oil painting.**

Fridays 1.30pm – 4pm  
Attend weekly for \$80 per term

## 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  
Attend weekly for \$125 per year

## 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

## 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)

## 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](mailto: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

COTA   
For older Australians

Follow us to  
stay connected

 [yarrungacommunitycentreinc](https://www.facebook.com/yarrungacommunitycentreinc)

 [yarrunga\\_community\\_centre](https://www.instagram.com/yarrunga_community_centre)

## Other Community Centres in Maroondah



[www.nrch.org.au](http://www.nrch.org.au)



Central Ringwood  
Community Centre Inc

[www.crccinc.org.au](http://www.crccinc.org.au)



Glen Park  
Community Centre

[www.glenparkcc.com.au](http://www.glenparkcc.com.au)



ARRABRI  
COMMUNITY  
HOUSE

[www.arrabri.org](http://www.arrabri.org)