

Course & Activity Guide

Term 3: 15 July to 20 September 2024 (10 weeks)



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Incorporated Association No. A0036088A | ABN 62 340 040 053
Opening Hours: Monday to Thursday 9am – 4pm; Friday 9am – 3pm



Our vision is for Yarrunga Community Centre to be a safe community space that supports connection and belonging.



School Holiday Activities

Get set for some school holiday fun and excitement at Yarrunga Community Centre. Bookings essential.

Active Kids

Looking for something to do over the school holidays? Come to our Active Kids session. Suitable for primary school aged children. Children must be accompanied by an adult. Fruit and water will be served mid session.

Thursday 11 July
10am – 12pm

Attend this session for \$45

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 11 July
9.30am – 1pm

Attend this intensive workshop for \$117.50

Additional classes may be added if required

Origami

Learn some basics of origami – the ancient art of paper folding. It's a fabulous activity to do with your child or grandchild. Children must be accompanied by an adult.

Tuesday 9 July
10am – 12pm
\$45 for 1 adult and 1 child
\$30 for an additional child

Closure Dates

Monday 1 July –
Friday 5 July

Monday 30 September –
Friday 4 October



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 6.15pm – 7.15pm

Attend weekly for \$169.40 per term
(concession \$143.40)

Parents & Bubs Exercise

NEW

Are you a new parent finding it hard to get to an exercise class? Join our class and bring your baby. Birth mums must have passed their 6 week post-natal check.

Mondays 10.30am – 11.30am
Attend weekly for \$150 per term

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.

Chair Exercise

NEW

This class is for people wanting to exercise in the security of a chair – perfect if you have balance issues or are recovering from an injury.

Thursdays 1pm – 2pm
Attend weekly for \$104.30 per term

Tai Chi (Paul Lam Style)

Advanced

Wednesdays 10am -11am

Beginner-Intermediate

Wednesdays 11.15am – 12.15pm

Choose one session to attend weekly for \$169.40 per term
(concession \$143.40)

Living Longer Living Stronger®

Progressive strength training and balance classes for people aged 50+. Prior to commencement all new participants must provide a medical self-assessment – 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
Tuesdays 11am – 12pm
Tuesdays 12.30pm – 1.30pm
Wednesdays 8.45am – 9.45am
Thursdays 9.30am – 10.30am
Thursdays 11.30am – 12.30pm
Thursdays 8pm – 9pm
Fridays 11am – 12pm

Choose one session to attend weekly for \$104.30 per term



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 – forms are available online or from the office.

Mondays 7pm – 8pm
Attend weekly for \$169.40 per term
(concession \$143.40)

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.

Wednesdays 6.30pm – 8pm
Attend weekly for \$20 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
(15 July to 9 September, 9 weeks)

Attend weekly for \$213 per term

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



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 chalk pastels. Class suitable for beginners to advanced. Cost includes materials. No oils.

Fridays 10am – 1pm
Fridays 1.30pm – 4pm

Attend weekly for \$160 per semester

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.

Barista Skills



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

Thursdays 15 and 22 August
9.30am – 12.30pm


Attend this intensive two-day course for \$28 (Participants must attend both days)

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 materials provided.

Thursdays 9.15am – 12.15pm
Attend weekly for \$55 per term

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.



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

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 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

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 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 Activities

We have a number of other activities ranging from educational workshops to community events and social gatherings. Great opportunities for connection, learning and fun. Bookings essential.



RUOK Day Morning Tea

Thursday 12 September
10.30am – 11.30am
Free – bookings essential

Book at Reception

Chatty Café

Feel like you need to connect over a coffee for a chat. Drop in and we'll make time for you.

\$5

Tech Help with Sam

Need some technical help? We have a fabulous new volunteer – Sam – who can help you. Bookings essential.

Tuesdays 10am – 12pm
Starts 16 July and runs fortnightly

Book through Social Planet or through Reception

DIY Financial Health Check

Learn how to give yourself a financial health check. It's easy once you learn. Every independent adult must grasp the basics of key financial literacy areas. It will enable you to reduce stress, stay vigilant to scams and make more use of what you have. It will also help you identify when you need professional help. This is a hands-on workshop. There will be worksheets and group activities. Bookings essential.

Thursday 1 August
9.30am – 11am
Free

Light refreshments will be served

How to Manage Your Finances When You Lose a Partner

Losing a partner is hard. It can be made harder if they had managed most, if not all, of the finances. In this workshop we will work through strategies on how you can make a start, resources you can use and how you can effectively engage professional assistance. Bookings essential.

Thursday 15 August
9.30am – 11am
Free

Light refreshments will be served

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Other Community Centres in Maroondah

