

Course & Activity Guide

Term 4: 7 October to 17 December 2024 (10 weeks)

Note: classes are set for a 10-week term, so classes that run on a Monday or Tuesday will extend to 16 and 17 December to make up for the Cup Day long weekend.





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
(15 October to 17 December,
9 weeks)

Attend weekly for \$152.60 per term
(concession \$129.50)

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 \$105 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 \$169.50 per term (concession \$143.50)

Living Longer Living Stronger®

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

Casual Passes are available (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 \$105 per term

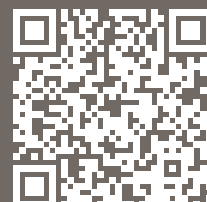


Interval Training

Interval Training is for people wanting a more challenging activity. Work at your own fitness level with low to high intensity exercises.

Mondays 7pm – 8pm
Attend weekly for \$169.50 per term (concession \$143.50)

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.

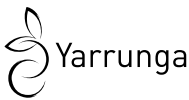
Mixed Media Art @ Wyreena LL

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
(7 October to 9 December, 9 weeks)
No class 4 November

Attend weekly for \$213 per term

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



Explore Mixed Medium Art LL

This semester-long program will explore different water-soluble art mediums 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 or
Fridays 1.30pm – 4pm

Attend weekly for \$160 per semester

Barista Skills 1:1 LL

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.

Winter Shelter Community Cooking LL

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

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

Attend fortnightly on one of the registered days

Practical Computer Skills LL

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 \$25 per term

Closure Dates

Monday 30 September 2024 –
Friday 4 October 2024

Wednesday 18 December 2024
– Friday 17 January 2025

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



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.

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 volunteer – Sam – who can help you. Bookings essential.

Tuesday fortnights, 10am – 12pm

Book through Reception

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 26 September
9.30am – 1pm

Attend this intensive workshop for \$117.50

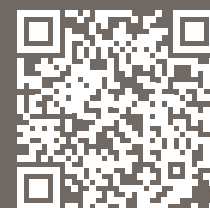
Downsizing **FREE**

"Downsizing" is a short 6 session course designed to equip you with the up-to-date information, tools, and contacts to better support your informed decision making around downsizing, retiring and future care support. Each session covers a different topic - come to as many sessions as you wish. Contact the Centre for more information.

Thursdays 10.30am – 11.30pm
(17 October to 28 November)
No session 31 October

17 Oct	1 Downsizing <i>Rachael Lane</i>	It's not about square metres. It's about right-sizing your home for the next chapter in life and downsizing to a better lifestyle.
24 Oct	2 Move with Ease <i>Simpson Rial</i>	Learn about the 5 tips and techniques to use when downsizing, handy packing tips and who really wants that old furniture.
7 Nov	3 Managing the Emotions <i>Estelle Kelly</i>	Downsizing can lead to emotional baggage. Hear about the 3 stages of a transition and dealing with change.
14 Nov	4 Financial Planning in Retirement <i>Shaun Ganguly</i>	Downsizing with sound and reliable financial advice to meet your changing needs.
21 Nov	5 Making Informed Plans for Next Steps <i>Jayne Maini</i>	Exploring what's available to support us at home and in times of need, and next step planning for the future.
28 Nov	6 Wrap Up Summary <i>Craig Green</i>	What's in our toolbox? Let's refresh on what we have heard, actions required and next steps. An interactive Q&A session with giveaways.

Book Now



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.



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.

Monthly meeting second
Wednesday of the month

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

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 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 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 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 Indoor Bowls

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

Mondays 11.30am – 2.00pm

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



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 [yarrunga_community_centre](https://www.instagram.com/yarrunga_community_centre)

Other Community Centres in Maroondah

