

# Course & Activity Guide



Term 1: 28 January to 4 April 2025  
(Closed Monday 27 January and Monday 10 March)

Note: Most classes a 10-week term, except those that run on a Monday which is an 8-week term



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



# 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.

## 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)

## 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 \$135.50 per term (concession \$114.70)

## Chair Exercise

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

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 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 9.30am – 10.30am **NEW**

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 12pm – 1pm

Choose one session to attend weekly for \$105 per term or attend weekly on a Monday for \$84

**COTA**  
For older Australians

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.



## Creative Expressions

NEW

A mixed media art program for adults living with a disability. This program offers a supportive and inclusive space to explore your creativity using a variety of art materials and techniques. It also fosters self-expression, personal growth and social connections. Participants must be accompanied by a carer

Tuesdays 10am – 12pm  
4 February – 25 March (8 weeks)

Attend weekly for \$350 per term  
(includes materials)

## 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 – 12.30pm  
or 1.15pm – 3.45pm

Attend weekly for \$157 per semester

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

## 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

## Barista Skills

LL

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

Tuesdays 18 & 25 February  
9.30am – 12.30pm

Attend this intensive two-day course for \$28

*Participants must attend both days*

## Winter Shelter Community Cooking

LL

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

Mondays 11am – 2pm or  
Tuesdays 1pm – 4pm

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, 9.30am – 11.30pm  
Attend weekly for \$47.50 per term



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.

## 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 23 January  
9.30am – 1pm

Attend this intensive workshop for \$117.50

*Additional classes may be added if required*

## Mindful Walking

Mindful walking can help reduce stress and anxiety, while improving mental health, sleep and overall mood. Join this four-week program and learn important mindfulness practices

Fridays 10am – 11am  
7 to 28 March (4 weeks)

\$20 per person – covers all four sessions and a light morning tea

To book – [www.maroondah.vic.gov.au/Mindfulwalking](http://www.maroondah.vic.gov.au/Mindfulwalking) or contact Fiona Burridge, Community Wellbeing Facilitator on 9294 5737 or email [fiona.burridge@maroondah.vic.gov.au](mailto:fiona.burridge@maroondah.vic.gov.au)

## 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

Cost – free

## Closure Dates

Monday 27 January  
Monday 10 March  
Friday 18 April – Tuesday 22 April



# 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 \$4 per meeting.



## RummiKlub

NEW

Come and play Rummikub while relaxing with friends and a cuppa.

Mondays 11am – 1pm  
Starts 3 February

## 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  
Starts 12 February

Join this group for an annual membership fee of \$115 (includes library fees and social group membership fees)

## 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 Walkers

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

Fridays 9.15am – 10.30am approx.  
Starts 31 January

## 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 \$50 plus activity costs

## 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 \$165 per year  
Starts 3 February

## Yarrunga Indoor Bowls

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

Mondays 11.30am – 2.00pm  
Starts 3 February

## Yarrunga Crafters

Work on your favourite craft projects in the company of others.

Mondays 1pm – 3pm  
Starts 3 February

## 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  
Starts 13 February



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Other Community Centres in Maroondah

