

Course & Activity Guide

Term 2: 22 April to 4 July 2025
(Closed Friday 25 April and Monday 9 June)

Note: Most classes are an 11-week term, except those that run on a Monday (9 weeks) and Friday (10 weeks)



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 \$186.30 per term (concession \$157.70)

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 \$152.50 per term (concession \$129.10)

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 \$115.50 per term

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

Seniors Strength and Balance

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

Tuesdays 11am – 12pm

Tuesdays 12.30pm – 1.30pm

Wednesdays 8.45am – 9.45am

Wednesdays 12.45pm – 1.45pm

Thursdays 9.30am – 10.30am

Thursdays 11.30am – 12.30pm

Thursdays 8pm – 9pm

Fridays 12pm – 1pm

Choose one session to attend weekly

Mondays \$94.50 per term

Tuesdays, Wednesdays, Thursdays \$115.50 per term

Fridays \$105 per term

NEW

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.



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.

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 13 & 20 May
9.30am – 12.30pm

Attend this intensive two-day course for \$30

Participants must attend both 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 \$52.50 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.

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

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.

Tuesdays 1pm – 2pm
10 June to 1 July (4 weeks)

\$30 per person – covers all four sessions and a light morning tea

For more information and 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

Free Workshops - Elders Rights Australia

Elders Rights Australia provides information and direct advocacy support to older people receiving or eligible for Commonwealth-funded aged care services. They will be running a series of free workshops – you can come to all or just the one/s of most interest. Contact the Centre regarding bookings.

Session 1: The value of Advocacy and recognising and responding to Elder Abuse

29 April, 11.30am – 12.15pm

Session 2: Navigating the Aged Care System

27 May, 11.30am – 12.15pm

Session 3: Aged Care Fees and Charges

24 June, 11.30am – 12.15pm

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 10 April
9.30am – 1pm

Attend this intensive workshop for \$117.50

Additional classes may be added if required

Closure Dates

7 April – 11 April
Open 9am – 12pm only

14 April – 21 April Closed

25 April Closed (Anzac Day)



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.



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 \$115 (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 \$50 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 \$165 per year

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.

Mondays 1pm – 3pm

RummiKlub

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

Mondays 11am – 1pm

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.

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

