Yarrunga
Community Centre

Course & Activity Guide

Term 4 5 October to 15 December 2026

Yarrunga Community Centre
76-86 Croydon Hills Drive, Croydon Hills, 3136
Phone: 9722 8942 | Email: info@yarrunga.org.au | Web: www.yarrunga.org.au
Incorporated Association No.: A0036088A | ABN: 62 340 040 053
Opening Hours: Monday to Thursday 9am – 4pm; Friday 9am – 3pm

Learn Local

REGISTERED CHARITY
acnc.gov.au/charityregister

Health & Wellbeing

Feel your best and keep up with all of life's great moments—whether you're chasing after grandkids, dancing with friends, or diving into your favourite hobbies! Our fun, adaptable classes welcome all fitness levels and bring people together for a boost of energy, movement, and connection.

Tai Chi (Paul Lam Style)

Experience the calm and strength of Tai Chi – gentle, flowing movements that improve balance, flexibility and focus. Perfect for all fitness levels. Tai Chi helps you relax your mind while building body awareness and overall wellness.

Advanced
Wednesdays 10am – 11am

Beginner-Intermediate
Wednesdays 11.15am – 12.15pm

Choose one session to attend weekly for $169.90 per term (concession $143.80)

Chair Exercise

Enjoy exercise from the security of a chair—perfect if you have balance concerns or are recovering from an injury. Stay active safely and comfortably.

Mondays 10.15am – 11.15am
Thursdays 1pm – 2pm

Choose one session to attend weekly for $105

Functional Pilates

NEW

Feel stronger, move more easily and stand taller with Functional Pilates. Strengthen your core, improve posture and boost mobility through targeted, low-impact exercises designed to improve real-life movement. Movements can be adapted for those not wanting floor work.

Tuesdays 6.15pm – 7.15pm
Attend weekly for $169.90 per term (concession $143.80)

Wednesdays 12.45pm – 1.45pm* NEW

*Wednesday class ends one week early (2 Dec) and costs $153 (concession $129.50)

Senior's 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 11.30am – 12.30pm
Mondays 3pm – 4pm
Tuesdays 9.30am – 10.30am
Tuesdays 11am – 12pm
Tuesdays 12.30pm – 1.30pm
Wednesdays 8.45am – 9.45am
Wednesdays 10am – 11am* NEW
Thursdays 9.30am – 10.30am
Thursdays 11.30am – 12.30pm (circuit style)
Thursdays 8pm – 9pm
Fridays 12pm – 1pm

Choose one session to attend weekly for $105 per term

*Wednesday morning class ends one week early (2 Dec) and costs $94.50

Special Offer

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.

Life-long Learning

Build valuable skills for a more empowered life – and open doors to exciting opportunities in work, volunteering, and personal growth. Community education brings people together to learn, connect, and thrive. Life-long learning is powerful and it's for everyone!

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

Brew your way to barista brilliance. Our training covers perfecting espresso shots to making beautifully textured milk. Whether you're starting out or looking to sharpen your coffee-making skills, get hands-on experience and learn the secrets behind a great cup of coffee!

Tuesdays 10 and 17 November
9.30am – 12.30pm

Attend this intensive two-day course for $40

Participants must attend both days

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

Double Shot

This semester-long program explores Hospitality/Barista Skills and Living Well skills. It is designed for people with a disability who are looking to increase confidence and independence, and gain some skills for living and/or employment. We are taking expressions of interest for 2027 – contact us for more details.

Thursdays 10am – 2pm

Explore Mixed Medium Art

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 most materials. No oils. We are taking expressions of interest for 2027 – contact us for more details.

Fridays 10am – 12.30pm or
1.15pm – 3.45pm

Practical Computer Skills

This term-based course is perfect for anybody looking to build confidence with everyday technology. Learn how to stay safe online, use your smartphone, navigate social media, master apps and software – including a range of Microsoft programs - and handle daily tech tasks with ease.

Thursdays 10am – 12pm
8 Oct – 10 Dec (10 weeks)

Attend weekly for $55 per term

Winter Shelter Community Cooking

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

We are taking expressions of interest for 2027 – contact us for more details.

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

Attend fortnightly on one of the registered days. Contact the Centre for a list of dates.

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

Learn Local

Upcoming Highlights

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

FREE

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

Ready to whip up awesome coffee and kickstart your hospitality journey. This one-day session is packed with hands-on fun and plenty of chances to practice your barista skills – all in a small, friendly class just for teens.

Thursday 24 Sep, 9.30am – 1pm

Attend this one-day workshop for $125

Additional classes may be added if required

Mindful Walking

Maroondah City Council are running another four-week mindful walking program at Yarrunga Community Centre. Learn important mindful practices to help reduce stress and anxiety and improve mental health, sleep and overall mood.

Fridays 13, 20 and 27 Nov and 4 Dec, 10am – 11am

$30 for the full program

Bookings essential:
fiona/burridge@maroondah.vic.gov.au
9294 5737

Scan or click the QR code for more information.

Follow us on Facebook and Instagram for updates.

yarrungacommunitycentrelnc
yarrunga_community_centre

Social Groups

Discover a true sense of belonging at Yarrunga! Connect with like-minded people through our welcoming social groups and be part of a community that shares your interests, values, and passions. Most groups are just $5 a year to join plus $4 per meeting – so why wait? Join today and start building friendships that last.

Yarrunga Writers

Share your passion for writing and boost your skills with fun, creative activities designed to spark your imagination and bring your stories to life.

Mondays 1pm – 3pm
Attend weekly for $165 per year

Pickleball

Pickleball is a fun mix of badminton, table tennis and tennis – where two or four players use paddles to rally a lightweight ball over a net. Grab your friends and book your pickleball session today. Equipment is supplied so just bring your game face!

Call the Centre to book a time

Yarrunga Retirees

This independent group hosts a variety of fun and engaging activities, including a monthly meeting. New faces are always welcome – guests can join in for just a small fee. Want to learn more? Get in touch at yarrungaretirees@outlook.com

Monthly meeting second Wednesday of the month

Join this group for an annual membership fee of $50 plus activity costs

Redit Book Club

Redit Book Club meets monthly to dive deeper into great reads – sharing insights, sparking discussion, and bringing new perspectives to every story.

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)

Mahjong

Mahjong is a fun game that combines strategy, memory and a little luck. No experience needed - beginners will have rules explained step-by-step.

Tuesdays 10am – 1pm

OM:NI (Older Men, New Ideas)

This group brings together men aged over 50 years for lively conversations on a variety of topics – build friendships, share experiences and enjoy great company.

Every second and fourth Thursday of the month, 10am - 12pm

COTA
For older Australians

Men's Banter and Brew

NEW

A relaxed morning for men to kick back, have a laugh and enjoy a good coffee brew together. No fuss, no pressure – just good company, easy conversation, and good old-fashioned men time.

Third Tuesday of the month, 10am - 11.30am

Yarrunga Crafters

Bring your favourite craft projects and enjoy creating in the company of others. It's a great way to share ideas, get inspired and connect with fellow crafters.

Mondays 12.30pm – 2.30pm

RummiKlub

Grab a cuppa, pull up a chair, and enjoy a fun game of Rummikub with friendly faces! It's the perfect way to relax, connect, and share a few laughs.

Mondays 10.30am – 12.30pm

Yarrunga Walkers

Explore the beauty of your local area on our one-hour walks, paced just right for a comfortable, enjoyable stroll. Come and explore, breathe fresh air, and connect with nature and friends.

Fridays 9.15am – 10.30am approx.

Yarrunga Indoor Bowls

Stay active and have a blast with indoor bowls. It's a fun, social way to move your body, challenge your mind, and enjoy great company – all in one game.

Mondays 12.45pm – 2.45pm

Yarrunga Coffee Hub

Craving great coffee with a side of stunning views? Swing by for your caffeine fix and soak up the gorgeous lake and bushland scenery from our deck. Connect with friends, or just escape the chaos for a little “you time”.

Open Weekdays
9.30am – 12.30pm

Yarrunga Keep Cups

Join the sustainable sipping movement with a special cork Yarrunga Keep Cup. $16 and it comes filled with great coffee.

Thank you to Bendigo Bank Community Bank, Ringwood East and Croydon.

Bendigo Bank
Croydon and Ringwood East

Specials

Raisin toast x 1 slice.....**$2.50**

Raisin toast x 2 slices.....**$4.50**

Cakes & slices.....**Prices vary**

Cheese toasties NEW **$6**

Hub Shop

We have a number of items from our art students for sale in the Hub - check them out.

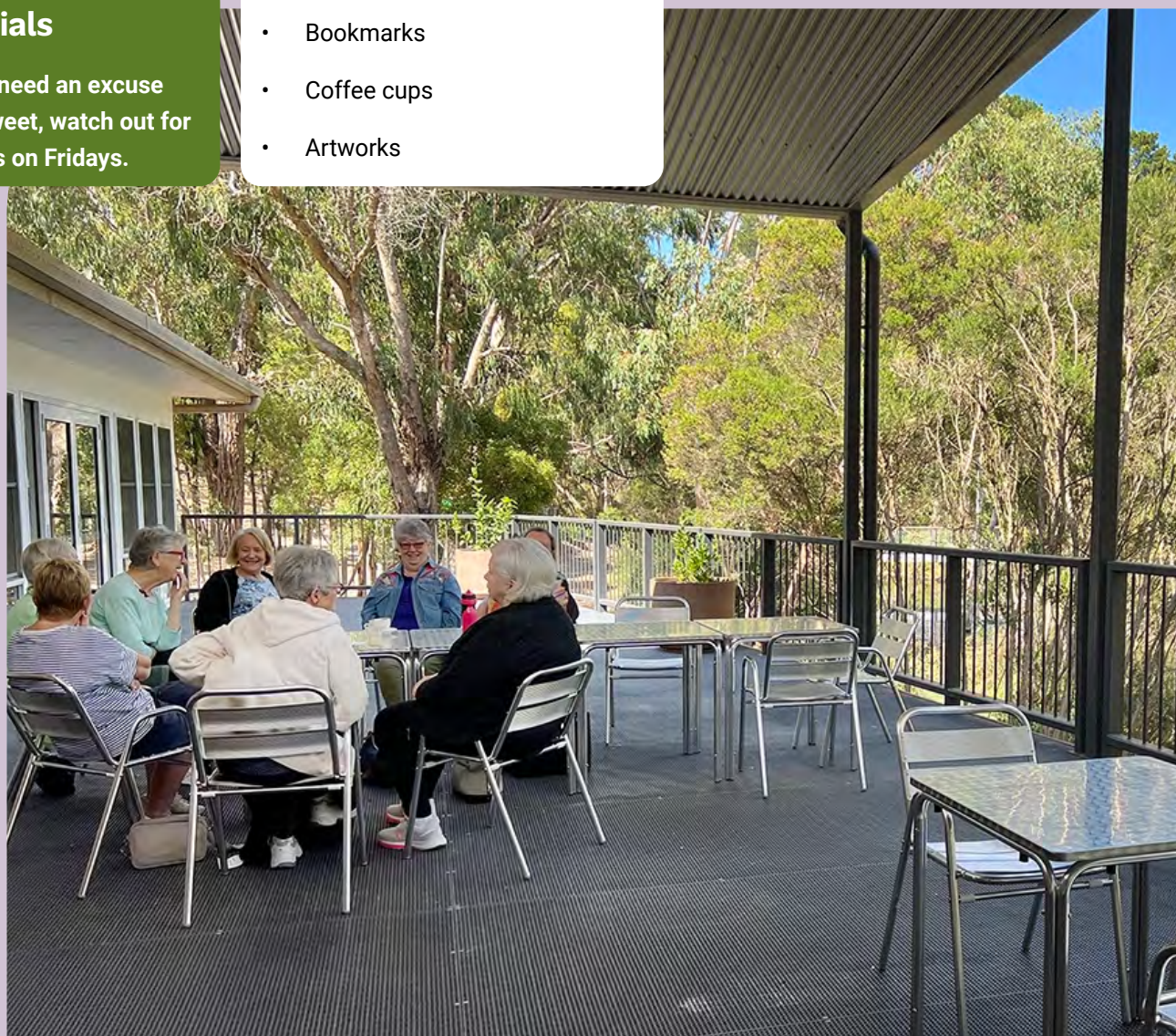
- Tea towels
- Bookmarks
- Coffee cups
- Artworks

Thank You

Thank you to our wonderful Hub volunteers – Iwona, Glenn, Lois and Robyn. And a shout out to our Double Shot participants who work very hard in the Hub on Thursdays alongside their Barista trainer.

Friday Specials

Just in case you need an excuse for something sweet, watch out for discounted cakes on Fridays.



Other Activities

Olive Branch Café

Join this welcoming space for people living with dementia and their family carers. Each session is run by an experienced dementia-care and lifestyle professional, supported by a small team of volunteers.

Sessions will run every second Tuesday during term time.

Contact Angela Welch on (03) 9131 5500 (option 3) or angela.welch@olivet.com.au

Scan the QR code to find out more about Yarrunga Community Centre.

Yoga with Gabrielle

Gentle Yoga Classes
Monday 7:00pm

Each class is designed to nourish your body, mind and heart. It Includes a guided relaxation, gentle movement, directed breathing practices (pranayama), chanting and meditation.

Term and casual spaces are available. All are welcome.

Bookings and enquiries welcome.

0413 939 530 | gabrielle@yogawithgabrielle.com.au
yogawithgabrielle.com.au/group-yoga-classes/

Feldenkrais Classes with Donna Deland

Through gentle movement lessons the Feldenkrais Method® enables you to shed old movement habits so that you can:

- Move with greater ease
- Find comfortable and sustainable posture
- Reduce or eliminate pain
- Improve your breathing
- Minimise wear and tear on your body
- Be the best you

Monday 4pm

Contact Donna to enrol or for more information

0424 085 671 | donna@donnadeland.com.au
donnadeland.com.au

Other Community Centres in Maroondah

NRCH North Ringwood Community House Incorporated
www.nrch.org.au

Central Ringwood Community Centre Inc
www.crccinc.org.au

Glen Park Community Centre
www.glenparkcc.com.au

Arrabri Community House
www.arrabri.org