# Social Directory

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# Introduction

This directory has been created to list the many and varied activities across the city of Wyndham.

The directory has been sectioned into Districts to allow you to quickly find local activities close to where you live or work.

The districts are as follows:

* **Wyndham East:** Point Cook, Truganina, Williams Landing and Laverton North
* **Wyndham Central:** Tarneit and Hoppers Crossing
* **Wyndham West:** Werribee, Wyndham Vale and Manor Lakes
* **Wyndham Rural:** Little River, Werribee South, Mt. Cottrell, Cocoroc, Mambourin and Quandong

If you attend a group that is not listed and you would like it to feature in the online version and future editions, please contact Wyndham City on 9742 0777 or email AgedDisabilityEvents Email (AgedDisabilityEvents@wyndham.vig.gov.au)

# Community Centres

There are a range of Community Centres located throughout Wyndham, many of which offer programs and activities for older adults.

Below is a list of all the centres in the area. Check out your local centre – pop in and say hello to the friendly staff and see what’s on offer.

## Wyndham East

**Point Cook**

* Featherbrook Community Centre

33 – 35 Windorah Drive, Point Cook

Ph: 8353 4000 or E: Featherbrook Community Centre Email (featherbrookcc@wyndham.vic.gov.au)

W: [Featherbrook Community Centre Web](http://www.wyndham.vic.gov.au/venues/featherbrook-community-centre) (www.wyndham.vic.gov.au/venues/featherbrook-community-centre)

* Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: 9395 3777 or E: Jamiesonway Community Centre Email (admin@jamiesonwaycc.org.au)

W: Jamiesonway Community Centre Web (www.jamiesonwaycc.org.au)

* Point Cook Community Centre

1-21 Cheetham Street, Point Cook

Ph: 9395 6399 or E: Pointcook Community Learning Centre Email (pointcookclc@wyndham.vic.gov.au)

W: Point Cook Community Centre Web (www.wyndham.vic.gov.au/venues/point-cook-community-centre)

* Saltwater Community Centre

153 Saltwater Promenade, Point Cook

Ph: 8376 5500 or E: Saltwater Community Centre Email (saltwatercc@wyndham.vic.gov.au)

W: Saltwater Community Centre Web (www.wyndham.vic.gov.au/venues/saltwater-community-centre)

**Truganina**

* Arndell Park Community Centre

29-49 Federation Blvd, Truganina

Ph: 8734 8911 or E: Arndell Park Community Centre Email (arndellparkcc@wyndham.vic.gov.au)

W: Arndell Park Community Centre Web (www.wyndham.vic.gov.au/venues/arndell-park-community-centre)

## Wyndham Central

**Tarneit**

* Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit

Ph: 8734 4500 or E: Penrose Promenade Community Centre Email (penrosepromenadecc@wyndham.vic.gov.au)

W: [Penrose Promenade Community Centre Web](http://www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre) (www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre)

* Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

Ph: 9748 9822 or E: Tarneit Community Learning Centre Email (tarneitclc@wyndham.vic.gov.au)

W: Tarneit Community Learning Centre Web (www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre)

**Hoppers Crossing**

* Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

Ph: 8742 8000 or E: Grange Community Centre Email (enquiries@grangecommunity.org.au)

W: Grange Community Centre Web (www.grangecommunity.org.au)

## Wyndham West

**Werribee**

* Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

Ph: 9742 5040 or E: Quantin Binnah Community Centre (qb@qbcc.org.au)

W: Quantin Binnah community Centre Web (www.qbcc.org.au)

* Wyndham Community & Education Centre

3 Princes Highway, Werribee

Ph: 9742 4013 or E: Wyndham Community & Education Centre Email (enquiries@werribeecc.net)

W: Wyndham Community & Education Centre Email (www.wyndhamcec.org.au)

* Wyndham Park Community Centre

55 - 57 Kookaburra Avenue, Werribee

Ph: 8742 3975 or E: Wyndham Park Community Centre Email (admin@wyndhamparkcc.com.au)

W: Wyndham Park Community Centre Web (www.wyndhamparkcc.com.au)

**Wyndham Vale**

* Iramoo Community Centre

84 Honour Avenue, Wyndham Vale

Ph: 8742 3688 or E: Iramoo Community Centre Email (admin@iramoocc.com.au)

W: Iramoo Community Centre Web (www.iramoocc.org.au)

* Wyndham Vale Community Learning Centre

Cnr Manor Lakes Bld & Howqua Way, Wyndham Vale

Ph: 8734 8934 or E: Wyndhamvale Community Learning Centre Email (wyndhamvaleclc@wyndham.vic.gov.au)

W: [Wyndhamvale Community Learning Centre Web](http://www.wyndham.vic.gov.au/venues/wyndham-vale-community-learning-centre) (www.wyndham.vic.gov.au/venues/wyndham-vale-community-learning-centre)

# Libraries

There are 5 Libraries located throughout Wyndham. In addition to the traditional book borrowing, there are a wide range of other media and services available as well as programs and activities for older adults.

Below is a list of the libraries in the area. Be sure to check out your local library and see what’s on offer. Alternatively, visit our website at [Wyndham Libraries Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CWyndham%20Libraries%20Web) (https://www.wyndham.vic.gov.au/services/libraries) for all locations, opening hours and much more.

Details on current ongoing programs are listed within the directory.

## Point Cook Library

1-21 Cheetham Street, Point Cook

Ph: 9395 7966

W: [Wyndham Libraries – Point Cook Library Web](https://www.wyndham.vic.gov.au/venues/point-cook-library) (ttps://www.wyndham.vic.gov.au/venues/point-cook-library)

## Julia Gillard Library Tarneit

150 Sunset Views Boulevard, Tarneit

Ph: 8734 0200

W: [Wyndham Libraries – Julie Gillard Library Tarneit Web](https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit) (https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit)

## Pacific Werribee/Plaza Library

Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Road, Werribee

Ph: 8734 2600

W: [Wyndham Libraries – Plaza Library Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CWyndham%20Libraries%20%E2%80%93%20Plaza%20Library%20Web) (https://www.wyndham.vic.gov.au/venues/plaza-library)

## Werribee Library

Wyndham Cultural Centre, 177 Watton Street, Werribee

Ph: 9742 7999

W: [Wyndham Libraries – Werribee Library Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CWyndham%20Libraries%20%E2%80%93%20Werribee%20Library%20Web) (https://www.wyndham.vic.gov.au/venues/werribee-library)

## Wyndham Vale Library

86 Manor Lakes Boulevard, Manor Lakes

Ph: 8734 8930

W: [Wyndham Libraries – Wyndhamvale Library Web](https://www.wyndham.vic.gov.au/venues/wyndham-vale-library) (https://www.wyndham.vic.gov.au/venues/wyndham-vale-library)

In addition, the libraries also offer a Book Club service and Home Library service.

**Book Club Service**

If you would like to join a book club or wish to begin one, Wyndham Library Service can provide you with book kits specifically created for book clubs.

**Home Library Service**

The Home Library Service is free to Wyndham housebound residents who are unable to come into the library. Resources are selected to meet your interests and are delivered to your home by a friendly volunteer once a month. Please contact the Plaza Library for more information on 8734 2600.

# Walking Groups

Take the first steps to health and fitness by joining a Walking Group. It’s a great way to meet new people and is a completely FREE activity.

Just 30mins of walking each day may assist you to reduce your risk of heart attack, manage your weight, lower blood cholesterol and risk of type 2 diabetes, as well as helping to increase bone and muscle strength. Walking can also help to improve mood and boost energy. Start walking more today!

**ADEC - Karen Carers Group Walking Group**

When: Fridays at 10.30am

Where: ADEC Werribee Office - 1-3 Watton Street, Werribee

Contact: Surin (Joe) 8744 2100

**Iramoo Strollers**

When: Thursdays at 9.30am

Where: Meet at Iramoo Community Centre, 84 Honour Av, Wyndham Vale

Contact: Iramoo Community Centre 8742 3688

**Pacific Werribee Pacers**

The Pacers walk inside the shopping centre before the centre opens, offering a safe environment for people of all ages and abilities to walk free from the restrictions of the weather, poor footpaths or busy roads. They enjoy a discounted coffee and a chat following their walk.

When: Wednesday & Thursday at 8am

Where: Donut King, Pacific Werribee Plaza Food Court, Cnr Derrimut Rd & Heaths Rd, Werribee

Contact: Customer Service at Pacific Werribee 9749 5111

**Point Cook Early Bird Power Walkers**

When: Every Tuesday at 5:30am

Where: Lincoln Heath Reserve, Parkwood Terrace, Point Cook

Contact: Angela via email Angela Email (angela@genevievescommunitykitchen.org)

**Point Cook Town Activity Group**

When: Monday - Friday at 9am

Where: Meet at the front of the Dry Cleaners, Shop 115, Coles Precinct, Point Cook Town CentreContact: Bev 9395 1953

**Point Cook/Truganina parkrun**

When: Saturdays 7.45am for 8am start

Where: Arndell Park Community Centre, Federation Boulevard, Truganina

Contact: Point Cook Parkrun Email (pointcookoffice@parkrun.com)

Website: Point Cook Parkrun Web (www.parkrun.com.au/pointcook)

**Sons of the West - Club 60 Tarneit Inc. Walking Group**

When: Daily from 9am

Where: Goddard Street Reserve Oval, Goddard Street, Tarneit

Contact: Sunil Sunil Email (sunilabbott54@gmail.com)

**Sons of the West - Tarneit West Walking Group**

When: Mondays 9am

Where: Wotten Road Reserve, Wotten Road, Tarneit

Contact: Ajit Ajit Email (jaswinderajit@hotmail.com)

**Sons of the West - Team Walkabout**

When: Mondays at 6.15pm and Wednesdays 9.30am

Where: Various

Contact: Douglas-John Douglas-John Email (djramm1971@gmail.com)

**The Grange Community Centre Walkers**

When: Thursdays at 9.30am

Where: The Grange Community Centre, 260-280 Hogans Rd, Hoppers Crossing

Contact: The Grange Community Centre 8742 8000

**VU Strutters**

When: Wednesdays at 2pm

Where: Meet at Victoria University Health and Fitness Centre. Gate 3, Building 7, Hoppers Lane, Werribee

Non-members welcome

Contact: Brooke 9919 8173

**Werribee Bushwalking and Outdoor Club Inc**

When: 1st Thursday of every month, 8pm to 9pm to discuss various walks. Aim to provide at least 1-2 walks per month held primarily on Sundays

Where: The 1st Werribee Scout Hall, College Road, Werribee

Email: Werribee Bushwalking Email (enquiries@werribeebushwalking.com)

Website: Werribee Bushwalking Web (www.werribeebushwalking.com)

**Werribee River Rovers**

When: Thursdays at 10am

Where: Meet at the corner of Watton & Greaves Street, Werribee (near the outdoor pool)

Contact: Mike 9741 4313 or 0429 798 653

**Werribee River Walking Group**

When: Wednesdays at 10am

Where: Meet at the corner of Watton & Greaves Street, Werribee (near the outdoor pool)

Contact: Marion 9741 4240

**WOOP Wanderers**

When: Tuesdays at 10am

Where: Meet in the car park at Werribee Outdoor Olympic Pool (WOOP), Chirnside Park, Watton Street, Werribee

Contact: Carina 9741 3218

**Wyndham Life Activities Group**

When: Sundays at 9am

Where: The Italian Sports Club of Werribee, 601 Heaths Road, Werribee

Contact: Audrey 0417 373 482

**Wyndham Vale Parkrun**

When: Saturdays 7.45am for 8am start

 Location: Presidents Park, McGrath Rd, Gate 3, Wyndham Vale

Contact: Wyndhamvale Parkrun Email (wyndhamvaleoffice@parkrun.com)

Website: Wyndhamvale Parkrun Web (www.parkrun.com.au/wyndhamvale)

Wyndham has lots of other exercise opportunities including Bike and Walking trails, sporting clubs, recreation and leisure centres, parks and facilities.

For more information visit: http://www.Wyndham – Healthy & Active Web (http://www.wyndham.vic.gov.au/residents/community/healthyandactive) or contact the Community Development Team on 9742 0777 or email Community Development Email (community.development@wyndham.vic.gov.au)

# Monthly Local Food Events in the West

**Wyndham Community Garden Swap**

1st Sunday of the month, 10am – 11am

Mossfiel Reserve, Mossfiel Drive, Hoppers Crossing

Contact: Rita 0418 469 598 or rRta Email (ritaosullivan@bigpond.com)

**Iramoo Community Centre Fruit & Vegetable Swap**

3rd Saturday of the month, 11am – 12pm

Iramoo Community Centre, 84 Honour Avenue, Wyndham Vale

Contact: Iramoo Fruit & Veg Email (happy-potter@optusnet.com) or 8742 3688 or Coralee 0403 433 795

**Point Cook Gardening Swap**

4th Sunday of the month, 10.30am – 11.30am

Jamieson Way Community Centre, 59 Jamieson Way, Point Cook

Contact: Wendy 0455 378 133

**Altona Fruit and Vegetable Swap**

1st Sunday of the month, 2pm – 4pm

Louis Joel Arts and Community Centre, 5 Sargood Street, Altona.

Facebook: Facebook – Altona Fruit & Vegie Swap (www.facebook.com/Altona-Fruit-and-Vegie-Swap)

**Eynesbury Farmers Market**

4th Sunday of the month

487 Eynesbury Road, Eynesbury

Contact: Felicity 0400 520 042

**Maidstone Urban Harvest Share**

Date: The third Saturday of the Month, 11am-12pm

Maidstone Community Centre, 21 Yardley St, Maidstone. Entry is opposite 10 Gibb Street.

**Newport Fruit and Vegetable Swap**

3rd Sunday of each month, 10.30am - 11.30am

Newport Lakes. Just through the entrance from Mason St at the under-cover BBQ area on your left.

Facebook: Facebook – Newport Swap Email (www.facebook.com/NewportSwap/)

**Yarraville Gardens Farmers Market**

4th Saturday of the month, 8.30am – 1pm

Hanmer Reserve, Cnr Hyde & Somerville Streets, Yarraville

Contact: 0412 910 496

# Seniors Register

Wyndham Seniors Register is for older residents who are isolated. The Wyndham Seniors Register is a partnership between Werribee Police and Wyndham City. This partnership aims to ensure older people who live in their own home feel safe and confident that the Police are concerned for their welfare.

Volunteers make regular contact by phone to check on individuals welfare and allow any issues or concerns to be raised.

For more information, contact Wyndham City Council on 9742 0777.

# Travellers Aid

Did you know…? Travellers Aid has been in operation for more than 100 years!

Our services help people with mobility issues, including older people and people with disabilities to access the public transport system.

Services in Victoria are located at:

* Flinders Street Station – Platform 10 (8am – 8pm Mon – Sun)
* Southern Cross Station (Spencer Street) – Under Bourke Street footbridge (6.30am – 9.30pm, Mon – Sun)
* Seymour Station (10m – 6.30pm, Mon – Fri)

Services include:

* Emergency Relief

Transport options and advice to help travellers in emergency situations feel safe and empowered (Southern Cross Station only)

* Travellers Aid Access Service (TAAS)

Free personal care assistance to seniors or travellers with a disability.

* Pathways to Education

Subsidised student travel tickets to help disadvantaged students attend school.

* Companion Service

Assistance with getting to and from essential appointments.

* Community Travel Training

Public Transport information sessions to inform about public transport and encourage public transport use

* Buggy & Personal Guidance Service

Helping ensure safe passage at Southern Cross Station and Seymour Station

* Mobility Equipment Hire

Assisting people who are frail, aged, or living with a disability.

* Tourist info, rest, & other facilities

Information and facilities for travellers in transit.

* Internet Access

Internet access for the general public with JAWS software available.

For more details on these services and for general information, please contact

Southern Cross on 9670 2072 or E: Southern Cross Travellers Aid Email (scs@travellersaid.org.au)

Flinders Street on 9610 2030 or E: Flinder Street Travellers Aid Email (fss@travellersaid.org.au)

Or visit the website at Travellers Aid Web (www.travellersaid.org.au)

Please note: Some services require advance bookings.

# COTA

Council on the Ageing

For over 65 years COTA Victoria has been the voice of older Victorians. We are the leading advocate, educator and source of trusted information, representing the interests of all older Victorians.

COTA’s Seniors Information Victoria service provides free information on issues including retirement, home-based services, health and wellbeing, pensions and concessions, housing options, technology and much more.

If you or someone you know is experiencing elder abuse, call the Seniors Rights Victoria helpline for free, confidential support and advice.

Contact us:

Call COTA Victoria on 1300 13 50 90

Website: Cota Vic Web (www.cotavic.org.au)

Email: Cota Vic Email (askcota@cotavic.org.au)

Stay up to date and sign up for our COTA Connect e-newsletter.

Follow us on Facebook: [Facebook – Cota Vic](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CFacebook%20%E2%80%93%20Cota%20Vic) https://www.facebook.com/COTAVic) and Twitter [Twitter – Cota Vic](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CTwitter%20%E2%80%93%20Cota%20Vic) (https://twitter.com/COTAVictoria)

# Seniors Rights Victoria

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a carer, family or friends.

If you, your client or someone you know is experiencing elder abuse, please contact our free, confidential Helpline: 1300 368 821.

Our experienced advocates and legal advisors provide a welcoming and respectful environment where older people can talk confidentially about their experiences and choose their preferred course of action. Interpreters are available when needed.

Seniors Rights Victoria can help any Victorian aged 60 and above, or any Indigenous Victorian aged 45 and above, on matters relating to elder abuse and ageing.

This includes:

* age discrimination
* grandparenting rights
* guardianship and administration
* family care and ‘granny flat’ arrangements
* powers of attorney
* wills and estates.

Our services include a Helpline, specialist legal services, short-term support and advocacy for individuals and education. Seniors Rights Victoria also provides leadership on policy and law reform.

# Directory

Wyndham East: Point Cook, Truganina, Williams Landing and Laverton North

## Arndell Park Community Centre

29-49 Federation Boulevard, Truganina

8734 8911, Arndell Park Community Centre Email (arndellparkcc@wyndham.vic.gov.au)

Name: **Chinese Friendship Group**

Description: Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment

Frequency: Monday, 10.30am – 12pm

Cost: Free

Contact: Arndell Park Community Centre

Name: **Computer Courses**

Description: Computer classes for beginners

Frequency: Varies per term, Contact for details

Cost: 10 Week Course, $35 or $20 Concession

Contact: Arndell Park Community Centre

Name: **Indian Friendship Group**

Description: Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment

Frequency: Friday, 10.30am – 12pm

Cost: Free

Contact: Arndell Park Community Centre

## The Brook on Sneydes

215 Snydes Road, Point Cook

9394 6444

Name: **Lions Club of Point Cook**

Description: Volunteer involvement in humanitarian efforts locally, nationally, and internationally

Frequency: 2nd and 4th Monday of the month, 6.30pm for a 7pm start

Cost: Membership required – cost on enquiry

Contact: Tom, Tom Email (tgilfillan@live.com.au)

## Featherbrook Community Centre

33-35 Windorah Drive, Point Cook

8353 4000, Featherbrook Community Centre Email (featherbrookcc@wyndham.vic.gov.au)

[Featherbrook Community Centre Web](http://www.wyndham.vic.gov.au/residents/community/comcentres/community_centre_listing/featherbrook_community_centre) (http://www.wyndham.vic.gov.au/residents/community/comcentres/community\_centre\_listing/featherbrook\_community\_centre)

Name: **Conversational English**

Description: English conversation class

Frequency: Wednesday, 9am – 11am and Friday, 12pm – 3pm

Cost: Fees may apply

Contact: Jackie 0405 670 138 (Wed class) and Steven 0421 966 205 (Fri class)

Name: **Friends at Featherbrook Social Group**

Description: An afternoon of fun food and friendship each week, may include guest speakers craft activities and more

Frequency: Wednesday, 12pm - 2pm

Cost: Free. Fee may apply depending on activity

Contact: Featherbrook Community Centre

Name: **Le Petrel Mauritian Seniors**

Description: Social Group (French speaking but others welcome)

Frequency: Wednesday, 12.30pm – 3.30pm

Cost: Membership fees apply

Contact: Regis 0421 464 874

Name: **Point Cook Chinese Friendship Group**

Description: Social group

Frequency: Monday, 1pm – 4pm, Wednesday, 10am – 12pm and Thursday 2pm – 4pm

Cost: Free. Bookings required

Contact: Michael Tan, 0413 892 057

Name: **Point Cook Chinese Friendship Group English Classes**

Description: English as a Second Language (ESL) Classes

Frequency: Thursday, 10am –2pm and Friday, 12pm – 3pm

Cost: Free

Contact: Bookings required, Michael Tan 0413 892 057

Name: **Point Cook Indian Senior’s Group**

Description: A fun recreational gathering and food monthly for Indian seniors

Frequency: 2nd Tuesday of the month, 1pm – 3pm

Cost: Free

Contact: Indira 0402 458 648

Name: **Point Cook View Evening Club for Women**

Description: Working with smith family and other organisations in local community. Forum to discuss and exchange ideas

Frequency: 1st Wednesday of the month, 7pm – 9.30pm

Cost: Small Donation

Contact: Catherine 0407 726 852

Name: **Quilting & Patchwork**

Description: Craft & Social Group

Frequency: Tuesday, 12.30pm – 3.30pm and Tuesday, 7pm - 10pm

Cost: $5 per class plus materials

Contact: Featherbrook Community Centre

Name: **Yoga for Everyone**

Description: A gentle and uplifting exercise class that promotes good health, total relaxation and well-being.

Frequency: Wednesday, 12pm – 1pm

Cost: $5 per class

Contact: Featherbrook Community Centre

## Jamieson Way Community Centre

59 Jamieson Way, Point Cook

9395 3777, Jamiesonway Community Centre Email (admin@jamiesonwaycc.org.au)

[Jamiesonway Community Centre Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CJamiesonway%20Community%20Centre%20Web) (http://www.jamiesonwaycc.org.au/)

Name: **Art for Life**

Description: Intro to painting, discover art in a fun, informative and creative way

Frequency: Wednesday, 12pm -2pm

Cost: $5 per session

Contact: Jamieson Way Community Centre

Name: **Card Crafters**

Description: Learn the fun of card making

Frequency: 1st & 3rd Monday of the month, 10am – 12pm

Cost: $10 for first session + starter pack, $5 per session thereafter

Contact: Jamieson Way Community Centre

Name: **Coffee, Chat & Craft**

Description: Casual craft and coffee and chat group

Frequency: Thursday, 1pm - 3pm

Cost: Gold coin donation

Contact: Jamieson Way Community Centre

Name: **Community Kitchen –Cooking Classes**

Description: Cook, share, learn and meet new friends. Healthy options and much more.

Frequency: Last Wednesday of the month, 10.30am – 12pm

Cost: $10 per person/session

Contact: Jamieson Way Community Centre

Name: **French for Beginners**

Description: Information and fun way to discover the French language

Frequency: Tuesday, 10am - 12pm

Cost: $5 Bookings required – contact the centre

Contact: Jamieson Way Community Centre

Name: **Planned Activity Group\* Indian Group**

Description: Activities for Indian Community

Frequency: Friday, 10am - 3pm

Cost: Fees may apply

Contact: Migrant Resource Centre North West, Atarjit 9367 6044

\* Planned Activity Groups – Eligibility to attend is required

Name: **iPad for Seniors**

Description: 6 week course

Frequency: Thursday, 10.30am – 12pm Enquire for dates

Cost: Fees Apply

Contact: Jamieson Way Community Centre

Name: **Jamieson Jotters Creative Writing Group**

Description: Creative writing & get together

Frequency: 3rd Friday of the month, 11am – 1pm

Cost: Gold coin donation

Contact: Jamieson Way Community Centre

Name: **Meet up Mondays**

Description: Learn and practice playing Mahjong as well as rummicul, dominoes, chinese checkers and many more

Frequency: Monday, 1pm – 3.30pm

Cost: $2 per session

Contact: Jamieson Way Community Centre

Name: **Men’s Get Together Social Group**

Description: Share Skills and hobbies, social outings

Frequency: Fortnightly on Tuesdays, 1pm -3pm

Cost: $3 per session

Contact: Jamieson Way Community Centre

Name: **Movement to Music**

Description: Light Exercise to Dance Movement

Frequency: Friday, 2pm – 2.30pm

Cost: Gold Coin Donation

Contact: Jamieson Way Community Centre

Name: **Sew & Sew**

Description: Qualified Dress maker. BYO projects, machines on site or BYO

Frequency: 1st & 3rd Monday of the month, 7pm -9pm

Cost: $30 for 6 sessions

Contact: Jamieson Way Community Centre

Name: **Social Ballroom Dancing**

Description: Ballroom Dancing. All levels welcome. No partner required.

Frequency: Tuesday, 8.30pm -9.30pm

Cost: Fees Apply

Contact: Monique 0427 288 085

Name: **Tai Chi-arthritis focus**

Description: Tai Chi class

Frequency: Wednesday, 2.45pm – 3.45pm

Cost: $5 per session

Contact: Jamieson Way Community Centre

## Phoenix Hotel

40 Wallace Avenue, Point Cook

Name: **Rotary Club of Laverton Point Cook**

Description: Like minded community focussed people. Volunteer services for local and international projects

Frequency: Wednesday, 6.30pm for a 7pm start

Cost: Contact for details

Contact: Steve, 0487 240 554 Steve Email (ssteve@bigpond.net.au)

## Saltwater Community Centre

153 Saltwater Promenade, Point Cook

8376 5500 E: Saltwater Community centre Email (Saltwatercc@wyndham.vic.gov.au)

Name: **Over 60s Meet Up**

Description: Meet other people from your area for a social get together in the community lounge

Frequency: 3rd Friday of the month 3pm – 5pm

Cost: Free

Contact: Saltwater Community Centre

Name: **Social Craft**

Description: Bring along knitting, crochet, sewing, drawing, embroidery, macramé, jewellery or any other portable craft and enjoy making and sharing in this social group

Frequency: Wednesday, 9am – 12pm

Cost: Free

Contact: Saltwater Community Centre

## WynCity Bowl & Entertainment

36 Wallace Avenue, Point Cook

1300 783 123 WynCity Email (info@wyncity.com.au)

WynCity Web (www.wyncity.com.au)

Name: **Golden Doubles League (Ten Pin Bowling),**

Description: Wyndham Over 50's Club – Ten Pin bowling

Frequency: Friday, 10.30am

Cost: $14 For 2 games of bowling and tea/coffee

Contact: 1300 783 123

Wyndham Central: Tarneit & Hoppers Crossing

## AquaPulse

80 – 82 Derrimut Road, Hoppers Crossing

8734 5678 AquaPulse – Western Leisure Services Email (info@westernleisureservices.com.au)

[Aquapulse Wynactive Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CAquapulse%20Wynactive%20Web) (http://aquapulse.wynactive.com.au)

Name: **Swimming**

Description: Outdoor Pool

Frequency: During Summer months

Cost: Seniors$3.70

Contact: AquaPulse

Name: **Adult Active**

Description: Seniors strength stretch, spin & Circuit

Frequency: Tuesday & Thursday, 11.45am - 12.45pm

Cost: $7 per session

Contact: AquaPulse

Name: **Council on the Ageing (COTA)**

Description: Living longer, living stronger over 50’s

Frequency: Monday, Wednesday & Friday, 10am - 12pm

Cost: $30 initial consultation, $6 per session. Require form to be filled in by Doctor before 1st session

Name: **Hydrotherapy**

Description: 34 degrees heated pool for seniors with injuries and that require physiotherapy

Frequency: Opening Hours:

* Monday – Wednesday, 5.30pm – 8.45pm
* Thursday Women only 7.45pm
* Friday, 5.30pm - 7.45pm
* Weekends, 8am - 6pm

Cost: General Pricing

Contact: AquaPulse

Name: **Shallow Aqua Session**

Description: Shallow Aqua sessions which are slow movements done within the water to music

Frequency: Monday, Wednesday & Friday, 8am

Cost: $16.50. With Senior Card $14

Contact: AquaPulse

## De Caprios Family Restaurant

88 Derrimut Road, Hoppers Crossing

Name: **Rotary Club of Hoppers Crossing**

Description: Like-minded community focussed people. Volunteer services for local and international projects.

Frequency: Wednesday, 6.30pm for a 7pm start

Cost: Contact for details

Contact: David on 0439 613 737 David Email (robsondavid1@iprimus.com.au)

[Hoppers Crossing Rotary Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CHoppers%20Crossing%20Rotary%20Web) (http://hopperscrossingrotary.org.au/)

## Central Park Community Centre

80 Lonsdale Circuit, Hoppers Crossing

Name: **Flaming 50's Rock 'n' Roll**

Description: Flaming 50's. Rock 'n' Roll dance classes for all ages & abilities

Frequency: Tuesday, 7pm - 9.30pm

Cost: $10 per lesson

Contact: Miriam Beasley, 0409 183 620

Name: **Greek Elderly Citizens Club**

Description: Provides companionship & support for Greek speaking elderly citizens. Cards, bingo & Dominoes.

Frequency: Thursday, 9am - 2pm

Cost: Small cost

Contact: Mimi Charisiades, 9749 5985

Name: **Hoppers Crossing Senior Citizens Club Inc.**

Description: Seniors activities including social gatherings, bus trips & bingo.

Frequency: Monday & Thursday, 10am - 2pm

Cost: Small cost

Contact: Mary McIntyre, 9689 3262 Hoppers Seniors Email (hoppersseniors@gmail.com)

Name: **Macedonian Community Welfare Association**

Description: Macedonian Community Welfare Association. A planned activity group for seniors & people with a disability.

Frequency: Tuesday, 9am - 2.30pm

Cost: Cost on enquiry

Contact: Diana Sterjouska, 8358 5999 Diana Email (Diana@mcwa.org.au)

Name: **Planned Activity Group\* Karen Group**

Description: A specific Karen Program

Frequency: Tuesday, 9am - 3pm

Cost: $7.30

Contact: Aged & Disability Group Services 8734 4536

Name: **Planned Activity Group\* Social Group**

Description: For older people to provide social opportunities and to encourage and maintain independence

Frequency: Monday & Friday, 9am – 3pm

Cost: $7.30

Contact: Aged & Disability Group Services 8734 4536

Name: **Vietnam Veterans**

Description: Welfare services for veterans and their families

Frequency: Wednesday, 9am - 3pm

Cost: Free

Contact: Ray Matthew, 0400 107 130 Ray Email (Secretary.melbournewest@waavic.org.au)

Name: **Werribee Community Singers**

Description: A Capella Singing Group

Frequency: Wednesday, 6.30pm – 10pm

Cost: Cost on enquiry

Contact: Helen Gunn 0407 493 065 Helen Email (gunn\_adoo@hotmail.com), Facebook – Werribee Community Singers

Name: **Werribee Craft Group**

Description: Craft activities for women over 55

Frequency: 3rd Sunday of the month, 12pm - 5pm

Cost: Cost on enquiry

Contact: Kathy Senior 9749 2883/0409 382 593 Kathy Email (colinankathy@bigpond.com)

Name: **Werribee Dutch Seniors**

Description: Support & recreation for Dutch born residents

Frequency: Friday, 10am - 3.30pm

Cost: Cost on enquiry

Contact: Connie Fawcett, 9748 6731, Connie Email (rfawcett@bigpond.net.au)

Name: **Wyndham Gentle Exercise Group**

Description: A gentle exercise & social interaction group for seniors & those with physical disabilities

Frequency: Wednesday, 9.30am – 1pm

Cost: Cost on enquiry

Contact: Shirley Hewitt 9734 7722 Shirley Email (shirleyhewitt@optusnet.com.au)

Name: **Wyndham PC User Group (Computers)**

Description: Wyndham PC Users Group. Information & support on using computer hardware & software for seniors

Frequency: 2nd Monday of the month & 3rd Tuesday of the month, 7pm – 9.30pm

Cost: Cost on enquiry

Contact: Chris Hughes 0400 191 342 Chris Email (cchughes2@bigpond.com)

Name: **Wyndham’s Sew & So’s for seniors**

Description: Activity for women over 55 create handmade charity quilts

Frequency: Friday, 9am - 2pm

Cost: Small fee

Contact: Annie Scicluna 9369 3275 Annie Email (coup33@optusnet.com.au)

## Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

8742 8000 Grange Community Centre Email (enquiries@grangecommunity.org.au)

[Grange Community Centre Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CGrange%20Community%20Centre%20Web) (http://www.grangecommunity.org.au/)

Name: **Mature Martial Arts**

Description: Mixed martial arts. Individuals who want to stay fit and active and who want to put some fitness back into their changing and maturing lifestyle

Frequency: Saturday 8 week program, 9am -10am

Cost: $120 for 8 weeks session

Contact: Grange Community Centre

Name: **Morning Melodies**

Description: Music and morning tea

Frequency: 4 times per year

Cost: Contact Karen for Cost and Dates

Contact: Grange Community Centre

## Hoppers Club

180-200 Pannam Drive, Hoppers Crossing

Name: **Carpet Bowls for All Abilities**

Description: Carpet bowls. All welcome

Frequency: Monday & Friday, 9am – 12pm

Cost: Must be a member of the Hoppers Club $5. Carpet Bowls Sub-Club initial Joining Fee $30 for first year and $5 per year thereafter

Contact: Wally Martin, 0407 491 931 Wally Email (wwallym@bigpond.com)

Name: **Hoppers Bowls Club**

Description: Pennant, social and barefoot bowls as well as additional events throughout the year

Frequency: Seasonal - Contact for details

Cost: Must be a member of the Hoppers Club $5. Additional costs for bowling – contact for details

Contact: Jan White 0400 076 557 Hoppers Bowls Club Email (hoppersbowls@hoppersclub.com.au)

Name: **Probus Club of Hoppers Crossing**

Description: Retired & semi-retired men. Social activities, guest speakers and day trips

Frequency: 3rd Wednesday of the month, 9.30am – 11.30am

Cost: $10 joining fee, $35 Annual Membership

Contact: Collin 9749 1508 or mobile 0413 580 472

## Hoppers Crossing Sports Club

Hogans Reserve, Hogans Road, Hoppers Crossing

Name: **U3A – Australian History**

Description: Australian History class

Frequency: Wednesday, 1pm – 3pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Merle Deslanded 9749 7746

Name: **U3A – Bridge -Introduction**

Description: Card Game – Introduction to Bridge

Frequency: Friday, 9am – 11.45am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Serita Mudford 0410 599 323

Name: **U3A - Bridge**

Description: Card Game

Frequency: Friday, 9am – 11.45am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Brian Kilfoyle 0409 073 869

Name: **U3A – Current Affairs**

Description: Current Affairs class

Frequency: Thursday, 10am – 11.30am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Tony Mason 9741 6476

Name: **U3A - Exploring History**

Description: Videos on Historical Topics

Frequency: Monday, 10am – 12pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Brian Beck 9741 5460

Name: **U3A – French & Culture – Intermediate**

Description: French and culture class

Frequency: Wednesday, 10.30am – 12.30pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Martha Siwek 9741 7610

Name: **U3A – Health & Wellbeing**

Description: Health & Wellbeing class

Frequency: Wednesday, 9am – 10.30am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Lyn Alder 9741 7735

Name: **U3A - Mahjong**

Description: Play Mahjong

Frequency: Thursday, 1pm – 4pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Rita Funnell 9296 1036

Name: **U3A – Music You Like to Hear**

Description: Music appreciation class

Frequency: Friday, 1pm – 3pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Anna Mitchell 9741 2730

Name: **U3A – Needlecraft**

Description: Craft class

Frequency: Tuesday, 9.45am – 11.45am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Faye Weston 8754 1006

Name: **U3A – Photography**

Description: Photography Class

Frequency: Tuesday, 2pm – 3.30pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Bernie Flaherty 0412 814 610 Bernie Email (Bernief25@hotmail.com)

Name: **U3A – Seniors Men Light Exercise**

Description: Gentle exercise for men

Frequency: Tuesday, 9.30am – 10.30am

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Tony Bradford 9749 2248

Name: **U3A – Tai Chi**

Description: Gentle Exercise class

Frequency: Monday 1pm – 2pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Marie Dean 9741 7733

## Horn of Africa

3/9 Motto Court, Hoppers Crossing

Name: **Horn of Africa Communities Network**

Description: Social connection and support for people from African backgrounds

Frequency: Wednesday, 11am – 1pm

Cost: Contact for details

Contact: Jane 8742 7738

Name: **Social Support Group for Burmese Elders**

Description: Social connection and support for people from Burmese backgrounds

Frequency: Thursday & Friday, 11am – 1pm

Cost: Contact for details

Contact: Jane 8742 7738

## Hotel 520

520 Sayers Road, Tarneit

9748 8520

Name: **Mad Mondays**

Description: 2 Course Menu lunch & Dinner. Entre & Main or Main & Dessert

Frequency: Monday 12pm – 2.30pm

Cost: $12 Free Cappuccino on presentation of Seniors Card

Contact: Hotel 520

Name: **Morning Melodies**

Description: Enjoy a variety of entertainment for everyone

Frequency: 2nd last Wednesday of the month, 10.30am – 12pm

Cost: $5 Show and Morning Tea. $14 2 course lunch – bookings essential

Contact: Hotel 520

## IPC Health

117 Warringa Crescent, Hoppers Crossing

Name: **OM:NI Older Men New Ideas**

Description: Initiative of COTA VIC(Council on the Ageing). Men’s discussion group that aims to enhance the health, wellbeing and lifestyle of older men through social connections and sharing knowledge

Frequency: 1st & 3rd Tuesday of the month, 10am – 12pm

Cost: Contact for details

Contact: Ted Morley 9748 8602

## Julia Gillard Library Tarneit

150 Sunset Views Boulevard, Tarneit

8734 0200

Wyndham Libraries (www.wyndham.vic.gov.au/libraries)

Name: **All Ages Chess**

Description: Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play

Frequency: Mondays, 4pm

Cost: Free. Bookings can be made online via the Events Calendar

Contact: Julia Gillard Library Tarneit

Name: **Craft & Conversation**

Description: Join us for a crafting session where you can meet and share conversation with other crafters!

Frequency: Monthly on Fridays, 11am – 1pm. Contact Library for monthly dates

Cost: Free. Bookings can be made online via the Events Calendar

Contact: Julia Gillard Library Tarneit

Name: **Midday Movies**

Description: Join us for some relaxing films and discussion of all the old favourites. Contact the library to find out what is screening. Tea, coffee and light snacks provided.

Frequency: 4th Thursday of the month, 12pm – 2pm

Cost: Free. Bookings can be made online via the Events Calendar

Contact: Julia Gillard Library Tarneit

Name: **Writing Club**

Description: Whether you like to make up stories, or tell tales from your life experience, come along to one of our writing workshops to share your work, meet other writers and participate in exercises.

Frequency: Monthly on Wednesdays, 6.30pm – 7.30pm and Friday 3pm – 5pm. Contact Library for monthly dates

Cost: Free. Bookings can be made online via the Events Calendar

Contact: Julia Gillard Library Tarneit

## Lifestyle Seasons – Clubhouse

13 Sundial Boulevard, Tarneit

Name: **U3A – Cards - 500**

Description: Card games

Frequency: Wednesday, 1pm – 4pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Kay Dwyer 9731 6976

## Penrose Promenade Ageing Well Facility

83 Penrose Promenade, Tarneit

Name: **Ladies Club 60**

Description: Social gathering for local ladies of Indian origin. Make new friends and enjoy a cup of tea and chat.

Frequency: Thursday 12pm – 2pm

Cost: Free

Contact: Kanchan 0433 702 367

Name: **Planned Activity Group\* Dementia Specific Program**

Description: Groups for older people with memory loss to increase social interaction and provide respite for caregivers

Frequency: Tuesday & Friday, 9am - 3pm

Cost: $7.30

Contact: Aged & Disability Group Services 8734 4536

Name: **Planned Activity Group\* Social Group**

Description: Groups for seniors to provide social opportunities and to encourage and maintain independence & assist them to remain in their own home

Frequency: Monday, Wednesday & Thursday, 9am – 3pm

Cost: $7.30

Contact: Aged & Disability Group Services 8734 4536

Name: **Planned Activity Group\* Sri Lankan Group**

Description: Mixed Community Group indoor and outdoor activities

Frequency: Friday, 9am - 3pm

Cost: $7 per session. Fees may apply for some activities

Contact: Migrant Resource Centre North West – Shaamalakhaa 9367 6044

Name: **Planned Activity Group\* Vintage Club**

Description: Men's Group-designed to meet the recreational & social needs of isolated older men in Wyndham.

Frequency: Wednesday 9am – 3pm

Cost: $7.30

Contact: Aged & Disability Group Services 8734 4536

\* Planned Activity Groups – Eligibility to attend is required

## Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

9748 9822

Tarneit Community Learning Centre Email (tarneitclc@wyndham.vic.gov.au)

[Tarniet Community Learning Centre Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CTarniet%20Community%20Learning%20Centre%20Web) (http://www.wyndham.vic.gov.au/residents/community/comcentres/community\_centre\_listing/tarneit)

Name: **Club 60 Tarneit**

Description: Group for those 60+ from Indian community

Frequency: Monday, 12.30pm – 2.30pm and Thursday 1.30pm – 3.30pm

Cost: Free

Contact: Sunil Abbott 0449 101 455, Club 60 Tarneit Email (club60.tarneit@gmail.com)

Name: **U3A – Computers - Beginners**

Description: Computers for Beginners

Frequency: Tuesday 10am -12pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Don Lee 9749 2798

Name: **U3A – Computers – Intermediate**

Description: Computers for Intermediate level

Frequency: Tuesday, 1pm - 3pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Don Lee 9749 2798

Name: **Get Crafty**

Description: Craft Group. Bring your own project.

Frequency: Tuesday & Wednesday, 9.30am - 12.30pm

Cost: Free

Contact: Tarneit Community Learning Centre

Wyndham West: Werribee, Wyndham Vale & Manor Lakes

## Crossroads Uniting Church

Synott Street, Werribee

Name: **Gentle Exercise to Music (GEMS)**

Description: Gentle exercise for seniors

Frequency: Thursday, 9.30am – 10.30am

Cost: $7

Contact: Lilian Truan 9741 2349

Name: **U3A – Yoga for Older People**

Description: Yoga class

Frequency: Thursday, 1.15pm – 2.30pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Trevor Walsh 0438 304 638

## Eagle Stadium

35 Ballan Road, Werribee

8734 5677

Name: **Adult Active**

Description: Seniors strength stretch, spin & circuit

Frequency: Tuesday, 9.20am - 10am

Cost: $7 per session

Contact: Eagle Stadium

Name: **Council on the Ageing (COTA)**

Description: Living longer, living stronger over 50’s

Frequency: Tuesday & Thursday, 10am - 12pm

Cost: $30 initial consultation, $6 per session. Require form to be filled in by Doctor before 1st session

Contact: Eagle Stadium

## Iramoo Community Centre

84 Honour Avenue, Wyndham Vale

8742 3688

Iramoo Community Centre Email (admin@iramoocc.com.au)

[Iramoo Community Centre Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CIramoo%20Community%20Centre%20Web) (http://www.iramoocc.org.au/)

Name: **Arts Group**

Description: Learn to explore the arts and join like-minded people

Frequency: During School Terms Tuesday, 10.30am - 1pm

Cost: $5

Contact: Iramoo Community Centre

Name: **Ballroom Dancing**

Description: Dancing

Frequency: Thursday, 7pm - 8pm

Cost: Fees Apply

Contact: Jarryd 0409 219 589

Name: **Community Cooking Program**

Description: Cooking group, cooking creative meals and sharing with friends

Frequency: Tuesday, 9am – 12pm

Cost: $5

Contact: Iramoo Community Centre

Name: **Craftees Group**

Description: Bring in your own craft projects to work on in a social environment

Frequency: Wednesday, 12pm - 3pm

Cost: Free

Contact: Iramoo Community Centre

Name: **Deadly Kitchen**

Description: Cooking group for older Indigenous people

Frequency: Fortnightly on Fridays, 10.30am - 1.30pm

Cost: $5

Contact: Iramoo Community Centre

Name: **Food Swap**

Description: Swapping of home grown vegetables/fruits

Frequency: 3rd Saturday of the month, 11am - 12pm

Cost: Free

Contact: Coralee 0403 433 795

Name: **Go Gospel Church**

Description: Gospel Cucrh

Frequency: Sunday, 9am - 12.30pm

Cost: Free

Contact: Patrick 0478 004 271

Name: **Iramoo Quilter’s**

Description: Quilting group, bring along your project, and share knowledge and skills. Bring your own quilting project/s

Frequency: 4th Saturday of the month, 12.30pm - 4pm

Cost: $5

Contact: Josie 9749 4747

Name: **Live it Up – Wyndham Chronic Pain Management Group**

Description: Support, nurturing, social & creative activities

Frequency: Fortnightly on Wednesdays, 10am - 12pm

Cost: $3

Contact: Ruth for more information about when group is held 0400 799 824

Name: **Mahamenva Meditation Group**

Description: Meditation. Supper included

Frequency: 3rd Sunday of the month, 4pm - 8.30pm

Cost: Free

Contact: Dimuth 0401 443 011

Name: **Men's Cooking Group**

Description: Cooking group in a social environment

Frequency: Thursday, 9.30am - 12.30pm

Cost: $5

Contact: Iramoo Community Centre

Name: **Over’s 50 Club**

Description: Wyndham Over 50’s Club – to play games, bowl, dance, share lunch & friendship.

Frequency: Monday, 10am - 3.30pm

Cost: Club joining fee: $10, Annual fee: $10, Meeting fee: $2 (includes refreshments), Monthly trip costs vary.

Contact: Bob White 0409 492 226

Name: **Painting Group**

Description: Bring your supplies, or we will help you get started

Frequency: During School Terms Tuesday, 1.30pm - 4pm

Cost: Free

Contact: Iramoo Community Centre

Name: **Seniors Light Exercise**

Description: Light exercise class followed by social cuppa

Frequency: Tuesday, 9am - 10.30am

Cost: $5

Contact: Iramoo Community Centre

Name: **Social Bus Trips**

Description: Visiting pubs, op shops, markets, gardens, local treasures and developing mutual interests & friendships

Frequency: Contact for dates of outings

Cost: Fees apply

Contact: Iramoo Community Centre

Name: **Spinning Wheel Dance Group**

Description: Learn Rhumba and Waltz with rhythms such as Cha Cha and Foxtrot

Frequency: Tuesday, 1.30pm – 3.30pm

Cost: Fees Apply

Contact: Carol 0400 354 445

Name: **Sunrise Women’s Group**

Description: For women with a disability or mental illness

Frequency: Fortnightly on Mondays, 10am - 1.30pm

Cost: Free

Contact: Tess 9689 9588

Name: **Tai Chi**

Description: Excellent exercise for balance, mental well-being with a Tai Chi Facilitator. Qigong – gentle rhythmic movements.

Frequency: Wednesday, 9am - 10am and Friday 8.45am - 9.45am

Cost: $5

Contact: Iramoo Community Centre

## Italian Sports Club of Werribee

601 Heaths Road, Werribee

9741 1225

Italian Sports Club of Werribee Email (manager@iscw.com.au)

Italian Sports Club of Werribee Web (www.iscw.com.au)

Name: **Retired Persons of Werribee**

Description: Social general meetings with guest speakers & various activities.

Frequency: 2nd Friday of the month, 9.30am - 12pm

Cost: cost on enquiry

Contact: Dawn 9749 8872

Name: **Rotary Club of Werribee**

Description: Group of like-minded community focussed people. Volunteer services for local and international projects.

Frequency: Tuesday, 6.30pm – 8pm

Cost: Contact for details

Contact: Rotary Club of Werribee Email (secretary@rotaryclubofwerribee.org.au)

[Rotary Club of Werribee Web](file:///C%3A%5CUsers%5Caburns%5Cobjcache%5Caburns%5CObjects%5CRotary%20Club%20of%20Werribee%20Web) (http://rotaryclubofwerribee.org.au)

Name: **Rotary Club of Wyndham**

Description:Like-minded community focussed people. Volunteer services for local and international projects

Frequency: Wednesday, 6.30pm for a 6.45pm start – 8.15pm

Cost: Contact for details

Contact: Gary 0418 788 838

Name: **Wyndham Life Activities\*\* Bookclub**

Description: Discussions over lunch. Places Limited.

Frequency: 2nd Friday of the Month, 11.30am

Cost: Seniors Annual Membership Fee $15, $5 per session

Contact: Italian Sports Club of Werribee

Name: **Wyndham Life Activities\*\* Caravanning**

Description: Regular weekends away and bi-monthly dinner

Frequency: Contact for details

Cost: Seniors Annual Membership Fee $15, Site and associated expenses for trips

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Double 15 Dominos**

Description: Dominoes

Frequency: In the ISCW Members Bar. Monday, 12pm

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Games & Coffee**

Description: Games and coffee

Frequency: In the Members Bar. Wednesday, 12.30pm

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Gardening**

Description: Some trips are included to local areas

Frequency: 1st Thursday of the month, 10am

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Golf**

Description: 9 Holes at Werribee Golf Club

Frequency: Monday & Friday, 8.30am

Cost: Seniors Annual Membership Fee $15. Green fees payable

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Line Dance**

Description: Line dancing followed by coffee

Frequency: Wednesday, 10am

Cost: Seniors Annual Membership Fee $15, $5 per session

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Mahjong**

Description: Meet with other like-minded people who enjoy this activity

Frequency: 2nd, 4th & 5th Thursday of the Month, 10am – 12pm

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Meet and Eat Lunch**

Description: Lunch at various venues

Frequency: Last Friday of the month, 12pm

Cost: Seniors Annual Membership Fee $15. Cost of lunch

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Movie Group**

Description: Movie group - Information through the Life Activities Newsletter

Frequency: 4th Tuesday evening of the month at Village Cinemas, Werribee

Cost: Seniors Annual Membership Fee $15. Cost of Movie entry

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Photography Group**

Description: Photography In the Presidents Room

Frequency: 2nd Tuesday of the month, 7pm

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Wyndham Life Activities\*\* Walking Group**

Description: Begins at the ISCW Car Park. Walk followed by coffee

Frequency: Sunday at Italian Sports Club Car Park, 9am

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

Name: **Happy Hour**

Description: Meet ISCW Club members. A raffle is held each Friday & a BBQ is held 4 times a year

Frequency: Friday, 5.30pm – 7pm

Cost: Seniors Annual Membership Fee $15

Contact: Italian Sports Club

\*\* Life Activities Club - In order to take part in Life Activities you need to be a member of Italian Sports Club of Werribee

## Kelly Park Centre

2B Synnot Street, Werribee

Name: **Tai Chi for Seniors**

Description: Tai Chi - gentle movements

Frequency: Tuesday, 7pm - 8pm and Thursday, 5.30pm - 6.30pm

Cost: Gold coin donation

Contact: John Sindoni 9741 9825 or 0418 512 255

John Email (j.sindoni@live.com.au)

Name: **Circolo Pensionati italiani Di Wyndham.**

Description: Meetings & social events for Italian Seniors

Frequency: Wednesday, 11am-4pm

Cost: Cost on enquiry

Contact: Mario Sammartino 9741 1450

Name: **Combined Probus Club of Wyndham Inc**

Description: Meetings &fellowship for retired & semi-retires persons who value opportunities to meet with others of similar interest, enjoy hearing addresses by guest speakers on topical subjects, and outings/activities of specific appeal to members. Non-political & non sectarian

Frequency: 2nd Tuesday of the month (Feb – Dec), 1.30pm

Cost: Joining Fee $20; Annual Membership $40

Contact: Denice Strong 9734 9025

Combined Probus of Wyndham Email (CPWyndham@outlook.com)

Name: **Friendship Club Werribee**

Description: Social activities for Wyndham’s Italian Community including bingo & cards.

Frequency: Thursday and Sunday, 1pm-4pm

Cost: Cost on enquiry

Contact: Lino Massese 9741 2385

Name: **Ladies Probus Club of Werribee**

Description: A social ladies group with guest speakers & various activities.

Frequency: 1st Monday of the month, 8.30am - 12pm

Cost: Cost on enquiry

Contact: Gloris Reynolds 9749 5955

Name: **Werribee Orchid Society**

Description: Orchid growing & conversation

Frequency: 3rd Tuesday of the month, 6.30pm - 10.30pm

Cost: Cost on enquiry

Contact: Faye Piovesan 9734 2634

Faye Email (piovesan@optusnet.com.au)

Name: **Spanish Pensioners & Senior Citizens of Werribee**

Description: Senior group of Spanish speaking heritage that meet to play bingo, cards & outings throughout the year

Frequency: Monday, 9.30am-2.30pm

Cost: cost on enquiry

Contact: Maribel Monterrosa 0421 091 390

Name: **Wyndham Seniors Card Club**

Description: Play cards & other social activities

Frequency: Tuesday and Thursday, 9am – 2pm

Cost: Cost on enquiry

Contact: Anne Farrar c/- Wyndham City Halls Email (halls@wyndham.vic.gov.au)

Name: **Werribee Senior Citizens**

Description: Bingo, activities & outings.

Frequency: Wednesday, 8.30am-12pm

Cost: Cost on enquiry

Contact: Aristea Grech 0423 303 882

## Old Shire Offices

Cnr Watton Street & Duncans Road, Werribee

Name: **Australian Plant Society Wyndham**

Description: To meet other people who are interested in Australian native plants.

Frequency: 2nd Wednesday bi-monthly, 7.30pm - 9.30pm

Cost: Cost on enquiry

Contact: Angela Whiffin 0430 551 631

Angela Email (angelawhiff@hotmail.com)

Name: **ANCRI**

Description: Social gathering for over 55’s that play cards and bingo.

Frequency: Monday & Friday, 12pm – 4pm

Cost: Cost on enquiry

Contact: Paul Arbaci 9741 1752

Name: **Country Women's Association**

Description: Discussion & craft activities providing opportunities for friendship and personal development.

Frequency: 1st Wednesday of the month, 7pm – 10pm

Cost: Cost on enquiry

Contact: Nancy Brennan 0409 258 678

Name: **Polish Senior Citizens Club**

Description: Social gatherings, recreational activities, discussions & excursions.

Frequency: Wednesday, 11.30am-2.30pm

Cost: Cost on enquiry

Contact: Stacy Kubik 9741 4407

Name: **Werribee Women's Group**

Description: Werribee Women's Group. An avenue for women to attend and meet for group activities

Frequency: 3rd Tuesday of the month, 12pm– 3pm

Cost: Cost on enquiry

Contact: Yvonne Redmond 8734 2078

Yvonne Email (zuludave69@hotmail.com)

Name: **Macedonian Senior Citizens**

Description: Meet, coffee and chat group

Frequency: Thursday, 11am-4pm

Cost: Contact for details

Contact: Krume Sazdovski 9749 1120

## Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

9742 5040

Quantin Binnah Community Centre Email (qb@qbcc.org.au)

Name: **Pink Ladies of Wyndham**

Description: Create knitting, crochet and craft. Getting together and socialising

Frequency: Wednesday, 9.30am – 12pm

Cost: Free

Contact: Quantin Binnah Community Centre

Name: **Tai Chi**

Description: Gentle exercise structured for seniors members of the community. Followed by discounted lunch for socialising.

Frequency: Tuesday, 11am – 12pm

Cost: $8 session

Contact: Quantin Binnah Community Centre

Name: **Warm Hearts of Wyndham**

Description: Meet and work on group or individual knitting projects for charity – Cancer Council of Australia

Frequency: 3rd Saturday of the month, 2pm - 4.30pm

Cost: Bring plate of food to share

Contact: Quantin Binnah Community Centre

## Pacific Werribee/Plaza Library

Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Road, Werribee

8734 2600

Wyndham Libraries Web (www.wyndham.vic.gov.au/libraries)

Name: **All Ages Chess**

Description: Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play

Frequency: Thursday, 4pm

Cost: Free

Contact: Pacific Werribee/Plaza Library

Name: **Board Games Night**

Description: We have a collection of games to choose from, or you can bring your own! Join in on the fun playing classic and more recent board games.

Frequency: Monthly on Wednesdays 5pm – 8pm. Contact Library for monthly dates

Cost: Free

Contact: Pacific Werribee/Plaza Library

Name: **Craft & Conversation**

Description: Join us for a crafting session where you can meet and share conversation with other crafters

Frequency: Monthly on Fridays 12.30pm – 2.30pm. Contact Library for monthly dates

Cost: Free

Contact: Pacific Werribee/Plaza Library

Name: **Family History Group**

Description: Located in the Family and Local History Room, people who are researching their Family Histories meet and share what they have found. There are people in this group with lots of experience who are happy to help you.

This is a self-help group that is run by an experienced facilitator; we talk about our latest finds, new sites, what’s on in our state and problem solve.

Frequency: Last Saturday of the month, 10am

Cost: Free

Contact: Pacific Werribee/Plaza Library

Name: **Genealogy Tours**

Description: Start your family tree in the Family History Room. Access records on ancestry. Beginners will be given a sample bag full of useful information

Frequency: Thursday, 2pm – 3pm

Cost: Free

Contact: Pacific Werribee/Plaza Library

## Private House

Werribee

Name: **U3A – Book Club**

Description: BookClub

Frequency: Wednesday, 1.30pm – 3.30pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Libby Pearson, 9749 8295

Name: **U3A – The Christians: Their History**

Description: The Christians: Their History class

Frequency: Monday, 10am – 12pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Cecilia Conwaye-Wright 0407 558 825

Name: **U3A – Great Songwriters course**

Description: Great Songwriters course

Frequency: Tuesday, 1pm – 2.30pm. Term 4 Only

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: John Funnell 9296 1036

Name: **U3A – Music at Cecilia’s**

Description: Music class

Frequency: Tuesday, 1pm – 2.30pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Cecilia Conwaye-Wright 0407 558 825

## Salvation Army

Pacific Werribee, Cnr Derrimut & Heaths Road, Werribee (Werribee Plaza)

Name: **Coffee with friends**

Description:Meet at Food court, near Big W, enjoy friendship & support

Frequency: Friday, 10am

Cost: Cost of coffee

Contact: 9741 7359

## Salvation Army

Café Agape @ Wyndham City Corps 211 Watton Street, Werribee

Name: **Community Lunch**

Description: Come along and enjoy a great meal & fellowship.

Frequency: Tuesday, Wednesday & Thursday, 12pm

Cost: Gold Coin Donation

Contact: 9741 7359

## Watton Café

1/69 Watton Street, Werribee

Name: **Watton Carer Support Group**

Description: Caring and sharing group for carers of people with mental health issues – coffee and chat and sharing of information and support

Frequency: 3rd Tuesday of the month, 10am – 11am

Cost: Cost of coffee. Gold coin donation

Contact: Patricia 0434 487 360 or Priscilla 0413 071 928

## Werribee Bowls Club

Chirnside Park, Werribee

9741 3229

Werribee Bowls Club Email (werribeebowls@hotmail.com)

Werribee Bowls Club Web (www.werribeebowls.com.au)

Name: **Lawn Bowls**

Description: Variety of programs to suit all abilities and all levels from beginner to advanced - includes barefoot bowls, and social get-togethers. Coaching sessions are also available

Frequency: Various programs

Cost: Contact for details

Contact: Werribee Bowls Club

Name: **Probus Club of Werribee**

Description: Retired & semi-retired men. Social activities, guest speakers and day trips

Frequency: 4th Monday of the month, 10am – 12pm

Cost: Annual Fee $30, Joining/admin fee $5

Contact: Noel 9974 2227 or 0412 059 040

Name: **Werribee Jazz Club**

Description: Enjoy live bands featuring some of Australia’s best jazz musicians playing Traditional, Dixieland, Swing and mainstream Jazz

Frequency: 3rd Saturday of the month, 8pm – 11pm

Cost: $15 Members, $20 Visitors

Contact: Neville 0428 544 943

## Werribee Church of Christ

200 Tarneit Road, Werribee

Name: Let’s Talk Conversational English

Description: People wanting to practice their conversation English. Morning tea included. All welcome.

Frequency: Saturday, 10am – 11.30am

Cost: Free (Includes Morning Tea)

Contact: Bronwen Hickman 9749 2510

Bronwen Email (bronhickman@optusnet.com.au)

## Werribee Library

177 Watton Street, Werribee

9742 7999

Wyndham Libraries Web (www.wyndham.vic.gov.au/libraries)

Name: **Craft & Conversation**

Description: Join us for a crafting session where you can meet and share conversation with other crafters

Frequency: Monthly on Tuesdays, 1pm – 3pm. Contact Library for monthly dates

Cost: Free

Contact: Werribee Library

Name: **iPad Training - Beginners**

Description: This class will take you through some of the basic operations of your tablet and give you the opportunity to ask some of your burning questions. So, bring your iPad and come down for an APPS-olutely educational time!

Frequency: Monthly on Wednesdays, 2pm – 3pm. Contact Library for monthly dates

Cost: Free

Contact: Werribee Library

Name: **iPad Training - Intermediate**

Description: Expand your knowledge and come on down to learn about e-books, wi-fi connection and a few further learning tools to help you become an APP-solute iPad CHAMPION!

Frequency: Monthly on Wednesdays, 2pm – 3pm. Contact Library for monthly dates

Cost: Free

Contact: Werribee Library

## Wyndham Community & Education Centre

3 Princes Highway, Werribee

9742 4013

8742 3975

Name: **Broadband For Seniors (Computers)**

Description: Learn how to use a computer and access the internet

Frequency: Monday to Friday by booking

Cost: Free

Contact: Wyndham Community & Education Centre

Name: **Communities of Burma Women’s Elders Group**

Description: Educational/social group for women elders with alternating incursion and excursions fortnightly, sometimes together with the men’s group.

Frequency: Fortnightly on Tuesdays, 9.30am -2pm. Excursions can go all day

Cost: Free - Excursions may incur a fee

Contact: Wyndham Community & Education Centre

Name: **Communities of Burma Men’s Elders Group**

Description: Educational/social group for men elders with alternating incursion and excursions fortnightly, sometimes together with the women’s group.

Frequency: Fortnightly on Fridays, 11pm -2pm. Excursions can go all day

Cost: Free - Excursions may incur a fee

Contact: Wyndham Community & Education Centre

## Wyndham Park Community Centre

55-57 Kookaburra Avenue, Werribee

8742 3975

Shed: 8742 6448

Name: **U3A – Mosaics**

Description: Mosaics

Frequency: Wednesday, 9.45am - 12pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Helen Galea 9749 1207

Name: **U3A – Singing for Fun**

Description: Singing for fun and music appreciation

Frequency: Friday, 1am - 3pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Robyn Camilleri 9748 1356

Name: **Country Womens Association**

Description: General interest group for senior women

Frequency: 3rd Wednesday of each month, 1pm – 4.30pm

Cost: Contact for details

Contact: Nancy Brennan 0409 258 678

Name: **The Needlecasers**

Description: Knitting, Sewing & Quilting group

Frequency: Friday 9am – 12pm

Cost: Gold coin donation

Contact: Wyndham Park Community Centre

Name: **Bhartiya Seniors Association**

Description: Indian cultural and support group

Frequency: Last Saturday of the month, 2pm - 4pm

Cost: Contact group for costs

Contact: Nirmal 0401 499 199

Name: **Kookaburra Girls**

Description: Women's group, Women’s Shed women’s group activities such as welding and woodwork

Frequency: Monday, 9am - 1pm

Cost: $50 annual membership

Contact: Wyndham Park Community Centre - Shed

Name: **Men's group**

Description: Men's shed –varied activities eg woodwork, Metal work, Bicycle Repair chat over tea/coffee

Frequency: Tuesday & Thursday, 9am -3pm

Cost: $50 annual membership ($12.50 payable each quarter)

Contact: Wyndham Park Community Centre – Shed

## Wyndham Vale Community Learning Centre

86 Manor Lakes Boulevard, Wyndham Vale

8734 8934

Name: **Craft Group**

Description: Bring along your craft project or try something new

Frequency: Monday, 10am-12pm

Cost: Free

Contact: Wyndham Vale Community Learning Centre

Name: **Craft Group**

Description: Bring along your craft project for over 50’s

Frequency: Friday, 9am -12pm

Cost: Free

Contact: Wyndham Vale Community Learning Centre

Name: **Gentle Exercise Class**

Description: Gentle Exercise Program

Frequency: Wednesday, 9am – 10am

Cost: $6 per class

Contact: Wyndham Vale Community Learning Centre

Name: **Wyndham Patchworkers Inc.**

Description: Friendly group with a common interest in patchwork and quilting

Frequency: 2nd Saturday of the month, 11am – 4pm and 4th Saturday of the month, 9.30am – 4pm

Cost: New Membership (including badge) $40, Renewal $30, $4 per session

Contact: Wyndham Patchworkers Wyndham Patchworkers Email (wyndhampatchworkersinc@hotmail.com)

## Wyndham Vale Library

86 Manor Lakes Boulevard, Wyndham Vale

8734 8930

Wyndham Libraries Web (www.wyndham.vic.gov.au/libraries)

Name: **Family History Group**

Description: Join others who have an interest in researching their Family History and learn about new resources and events as they happen

Frequency: Monthly on a Monday 1.30pm – 2.30pm. Contact Library for monthly dates

Cost: Free

Contact: Wyndham Vale Library

Name: **Movie Club**

Description: Watch Movies and discuss them with others. This is an adult event and a light supper is provided.

Frequency: 3rd Tuesday of each month. Doors open at 6pm with the movie scheduled to screen at 6.30pm

Cost: Free

Contact: Wyndham Vale Library

Name: **Writing Club**

Description: Whether you like to make up stories, or tell tales from your life experience, come along to one of our writing workshops to share your work, meet other writers and participate in exercises

Frequency: Monthly on Tuesdays 1pm – 2.30pm. Contact Library for monthly dates

Cost: Free

Contact: Wyndham Vale Library

Wyndham Rural: Little River, Werribee South, Mt. Cottrell, Cocoroc, Mambourin and Quandong

## Diggers Road

Soldiers Memorial Hall, Diggers Road (opposite intersection of Whites Road), Werribee South

Name: **Werribee Painters**

Description:Art Classes for seniors

Frequency: Wednesday, 1.30pm - 9.30pm

Cost: Small fee

Contact: Tony Bramwell 0403 428 129 Tony Bramwell Email (tony.bramwell@beagle.com.au)

Name: **Rate Payers of Werribee South Seniors Group**

Description: A cuppa, a chat, guest speakers attend, activities with friends

Frequency: 2nd Tuesday Monthly, 12.30pm-3.30pm

Cost: Free

Contact: Joanne 0421 074 285 Joanne Email (Joanne870@hotmail.com)

# Other

## Various

Name: **Lunch with the Bunch**

Description: Social support program - lunch for older adults at various locations

Frequency: Operates daily however participants attend once/week and/or once/fortnight. Eligibility criteria.

Cost: Variable cost $5-$10 and can include transport

Contact: Referrals through My Aged Care (65+) on 1800 200 422

## 61 Central Avenue, Altona Meadows

Name: **Friendship Group**

Description: A place to come and meet new friends – get together to chat and organise outings

Frequency: Wednesday7.30pm

Cost: $6 No joining fee

Contact: Jan Papworth 0432 935 706

## Sun Theatre, Yarraville

Name: **U3A – Lunch & Movie Group**

Description: Lunch and movie

Frequency: 2nd Monday of the month, 10am – 12pm

Cost: $40 U3A Annual Fee & attend any U3A Program for free during the year

Contact: Kaye Harve0402 631 171

# Disclaimer

The information contained in this Directory is true at time of print July-August 2017.