



2018-19

# Wyndham SENIORS DIRECTORY

[www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)

  
wyndhamcity  
city. coast. country



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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 [CommunityWellbeing&Inclusion@wyndham.vic.gov.au](mailto:CommunityWellbeing&Inclusion@wyndham.vic.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**

### FEATHERBROOK COMMUNITY CENTRE

33-35 Windorah Drive, Point Cook

**Ph:** 8353 4000 or **E:** [featherbrookcc@wyndham.vic.gov.au](mailto:featherbrookcc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/featherbrook-community-centre](http://www.wyndham.vic.gov.au/venues/featherbrook-community-centre)

### JAMIESON WAY COMMUNITY CENTRE

59 Jamieson Way, Point Cook

**Ph:** 9395 3777 or **E:** [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

**W:** [www.jamiesonwaycc.org.au](http://www.jamiesonwaycc.org.au)

### POINT COOK COMMUNITY LEARNING CENTRE

1-21 Cheetham Street, Point Cook

**Ph:** 9395 6399 or **E:** [pointcookclc@wyndham.vic.gov.au](mailto:pointcookclc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/point-cook-community-learning-centre](http://www.wyndham.vic.gov.au/venues/point-cook-community-learning-centre)

### SALTWATER COMMUNITY CENTRE

153 Saltwater Promenade, Point Cook

**Ph:** 8376 5500 or **E:** [saltwatercc@wyndham.vic.gov.au](mailto:saltwatercc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/saltwater-community-centre](http://www.wyndham.vic.gov.au/venues/saltwater-community-centre)

### ARNDELL PARK COMMUNITY CENTRE

29-49 Federation Boulevard, Truganina

**Ph:** 8734 8911 or **E:** [arnellparkcc@wyndham.vic.gov.au](mailto:arnellparkcc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/arnell-park-community-centre](http://www.wyndham.vic.gov.au/venues/arnell-park-community-centre)

Point Cook

Truganina





**Wyndham  
Central**

**PENROSE PROMENADE COMMUNITY CENTRE**

83 Penrose Promenade, Tarneit

**Ph:** 8734 4500 or **E:** [penrosepromenadecc@wyndham.vic.gov.au](mailto:penrosepromenadecc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre](http://www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre)

**Tarneit**

**TARNEIT COMMUNITY LEARNING CENTRE**

150 Sunset Views Boulevard, Tarneit

**Ph:** 9748 9822 or **E:** [tarneitclc@wyndham.vic.gov.au](mailto:tarneitclc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre](http://www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre)

**Hoppers  
Crossing**

**THE GRANGE COMMUNITY CENTRE**

260-280 Hogans Road, Hoppers Crossing

**Ph:** 8742 8000 or **E:** [enquiries@grangecommunity.org.au](mailto:enquiries@grangecommunity.org.au)

**W:** [www.grangecommunity.org.au](http://www.grangecommunity.org.au)

**Werribee**

**QUANTIN BINNAH COMMUNITY CENTRE**

61 Thames Boulevard, Werribee

**Ph:** 9742 5040 or **E:** [qb@qbcc.org.au](mailto:qb@qbcc.org.au)

**W:** [www.qbcc.org.au](http://www.qbcc.org.au)



**Wyndham  
West**

**WYNDHAM COMMUNITY & EDUCATION CENTRE**

20 Synnot Street, Werribee

**Ph:** 9742 4013 or **E:** [enquiries@werribeecc.net](mailto:enquiries@werribeecc.net)

**W:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)

**WYNDHAM PARK COMMUNITY CENTRE**

55-57 Kookaburra Avenue, Werribee

**Ph:** 8742 3975 or **E:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**W:** [www.wyndhamparkcc.com.au](http://www.wyndhamparkcc.com.au)

**Wyndham  
Vale**

**IRAMOO COMMUNITY CENTRE**

84 Honour Avenue, Wyndham Vale

**Ph:** 8742 3688 or **E:** [admin@iramoooc.com.au](mailto:admin@iramoooc.com.au)

**W:** [www.iramoooc.org.au](http://www.iramoooc.org.au)

**MANOR LAKES COMMUNITY LEARNING CENTRE**

86 Manor Lakes Blvd, Manor Lakes

**Ph:** 8734 8934 or **E:** [manorlakesclc@wyndham.vic.gov.au](mailto:manorlakesclc@wyndham.vic.gov.au)

**W:** [www.wyndham.vic.gov.au/venues/wyndham-vale-community-learning-centre](http://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 is 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 <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.



### JULIA GILLARD LIBRARY TARNEIT

150 Sunset Views Boulevard, Tarneit

**Ph:** 8734 0200

**W:** <https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit>

### MANOR LAKES LIBRARY

86 Manor Lakes Boulevard,  
Manor Lakes

**Ph:** 8734 8930

**W:** <https://www.wyndham.vic.gov.au/venues/manor-lakes-library>

### PLAZA LIBRARY

Shop MM11, Level 1, Pacific  
Werribee Shopping Centre,

Derrimut Road, Werribee

**Ph:** 8734 2600

**W:** <https://www.wyndham.vic.gov.au/venues/plaza-library>

### POINT COOK LIBRARY

1-21 Cheetham Street, Point Cook

**Ph:** 9395 7966

**W:** <https://www.wyndham.vic.gov.au/venues/point-cook-library>

### WERRIBEE LIBRARY

Wyndham Cultural Centre, 177

Watton Street, Werribee

**Ph:** 9742 7999

**W:** <https://www.wyndham.vic.gov.au/venues/werribee-library>

### 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.

### 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.

## Seniors Exercise Park



The new Seniors' Exercise Park, located at Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing, has been installed in partnership with Wyndham City Council, National Ageing Research Institute (NARI) and Gandel Philanthropy.

Wyndham are very lucky to have such a facility as only a handful have been built in the whole of Australia!

Over three years, research participants will access the exercise

park and be monitored by Victoria University. Findings from a past study have shown that participants improved muscle strength, balance, and physical function.

The seniors' exercise park will also be available for public use outside of programmed hours.

For more information, contact Wyndham City on 9742 0777 or visit <https://theloop.wyndham.vic.gov.au/central-park-redevelopment>



# 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 30 minutes 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 WALKING

**When:** 3rd Saturday of the month

**Where:** Kelly Park or Werribee Train Station, Watton Street, Werribee

**Contact:** Joe 0413 307 007 [joe@adec.org.au](mailto:joe@adec.org.au)

## IRAMOO STROLLERS

**When:** Thursdays at 9.30am

**Where:** Iramoo Community Centre, 84 Honour Avenue, Wyndham Vale

**Contact:** Iramoo Community Centre 8742 3688

## POINT COOK EARLY BIRD POWER WALKERS

**When:** Every Tuesday at 6am

**Where:** Parkwood Terrace Park, Cnr Point Cook Road & Parkwood Terrace, Point Cook

**Contact:** Angela [angela@genevievescommunitykitchen.org](mailto:angela@genevievescommunitykitchen.org)  
<https://www.facebook.com/Earlybirdpowerwalkerspointcook/>

## POINT COOK TOWN ACTIVITY GROUP

**When:** Monday - Friday at 9am

**Where:** Front of the Dry Cleaners, Shop 115, Coles Precinct, Point Cook Town Centre

**Contact:** Bev 0417 324 489

## POINT COOK/TRUGANINA PARKRUN

**When:** Saturdays 7.45am for 8am start

**Where:** Arndell Park Community Centre, Federation Boulevard, Truganina

**Contact:** [pointcookoffice@parkrun.com](mailto:pointcookoffice@parkrun.com)  
[www.parkrun.com.au/pointcook](http://www.parkrun.com.au/pointcook)

## SENIORS JOURNEY WALKING GROUP

**When:** Saturdays 8.30am

**Where:** Westpoint Soccer Park, 59-61 Tom Roberts Parade, Point Cook

**Contact:** Fong 0410 177 250

Walk around the soccer park for a few rounds and then gather for exercise or chit chat.

## SONS OF THE WEST – FEDERATION WALKING GROUP

Please note this is a closed group – you must be a member of Sons of the West Men's Health Program to join

**When:** Saturdays 8am – 10am

**Where:** Corner of Kiely Avenue and South Ring Road, Werribee

**Contact:** Graeme 0412 868 160

Moderate to quick pace, various walks

## TEAM WALKABOUT

**When:** Wednesdays 9.30am & Thursdays 7pm

**Where:** Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

**Contact:** DJ 0432 741 940

Wear comfortable walking shoes and in winter, rug up. Bring a bottle of fluid i.e. Water.

Register with the Heart Foundation walking website for medical purposes at <http://walking.heartfoundation.org.au/>

When registering look for Team walkabout Wednesday or Thursday

and select which one you would like to attend, one or both.

## 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:** Victoria University Health and Fitness Centre. Gate 3, Building 7, Hoppers Lane, Werribee

Free, Non-members welcome

**Contact:** Victoria University Werribee Fitness Centre 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

**Contact:** [enquiries@werribeebushwalking.com](mailto:enquiries@werribeebushwalking.com)

[www.werribeebushwalking.com](http://www.werribeebushwalking.com)

### WERRIBEE RIVER ROVERS

**When:** Thursdays at 10am

**Where:** Alternating weekly: Werribee - corner of Watton & Greaves Street, Werribee (near the outdoor pool and Football Oval) and Werribee Mansion, Gate 5 K Road (end of road through farm gate to left of Shadowfax Winery)

Optional coffee at the end of the walk

**Contact:** Mike 0429 798 653 or misiu31@gmail.com

### WERRIBEE RIVER WALKING GROUP

**When:** Wednesdays at 10am (rain, hail or shine!) Special walks with coffee morning arranged on other occasions.

**Where:** Corner of Watton & Greaves Street, Werribee (near the outdoor pool and Masonic Lodge Hall)

**Contact:** Marion 9741 4240 or marion024@bigpond.com

### WERRIBEE PLAZA 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. Enjoy a discounted coffee and a chat following the 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

### WYNDHAM LIFE ACTIVITIES GROUP

**When:** Sundays at 9am

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

**Contact:** Mary 0430 001 930

### WYNDHAM VALE PARKRUN

**When:** Saturdays 7.45am for 8am start

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

**Contact:** wyndhamvaleoffice@parkrun.com

[www.parkrun.com.au/wyndhamvale](http://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 contact Wyndham City Council on 9742 0777

## Survive the Heat

### THERE ARE THINGS WE CAN DO TO STAY SAFE IN EXTREME HEAT

- drinking at least two litres of water a day
- seeking out air-conditioned buildings
- drawing your blinds to keep the heat out
- taking cool showers

We can also keep an eye on people we know who may be at greater risk of heat exhaustion like our neighbours who live alone, young children, or people with a medical condition.



# Gambling & Harm Minimisation



## Gambler's Help West

Gambler's Help West is a free confidential counselling service for anybody affected by gambling (including family members, friends or employers), available to people who either live or work in Wyndham.

The program aims to assist people to take control of their gambling and to support family members who are negatively impacted by gambling and can help you:

- Understand why people gamble
- Improve your relationships
- Understand how and why gambling has become a problem for you or those you care about
- Manage your own finances and assets
- Improve budgeting skills
- Understand your financial situation and how you can improve that
- Know your legal rights and options available to you.

To make an appointment to see a Gambler's Help West Counsellor call 9296 1234 and if required interpreters are available and free.

## Other support services:

- Gambler's Helpline (24 Hour Service): 1800 858 858
- On-line counselling at: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au) (24 Hour Service)
- Life Line: 13 11 14



## BreastScreen Victoria

BreastScreen Victoria is part of BreastScreen Australia, the national screening program for breast cancer.

Women are eligible from 40, BreastScreen Victoria particularly invites women aged 50-74 **who do not have breast symptoms** for a free breast screen every two years.

75% of breast cancers are detected in women aged over 50. Early detection through screening, before any symptoms are noticed, is when treatment is likely to be most successful.

Breast screen is a free service with a female radiographer and should take 10 minutes. You do not need a doctor's referral or Medicare card.

Clinics are located all over Victoria, where the clinic located in Werribee: 27 Princes Highway, services the Wyndham area.

For more information, or to watch a short video of a woman having a breast screen please visit our website: [breastscreen.org.au](http://breastscreen.org.au) or call to book an appointment on 13 20 50.

For Interpreter Services call 13 14 50 and ask to be connected to BSV.





TRAVELLERSaid

#### FLINDERS STREET

Ph: 9610 2030 or  
E: fss@travellers  
aid.org.au

#### SOUTHERN CROSS

Ph: 9670 2072 or  
E: scs@travellers  
aid.org.au

#### WEBSITE

www.travellers  
aid.org.au

## 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, AND OTHER FACILITIES

Information and facilities for travellers in transit.

#### INTERNET ACCESS

Internet access for the general public with JAWS software available.

Please note: Some services require advance bookings.

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:** [www.cotavic.org.au](http://www.cotavic.org.au)

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

**Email:** [askcota@cotavic.org.au](mailto:askcota@cotavic.org.au)

**Follow us on Facebook:**

<https://www.facebook.com/COTAVic>

and **Twitter:** <https://twitter.com/COTAVictoria>

Seniors Rights Victoria (SRV) is a Statewide specialist elder abuse community legal centre which provides information, support and advice 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 Monday – Friday 10am – 5pm.

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.

SRV's services include the Helpline, specialist legal services, short-term support and advocacy for individuals and education. SRV also provides leadership on policy and law reform in the area of elder abuse.

SRV 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 telephone advice (or face-to-face advice in special circumstances) in matters relating to:

**Any form of elder abuse including:**

- Family violence including intervention orders
- Breaches of Powers of Attorney or other financial abuse
- Debts
- Boomerang kids
- Property or Co-ownership disputes

**Other matters relating to older Victorian including:**

- age discrimination
- grandparenting rights
- guardianship and administration
- family care and 'granny flat' arrangements
- powers of attorney
- wills and estates
- housing issues
- family breakdown including property settlements

In certain circumstances, SRV will also take on legal case work in elder abuse matters.



**Keeping you in THE LOOP**

The Loop is the online community engagement site for Wyndham City Council.

The Loop is where Council and the community come together to discuss important topics, share, communicate, and contribute to the future of Wyndham.

Follow the link to see what current projects are listed. Click through for more information and start shaping Wyndham's future.

<https://theloop.wyndham.vic.gov.au>

# Directory by District



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

## ARNDELL PARK COMMUNITY CENTRE - 29-49 Federation Boulevard, Truganina

Ph: 8734 8911 E: [arndeLLparkcc@wyndham.vic.gov.au](mailto:arndeLLparkcc@wyndham.vic.gov.au)

W: [www.wyndham.vic.gov.au/venues/arndeLL-park-community-centre](http://www.wyndham.vic.gov.au/venues/arndeLL-park-community-centre)

Name	Description	Frequency	Cost	Contact
Bhartiya Seniors Association Inc	Social gathering for Seniors. Celebrating Indian festivals.	2nd Saturday of the month 2pm – 4pm	Contact Group for Costs	Sudha Narayan 0432 489 584 <a href="mailto:Shudha-narayan@hotmail.com">Shudha-narayan@hotmail.com</a>
Chinese Friendship Group	Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment.	Monday 10.30am – 12pm	Free	Arndell Park Community centre
Community Lunch	Weekly lunch to eat great food, meet new friends and connect with the local community. All welcome.	Monday 12.30pm – 1.30pm	Gold Coin Registration Required	Arndell Park Community centre
Computer Courses	Computer classes for beginners.	Varies per term  Contact for details	10 Week Course  \$35 or \$20 Concession	Arndell Park Community centre

Name	Description	Frequency	Cost	Contact
Indian Friendship Group	Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment.	Friday 10.30am – 12pm	Free	Arndell Park Community centre
Wyndham Womens Support Group	The support group provides opportunities for local women to make new friends, gain ongoing support and share craft ideas.	Monday 1pm – 2pm	Free	Tania 0423 051 686

## THE BROOK ON SNEYDES - 215 Sneydes Road, Point Cook

Name	Description	Frequency	Cost	Contact
Lions Club of Point Cook	Volunteer involvement in humanitarian efforts locally, nationally, and internationally.	2nd and 4th Wednesday of the month  6.30pm for a 7pm start	Membership required – cost on enquiry	Tom <a href="mailto:tgilfillan@live.com.au">tgilfillan@live.com.au</a>

## FEATHERBROOK COMMUNITY CENTRE - 33-35 Windorah Drive, Point Cook

Ph: 8353 4000 E: [featherbrookcc@wyndham.vic.gov.au](mailto:featherbrookcc@wyndham.vic.gov.au)

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

Name	Description	Frequency	Cost	Contact
Active Young 55+	Activities to become more relaxed, healthier and enjoy life! Activities include: Table Tennis, cards, carom, yoga and English.	Monday, Tuesday & Friday  Varied Times – contact for details	Free	Featherbrook Community Centre
Conversational English	English conversation class.	Wednesday 9am – 11am  Friday 12pm – 3pm	Free	Hope Ink 9108 0350
Conversational English	English conversation class	Friday 12pm – 3pm	Free	Featherbrook Community Centre



FEATHERBROOK COMMUNITY CENTRE CONTINUED				
Name	Description	Frequency	Cost	Contact
Friends at Featherbrook Social Group	An afternoon of fun food and friendship each week, may include guest speakers craft activities and more.	Monday 12pm - 2pm	Free Fee may apply depending on activity	Featherbrook Community Centre
Fun Fitness Gentle Exercise	Gentle physical activity for anyone.	Thursday 11am - 12pm	Fees apply Contact for details	Featherbrook Community Centre
Le Petrel Mauritian Seniors	Social Group. (French speaking but others welcome)	Wednesday 12.30pm – 3.30pm	Membership fees apply	Regis 0421 464 874
Point Cook Chinese Friendship Group	Social group.	Monday 1pm – 4pm Thursday 10am – 3pm	Free Bookings required	Michael Tan 0413 892 057
Point Cook Chinese Friendship Group English Classes	English as a Second Language (ESL) Classes.	Wednesday 1.30pm – 3.30pm Thursday 1pm – 4pm	Free	Michael Tan 0413 892 057
Point Cook Indian Senior's Group	A fun recreational gathering and food monthly for Indian seniors.	2nd Tuesday of the month 1pm – 4pm	Free	Indira 0402 458 648
Point Cook View Evening Club for Women	Working with Smith family and other organisations in local community  Forum to discuss and exchange ideas.	1st Wednesday of the month 7pm – 9.30pm	Small Donation	Catherine 0407 726 852
Prana Yoga (all ages)	Hatha Yoga for all ages. Integrating yoga postures, breathing techniques & meditation.	Saturday 7am – 8am	Fees apply Contact for details	Featherbrook Community Centre

Name	Description	Frequency	Cost	Contact
Quilting & Patchwork	Craft & Social Group.	Tuesday 12pm – 4pm Tuesday 7pm - 10pm	\$5 per class plus materials	Featherbrook Community Centre
U3A Book Club	Book Club class.	Monthly Wednesday	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Christine Statkiewicz c/o Featherbrook Community Centre

JAMIESON WAY COMMUNITY CENTRE - 59 Jamieson Way, Point Cook Ph: 9395 3777 E: admin@jamiesonwaycc.org.au W: www.jamiesonwaycc.org.au/				
Name	Description	Frequency	Cost	Contact
Card Crafters	Learn the fun of card making.	1st & 3rd Monday of the month 10am – 12pm	\$5	Jamieson Way Community Centre
Creative Space	A free creative space where you can bring along any art project.	Wednesday 11am – 2pm	Free	Jamieson Way Community Centre
Coffee, Chat & Craft	Casual craft and coffee and chat group.	Thursday 1pm - 3pm	Gold coin donation	Jamieson Way Community Centre
Community Kitchen – Cooking Classes	Cook, share, learn and meet new friends.  Healthy options and much more.	Last Friday of the month 10.30am – 12pm	\$10 per person/ session	Jamieson Way Community Centre
Planned Activity Group* Indian Group	Activities for Indian Community.	Friday 10am - 3pm	Fees may apply	Migrant Resource Centre North West Atarjit 9367 6044
Men's Get Together Social Group	Share Skills and hobbies, social outings.	1st & 3rd Tuesday of the month 1pm -3pm	Free Excursion costs apply	Jamieson Way Community Centre

\* Planned Activity Groups – Eligibility to attend is required

## JAMIESON WAY COMMUNITY CENTRE CONTINUED

Name	Description	Frequency	Cost	Contact
Movement to Music	Light Exercise to Dance Movement.	Thursday 11.30am – 12pm	\$2	Jamieson Way Community Centre
Sew & Sew	Qualified Dress maker. BYO projects, machines on site or BYO.	1st & 3rd Monday of the month 7pm -9pm	\$30 for 6 sessions	Jamieson Way Community Centre
Social Seniors Board Games	Learn and practice playing Mahjong as well as rummicul, dominoes, chinese checkers and many more.	Monday 1pm – 3.30pm	\$2	Jamieson Way Community Centre
Tai Chi via DVD	Tai Chi class via a DVD on the big projector screen.	Tuesday 11am – 11.45am	Free	Jamieson Way Community Centre
U3A – Beginning French	French class for beginners.	Tuesday 9am – 11am	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Bernadette Mravljak 0477 940 877
U3A - Being Grandparents	Class for Grandparents.	Thursday 12pm – 2pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Leah Masters 0407 363 021
Yoga for Seniors	Gentle Yoga.	Thursday 6.30pm – 7.30pm	Free	Prem 0430 740 023

## PHOENIX HOTEL - 40 Wallace Avenue, Point Cook

Name	Description	Frequency	Cost	Contact
Rotary Club of Laverton Point Cook	Like minded community focussed people. Volunteer services for local and international projects.	Wednesday 6.30pm for a 7pm start	Contact for details	Tim Fuller 0439 846 385

## POINT COOK LIBRARY - 1-21 Cheetham Street, Point Cook

Ph: 9395 7966 W: [www.wyndham.vic.gov.au/libraries](http://www.wyndham.vic.gov.au/libraries)

Name	Description	Frequency	Cost	Contact
One-on-One IT Help	Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudio? Book a one-on-one session and our friendly staff will help you.	Weekly Contact Library for dates	Free	Bookings required
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Thursday 2pm-3pm	Free	Bookings required

## SALTWATER COMMUNITY CENTRE - 153 Saltwater Promenade, Point Cook

Ph: 8376 5500 E: [Saltwatercc@wyndham.vic.gov.au](mailto:Saltwatercc@wyndham.vic.gov.au)

W: [www.wyndham.vic.gov.au/venues/saltwater-community-centre](http://www.wyndham.vic.gov.au/venues/saltwater-community-centre)

Name	Description	Frequency	Cost	Contact
Country Women's Association Point Cook Branch	Our programme is member led and consists of speakers, demonstrations and fun-raising events. We support many charities mostly in our own area. We offer friendship and support to women in our community.	3rd Thursday of the month 7pm	Membership may apply Contact for details	Linda Baker 0497 285 399 <a href="mailto:blee.baker@live.co.uk">blee.baker@live.co.uk</a>
Fun Fitness & Gentle Exercise	Gentle exercise program for seniors.	Thursday 12.30pm – 1.30pm	Fees apply Contact for details	Kosta 0433 613 954

## SALTWATER COMMUNITY CENTRE CONTINUED

Name	Description	Frequency	Cost	Contact
Social Craft	Bring along knitting, crochet, sewing, drawing, embroidery, macramé, jewellery or any other portable craft and enjoy making and sharing in this social group.	Wednesday 9am – 12pm	Free	Saltwater Community Centre
Wyndham Chinese Happy Life Association	Meet for social connection, singing, dancing, Tai Chi, planting and general activities. All ages welcome.	Friday 12pm – 4.30pm	FREE	Anna 0421 899 399 yunyun@live.com.au

## WYNCITY BOWL & ENTERTAINMENT - 36 Wallace Avenue, Point Cook

Ph: 1300 783 123 E: [info@wyncity.com.au](mailto:info@wyncity.com.au) W: [www.wyncity.com.au](http://www.wyncity.com.au)

Name	Description	Frequency	Cost	Contact
Golden Doubles League (Ten Pin Bowling) 2 Person Team League	Wyndham Over 50's Club – Ten Pin bowling.	Friday 10.30am	\$15 For 2 games of bowling and tea/coffee	Wyncity Bowl & Entertainment



**Wyndham Central**

## Wyndham Central: Tarneit & Hoppers Crossing

### AQUAPULSE - 80 – 82 Derrimut Road, Hoppers Crossing

Ph: 8734 5678 E: [info@westernleisureservices.com.au](mailto:info@westernleisureservices.com.au) W: <http://aquapulse.wynactive.com.au>

Name	Description	Frequency	Cost	Contact
Adult Active	Seniors strength stretch, spin & Circuit.	Tuesday & Thursday 11.45am - 12.45pm	\$7 per session	AquaPulse/ Wynactive
Council on the Ageing (COTA) Living longer, living stronger over 50's.	Stay healthy and keep active with an individualised exercise program developed by a	Monday, Wednesday & Friday 10am - 12pm	\$30 initial consultation \$6 per session Require form to be filled in by Doctor before 1st session	AquaPulse/ Wynactive
Hydrotherapy	34 degrees heated pool for seniors with injuries and that require physiotherapy.	Opening Hours: Monday – Wednesday 5.30pm – 8.45pm Thursday Women only 7.45pm Friday 5.30pm – 7.45pm Weekends 8am - 6pm	General Pricing Contact for details	AquaPulse/ Wynactive



AQUAPULSE CONTINUED				
Name	Description	Frequency	Cost	Contact
Shallow Aqua Session	Shallow Aqua sessions which are slow movements done within the water to music.	Monday, Wednesday & Friday 8am	\$17 With Senior Card \$14.50	AquaPulse/ Wynactive
Swimming	Outdoor Pool.	During Summer months	Seniors \$3.70	AquaPulse Wynactive

DE CAPRIOS FAMILY RESTAURANT - 88 Derrimut Road, Hoppers Crossing				
Name	Description	Frequency	Cost	Contact
Rotary Club of Hoppers Crossing	Like minded community focussed people. Volunteer services for local and international projects.	Wednesday 6.30pm for a 7pm start	Contact for details	David on 0439 613 737 robsondavid1@iprimus.com.au <a href="http://hopperscrossingrotary.org.au/">http://hopperscrossingrotary.org.au/</a>

CENTRAL PARK COMMUNITY CENTRE - 80 Lonsdale Circuit, Hoppers Crossing				
Name	Description	Frequency	Cost	Contact
Flaming 50's Rock 'n' Roll	Flaming 50's. Rock 'n' Roll dance classes for all ages & abilities.	Tuesday 7pm - 9.30pm	\$10 per lesson	Miriam Beasley 0409 183 620
Greek Elderly Citizens Club	Provides companionship & support for Greek speaking elderly citizens. Cards, bingo & Dominoes.	Thursday 9am - 2pm	Small cost	Mimi Charisiades 9749 5985
Hoppers Crossing Senior Citizens Club Inc.	Seniors activities including social gatherings, bus trips & bingo.	Monday 10am - 2pm Thursday 10am - 2pm	Small cost	Joy Summers 0413 411 561 joybell5252@gmail.com
Macedonian Community Welfare Association	Macedonian Community Welfare Association. A planned activity group for seniors & people with a disability.	Tuesday 9am - 2.30pm	Cost on enquiry	Blaga Petreska 0404 021 097 blaga@mcwa.org.au

Name	Description	Frequency	Cost	Contact
Planned Activity Group* Karen Group	A specific Karen Program.	Tuesday 9am - 3pm	Contact for details	Aged & Disability Group Services 8734 4536
Planned Activity Group* Social Group	For older people to provide social opportunities and to encourage and maintain independence.	Monday & Friday 9am – 3pm	Contact for details	Aged & Disability Group Services 8734 4536
Seniors Exercise Park	Outdoor park specifically designed with seniors equipment.	Initial Pilot Stage will have set hours. Beyond pilot, all day, every day	Free	Leonie Taylor Wyndham City 9742 0833
Vietnam Veterans	Welfare services for veterans and their families.	Wednesday 9am – 3pm	Free	Ray Matthew 0400 107 130 Secretary. melbournwest@gmail.com
Werribee Community Singers	A Capella Singing Group.	Wednesday 6.30pm – 10pm	Cost on enquiry	Helen Gunn 0407 493 065 gunn_adoo@hotmail.com Facebook – Werribee Community Singers
Werribee Craft Group	Craft activities for women over 55.	3rd Sunday of the month 12pm – 5pm	Cost on enquiry	Kathy Senior 9749 2883/ 0409 382 593 colinankathy@bigpond.com
Werribee Dutch Seniors	Support & recreation for Dutch born residents.	Friday 10am – 3.30pm	Cost on enquiry	Connie Fawcett 9748 6731 rfawcett@bigpond.net.au
Wyndham Gentle Exercise Group	A gentle exercise & social interaction group for seniors & those with physical disabilities.	Wednesday 9.30am – 1pm	Cost on enquiry	Shirley Hewitt 9734 7722 shirleyhewitt@optusnet.com.au

\* Planned Activity Groups – Eligibility to attend is required

Name	Description	Frequency	Cost	Contact
Wyndham's Sew & So's for seniors	Activity for women over 55 create handmade charity quilts.	Friday 9am – 2pm	Small fee	Annie Scicluna 9369 3275 coup33@optusnet.com.au

#### GRANGE COMMUNITY CENTRE - 260-280 Hogans Road, Hoppers Crossing

Ph: 8742 8000 E: enquiries@grangecommunity.org.au

W: <http://www.grangecommunity.org.au/>

Name	Description	Frequency	Cost	Contact
Morning Melodies	Music and morning tea.	4 times per year	Contact Karen for Cost and Dates	Grange Community Centre

#### HOPPERS CLUB - 180-200 Pannam Drive, Hoppers Crossing

Name	Description	Frequency	Cost	Contact
Carpet Bowls for All Abilities	Carpet bowls. All welcome.	Monday & Friday 9am – 12pm	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	Wally Martin 0407 491 931 wwallym@bigpond.com
Hoppers Bowls Club	Pennant, social and barefoot bowls as well as additional events throughout the year.	Seasonal for Pennant and Barefoot Bowls Oct-March.  Social Bowls all year round.	Social Bowls \$8 Barefoot Bowls \$10 with BBQ	Jan White 0400 076 557 hoppersbowls@hoppersclub.com.au



Name	Description	Frequency	Cost	Contact
Probus Club of Hoppers Crossing	Retired & semi-retired men. Social activities, guest speakers and day trips.	3rd Wednesday of the month  9.30am – 11.30am	\$35 Annual Membership	Collin 9749 1508 or 0413 580 472
U3A – Australian History	Australian History class.	Wednesday 1pm – 3pm	\$40 U3A Annual Fee  & attend any U3A Program for free during the year	Merle Deslanted 9749 7746
U3A – Bridge -Introduction	Card Game – Introduction to Bridge.	Friday 9am – 11.45am	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Serita Mudford 0410 599 323
U3A - Bridge	Card Game.	Friday 9am – 11.45am	\$40 U3A Annual Fee  & attend any U3A Program for free during the year	Brian Kilfoyle 0409 073 869
U3A – Current Affairs	Current Affairs class.	Thursday 10am – 11.30am	\$40 U3A Annual Fee  & attend any U3A Program for free during the year	Tony Mason 9741 6476
U3A - Exploring History	Videos on Historical Topics.	Monday 10am – 12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Brian Beck 9741 5460
U3A – French & Culture – Intermediate	French and culture class.	Wednesday 10.30am – 12.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Martha Siwek 9741 7610
U3A – Great Songwriter's Course	Great songwriter's class.	Tuesday 1pm – 2.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	John Funnell 9296 1036

## HOPPERS CLUB CONTINUED

Name	Description	Frequency	Cost	Contact
U3A - Mahjong	Play Mahjong.	Thursday 1pm – 4pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Rita Funnell 9296 1036
U3A – Music You Like to Hear	Music appreciation class.	Friday 1pm – 3pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Anna Mitchell 9741 2730
U3A – Needlecraft	Craft class.	Tuesday 9.45am – 11.45am	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Faye Weston 8754 1006
U3A – Photography	Photography Class.	Tuesday 2.30pm – 3.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Bernie Flaherty 0412 814 610 Bernief25@hotmail.com
U3A – Seniors Men Light Exercise	Gentle exercise for men.	Tuesday 9.30am – 10.30am	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Tony Bradford 9749 2248
U3A – Tai Chi	Gentle Exercise class.	Monday 1pm – 2pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Marie Dean 9741 7733

## HORN OF AFRICA - 3/9 Motto Court, Hoppers Crossing

Name	Description	Frequency	Cost	Contact
Horn of Africa Communities Network	Social connection and support for people from African backgrounds.	Wednesday 11am – 1pm	Contact for details	Terefe 0490 080 933
Social Support Group for Burmese Elders	Social connection and support for people from Burmese backgrounds.	Thursday & Friday 11am – 1pm	Contact for details	Terefe 0490 080 933

## HOTEL 520 - 520 Sayers Road, Tarneit Ph: 9748 8520

Name	Description	Frequency	Cost	Contact
Bingo	Play bingo \$250 jackpot.	Tuesday 10am Wednesday 7pm	Free	Hotel 520
Ladies Probus Club of Hoppers Crossing	Retired and semi-retired women. Social activities, guest speakers once/month and daytrips.	2nd Wednesday of the Month	\$15 Joining Fee \$35 Annual Fee	Carol King 9742 2069 carol.king3@bigpond.com
Name	Description	Frequency	Cost	Contact
Mad Mondays	2 Course Menu lunch & Dinner.  Entre & Main or Main & Dessert.	Monday  12pm – 2.30pm	\$12  (\$15 Tuesday – Friday)	Hotel 520
Morning Melodies	Enjoy a variety of entertainment for everyone.	2nd last Wednesday of the month 11am	\$5 Show and Morning Tea  \$15 2 course lunch – bookings essential	Hotel 520

## JULIA GILLARD LIBRARY TARNEIT - 150 Sunset Views Boulevard, Tarneit

Ph: 8734 0200 W: [www.wyndham.vic.gov.au/libraries](http://www.wyndham.vic.gov.au/libraries)

Name	Description	Frequency	Cost	Contact
All Ages Chess	Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play.	Mondays 4pm	Free  Bookings required	Julia Gillard Library Tarneit
Craft & Conversation	Join us for a crafting session where you can meet and share conversation with other crafters!	Monthly on Friday 11am – 1pm  Contact Library for monthly dates	Free  Bookings required	Julia Gillard Library Tarneit



## JULIA GILLARD LIBRARY TARNEIT CONTINUED

Name	Description	Frequency	Cost	Contact
Language Cafe	Practise your English skills. Come along to meet people from all over the world while practising your English listening and speaking skills in a fun environment.	Tuesday 11am – 12.30pm	Free Bookings required	Julia Gillard Library Tarneit
Midday Movies	Join us for some relaxing films and discussion of all the old favourites. Contact the library to find out what is screening.	4th Thursday of the month 12pm – 2pm	Free Bookings required	Julia Gillard Library Tarneit
One-on-One IT Help	Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudio? Book a one-on-one session and our friendly staff will help you.	Weekly Contact Library for dates	Free Bookings required	Julia Gillard Library Tarneit



Name	Description	Frequency	Cost	Contact
Travel Club	Join us for tea or coffee and discussion of our previous travels and adventures. Come along and hear travel tips and recommendations - from weekend day trips, to international travel. This group is to share our knowledge, tips and stories about the experiences we've had, in a fun and relaxing environment.	4th Friday of the month 11am-12pm	Free Bookings required	Julia Gillard Library Tarneit

Writing Club	Are you an aspiring writer looking for like-minded people to share with and learn from? Come along to one of our monthly writing clubs for writers of all levels of experience.	3rd Wednesday of the month 6.30pm-7.30pm	Free Bookings required	Bookings can be made Julia Gillard Library Tarneit
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Name	Description	Frequency	Cost	Contact
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Weekly Mondays 11am-12pm	Free Bookings required	Julia Gillard Library Tarneit

## LIFESTYLE SEASONS – CLUBHOUSE - 13 Sundial Boulevard, Tarneit

Name	Description	Frequency	Cost	Contact
U3A – Cards - 500	Card games.	Wednesday 1pm – 4pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Kay Dwyer 9731 6976

**PENROSE PROMENADE AGEING WELL FACILITY** - 83 Penrose Promenade,  
Tarneit

Name	Description	Frequency	Cost	Contact
Ladies Club 60	Social gathering for local ladies of Indian origin. Make new friends and enjoy a cup of tea and chat.	Thursday 12.30pm – 2.30pm	Free	Nina 0488 251 459
Planned Activity Group* Dementia Specific Program	Groups for older people with memory loss to increase social interaction and provide respite for caregivers.	Tuesday & Friday 9am - 3pm	Contact for details	Aged & Disability Group Services 8734 4536
Name	Description	Frequency	Cost	Contact
Planned Activity Group* Social Group	Groups for seniors to provide social opportunities and to encourage and maintain independence & assist them to remain in their own home.	Monday, Wednesday & Thursday 9am – 3pm	Contact for details	Aged & Disability Group Services 8734 4536

**PENROSE COMMUNITY CENTRE** - 83 Penrose Promenade, Tarneit

Name	Description	Frequency	Cost	Contact
Planned Activity Group* Sri Lankan Group	Social group for Sri Lankans doing gentle exercise and craft.	Friday 10am - 3pm	\$7 per session Fees may apply for some activities	Migrant Resource Centre North West Zeinab 9367 6044
Planned Activity Group* Vintage Club	Men's Group- designed to meet the recreational & social needs of isolated older men in Wyndham.	Wednesday 9am – 3pm	Contact for details	Aged & Disability Group Services 8734 4536
Tarneit Bharati Club	Older Gujarati speakers will feel right at home in this relaxed social get-together.	Tuesday & Friday 11.30am – 1pm	Free	Bharat 0423 018 458 Bgnilalani9@gmail.com

\* Planned Activity Groups – Eligibility to attend is required

Name	Description	Frequency	Cost	Contact
Tarneit Harmony Club	Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea.	Tuesday & Friday 1pm – 3pm	Free	Rashpal 0402 010 016 Rashpal.chaggar@gmail.com

**TARNEIT COMMUNITY LEARNING CENTRE** - 150 Sunset Views Boulevard, Tarneit

Ph: 9748 9822 E: tarneitclc!@wyndham.vic.gov.au

W: [www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre](http://www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre)

Name	Description	Frequency	Cost	Contact
Club 60 Tarneit	Group for those 60+ from Indian community.	Monday 12.30pm – 2.30pm Thursday 1.30pm – 3.30pm	Free	Sunil Abbott 0449 101 455 club60.tarneit@gmail.com
Genevieve's Community Lunch program	3 Course Homestyle Cooked lunch.	Wednesday 12pm – 2pm	\$5 Concession, Homeless or Disadvantaged Children below 3 for Free	angela@genevievescommunitykitchen.org <a href="https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/">https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/</a>
U3A – Computers - Beginners	Computers for Beginners.	Tuesday 10am -12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Don Lee 9749 2798
U3A – Computers – Intermediate	Computers for Intermediate level.	Tuesday 1pm - 3pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Don Lee 9749 2798
Get Crafty	Craft Group.	Tuesday & Wednesday 9.30am - 12.30pm	Free Bring your own project	Tarneit Community Learning Centre

**Wyndham West:** Werribee, Wyndham Vale & Manor Lakes

**CROSSROADS UNITING CHURCH** - Synott Street, Werribee

Name	Description	Frequency	Cost	Contact
Gentle Exercise to Music (GEMS)	Gentle exercise for seniors.	Thursday 9.30am – 10.30am	\$7	Lilian Truan 9741 2349
U3A – Yoga for Older People	Yoga class.	Thursday 1.15pm – 2.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Trevor Walsh 0438 304 638

**EAGLE STADIUM** - 35 Ballan Road, Werribee Ph: 8734 5677

Name	Description	Frequency	Cost	Contact
Adult Active	Seniors strength stretch, spin & Circuit.	Tuesday 9.20am - 10am	\$7 per session	Eagle Stadium
Council on the Ageing (COTA)  Living longer, living stronger over 50's.	Stay healthy and keep active with an individualised exercise program developed by a qualified exercise professional.	Tuesday & Thursday 10am - 12pm	\$30 initial consultation \$6 per session  Require form to be filled in by Doctor before 1st session	Eagle Stadium



**IRAMOO COMMUNITY CENTRE** - 84 Honour Avenue, Wyndham Vale  
Ph: 8742 3688 E: admin@iramoo.com.au W: <http://www.iramoooc.org.au/>

Name	Description	Frequency	Cost	Contact
Arts Group	Learn to explore the arts and join like-minded people.	Tuesday – School Terms 10.30am – 1pm	Free	Iramoo Community Centre
Book Exchange	A place to donate and borrow books.	Monday – Friday	Free	Iramoo Community Centre
Community Cooking Program	Cooking group, cooking creative meals and sharing with friends.	Tuesday 9am – 12pm	\$5	Iramoo Community Centre
Cook Around the World	Cooking group in a social environment.	Wednesday 9.30am – 12.30pm	\$5	Iramoo Community Centre
Craftees Group	Bring in your own craft projects to work on in a social environment.	Wednesday 12pm – 3pm	Free	Iramoo Community Centre
Deadly Kitchen	Cooking group for older Indigenous people.	Fortnightly on Fridays 10.30am – 1.30pm	\$5	Iramoo Community Centre
Don't Worry Be Hapy – Wyndham Chronic Pain Management Group	Support, nurturing, social & creative activities.	Fortnightly on Wednesday 10am – 12pm	Free Contact for more information about when group is held	Kyren 0435 156 653
Food Swap	Swapping of home grown vegetables/ fruits.	3rd Saturday of the month 11am - 12pm	Free	Coralee 0403 433 795
Iramoo Quilter's	Quilting group, bring along your project, and share knowledge and skills.	4th Saturday of the month 12.30pm – 4pm	\$5 Bring your own quilting project/s	Josie 9749 4747
Little Seeds Community Garden Group	Want to learn more about gardening & cooking what you have grown.	Weekly or fortnightly Wednesday 10am – 12pm	Free	Iramoo Community Centre



IRAMOO COMMUNITY CENTRE CONTINUED				
Name	Description	Frequency	Cost	Contact
Mahamenva meditation Group	Meditation Supper included.	3rd Sunday of the month 4pm - 8.30pm	Free	Dimuth 0401 443 011
Mountain of Love	Church.	Sunday 9am - 12.30pm	Free	Patrick 0478 004 271
Movement to Music	Light exercise class.	Wednesday 9am – 10am	\$5	Iramoo Community Centre
Over's 50 Club	Wyndham Over 50's Club – to play games, bowl, dance, share lunch & friendship.	Monday 10am - 3.30pm	Club joining fee: \$10  Annual fee: \$10  Meeting fee: \$2w (includes refreshments)  Monthly trip costs vary	Bob White 0409 492 226
Painting Group	Bring your supplies, or we will help you get started.	Tuesday - School Terms 1.30pm - 4pm	Free	Iramoo Community Centre
Social Bus Trips	Visiting pubs, op shops, markets, gardens, local treasures and developing mutual interests & friendships.	Contact for dates of outings	Fees apply  Contact for details	Iramoo Community Centre
Sunrise Women's Group	For women with a disability or mental illness.	Fortnightly on Monday 10am - 1.30pm	Free	Tess 9689 9588
Tai Chi	Excellent exercise for balance, mental well-being with a Tai Chi Facilitator.	Friday 10am - 11am	\$5	Iramoo Community Centre

ITALIAN SPORTS CLUB OF WERRIBEE - 601 Heaths Road, Werribee Ph: 9741 1225				
Name	Description	Frequency	Cost	Contact
Retired Persons of Werribee	Social general meetings with guest speakers & various activities.	2nd Friday of the month 9.30am – 12pm	cost on enquiry	Jan Phelan 9741 3141
Rotary Club of Werribee	Group of like-minded community focussed people. Volunteer services for local and international projects.	Tuesday 6.30pm for a 6.45pm start – 8pm	Contact for details	Various contacts see website: <a href="http://www.werribeerotary.org.au">www.werribeerotary.org.au</a>
Rotary Club of Wyndham	Like minded community focussed people. Volunteer services for local and international projects.	Wednesday 6.30pm for a 6.45pm start – 8.15pm	Contact for details	Gary 0418 788 838 <a href="mailto:wyndhamrotary@gmail.com">wyndhamrotary@gmail.com</a>
Wyndham Life Activities** Bookclub	Discussions over lunch in the Bistro.	2nd Friday of the Month 11.15am  Tuesdays 1.30pm	Annual Membership Fee \$10  \$5 per session  Places Limited	Italian Sports Club of Werribee
Wyndham Life Activities** Caravanning	Regular weekends away and bi-monthly dinner.	Contact for details	Annual Membership Fee \$10  Site and associated expenses for trips	Italian Sports Club of Werribee
Wyndham Life Activities** Double Dominos	In the ISCW Members Bar.	Monday 10am	Annual Membership Fee \$10	Italian Sports Club of Werribee
Wyndham Life Activities** Games & Coffee	In the Members Bar.	Wednesday 12.30pm	Annual Membership Fee \$10	Italian Sports Club of Werribee

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

ITALIAN SPORTS CLUB OF WERRIBEE CONTINUED				
Name	Description	Frequency	Cost	Contact
Wyndham Life Activities** Gardening	Some trips are included to local areas.	1st Thursday of the month 10am	Annual Membership Fee \$10	Italian Sports Club of Werribee
Wyndham Life Activities** Golf	9 Holes at Werribee Golf Club.	Monday & Friday 7.15am	Annual Membership Fee \$10  Green fees payable	Italian Sports Club of Werribee
Wyndham Life Activities** Line Dance	Line dancing followed by coffee.	Monday 7pm  Wednesday 10am	Annual Membership Fee \$10  \$5 per session	Italian Sports Club of Werribee
Wyndham Life Activities** Mahjong	Meet with other like-minded people who enjoy this activity.	Thursday 10am	Annual Membership Fee \$10	Italian Sports Club of Werribee
Wyndham Life Activities** Meet and Eat Lunch	Various venues.	Last Friday of the month 12pm	Annual Membership Fee \$10  Cost of lunch	Italian Sports Club of Werribee
Wyndham Life Activities** Movie Group	Information through the Life Activities Newslette.	4th Tuesday evening of the month  Village Cinemas, Werribee	Annual Membership Fee \$10  Cost of Movie entry	Italian Sports Club of Werribee
Wyndham Life Activities** Photography Group	In the Presidents Room.	2nd Tuesday of the month 7.30pm	Annual Membership Fee \$10	Italian Sports Club of Werribee
Wyndham Life Activities** Walking Group	Begins at the ISCW Car Park. Walk followed by coffee.	Sunday at Italian Sports Club Car Park  9am	Annual Membership Fee \$10	Italian Sports Club of Werribee

Name	Description	Frequency	Cost	Contact
Happy Hour	Meet ISCW Club members.  A raffle is held each Friday & a BBQ is held 4 times a year.	Friday 5.30pm – 7pm	Annual Membership Fee \$10	Italian Sports Club of Werribee
KELLY PARK - 2B Synnot Street, Werribee				
Name	Description	Frequency	Cost	Contact
ANCRI	Social gathering for over 55's that play cards and bingo.	Monday & Friday 12pm – 4pm	Cost on enquiry	Enzo Dequattro 8087 0197  Nicola DeAngelis 0427 631 770
Circolo Pensionati italiani Di Wyndham	Meetings & social events for Italian Seniors.	Wednesday 11am-4pm	Cost on enquiry	Mario Sammartino 9741 1450
Combined Probus Club of Wyndham Inc	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.	2nd Tuesday of the month (Feb – Dec) 1.30pm	Joining Fee \$20; Annual Membership \$40	Denice Strong 0412 017 543  CPWyndham@outlook.com
Friendship Club Werribee	Social activities for Wyndham's Italian Community including bingo & cards.	Thursday 1pm-4pm	Cost on enquiry	Lino Massese 9741 2385
Ladies Probus Club of Werribee	A social ladies group with guest speakers & various activities.	1st Monday of the month 8.30am -12pm	Cost on enquiry	Gloris Reynolds 9749 5955

\*\* 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 CONTINUED				
Name	Description	Frequency	Cost	Contact
Parkinson's Peer Support Group	Support group for people experiencing Parkinsons. Share information, connect with others and gain support in a relaxed and welcoming environment.	3rd Friday of the month 1.30pm	Gold Coin Donation	Kate 8809 0400  Kate.madden@parkinsons-vic.org.au
Spanish Pensioners & Senior Citizens of Werribee	Senior group of Spanish speaking heritage that meet to play bingo, cards & outings throughout the year.	Monday 9.30am – 2.30pm	cost on enquiry	Juana Elgueta 9748 2128  Asiafamily90@hotmail.com
Tai Chi for Seniors	Tai Chi - gentle movements.	Tuesday 7pm – 8pm  Thursday 5.30pm – 6.30pm	Gold coin donation	John Sindoni ph: 9741 9825 or 0418 512 255  j.sindoni@live.com.au
Werribee Orchid Society	Orchid growing & conversation.	3rd Tuesday of the month  6.30pm – 10.30pm	Cost on enquiry	Jenny Dark 0418 135 819  secretary@werribeeorchidclub.org
Werribee Senior Citizens	Bingo, activities & outings.	Wednesday 8.30am-12pm	Cost on enquiry	Aristea Grech 9748 8897
Wyndham Seniors Card Club	Wyndham Seniors Card Club. Play cards & other social activities.	Tuesday and Thursday 9am – 2pm	Cost on enquiry	Anne Farrar 0447 149 133 robwhite42@gmail.com
<b>MANOR LAKES COMMUNITY LEARNING CENTRE</b> - 86 Manor Lakes Boulevard, Wyndham Vale Ph: 8734 8934 E: manorlakesclc@wyndham.voc.gov.au W: www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-centre				
Name	Description	Frequency	Cost	Contact
Craft Group	Bring along your craft project or try something new.	Monday 10am – 12pm	Free	Manor Lakes Community Learning Centre

Name	Description	Frequency	Cost	Contact
Craft Group	Bring along your craft project for over 50's.	Friday 9am – 12pm	Free	Manor Lakes Community Learning Centre
Gentle Exercise Class	Gentle Exercise Program.	Wednesday 9am – 10am	\$6 per class	Manor Lakes Community Learning Centre
Wyndham Patchworkers Inc.	Friendly group with a common interest in patchwork and quilting.	2nd Saturday of the month 11am – 4pm  4th Saturday of the month 9.30am – 4pm	New Membership (including badge) \$40 Renewal \$30 \$4 per session	Manor Lakes Patchworkers wyndhampatchworkersinc@hotmail.com
<b>MANOR LAKES LIBRARY</b> - 86 Manor Lakes Boulevard, Wyndham Vale Wyndham Vale Ph: 98734 8930 W: www.wyndham.vic.gov.au/libraries				
Name	Description	Frequency	Cost	Contact
All Ages Chess	Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play.	Weekly  Mondays 3.30pm-5pm  (school term only)	Free  Bookings required	Manor Lakes Library
Family History Group	Join others who have an interest in researching their Family History and learn about new resources and events as they happen.	Monthly on a Monday 1.30pm – 3.00pm  Check Library for monthly dates	Free  Bookings required	Manor Lakes Library
Language Cafe	Practise your English skills. Come along to meet people from all over the world while practising your English listening and speaking skills in a fun environment.	Weekly  Fridays 1pm – 2pm	Free  Bookings required	Manor Lakes Library
Movie Club	Watch Movies and discuss them with others. This is an adult event and a light supper is provided.	Monthly  3rd Tuesday of each month  6pm – 9pm	Free  Bookings required	Manor Lakes Library



Name	Description	Frequency	Cost	Contact
One-on-One IT Help	Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudio? Book a one-on-one session and our friendly staff will help you.	Weekly  Contact Library for monthly dates	Free  Bookings required	Manor Lakes Library

#### OLD SHIRE OFFICES - Cnr Watton Street & Duncans Road, Werribee

Name	Description	Frequency	Cost	Contact
Australian Plant Society Wyndham	To meet other people who are interested in Australian native plants.	2nd Wednesday bi-monthly  7.30pm – 9.30pm	Cost on enquiry	Enzo Dequattro 8087 0197  Nicola DeAngelis 0427 631 770
Country Women's Association	Discussion & craft activities providing opportunities for friendship and personal development.	1st Wednesday of the month 7pm – 10pm	Cost on enquiry	Nancy Brennan 0409 258 678  davidnbrennan1@bigpond.com
Macedonian Senior Citizens	Meet, coffee and chat group.	Thursday 11am-4pm	Contact for details	Krume Sazdovski 0407 738 373
Polish Senior Citizens Club	Social gatherings, recreational activities, discussions & excursions.	Wednesday 11.30am – 2.30pm	Cost on enquiry	Stacy Kubik 9741 4407
Werribee Women's Group	Werribee Women's Group. An avenue for women to attend and meet for group activities.	3rd Tuesday of the month 12pm– 3pm	Cost on enquiry	Yvonne Redmond 8734 2078  zuludave69@hotmail.com

#### QUANTIN BINNAH COMMUNITY CENTRE - 61 Thames Boulevard, Werribee

Ph: 9742 5040 E: qb@qbcc.org.au

Name	Description	Frequency	Cost	Contact
Bags2Barriers Project	This group is turning plastic shopping bags into sleeping mats for the homeless in Wyndham.	Tuesday - school term  10am – 12pm	Free – includes a hot beverage from the Café and a tasty snack for members	Quantin Binnah Community Centre
Pink Ladies of Wyndham	Create knitting, crochet and craft. Getting together and socialising.	Wednesday 9.30am – 12pm	Free  Bookings required	Quantin Binnah Community Centre
Seniors Book Club @ QB	Every month a new book is issued to participants and discussed the following month.	3rd Thursday of the month 10am – 12pm	Price dependant on the number of participants but no more than \$5.00 per month. Members take turns in bringing an item for morning tea	Quantin Binnah Community Centre
Warm Hearts of Wyndham	Meet and work on group or individual knitting projects for charity – Cancer Council of Australia.	3rd Saturday of the month 2pm – 4.30pm	Bring plate of food to share	Quantin Binnah Community Centre

#### PLAZA LIBRARY - Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Road, Werribee

Ph: 8734 2600 W: [www.wyndham.vic.gov.au/libraries](http://www.wyndham.vic.gov.au/libraries)

Name	Description	Frequency	Cost	Contact
All Ages Chess	Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play.	Thursday 4pm – 6pm (school term)	Free  Bookings required	Plaza Library
Craft & Conversation	Join us for a crafting session where you can meet and share conversation with other crafters.	2nd Fridays of the month 12.30pm – 2.30pm	Free  Bookings required	Plaza Library

PLAZA LIBRARY CONTINUED				
Name	Description	Frequency	Cost	Contact
Family History Group	Join others who have an interest in researching their Family History and learn about new resources and events. This is a self-help group run by its participants to help each other, and led by an experience facilitator. Help others with brick walls and research suggestions that they may not know about or have not tried yet!	Last Saturday of the month 10am – 12pm	Free Bookings required	Plaza Library
Genealogy Tours	This Genealogy tour is designed to introduce you to our Family and Local History Room. Our Tour guide will show you the resources available in our room and how to use them.	Monday 11am – 12pm and Thursday 2pm – 3pm	Free Bookings required	Plaza Library
Language Cafe	Practise your English skills. Come along to meet people from all over the world while practising your English listening and speaking skills in a fun environment.	Monday 1pm – 2pm	Free Bookings required	Plaza Library



Name	Description	Frequency	Cost	Contact
One-on-One IT Help	Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudio? Book a one-on-one session and our friendly staff will help you.	Weekly Contact Library for monthly dates	Free Bookings required	Plaza Library
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Weekly Tuesdays 2pm – 3pm	Free Bookings required	Plaza Library

PRIVATE HOUSE WERRIBEE				
Name	Description	Frequency	Cost	Contact
U3A – Book Club	BookClub.	Wednesday 1.30pm – 3.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Libby Pearson 9749 8295
U3A – The Christians: Their History	The Christians: Their History class.	Monday 10am – 12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Cecilia Conway-Wright 0407 558 825
U3A – Great Songwriters course	Great Songwriters course.	Tuesday 1pm – 2.30pm	Term 4 Only \$40 U3A Annual Fee & attend any U3A Program for free during the year	John Funnell 9296 1036

## PRIVATE HOUSE WERRIBEE CONTINUED

Name	Description	Frequency	Cost	Contact
U3A – Music at Cecilia's	Music class.	Tuesday 1pm – 2.30pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Cecilia Conway-Wright 0407 558 825

## SALVATION ARMY - Pacific Werribee, Cnr Derrimut & Heaths Road, Werribee (Werribee Plaza) Ph: 9741 7359

Name	Description	Frequency	Cost	Contact
Coffee with friends	Meet at Food court, near Big W, enjoy friendship & support.	Friday 10am – 12pm	Cost of coffee	Salvation Army
Community Lunch	Come along and enjoy a great meal & fellowship.	Tuesday, Wednesday & Thursday 12pm	Gold Coin Donation	Salvation Army

## VICTORIA UNIVERSITY WERRIBEE FITNESS CENTRE - Building 7, Gate 4, Hoppers Lane, Werribee Ph: 9919 8173 E: werribeefitness@vu.edu.au

Name	Description	Frequency	Cost	Contact
Council on the Ageing (COTA) Living longer, living stronger over 50's.	Stay Healthy and keep active with an individualised exercise program developed by a qualified exercise professional.	Monday – Friday 10am – 1pm	\$6 per session Require form to be filled in by Doctor before 1st session	Victoria University Werribee Fitness Centre
Master Movers	Gentle Exercise Class for over 50's. Beginners class is seated, Intermediates is standing. Develop strength, balance, flexibility, coordination and fitness.	Beginners Tuesday 2pm Wednesday 11am Intermediates Thursday 12pm	\$6 per session Doctor referral required before first session	Victoria University Werribee Fitness Centre

## WATTON STREET PIAZZA - Corner of Watton & Wedge Streets

Name	Description	Frequency	Cost	Contact
Watton Carer Support Group – Walk and Brunch	Caring and sharing group for carers of people with mental health issues – brunch and chat and sharing of information and support.	2nd Tuesday of the month 10am – 11.30am	No cost for brunch if registered with Carers Victoria on 9396 9500	Patricia 0434 487 360 or Priscilla 0413 071 928

## WERRIBEE BOWLS CLUB - Chirnside Park, 239 Watton Street, Werribee

Ph: 9741 3229 E: werribeebowls@hotmail.com W: www.werribeebowls.com.au

Name	Description	Frequency	Cost	Contact
Lawn Bowls	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.	Various programs	Contact for details	Werribee Bowls Club
Probus Club of Werribee	Retired and semi-retired men. Social activities, guest speakers and day trips.	4th Monday of the month 10am – 12pm	Annual Fee \$30 Joining/admin fee \$5	Gary Sintline 0420 491 182
Werribee Jazz Club	Enjoy live bands featuring some of Australia's best jazz musicians playing Traditional, Dixieland, Swing and mainstream Jazz.	3rd Saturday of the month 8pm – 11pm Jazz afternoons through winter Saturday 1.30pm – 4.30pm	\$15 Members, \$20 Visitors 8pm	Neville 0428 544 943

## WERRIBEE CHURCH OF CHRIST - 200 Tarneit Road Tarneit Ph: 9741 6051

Name	Description	Frequency	Cost	Contact
Church Service	Find a friendly welcome.	Sunday 10am	Free	Church office
Coffee and Chat Group	Time to get together, build friendships, laugh and connect with others.	1st and 3rd Thursday of the month 10am – 12.30pm	Free (includes tea, coffee, biscuits)	Bronwen Hickman 9749 2510 bronhickman@optusnet.com.au



WERRIBEE CHURCH OF CHRIST CONTINUED				
Name	Description	Frequency	Cost	Contact
Let's Talk Conversational English	People wanting to practice their conversational English. Morning tea included. All welcome.	Saturday 10am – 11.30am	Free (Includes Morning Tea)	Bronwen Hickman 9749 2510 brnhickman@optusnet.com.au
Playgroup	For children age 0 – 5 years and carers. Grandparents welcome.	Wednesday 11am – 1pm	Free	Alice 9748 6312 or Margaret 9741 6285
WERRIBEE LIBRARY - 177 Watton Street, Werribee Ph: 9742 7999 W: <a href="http://www.wyndham.vic.gov.au/libraries">www.wyndham.vic.gov.au/libraries</a>				
Name	Description	Frequency	Cost	Contact
Craft & Conversation	Join us for a crafting session where you can meet and share conversation with other crafters	Last Tuesday of the month 1pm – 3pm	Free Bookings required	Werribee Library
Language Cafe	Practise your English skills. Come along to meet people from all over the world while practising your English listening and speaking skills in a fun environment.	Friday 11am – 12pm	Free Bookings required	Werribee Library
One-on-One IT Help	Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudio? Book a one-on-one session and our friendly staff will help you.	Weekly Contact Library for dates	Free Bookings required	Werribee Library

Name	Description	Frequency	Cost	Contact
Writing Club	Are you an aspiring writer looking for like-minded people to share with and learn from? Come along to one of our monthly writing clubs for writers of all levels of experience.	2nd Tuesday of the month 11am – 12.30pm	Free Bookings required	Werribee Library
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Wednesday 10am – 11am	Free Bookings required	Werribee Library
WYNDHAM COMMUNITY & EDUCATION CENTRE - 3 Princes Highway, Werribee Ph: 9742 4013				
Name	Description	Frequency	Cost	Contact
Communities of Burma Men's and Women's Elders Group	Educational/social group for men and women with alternating incursion and excursions fortnightly or monthly.	Fortnightly depending on event organised Tuesdays 9.30am – 2pm Excursions can go all day	FREE Excursions may incur a fee	Wyndham Community & Education Centre
Communities of Burma Men's and Women's Traditional Craft Volunteer Program	Men and women from Burma volunteer 30 hours a fortnight to make traditional fabrics on various sized hand looms, Cut and weave bamboo and plastic strapping and support clients to get to and from their appointments.	Monday – Friday	FREE	Wyndham Community & Education Centre

# WYNDHAM PARK COMMUNITY CENTRE - 55-57 Kookaburra Avenue, Werribee

Ph: 8742 3975 E: admin@wyndhamparkcc.com.au W: www.wyndhamparkcc.com.au

Name	Description	Frequency	Cost	Contact
Broadband for Seniors	Volunteer mentors provide 1:1 tutoring on email and internet use for seniors.	Monday – Friday By appointment	Free	Wyndham Park Community Centre
Country Womens Association	General interest group for senior women.	3rd Wednesday of each month 1pm – 4.30pm	Contact for details	Nancy Brennan 0409 258 678
The Needlecasers	Knitting, Sewing & Quilting group.	Friday 9am – 12pm	Gold coin donation	Wyndham Park Community Centre
Kookaburra Girls	Women's group, Women's Shed women's group activities such as welding and woodwork.	Monday 9am – 1pm	\$50 annual membership	Wyndham Park Community Centre - Shed 8742 6448

Name	Description	Frequency	Cost	Contact
Men's group	Men's shed – varied activities eg woodwork, Metal work, Bicycle Repair chat over tea/coffee.	Tuesday & Thursday 9am – 3pm	\$50 annual membership (12.50 payable each quarter)	Wyndham Park Community Centre - Shed 8742 6448
U3A – Mosaics	Mosaics.	Wednesday 9.45am – 12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Helen Galea 9749 1207
U3A – Singing for Fun	Singing for fun and music appreciation.	Friday 1am – 3pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Robyn Camilleri 9748 1356

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

Wyndham Rural

## DIGGERS ROAD SOLDIERS MEMORIAL HALL - Diggers Road

(opposite intersection of Whites Road), Werribee South

Name	Description	Frequency	Cost	Contact
Werribee Painters	Art Classes for seniors.	Wednesday 1.30pm – 9.30pm	Small fee	Tony Bramwell 0403 428 129 tony.bramwell@beagle.com.au
Rate Payers of Werribee South Seniors Group	A cuppa, a chat, guest speakers attend, activities with friends.	2nd Tuesday Monthly 12.30pm – 3.30pm	Free	Joanne 0421 074 285 Joanne870@hotmail.com

Other Locations

## VARIOUS

Name	Description	Frequency	Cost	Contact
Lunch with the Bunch	Social support program - lunch for older adults at various locations.	Operates daily however participants attend once/week and/or once/fortnight	Eligibility criteria Variable cost \$5 – \$8.50 and can include transport	Referrals through My Aged Care (65+) on 1800 200 422

## DIGGERS ROAD SOLDIERS MEMORIAL HALL - 61 Central Avenue, Altona Meadows

Name	Description	Frequency	Cost	Contact
Friendship Group	A place to come and meet new friends – get together to chat and organise outings.	Wednesday 7pm	\$6 No joining fee	Joan 0413 117 814

## SUN THEATRE - 8 Ballarat Street, Yarraville

Name	Description	Frequency	Cost	Contact
U3A – Lunch & Movie Group	Lunch and movie.	2nd Monday of the month 10am – 12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Kaye Harvey 0402 631 171

**Disclaimer:** The information contained in this Directory is true at time of print July 2018.

# Update Your Details



If you attend a group that has changed details or is not listed and you would like to feature in the online version and future editions, please complete the following and return to:

Group Name: \_\_\_\_\_

Venue (where you meet): \_\_\_\_\_

Brief Description: \_\_\_\_\_

Frequency (How often you meet): \_\_\_\_\_

Cost: \_\_\_\_\_

Contact Person – Name: \_\_\_\_\_

Contact Person – Phone: \_\_\_\_\_

Contact Person – Email: \_\_\_\_\_

Any other information (e.g. Website):  
\_\_\_\_\_

Return completed form to:

Amanda Burns

Email: [CommunityWellbeing&Inclusion@wyndham.vic.gov.au](mailto:CommunityWellbeing&Inclusion@wyndham.vic.gov.au)

or Post:

Community Wellbeing & Inclusion Unit

Wyndham City Council

PO Box 197, Werribee VIC 3030

Phone: Community Wellbeing & Inclusion Unit 9742 0777