# Social Directory 2018-19

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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 Community Wellbeing & Inclusion Email (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**

**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: [Wyndham City Website – Featherbrook Community Centre](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: Jamieson Way Community Centre Email (admin@jamiesonwaycc.org.au)

W: [Jamieson Way Community Centre Website](http://www.jamiesonwaycc.org.au/) (www.jamiesonwaycc.org.au)

* Point Cook Community Centre

1-21 Cheetham Street, Point Cook

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

W: [Wyndham City Website – Point Cook Community Centre](http://www.wyndham.vic.gov.au/venues/point-cook-community-centre) (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: [Wyndham City Website – Saltwater Community Centre](http://www.wyndham.vic.gov.au/venues/saltwater-community-centre) (www.wyndham.vic.gov.au/venues/saltwater-community-centre)

**Truganina**

* Arndell Park Community Centre

29-49 Federation Blvd, Truganina

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

W: [Wyndham City Website – Arndell Park Community Centre](http://www.wyndham.vic.gov.au/venues/arndell-park-community-centre) (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: [Wyndham City Website – Penrose Promenade Community Centre](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: [Wyndham City Website – Tarneit Community Learning Centre](http://www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre) (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: The Grange Community Centre Email (enquiries@grangecommunity.org.au)

W: [The Grange Community Centre Website](http://www.grangecommunity.org.au/) (www.grangecommunity.org.au)

**Wyndham West**

**Werribee**

* Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

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

W: [Quantin Binnah Community Centre Website](http://www.qbcc.org.au/) (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 Website](http://www.wyndhamcec.org.au/) (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 Website](http://www.wyndhamparkcc.com.au/) (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 Commuity Centre Website](http://www.iramoocc.org.au/) (www.iramoocc.org.au)

* Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

Ph: 8734 8934 or E: Manor Lakes Community Learning Centre Email (manorlakesclc@wyndham.vic.gov.au)

W: [Wyndham City Website – Manor Lakes Community Learning Centre](http://www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-centre) (www.wyndham.vic.gov.au/venues/manor-lakes-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 City Website - Libraries](https://www.wyndham.vic.gov.au/services/libraries) (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: [Wyndham City Website – Julia Gillard Library Tarneit](https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit) (https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit)

## Manor Lakes Library

86 Manor Lakes Boulevard, Manor Lakes

Ph: 8734 8930

W: [Wyndham City Website – Manor Lakes Library](https://www.wyndham.vic.gov.au/venues/manor-lakes-library) (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: [Wyndham City Website - Plaza Library](https://www.wyndham.vic.gov.au/venues/plaza-library) (https://www.wyndham.vic.gov.au/venues/plaza-library)

## Point Cook Library

1-21 Cheetham Street, Point Cook

Ph: 9395 7966

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

## Werribee Library

Wyndham Cultural Centre, 177 Watton Street, Werribee

Ph: 9742 7999

W: [Wyndham City Website -Werribee Library](https://www.wyndham.vic.gov.au/venues/werribee-library) (https://www.wyndham.vic.gov.au/venues/werribee-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.

# Seniors Exercise Park

The new Seniors’ Exercise Park located at Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing, has being 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 [Wyndham City Website - The Loop](https://theloop.wyndham.vic.gov.au/central-park-redevelopment) (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 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 Walking**

When: 3rd Saturday of the month

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

Contact: Joe 0413 307 007 Joe Email (joe@adec.org.au)

**Iramoo Strollers**

When: Thursdays at 9.30am

Where: Meet at Iramoo Community Centre, 84 Honour Av, 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 via email Angela Email (angela@genevievescommunitykitchen.org)

[Facebook Site – Early bird power walkers](https://www.facebook.com/Earlybirdpowerwalkerspointcook/) (https://www.facebook.com/Earlybirdpowerwalkerspointcook/)

**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 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: Point Cook Park Run Email (pointcookoffice@parkrun.com)

Website: [Parkrun Website - Point Cook](http://www.parkrun.com.au/pointcook) (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 [Heart Foundation Website](http://walking.heartfoundation.org.au/) (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: Meet at 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

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

Website: [Werribee Bushwalking Website](http://www.werribeebushwalking.com/) (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 Mike Email (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: Meet at the corner of Watton & Greaves Street, Werribee (near the outdoor pool and Masonic Lodge Hall)

Contact: Marion 9741 4240 or Marion Email (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. 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

**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: Wyndham Vale Parkrun Email (wyndhamvaleoffice@parkrun.com)

Website: [Parkrun Website - Wyndham Vale](http://www.parkrun.com.au/wyndhamvale) (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: [Gambling Helpline Online Website](http://www.gamblinghelponline.org.au/) (www.gamblinghelponline.org.au) (24 Hour Service)
* Life Line: 131114

# 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, to watch a short video of a woman having a breast screen please visit our website: [Breastscreen Website](http://www.breastscreen.org.au/) (www.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.*

# Housing for the Aged Action Group



Housing for the Aged Action Group (HAAG) specialises in assisting older people with their housing needs.

HAAG’s services are government funded, free and confidential.

Call **Home at Last** on **1300 765 178** or the Retirement Housing **Advice Service** on **9654 7389**

The **Home at Last** assists people who are over 50 (over 45 if Aboriginal or Torres Strait Islander) and renting, couch surfing, living with family or in a housing crisis, and wanting to find secure housing.

Home at Last can:

* Discuss your individual situation and what affordable housing options are available for you
* Link you in to services that can help you to access affordable housing options such as public and social housing
* If assisted by our outreach program, help you move to your affordable housing
* Link you in with aged care services once housed

The **Retirement Housing Advice Service** **(RHAS)** assists people who are living in, or thinking about living in, retirement housing including independent living units, retirement villages, residential villages (lifestyle villages) and other forms of retirement housing.

The RHAS can:

* Provide information about retirement housing options
* Provide information about residents rights and responsibilities in retirement housing
* Provide advice about what to look out for in retirement housing contracts
* Help with disputes with management
* Help with contractual disputes
* Advocate for repairs and maintenance
* Other kinds of advice and advocacy relating to retirement housing

HAAG also offers free talks to seniors groups about retirement housing options.

The HAAG website can be accessed at [HAAG Website](http://www.oldertenants.org.au/) (www.oldertenants.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, & 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: Travellers Aid Email - Southern Cross (scs@travellersaid.org.au)

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

Or visit the website at [Travellers Aid Website](http://www.travellersaid.org.au/) (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 Website](http://www.cotavic.org.au/) (www.cotavic.org.au)

Email: COTA Email (askcota@cotavic.org.au)

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

Follow us on Facebook: [COTA - Facebook](https://www.facebook.com/COTAVic) (https://www.facebook.com/COTAVic) and Twitter [COTA - Twitter](https://twitter.com/COTAVictoria) (https://twitter.com/COTAVictoria)

# The Loop

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.

[Wyndham City Website - The Loop](https://theloop.wyndham.vic.gov.au/) (https://theloop.wyndham.vic.gov.au)

# Seniors Rights Victoria



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,](https://apac01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fseniorsrights.org.au%2Fservices%2Flegal-services%2F&data=01%7C01%7Camanda.burns%40wyndham.vic.gov.au%7C97dba834d29d438e9d6808d5d17a57ad%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0&sdata=IFFHIZLIv%2FVxvhHydtCkQYxKkwH%2Fewp73%2F6XJr3T3eY%3D&reserved=0) (https://seniorsrights.org.au/our-services/legal-services/) short-term support and [advocacy](https://apac01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fseniorsrights.org.au%2Fservices%2Fadvocacy%2F&data=01%7C01%7Camanda.burns%40wyndham.vic.gov.au%7C97dba834d29d438e9d6808d5d17a57ad%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0&sdata=tURDyTjG4FOr3587z8e%2BSCgFK33Yu0gFll2DKcOzzr8%3D&reserved=0) (https://seniorsrights.org.au/our-services/advocacy/) for individuals and [education](https://apac01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fseniorsrights.org.au%2Fservices%2Feducation%2F&data=01%7C01%7Camanda.burns%40wyndham.vic.gov.au%7C97dba834d29d438e9d6808d5d17a57ad%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0&sdata=NE2A3h%2BOKoWsbBG0i33HUfqNtTkLU7gPSoDdHbOSfxE%3D&reserved=0) (https://seniorsrights.org.au/our-services/education/). SRV also provides leadership on [policy and law reform](https://apac01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fseniorsrights.org.au%2Finformation%2Fpolicy-law%2F&data=01%7C01%7Camanda.burns%40wyndham.vic.gov.au%7C97dba834d29d438e9d6808d5d17a57ad%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0&sdata=Dh0pdN9f12NQRNm9HQY7m52G058h65MY3Yx2OjT7aIU%3D&reserved=0) (https://seniorsrights.org.au/resources/policy-law/) 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.

For further information, visit [Seniors Rights Website](https://seniorsrights.org.au/) (https://seniorsrights.org.au/)

For help with elder abuse, call 1300 368 821

# 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** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Bhartiya Seniors Association Inc** | Social gathering for Seniors. Celebrating Indian festivals. | 2nd Saturday of the month2pm – 4pm | Contact Group for Costs | Sudha Narayan0432 489 584Sudha Email (Shudha-narayan@hotmail.com) |
| **Chinese Friendship Group** | Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment | Monday10.30am – 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 | Monday12.30pm – 1.30pm | Gold CoinRegistration Required | Arndell Park Community Centre |
| **Computer Courses** | Computer classes for beginners | Varies per termContact for details | 10 Week Course$35 or $20 Concession | Arndell Park Community Centre |
| **Indian Friendship Group** | Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment | Friday10.30am – 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. | Monday1pm – 2pm | Free | Tania0423 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 month6.30pm for a 7pm start | Membership required – cost on enquiry | TomTom Email (tgilfillan@live.com.au) |

## Featherbrook Community Centre

33-35 Windorah Drive, Point Cook

Ph: 8353 4000

E: Featherbrook Community Centre Email (featherbrookcc@wyndham.vic.gov.au)

W: [Wyndham City Website - Featherbrook Community Centre](https://www.wyndham.vic.gov.au/venues/featherbrook-community-centre) (https://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 & FridayVaried Times – contact for details | Free | Featherbrook Community Centre |
| **Conversational English** | English conversation class | Wednesday9am – 11amFriday12pm – 3pm | Free | Hope Ink9108 0350 |
| **Conversational English** | English conversation class | Friday12pm – 3pm | Free | Featherbrook Community Centre |
| **Friends at Featherbrook Social Group** | An afternoon of fun food and friendship each week, may include guest speakers craft activities and more | Monday12pm - 2pm | FreeFee may apply depending on activity | Featherbrook Community Centre  |
| **Fun Fitness Gentle Exercise** | Gentle physical activity for anyone | Thursday11am - 12pm | Fees applyContact for details | Featherbrook Community Centre  |
| **Le Petrel Mauritian Seniors** | Social Group(French speaking but others welcome) | Wednesday12.30pm – 3.30pm | Membership fees apply | Regis0421 464 874 |
| **Point Cook Chinese Friendship Group** | Social group | Monday1pm – 4pmThursday10am – 3pm | FreeBookings required | Michael Tan0413 892 057 |
| **Point Cook Chinese Friendship Group English Classes** | English as a Second Language (ESL) Classes  | Wednesday1.30pm –3.30pmThursday1pm – 4pm | Free | Michael Tan0413 892 057 |
| **Point Cook Indian Senior’s Group** | A fun recreational gathering and food monthly for Indian seniors | 2nd Tuesday of the month1pm – 4pm | Free | Indira 0402 458 648 |
| **Point Cook View Evening Club for Women** | Working with Smith family and other organisations in local communityForum to discuss and exchange ideas | 1st Wednesday of the month7pm – 9.30pm | Small Donation | Catherine0407 726 852 |
| **Prana Yoga (all ages)** | Hatha Yoga for all ages. Integrating yoga postures, breathing techniques & meditation | Saturday7am – 8am | Fees applyContact for details | Featherbrook Community Centre  |
| **Quilting & Patchwork** | Craft & Social Group | Tuesday12pm – 4pmTuesday7pm - 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  |
| **Yoga for Seniors** | Gentle Yoga | Thursday6.30pm – 7.30pm | Free | Prem0430 740 023 |

## Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: 9395 3777

E: Jamieson Way Community Centre Email (admin@jamiesonwaycc.org.au)

W: [Jamieson Way Community Centre Website](http://www.jamiesonwaycc.org.au/) (http://www.jamiesonwaycc.org.au/)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Card Crafters**  | Learn the fun of card making | 1st & 3rd Monday of the month10am – 12pm | $5 | Jamieson Way Community Centre |
| **Creative Space** | A free creative space where you can bring along any art project. | Wednesday11am – 2pm | Free | Jamieson Way Community Centre |
| **Coffee, Chat & Craft** | Casual craft and coffee and chat group. | Thursday1pm - 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 month10.30am – 12pm | $10 per person/session  | Jamieson Way Community Centre |
| **Planned Activity Group\*****Indian Group** | Activities for Indian Community | Friday10am - 3pm | Fees may apply | Migrant Resource Centre North WestAtarjit9367 6044 |
| **Men’s Get Together Social Group** | Share Skills and hobbies, social outings | 1st & 3rd Tuesday of the month1pm -3pm | FreeExcursion costs apply | Jamieson Way Community Centre |
| **Movement to Music** | Light Exercise to Dance Movement | Thursday11.30am – 12pm | $2 | Jamieson Way Community Centre |
| **Sew & Sew** | Qualified Dress maker. BYO projects, machines on site or BYO | 1st & 3rd Monday of the month7pm -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 | Monday1pm – 3.30pm | $2 | Jamieson Way Community Centre |
| **Tai Chi via DVD** | Tai Chi class via a DVD on the big projector screen | Tuesday11am – 11.45am | Free | Jamieson Way Community Centre |
| **U3A – Beginning French** | French class for beginners | Tuesday9am – 11am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Bernadette Mravljak0477 940 877 |
| **U3A - Being Grandparents** | Class for Grandparents | Thursday12pm – 2pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Leah Masters0407 363 021 |

\* Planned Activity Groups – Eligibility to attend is required

## 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 | Wednesday6.30pm for a 7pm start | Contact for details | Tim Fuller0439 846 385 |

## Point Cook Library

1-21 Cheetham Street, Point Cook

Ph: 9395 7966

Bookings can be made via the Events Calendar [Wyndham City Website - Libraries](http://www.wyndham.vic.gov.au/libraries) (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. | WeeklyContact Library for dates | Free | Point Cook 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. | Thursday2pm-3pm | Free | Point Cook Library |

## Saltwater Community Centre

153 Saltwater Promenade, Point Cook

Ph: 8376 5500

E: Saltwater Community Centre Email (Saltwatercc@wyndham.vic.gov.au)

W: [Wyndham City Website - Saltwater Community Centre](https://www.wyndham.vic.gov.au/venues/saltwater-community-centre) (https://www.wyndham.vic.gov.au/venues/saltwater-community-centre)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Fun Fitness & Gentle Exercise** | Gentle exercise program for seniors | Thursday12.30pm – 1.30pm | Fees applyContact for details | Kosta0433 613 954 |
| **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 month7pm | Membership may applyContact for details | Linda Baker0497 285 399 Linda Email (blee.baker@live.co.uk) |
| **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 | Wednesday9am – 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 | Friday12pm – 4.30pm | FREE | Anna0421 899 399Anna Email (yunyun@live.com.au) |

## WynCity Bowl & Entertainment

36 Wallace Avenue, Point Cook

Ph: 1300 783 123

E: Wycity Email (info@wyncity.com.au)

W: [Wyncity Website](http://www.wyncity.com.au/) (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 | Friday10.30am | $15For 2 games of bowling and tea/coffee | WynCity |

Wyndham Central: Tarneit & Hoppers Crossing

## AquaPulse

80 – 82 Derrimut Road, Hoppers Crossing

Ph: 8734 5678

E: Western Leisure Services Email (info@westernleisureservices.com.au)

W: [Aquapulse Website](http://aquapulse.wynactive.com.au/) (http://aquapulse.wynactive.com.au)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Swimming** | Outdoor Pool | During Summer months | Seniors $3.70 | AquaPulse |
| **Adult Active**  | Seniors strength stretch, spin & Circuit | Tuesday & Thursday11.45am - 12.45pm | $7 per session | AquaPulse |
| **Council on the Ageing (COTA)** | Living longer, living stronger over 50’s  | Monday, Wednesday & Friday10am - 12pm | $30 initial consultation$6 per sessionRequire form to be filled in by Doctor before 1st session | AquaPulse |
| **Hydrotherapy** | 34 degrees heated pool for seniors with injuries and that require physiotherapy | Opening Hours:Monday – Wednesday5.30pm – 8.45pmThursday Women only 7.45pmFriday5.30pm - 7.45pmWeekends8am - 6pm | General Pricing Contact for details | AquaPulse |
| **Shallow Aqua Session** | Shallow Aqua sessions which are slow movements done within the water to music | Monday, Wednesday & Friday8am | $17With Senior Card$14.50 | AquaPulse |

## 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. | Wednesday6.30pm for a 7pm start | Contact for details | David on 0439 613 737David Email (robsondavid1@iprimus.com.au)[Hoppers Crossing Rotary Website](http://hopperscrossingrotary.org.au/) (http://hopperscrossingrotary.org.au/) |

## 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 | Tuesday7pm - 9.30pm | $10 per lesson | Miriam Beasley0409 183 620 |
| **Greek Elderly Citizens****Club** | Provides companionship & support for Greek speaking elderly citizens. Cards, bingo &Dominoes | Thursday9am - 2pm | Small cost | Mimi Charisiades9749 5985 |
| **Hoppers Crossing Senior Citizens Club Inc.** | Seniors activities including social gatherings, bus trips & bingo. | Monday10am - 2pm Thursday10am - 2pm | Small cost | Joy Summers0413 411 561Joy Email (joybell5252@gmail.com) |
| **Macedonian Community Welfare Association** | Macedonian Community Welfare Association. A planned activity group for seniors & people with a disability. | Tuesday9am - 2.30pm | Cost on enquiry | Blaga Petreska0404 021 097Blaga Email (blaga@mcwa.org.au) |
| **Planned Activity Group\* Karen Group** | A specific Karen Program | Tuesday9am - 3pm | Contact for details | Aged & DisabilityGroup Services 8734 4536 |
| **Planned Activity Group\* Social Group** | For older people to provide social opportunities and to encourage and maintain independence | Monday & Friday9am – 3pm | Contact for details | Aged & DisabilityGroup Services 8734 4536 |
| **Vietnam Veterans**  | Welfare services for veterans and their families | Wednesday9am - 3pm | Free | Ray Matthew0400 107 130Ray Email (Secretary.melbournewest@gmail.com) |
| **Werribee Community Singers** | A Capella Singing Group | Wednesday6.30pm – 10pm | Cost on enquiry | Helen Gunn0407 493 065Helen Email (gunn\_adoo@hotmail.com)Facebook – Werribee Community Singers |
| **Werribee Craft Group** | Craft activities for women over 55 | 3rd Sunday of the month12pm - 5pm | Cost on enquiry | Kathy Senior9749 2883/0409 382 593Kathy Email (colinankathy@bigpond.com) |
| **Werribee Dutch Seniors** | Support & recreation for Dutch born residents | Friday10am - 3.30pm | Cost on enquiry | Connie Fawcett9748 6731Connie Email (rfawcett@bigpond.net.au) |
| **Wyndham Gentle Exercise Group** | A gentle exercise & social interaction group for seniors & those with physical disabilities | Wednesday9.30am – 1pm | Cost on enquiry | Shirley Hewitt9734 7722Shirley Email (shirleyhewitt@optusnet.com.au) |
| **Wyndham’s Sew & So’s for seniors** | Activity for women over 55 create handmade charity quilts | Friday9am - 2pm | Small fee | Annie Scicluna9369 3275Annie Email (coup33@optusnet.com.au) |

\* Planned Activity Groups – Eligibility to attend is required

## Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

Ph: 8742 8000

E: The Grange Community Centre Email (enquiries@grangecommunity.org.au)

W: [The Grange Community Centre Website](http://www.grangecommunity.org.au/) (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 | The 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 & Friday9am – 12pm | Must be a member of the Hoppers Club $5Carpet Bowls Sub-Club initial Joining Fee $30 for first year and $5 per year thereafter | Wally Martin0407 491 931Wally Email (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 $8Barefoot Bowls $10 with BBQ | Jan White0400 076 557Hoppers Bowls Email (hoppersbowls@hoppersclub.com.au) |
| **Probus Club of Hoppers Crossing** | Retired & semi-retired men. Social activities, guest speakers and day trips | 3rd Wednesday of the month9.30am – 11.30am | $35 Annual Membership | Collin 9749 1508 or mobile 0413 580 472 |

## Hoppers Crossing Sports Club

Hogans Reserve, Hogans Road, Hoppers Crossing

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Australian History** | Australian History class | Wednesday1pm – 3pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Merle Deslanded9749 7746 |
| **U3A – Bridge -Introduction** | Card Game – Introduction to Bridge | Friday9am – 11.45am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Serita Mudford0410 599 323 |
| **U3A - Bridge** | Card Game | Friday9am – 11.45am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Brian Kilfoyle0409 073 869 |
| **U3A – Current Affairs** | Current Affairs class | Thursday10am – 11.30am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Tony Mason9741 6476 |
| **U3A - Exploring History** | Videos on Historical Topics | Monday10am – 12pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Brian Beck9741 5460 |
| **U3A – French & Culture – Intermediate** | French and culture class | Wednesday10.30am – 12.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Martha Siwek9741 7610 |
| **U3A – Great Songwriter’s Course** | Great songwriter’s class | Tuesday1pm – 2.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | John Funnell9296 1036 |
| **U3A - Mahjong** | Play Mahjong | Thursday1pm – 4pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Rita Funnell9296 1036 |
| **U3A – Music You Like to Hear** | Music appreciation class | Friday1pm – 3pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Anna Mitchell9741 2730 |
| **U3A – Needlecraft** | Craft class | Tuesday9.45am – 11.45am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Faye Weston8754 1006 |
| **U3A – Photography** | Photography Class | Tuesday2.30pm – 3.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Bernie Flaherty0412 814 610Bernie Email (Bernief25@hotmail.com) |
| **U3A – Seniors Men Light Exercise** | Gentle exercise for men | Tuesday9.30am – 10.30am | $40 U3A Annual Fee & attend any U3A Program for free during the year | Tony Bradford9749 2248 |
| **U3A – Tai Chi** | Gentle Exercise class | Monday1pm – 2pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Marie Dean9741 7733 |

## Horn of Africa

3/9 Motto Court, Hoppers Crossing

Ph: Terefe 0490 080 933

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Horn of Africa Communities Network** | Social connection and support for people from African backgrounds | Wednesday11am – 1pm | Contact for details | Horn of Africa |
| **Social Support Group for Burmese Elders** | Social connection and support for people from Burmese backgrounds | Thursday & Friday11am – 1pm | Contact for details | Horn of Africa |

## Hotel 520

520 Sayers Road, Tarneit

Ph: 9748 8520

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Bingo** | Play bingo. $250 jackpot | Tuesday10amWednesday7pm | 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 King9742 2069Carol Email (carol.king3@bigpond.com) |
| **Mad Mondays** | 2 Course Menu lunch & DinnerEntre & Main or Main & Dessert | Monday12pm – 2.30pm | $12($15 Tuesday – Friday) | Hotel 520 |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone | 2nd last Wednesday of the month11am | $5 Show and Morning Tea$15 2 course lunch – bookings essential | Hotel 520 |
| **Wyndham Ladies Probus Club** | Retired and semi-retired women. Social activities, guest speakers once/month and daytrips | 1st Wednesday of the month, 10am | $15 Joining Fee$30 Annual Fee | Jenny8742 6111Jenny Email (jennynjohnobrien@gmail.com) |

## Julia Gillard Library Tarneit

150 Sunset Views Boulevard, Tarneit

Ph: 8734 0200

Bookings can be made via the Events Calendar [Wyndham City Website - Libraries](http://www.wyndham.vic.gov.au/libraries) (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. | Mondays4pm | Free | Julia Gillard Library Tarneit |
| **Craft & Conversation** | Join us for a crafting session where you can meet and share conversation with other crafters! | Monthly on Friday11am – 1pmContact Library for monthly dates | Free | Julia Gillard Library Tarneit |
| **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. | Tuesday11am-12.30pm | Free | 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 month12pm – 2pm | Free | 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. | WeeklyContact Library for dates | Free | Julia Gillard Library Tarneit |
| **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 month11am-12pm  | Free | 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 month6.30pm – 7.30pm | Free | Julia Gillard Library Tarneit |
| **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 | Julia Gillard Library Tarneit |

## Lifestyle Seasons – Clubhouse

13 Sundial Boulevard, Tarneit

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Cards - 500** | Card games | Wednesday1pm – 4pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Kay Dwyer9731 6976 |

## Penrose Promenade Ageing Well Facility

83 Penrose Promenade, Tarneit

Ph: 8734 4500

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

W: [Wyndham City Website - Penrose Promenade Community Centre](https://www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre) (https://www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre)

| **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. | Thursday12.30pm – 2.30pm | Free | Nina0488 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 & Friday9am - 3pm | Contact for details | Aged & DisabilityGroup Services 8734 4536 |
| **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 & Thursday9am – 3pm | Contact for details | Aged & DisabilityGroup Services 8734 4536 |
| **Planned Activity Group\*****Sri Lankan Group** | Social group for Sri Lankans doing gentle exercise and craft. | Friday10am - 3pm | $7 per sessionFees may apply for some activities | Migrant Resource Centre North WestZeinab9367 6044 |
| **Planned Activity Group\*****Vintage Club** | Men's Group-designed to meet the recreational & social needs of isolated older men in Wyndham. | Wednesday9am – 3pm | Contact for details | Aged & DisabilityGroup Services 8734 4536 |
| **Tarneit Bharatiy Club** | Older Gujarati speakers will feel right at home in this relaxed social get-together | Tuesday & Friday11.30am – 1pm | Free | Bharat0423 018 458Bharat Email (Bgnilalani9@gmail.com) |
| **Tarneit Harmony Club** | Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea. | Tuesday & Friday1pm – 3pm | Free | Rashpal0402 010 016Rashpal Email (Rashpal.chaggar@gmail.com) |

\* Planned Activity Groups – Eligibility to attend is required

## Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

Ph: 9748 9822

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

W: [Wyndham City Website - Tarneit Community Learning Centre](https://www.wyndham.vic.gov.au/venues/tarneit-community-learning-centre) (https://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 – 2.30pmThursday1.30pm – 3.30pm | Free | Sunil Abbott 0449 101 455, E: Club 60 Tarneit Email (club60.tarneit@gmail.com) |
| **Genevieve’s Community Lunch program** | 3 Course Homestyle Cooked lunch  | Wednesday12pm – 2pm | $5 Concession, Homeless or DisadvantagedChildren below 3 for Free | Angela - Genevieves Community Kitchen Email (angela@genevievescommunitykitchen.org)[Facebook – Genevieves Community Kitchen](https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/) (https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/) |
| **U3A – Computers - Beginners** | Computers forBeginners | Tuesday10am -12pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Don Lee9749 2798 |
| **U3A – Computers – Intermediate** | Computers forIntermediate level | Tuesday1pm - 3pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Don Lee9749 2798 |
| **Get Crafty** | Craft Group | Tuesday & Wednesday9.30am - 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 | Thursday9.30am – 10.30am | $7 | Lilian Truan9741 2349 |
| **U3A – Yoga for Older People** | Yoga class | Thursday1.15pm – 2.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Trevor Walsh0438 304 638 |

## Eagle Stadium

35 Ballan Road, Werribee

Ph: 8734 5677

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Adult Active**  | Seniors strength stretch, spin & Circuit | Tuesday9.20am - 10am | $7 per session | Eagle Stadium |
| **Council on the Ageing (COTA)** | Living longer, living stronger over 50’s  | Tuesday & Thursday10am - 12pm | $30 initial consultation$6 per sessionRequire form to be filled in by Doctor before 1st session | Eagle Stadium |

## Iramoo Community Centre

84 Honour Avenue, Wyndham Vale8

Ph: 9742 3688

E: Iramoo Community Centre Email (admin@iramoo.com.au)

W: [Iramoo Community Centre Website](http://www.iramoo.org.au/) (http://www.iramoo.org.au)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Arts Group** | Learn to explore the arts and join like-minded people | Tuesday - School Terms10.30am - 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 | Tuesday9am – 12pm | $5 | Iramoo Community Centre |
| **Cook Around the World** | Cooking group in a social environment | Wednesday9.30am – 12.30pm | $5 | Iramoo Community Centre |
| **Craftees Group** | Bring in your own craft projects to work on in a social environment | Wednesday12pm - 3pm | Free | Iramoo Community Centre |
| **Deadly Kitchen** | Cooking group for older Indigenous people | Fortnightly on Fridays10.30am - 1.30pm | $5 | Iramoo Community Centre |
| **Don’t Worry Be Hapy – Wyndham Chronic Pain Management Group** | Support, nurturing, social & creative activities | Fortnightly on Wednesday10am - 12pm | FreeContact for more information about when group is held | Kyren0435 156 653 |
| **Food Swap** | Swapping of home grown vegetables/fruits | 3rd Saturday of the month11am - 12pm | Free | Coralee0403 433 795 |
| **Iramoo Quilter’s** | Quilting group, bring along your project, and share knowledge and skills | 4th Saturday of the month12.30pm - 4pm | $5Bring your own quilting project/s | Josie9749 4747 |
| **Little Seeds Community Garden Group** | Want to learn more about gardening & cooking what you have grown | Weekly or fortnightlyWednesday10am – 12pm | Free | Iramoo Community Centre |
| **Mahamenva meditation Group** | MeditationSupper included | 3rd Sunday of the month4pm - 8.30pm  | Free | Dimuth 0401 443 011 |
| **Mountain of Love** | Church | Sunday9am - 12.30pm | Free | Patrick0478 004 271 |
| **Movement to Music** | Light exercise class | Wednesday9am - 10am | $5 | Iramoo Community Centre |
| **Over’s 50 Club** | Wyndham Over 50’s Club – to play games, bowl, dance, share lunch & friendship. | Monday10am - 3.30pm | Club joining fee: $10Annual fee: $10Meeting fee: $2 (includes refreshments)Monthly trip costs vary | Bob White0409 492 226 |
| **Painting Group** | Bring your supplies, or we will help you get started | Tuesday - School Terms1.30pm - 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 applyContact for details | Iramoo Community Centre |
| **Sunrise Women’s Group** | For women with a disability or mental illness | Fortnightly on Monday10am - 1.30pm | Free | Tess9689 9588 |
| **Tai Chi** | Excellent exercise for balance, mental well-being with a Tai Chi Facilitator | Friday10am - 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 month9.30am - 12pm | cost on enquiry | Jan Phelan9741 3141 |
| **Rotary Club of Werribee** | Group of like-minded community focussed people. Volunteer services for local and international projects. | Tuesday6.30pm for a 6.45pm start – 8pm | Contact for details | Various contacts listed on website:[Werribee Rotary Website](http://www.werribeerotary.org.au/) (www.werribeerotary.org.au) |
| **Rotary Club of Wyndham** | Like minded community focussed people. Volunteer services for local and international projects | Wednesday6.30pm for a 6.45pm start – 8.15pm | Contact for details | Gary0418 788 838Wyndham Rotary Email (wyndhamrotary@gmail.com) |
| **Wyndham Life Activities\*\*****Bookclub** | Discussions over lunch in the Bistro | 2nd Friday of the Month11.15amTuesdays1.30pm | Annual Membership Fee $10$5 per sessionPlaces Limited | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Caravanning** | Regular weekends away and bi-monthly dinner | Contact for details | Annual Membership Fee $10Site and associated expenses for trips | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Double Dominos** | In the ISCW Members Bar | Monday10am | Annual Membership Fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Games & Coffee** | In the Members Bar | Wednesday12.30pm | Annual Membership Fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Gardening**  | Some trips are included to local areas  | 1st Thursday of the month10am | Annual Membership Fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Golf** | 9 Holes at Werribee Golf Club  | Monday & Friday7.15am | Annual Membership Fee $10Green fees payable | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Line Dance** | Line dancing followed by coffee  | Monday7pmWednesday10am | 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  | Thursday10am | Annual Membership Fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Meet and Eat Lunch** | Various venues | Last Friday of the month12pm | Annual Membership Fee $10Cost of lunch | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Movie Group** | Information through the Life Activities Newsletter  | 4th Tuesday evening of the monthVillage Cinemas, Werribee | Annual Membership Fee $10Cost of Movie entry | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Photography Group** | In the Presidents Room  | 2nd Tuesday of the month7.30pm | 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 Park9am | Annual Membership Fee $10 | Italian Sports Club of Werribee |
| **Happy Hour** | Meet ISCW Club members. A raffle is held each Friday & a BBQ is held 4 times a year | Friday5.30pm – 7pm | 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

## Kelly Park Centre

2B Synnot Street, Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **ANCRI** | Social gathering for over 55’s that play cards and bingo. | Monday & Friday12pm – 4pm | Cost on enquiry | Enzo Dequattro8087 0197Nicola DeAngelis0427 631 770 |
| **Circolo Pensionati italiani Di Wyndham.** | Meetings & social events for Italian Seniors. | Wednesday11am-4pm | Cost on enquiry | Mario Sammartino9741 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 Strong0412 017 543Combined Probus Wyndham Email (CPWyndham@outlook.com) |
| **Friendship Club Werribee** | Social activities for Wyndham’s Italian Community including bingo & cards. | Thursday1pm-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 month8.30am - 12pm | Cost on enquiry | Gloris Reynolds9749 5955 |
| **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 month1.30pm | Gold Coin Donation | Kate8809 0400Kate Email (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. | Monday9.30am-2.30pm | cost on enquiry | Juana Elgueta9748 2128Juana Email (Asiafamily90@hotmail.com) |
| **Tai Chi for Seniors** | Tai Chi - gentle movements | Tuesday7pm - 8pmThursday5.30pm - 6.30pm | Gold coin donation | John Sindoni9741 9825 or 0418 512 255John Email (j.sindoni@live.com.au) |
| **Werribee Orchid Society** | Orchid growing & conversation | 3rd Tuesday of the month6.30pm - 10.30pm | Cost on enquiry | Jenny Dark0418 135 819Werribee Orchid Club Email (secretary@werribeeorchidclub.org) |
| **Werribee Senior Citizens** | Bingo, activities & outings. | Wednesday8.30am-12pm  | Cost on enquiry | Aristea Grech9748 8897 |
| **Wyndham Seniors Card Club** | Wyndham Seniors Card Club. Play cards & other social activities. | Tuesday and Thursday9am – 2pm | Cost on enquiry | Anne Farrar0447 149 133Anne Email (robwhite42@gmail.com) |

## Manor Lakes Community Learning Centre

86 Manor Lakes Boulevard, Wyndham Vale

Ph: 8734 8934

E: Manor Lakes Community Learning Centre Email (manorlakesclc@wyndham.vic.gov.au)

W: [Wyndham City Website - Manor Lakes Community Learning Centre](https://www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-centre) (https://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 | Monday10am-12pm | Free | Manor Lakes Community Learning Centre |
| **Craft Group** | Bring along your craft project for over 50’s  | Friday9am -12pm | Free | Manor Lakes Community Learning Centre |
| **Gentle Exercise Class** | Gentle Exercise Program | Wednesday9am – 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 month11am – 4pm4th Saturday of the month9.30am – 4pm | New Membership (including badge) $40Renewal $30$4 per session | Manor Lakes PatchworkersWyndham Patchworkers Email (wyndhampatchworkersinc@hotmail.com) |

## Manor Lakes Library

86 Manor Lakes Boulevard, Manor Lakes

Ph: 98734 8930

W: [Wyndham City Website - Libraries](http://www.wyndham.vic.gov.au/libraries) (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. | WeeklyMondays 3.30pm-5pm(school term only) | Free | 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 – 3.00pmCheck Library for monthly dates | Free | 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. | WeeklyFridays 1pm-2pm | Free | Manor Lakes Library |
| **Movie Club** | Watch Movies and discuss them with others. This is an adult event and a light supper is provided.  | Monthly3rd Tuesday of each month6pm-9pm | Free | Manor Lakes 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. | WeeklyContact Library for monthly dates | Free | 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-monthly7.30pm - 9.30pm | Cost on enquiry | Enzo Dequattro8087 0197Nicola DeAngelis0427 631 770 |
| **Country Women's Association** | Discussion & craft activities providing opportunities for friendship and personal development. | 1st Wednesday of the month7pm – 10pm | Cost on enquiry | Nancy Brennan0409 258 678Nancy Email (davidnbrennan1@bogpond.com) |
| **Macedonian Senior Citizens** | Meet, coffee and chat group | Thursday11am-4pm | Contact for details | Krume Sazdovski0407 738 373 |
| **Polish Senior Citizens Club** | Social gatherings, recreational activities, discussions & excursions. | Wednesday11.30am-2.30pm | Cost on enquiry | Stacy Kubik9741 4407 |
| **Werribee Women's Group** | Werribee Women's Group. An avenue for women to attend and meet for group activities | 3rd Tuesday of the month12pm– 3pm | Cost on enquiry | Yvonne Redmond8734 2078Yvonne Email (zuludave69@hotmail.com) |

## Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

Ph: 9742 5040

E: Quantin Binnah Community Centre Email (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 term10am – 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 | Wednesday9.30am – 12pm | Free | 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 month10am – 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 month2pm - 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: [Wyndham City Website - Libraries](http://www.wyndham.vic.gov.au/libraries) (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. | Thursday4pm – 6pm (school term) | Free | Plaza Library |
| **Craft & Conversation** | Join us for a crafting session where you can meet and share conversation with other crafters | 2nd Fridays of the month12.30pm – 2.30pm | Free | Plaza Library |
| **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 month10am – 12pm | Free | 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. | Monday11am – 12pm andThursday2pm – 3pm | Free | 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. | Monday1pm-2pm | Free | Plaza 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. | WeeklyContact Library for monthly dates | Free | 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. | WeeklyTuesdays 2pm-3pm | Free | Plaza Library |

## Private House

Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Book Club** | BookClub | Wednesday1.30pm – 3.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Libby Pearson9749 8295 |
| **U3A – The Christians: Their History** | The Christians: Their History class | Monday10am – 12pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Cecilia Conwaye-Wright0407 558 825 |
| **U3A – Great Songwriters course** | Great Songwriters course | Tuesday1pm – 2.30pm | Term 4 Only$40 U3A Annual Fee & attend any U3A Program for free during the year | John Funnell9296 1036 |
| **U3A – Music at Cecilia’s** | Music class | Tuesday1pm – 2.30pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Cecilia Conwaye-Wright0407 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 | Friday10am – 12pm | Cost of coffee | Salvation Army |

## Salvation Army

Café Agape @ Wyndham City Corps 211 Watton Street, Werribee

Ph: 9741 7359

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Community Lunch** | Come along and enjoy a great meal & fellowship.  | Tuesday, Wednesday & Thursday12pm | Gold Coin Donation | Salvation Army |

## Victoria University Werribee Fitness Centre

Building 7, Gate 4, Hoppers Lane, Werribee

Ph: 9919 8173

E: Werribee Fitness Email (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 - Friday10am - 1pm | $6 per sessionRequire 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 2pmWednesday 11amIntermediatesThursday 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 month10am – 11.30am | No cost for brunch if registered with Carers Victoria on 9396 9500 | Patricia0434 487 360 orPriscilla0413 071 928 |

## Werribee Bowls Club

Chirnside Park, Werribee

Ph: 9741 3229

E: Werribee Bowls Email (werribeebowls@hotmail.com)

W: [Werribee Bowls Website](http://www.werribeebowls.com.au/) (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 & semi-retired men. Social activities, guest speakers and day trips | 4th Monday of the month10am – 12pm | Annual Fee $30Joining/admin fee $5 | Gary Sintline0420 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 month8pm – 11pmJazz afternoons through winter Saturday 1.30pm – 4.30pm | $15 Members, $20 Visitors8pm | Neville0428 544 943 |

## Werribee Church of Christ

200 Tarneit Road, Tarneit

Ph: 9741-6051

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Church Service** | Find a friendly welcome | Sunday10am | Free | Church |
| **Coffee and Chat Group** | Time to get together, build friendships, laugh and connect with others | 1st and 3rd Thursday of the month10am – 12.30pm. | Free (includes tea, coffee, biscuits) | Bronwen Hickman9749 2510Bronwen Email (bronhickman@optusnet.com.au) |
| **Let’s Talk Conversational English** | People wanting to practice their conversational English. Morning tea included. All welcome. | Saturday10am – 11.30am | Free (Includes Morning Tea) | Bronwen Hickman9749 2510Bronwen Email (bronhickman@optusnet.com.au) |
| **Playgroup** | For children age O – 5 years and carers.Grandparents welcome. | Wednesday11am – 1pm | Free | Alice9748-6312or Margaret9741-6285 |

## Werribee Library

177 Watton Street, Werribee

Ph: 9742 7999

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

| **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 month1pm – 3pm | Free | 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. | Friday11am-12pm | Free | 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. | WeeklyContact Library for dates | Free | Werribee Library |
| **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 month11am-12.30pm  | Free | 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. | Wednesday10am-11am | Free | Werribee Library |

## Wyndham Community & Education Centre

20 Synnot Street, 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 organisedTuesdays9.30am -2pmExcursions can go all day | FREEExcursions 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

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Broadband for Seniors** | Volunteer mentors provide 1:1 tutoring on email and internet use for seniors | Monday – FridayBy appointment | Free | Wyndham Park Community Centre |
| **Country Womens Association** | General interest group for senior women | 3rd Wednesday of each month1pm – 4.30pm | Contact for details | Nancy Brennan0409 258 678 |
| **The Needlecasers** | Knitting, Sewing & Quilting group | Friday9am – 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 | Monday9am - 1pm | $50 annual membership | Wyndham Park Community Centre - Shed8742 6448 |
| **Men's group** | Men's shed –varied activities eg woodwork, Metal work, Bicycle Repair chat over tea/coffee | Tuesday & Thursday9am -3pm | $50 annual membership (12.50 payable each quarter) | Wyndham Park Community Centre - Shed8742 6448 |
| **U3A – Mosaics** | Mosaics | Wednesday9.45am - 12pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Helen Galea9749 1207 |
| **U3A – Singing for Fun** | Singing for fun and music appreciation | Friday1am - 3pm  | $40 U3A Annual Fee & attend any U3A Program for free during the year | Robyn Camilleri9748 1356 |

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** | **Description** | **Frequency** | **Cost** | **Contact** |
| --- | --- | --- | --- | --- |
| **Werribee Painters** | Art Classes for seniors | Wednesday1.30pm - 9.30pm | Small fee | Tony Bramwell0403 428 129Tony Email (tony.bramwell@beagle.com.au) |
| **Rate Payers of Werribee South Seniors Group** | A cuppa, a chat, guest speakers attend, activities with friends | 2nd Tuesday Monthly12.30pm-3.30pm | Free | Joanne0421 074 285Joanne Email (Joanne870@hotmail.com) |

Other

| **Venue** | **Name** | **Description** | **Frequency** | **Cost** | **Contact** |
| --- | --- | --- | --- | --- | --- |
| Various | **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 criteriaVariable cost $5-$8.50 and can include transport | Referrals through My Aged Care (65+) on 1800 200 422 |
| 61 Central AvenueAltona Meadows | **Friendship Group** | A place to come and meet new friends – get together to chat and organise outings | Wednesday7pm | $6No joining fee | Joan0413 117 814 |
| Sun TheatreYarraville | **U3A – Lunch & Movie Group** | Lunch and movie | 2nd Monday of the month10am – 12pm | $40 U3A Annual Fee & attend any U3A Program for free during the year | Kaye Harvey0402 631 171 |

# Disclaimer

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

# Update Your Details (Back Page)

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:

Email: Community Wellbeing & Inclusion Email (CommunityWellbeing&Inclusion@wyndham.vic.gov.au)

Phone: Community Wellbeing & Inclusion Unit – 9742 0777

Post: Community Wellbeing & Inclusion Unit

Wyndham City Council

PO Box 197

Werribee

VIC 3030

Group Name:

Venue (where you meet):

Brief Description:

Frequency (How often you meet):

Cost:

Contact Person – Name:

Contact person – Email:

Any other information (e.g. Website):