# Social Directory 2019-20

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

# Acknowledgment of Country

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded.

Council acknowledges the Woiwurrung and Boonwurrung people as the Traditional Owners of the lands on which are facilities are being built.

We pay respect to the elders past and present.

# Community Centres

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

Access features for each centre including parking, entry, toilets and hearing augmentation can be found online for each centre listing.

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](mailto:featherbrookcc@wyndham.vic.gov.au) (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](mailto:admin@jamiesonwaycc.org.au) (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](mailto:pointcookclc@wyndham.vic.gov.au) (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](mailto:saltwatercc@wyndham.vic.gov.au) (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](mailto:arndellparkcc@wyndham.vic.gov.au) (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](mailto:penrosepromenadecc@wyndham.vic.gov.au) (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](mailto:tarneitclc@wyndham.vic.gov.au) (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)

\*Please Note: Tarneit Community Learning Centre is currently under construction. Courses run from this venue, are currently unavailable or running at other venues.

**Hoppers Crossing**

* Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

Ph: 8742 8000 or E: [The Grange Community Centre Email](mailto:enquiries@grangecommunity.org.au) (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](mailto:qb@qbcc.org.au) (qb@qbcc.org.au)

W: [Quantin Binnah Community Centre Website](http://www.qbcc.org.au/) (www.qbcc.org.au)

* Wyndham Community & Education Centre

20 Synnot Street, Werribee

Ph: 9742 4013 or E: [Wyndham Community & Education Centre Email](mailto:enquiries@werribeecc.net) (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](mailto:admin@wyndhamparkcc.com.au) (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](mailto:admin@iramoocc.com.au) (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](mailto:manorlakesclc@wyndham.vic.gov.au) (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 Libraries Website](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 Library Website - Julia Gillard Tarneit](Wyndham%20City%20Library%20Website%20-%20Julia%20Gillard%20Tarneit) (https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit)

**Manor Lake Library**

86 Manor Lakes Boulevard, Manor Lakes

Ph: 8734 8930

W: [Wyndham City Library Website - Manor Lakes](Wyndham%20City%20Library%20Website%20-%20Manor%20Lakes)

(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 Library Website - Plaza](Wyndham%20City%20Library%20Website%20-%20Plaza)

(https://www.wyndham.vic.gov.au/venues/plaza-library)

**Point Cook Library**

1-21 Cheetham Street, Point Cook

Ph: 9395 7966

W: [Wyndham City Library Website - Point Cook](Wyndham%20City%20Library%20Website%20-%20Point%20Cook)

(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 library Website - Werribee](Wyndham%20City%20library%20Website%20-%20Werribee)

(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 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 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 [Seniors Exercise Park](https://www.wyndham.vic.gov.au/seniorsep) (<https://www.wyndham.vic.gov.au/seniorsep>)

# 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!

**Parkinson’s Peer Support Group Werribee**

When: Monthly 3rd Friday of the month. 1.30pm

Where: Kelly Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing

Contact: Kate Madden (Parkinson’s Victoria) 8809 0400

[Kate's Email](mailto:Kate.madden@parkinsons.vic.org.au) (Kate.madden@parkinsons.vic.org.au)

Cost: Gold coin donation.

**Team Walkabout**

When: Monday 9.30am, 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 Monday, 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

**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's Email](mailto:misiu31@gmail.com) (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's Email](mailto:marion024@bigpond.com) (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 Vale Parkrun**

When: Saturdays 7.45am for 8am start

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

Contact: [Wyndham Vale Parkrun Email](mailto:wyndhamvaleoffice@parkrun.com) (wyndhamvaleoffice@parkrun.com)

Website: [Parkrun Website - Wyndham Vale](http://www.parkrun.com.au/wyndhamvale) ([wyndhamvale@parkrun.com](mailto:wyndhamvale@parkrun.com))

**The Heart Foundation Walking group listings:**

[Heart Foundation Walking Group Website](https://walking.heartfoundation.org.au/) (https://walking.heartfoundation.org.au)

**Point Cook Activity Group Walking Group**

When: Monday – Friday 9am

Where: Point Cook Town Centre, Boardwalk Blvd, Point Cook

Contact: Beverley 0417 324 489, [Bev's Email](mailto:tombevm@gmail.com) (tombevm@gmail.com)

**Team Walkabout Tarneit Walking Group**

When: Wednesday 9.30am, Thursday 7pm

Where: Penrose community centre just in foyer, 83 Penrose Promenade, Tarneit

Contact: Douglas-John 0432741940

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

When: Daily (contact for times)

Where: At the park in Tarneit, 13 Elsmore Street, Tarneit

Contact: Sunil [Sunil's Email](mailto:club60.tarneit@gmail.com) (club60.tarneit@gmail.com)

**Brisk Walk – Mums Walking Group**

When: Thursday – Friday 5.30pm, Saturday – Sunday 5pm

Where: Alfred Park Tarneit near BBQ, 34 Kulin Drive, Tarneit

Contact: Swetha 0430 867 140

**Hoppers Crossing Walking Group Walking Group**

When: Saturday 8am

Where: IGA cark park, Grange reserve, Hoppers Crossing

Contact: Pooja 0433 227 411

**Walking Buddies Walking group**

When: Tuesday 6pm

Where: Grange Community Centre car park, 260-280 Hogan's Road, Hoppers Crossing

Contact: Tabassum [Tab's Email](mailto:tabz7@live.com) (tabz7@live.com)

**The Grange Community Centre Walkers Walking Group**

When: Thursday 9.30am

Where: Grange Community Centre car park, 260-280 Hogan's Road, Hoppers Crossing

Contact: Karen 8742 8000

**Werribee River Walking Group Walking Group**

When: Wednesday 10am

Where: Near Pool, Greave St and Watton St, Werribee

Contact: Marion 03 9741 4240

**Werribee Rovers Walking Group**

When: Thursday 10am

Where: End of Watton Street Werribee - Entry to Chirnside Park, Werribee

Contact: Michael [Michael's Email](mailto:misiu31@gmail.com) (misiu31@gmail.com)

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

# Aged Care Facilities

The following is a list of local aged care facilities in the Wyndham City area. For additional assistance, please contact the Housing for the Aged Action Group (HAAG) who specialise in assisting older people with their housing needs.

HAAG’s services are government funded, free and confidential. Contact details available below.

**Mecwacare John Atchison Centre**

Address: 312 Derrimut Road, Hoppers Crossing

Phone: 03 8573 4812  
Website: [Mecwacare Website](https://www.mecwacare.org.au/) (https://www.mecwacare.org.au)

**Glendale Aged Care, Nursing Homes & Life Care Facility**

Address: 265 Heaths Rd, Werribee, Werribee

Phone: 1800 123 131

Website**:** [Glendale Website](https://www.allity.com.au/locations/glendale-aged-care) (https://www.allity.com.au/locations/glendale-aged-care)

**Mercy Health (Home Care)**

Phone: 1300 478 776

Website**:** [Mercy Health Website - Home Care](https://home-care.mercyhealth.com.au/) (https://home-care.mercyhealth.com.au)

**Mercy Place Wyndham (Residential Care)**

Phone: 1300 478 776

Website**:** [Mercy Health Website - Residential Care](https://residential-care.mercyhealth.com.au/) (https://residential-care.mercyhealth.com.au)

**Aged Care useful link:**

[Aged Care Guide Website](https://www.agedcareguide.com.au/) (https://www.agedcareguide.com.au)

# Lifestyle and Retirement Villages

The following is a list of local lifestyle and retirement villages in the Wyndham City area.

**Wyndham Grange Village**

Address: 83 Kulin Drive, Tarneit

Phone: 1800 123 131

Website**:** [Wyndham Grange Village Website](https://wyndhamgrange.com.au/) (https://wyndhamgrange.com.au)

**Tarneit Skies Village**

Address: 250 Thames Blvd, Tarneit Victoria 3029

Phone: 03 8734 2222

**Heathglen, Werribee**

Address: 27 Coverley Street, Werribee

Website: [Lendlease Website - Heathglen](https://www.retirementbylendlease.com.au/heathglen/) (https://www.retirementbylendlease.com.au/heathglen)

Phone: 1800 550 550

**Federation Residential, Village Werribee, Werribee**

Address: 2A Railway Ave, Werribee

Website: [Federation Village Website](https://allswell.com.au/residential-communities-home/) (https://allswell.com.au/residential-communities-home)

Phone: 8742 3999

**Lifestyle Seasons, Tarneit**

Address: 13 Sundial Boulevard Tarneit

Website: [Lifestyle Seasons Website](https://www.lifestylecommunities.com.au/communities/lifestyle-seasons) (https://www.lifestylecommunities.com.au/communities/lifestyle-seasons)

Phone: 1300 50 55 60

**Palm Lake Resort Truganina, Truganina**

Address: 7 Taronga Road, Truganina

Website: [Palm Lake Website](https://palmlakeresort.com.au/) (https://palmlakeresort.com.au)

Phone: 1800 686 096, 1372 56

# 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)

# COTA



Council on the Ageing (COTA)

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](mailto:askcota@cotavic.org.au) (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)

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 [Travellers Aid Email - Southern Cross](mailto:scs@travellersaid.org.au) (scs@travellersaid.org.au)

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

# Visitor Information Centre



Visitors in town? From amazing wildlife to the romance and history of a grand old mansion – plan your next adventure with the team at the Werribee Visitor Information Centre.

Werribee Visitor Information Centre

Werribee Park Precinct, K Road, Werribee South

(Located at the entry to Werribee Open Range Zoo)

Ph: (03) 8734 6006

E: [Visitor Information Email](mailto:tourism@wynham.vic.gov.au) (tourism@wyndham.vic.gov.au)

W: [Visitor Information Centre Website](http://www.experiencewyndham.com.au) (http://www.experiencewyndham.com)

Opening Hours 9am – 5pm, 7 days (Closed Good Friday & Christmas Day)

# 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. Please be aware that the amount of days above 35 will keep increasing.

# Gambling & Harm Minimisation

**Gambler’s Help West**

**Gamblers Help Logo **

Gambler’s Help West is a free confidential problem gambling and financial counselling service for anybody affected by gambling, including family members, friends or employers. It is 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.

More specifically, Gambler’s Help West can help you:

* understand why people gamble
* improve your relationships
* understand how and why gambling has become a problem
* manage your own finances and assets
* improve budgeting skills
* know your legal rights and options available to you.

Please call 9296 1234 to make an appointment to see a Gambler’s Help West Counsellor. You are welcome to bring a support person with you and free interpreter services are available, if required.

**Other 24 hour support services:**

* Gambler’s Helpline: 1800 858 858
* On-line counselling: [Gambling Helpline Website](http://www.gamblinghelponline.org.au/) (www.gamblinghelponline.org.au)
* Life Line: 13 11 14

**Wyndham Harm Minimisation Policy and Action Plan 2018-2022**

During 2018, more than $294,000 was lost every day on poker machines in Wyndham. To help respond, Wyndham City has adopted the [Wyndham Gambling Harm Minimisation Policy and Action Plan 2018-2022](https://www.wyndham.vic.gov.au/gambling-harm-minimisation-policy-and-action-plan-2018-2022). Developed from a public health perspective, the policy and action plan aim to prevent and minimise harm from gambling on the Wyndham community.

For more information, please visit contact Council’s Gambling and Harm Minimisation Project Officer on 9742 0777.

# BreastScreen Victoria



**Are you aged 50-74? Did you know that you’re eligible for a free breast screen every two years?**

75% of breast cancers are detected in women aged over 50. Breast screens are the best way to find cancer early- which is when it is easiest to treat.

A screen is completely free, performed by a woman and should only take 10 minutes. You do not need a doctor’s referral or Medicare card.

If you live in Wyndham, you can visit your local BreastScreen clinic at 27 Princes Highway, Werribee.

For more information, or 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 BreastScreen Victoria

# Seniors Rights Victoria



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

If you, your client or someone you know is experiencing elder abuse, please contact our free, confidential Helpline: 1300 368 821 (M-F, 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) 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) 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). 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) 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 Victorians including

- age discrimination

- grandparenting rights

- guardianship and administration

- family care and ‘granny flat’ arrangements

- powers of attorney

- wills and estates

- housing issues

- family breakdowns including property settlements

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

For further information, call 1300 368 821 or visit [Seniors Rights Website](https://seniorsrights.org.au/) (https://seniorsrights.org.au)

# Consumer Affairs Victoria

Consumer Affairs Victoria is a business unit of the Department of Justice and Community Safety, within the Victorian government.

We are Victoria’s consumer affairs regulator. Our purpose is to help Victorians be responsible and informed businesses and consumers.

To do this we:

* review and advise the state government on consumer legislation and industry codes. For a full list of legislation we administer and our public consultations and reviews, view our [Legislation section](https://www.consumer.vic.gov.au/resources-and-tools/legislation)
* advise and educate consumers, tenants, businesses and landlords on their rights, responsibilities and changes to the law
* register and license businesses and occupations
* conciliate disputes between consumers and traders, and tenants and landlords
* enforce and ensure compliance with consumer laws.

Call centre number: 1300 55 81 81.   
  
Complaints can be sent via mail to:   
Consumer Affairs Victoria   
GPO Box 4567   
Melbourne VIC 3001   
  
Consumers can also contact us via our website: [Consumer Affairs Website](http://www.consumer.vic.gov.au/) (www.consumer.vic.gov.au)

# 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/) online Engagement (https://www.wyndham.vic.gov.au/theloop)

# Werribee Parkinson’s Peer Support Group



A Parkinson’s Peer Support Group is a gathering of people whose lives are affected by Parkinson’s, who meet regularly in a relaxed, welcoming environment.

Activities generally undertaken by a Peer Support Group include:

* Sharing information and solutions to common situations
* Hearing from health care professionals about new developments in Parkinson’s medication, treatment options and research
* Discussing experiences and feelings
* Taking part in community awareness raising activities
* Enjoying company and friendship with others in a similar situation

Each peer support group is unique in its membership and style. Most Parkinson’s groups meet once a month, however some meet every couple of months, while others meet weekly. Some groups are associated with a local healthcare service, while others are run by dedicated members of the community who may or may not have Parkinson’s.

People living with Parkinson’s, their carers, friends and family are all welcome.

To attend a Parkinson’s Peer Support Group

* Download the [Parkinson's Peer Support Group Flyer PDF](https://www.parkinsonsvic.org.au/images/site/publications/Peer_support_flyer_updated_Aug_16.pdf)
* Contact the Parkinson’s Victoria Health Team on 1800 644 189 to connect with your local group
* [Parkinsons Website](https://www.parkinsonsvic.org.au/) (https://www.parkinsonsvic.org.au)

# U3A Werribee Region Inc.



U3A stands for University of the Third Age, however, is not a university. The group consists of retired or near retired people who like to get together through involvement in a range of interesting activities, learning groups and social functions.

The groups generally meet weekly with four terms a year that fit within the school terms to allow for grandparent duties.

U3A has something for everyone. Most groups meet at the Hoppers Crossing Sports Club on Hogans Road with others at Community Houses in Wyndham. Currently U3A offers 25 courses/activities. The annual joining fee is $40.00 and there is no limit to the number of courses/activities you can attend.

If you are interested in any of the courses listed, please contact either the tutor or the course co-ordinator, Lia Albergo on 9749 7594 or email [Lia's Email](mailto:liaalbergo@bigpond.com) (liaalbergo@bigpond.com)

# 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](mailto:arndellparkcc@wyndham.vic.gov.au) (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 month  1.30pm-4pm | Contact Group for Costs | Sudha Narayan  0432 489 584 |
| **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  10am – 11.30 | 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  $40 or $25 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 | Friday  11.30am-12pm | Free | Arndell Park Community Centre |
| **Learn to Crochet Group** | Come along and learn how to crochet and make new friends too.  All levels of experience welcome. | Monday  11.30am-1pm | Free | Arndell Park Community Centre |
| **Genevieve’s Community Lunch program** | 3 Course Homestyle Cooked lunch | Wednesday  12pm – 2pm | $5 Concession, Homeless or Disadvantaged  Children below 3 for Free | [Angela - Genevieve's Community Kitchen Email](mailto:angela@genevievescommunitykitchen.org) (angela@genevievescommunitykitchen.org)  [Facebook – Genevieve's Community Kitchen](https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/) (https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/) |
| **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 Werribee Website](http://www.u3awbee.net.au/) (www.u3awbee.net.au) |
| **U3A – Computers - Intermediate** | Computers for  Intermediate level | Tuesday  1 -3pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Don Lee  9749 2798  [U3A Werribee Website](http://www.u3awbee.net.au/) (www.u3awbee.net.au) |
| **\*Club 60 Tarneit** | Group for those 60+ from Indian community | Wednesday and Thursday 13-3pm | Free | Sunil Abbott  0449 101 455  [Sunil's Email](mailto:Sunil's%20Email) (club60.tarneit@gmail.com) |

\*Moved due to renovations at the Tarneit Community Learning Centre

## 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  [Tom's Email](mailto:tgilfillan@live.com.au) (tgilfillan@live.com.au) |
| **Book Club** | Book club meet to discuss a book that they have read together | 2nd Tuesday of the month | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Cynthia Boddington  0408 389 937 |

## Featherbrook Community Centre

33-35 Windorah Drive, Point Cook

Ph: 8353 4000

E: [Featherbrook Community Centre Email](mailto:featherbrookcc@wyndham.vic.gov.au) (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, Wednesday & Friday  Varied Times – contact for details | Free | Sudhir  0415 203 610  [Wyndham Active Email](mailto:wyndhamactive@gmail.com) (wyndhamactive@gmail.com) |
| **Conversational English** | English conversation class | Friday  11am - 12pm, 12pm - 1.30pm & 1.30pm - 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 | 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 $6 per session | 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 |
| **Open Dance** | Eight-week ballroom program for 50+ residents. Learn to Waltz, Tango, Cha Cha, Swing, Rumba and Quick Step. | Tuesday 8pm - 9.30pm | Fees apply | Michael (Text to enrol)  0413 892 057 |
| **Point Cook Chinese Friendship Group** | Singing and Social group | Thursday  10am - 3pm | Free  Bookings required | Sanhong  0437 310 888 |
| **Point Cook Chinese Friendship Group English Classes** | English as a Second Language (ESL) Classes | Wednesday  1pm - 3pm  Thursday  1pm - 3pm | Free | Sanhong  0437 310 888 |
| **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 |
| **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  Contact for dates | $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 | Thursday  6.30pm – 7.30pm | Free | Prem  0430 740 023 |

## Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: 9395 3777

E: [Jamieson Way Commuity Centre Email](mailto:admin@jamiesonwaycc.org.au) (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 Monday of the month  10am - 12pm | $15 | Jamieson Way Community Centre |
| **Yoga** | Give your body the attention and love it needs through breathing and gentle movements. | Tuesday  9.30am - 10.30am | $2 | 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  12.30pm -2.30pm | Free  Excursion costs apply | Jamieson Way Community Centre |
| **Movement to Music** | Light Exercise to Dance Movement | Wednesday  2pm - 2.45pm | $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** | Tai Chi class via a DVD on the big projector screen | Tuesday  11am - 2pm | $2 | Jamieson Way Community Centre |
| **Seniors Journey @ Jam Way** | Weekly gathering for mandarin speaking seniors. Activities include dance, chess & catch ups | Thursday  10am - 1pm | No cost | Fong  0410 177 250  [Fong's Email](mailto:yongbongfong@gmail.com) (yongbongfong@gmail.com) |
| **Hooked on Books** | More than just a book club. Share your love of novels and movies with others. | 1st Thursday of each month  10.30am - 12pm | $2 per session | Jamieson Way Community Centre |
| **Self-Leadership for Women over 50’s** | Learn new skills to inspire yourself and lead the next generation of women. | 1st and 2nd Monday of each month  7pm - 9pm | Fees apply | Margie O’Kane  0419 659 530 |
| **Beginning French** | Beginners class in the French language | Tuesday  2pm -3pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Bernadette Mravljiak  0477 940 877 |
| **Japanese Language and Culture** | A class for those who wish to learn about Japanese the Language and Culture | Tuesday  1pm - 2pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Suzanne Luder  0404 131 052 |

\* Planned Activity Groups – Eligibility to attend is required

## Phoenix Hotel

40 Wallace Avenue, Point Cook

[Rotary Laverton Point Cook Email](mailto:membership@rotarylpc.org.au) (membership@rotarylpc.org.au)

| **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

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. | Weekly  Contact 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. | Thursday  2pm - 3pm | Free | Point Cook Library |

## Saltwater Community Centre

153 Saltwater Promenade, Point Cook

Ph: 8376 5500

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

W: [Wyndham City Wensite - 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** |
| --- | --- | --- | --- | --- |
| **Saltwater Seniors Friendship group** | Catch up over a cup of coffee, make new friends, play indoor games. | Wednesday  11am - 1pm | Free | Saltwater Community Centre |
| **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  [Linda Email](mailto:blee.baker@live.co.uk) (blee.baker@live.co.uk) |
| **Tai Chi** | Tai Chi for beginners. Chinese martial art practiced for defence training, health benefits and meditation. | Monday  11.15am - 12.15pm | 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  [Anna Email](mailto:yunyun@live.com.au) (yunyun@live.com.au) |

## WynCity Bowl & Entertainment

36 Wallace Avenue, Point Cook

Ph: 9236 8383

E: [WynCity Email](mailto:info@wyncity.com.au) (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 | Friday  10.30am | $15  For 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](mailto:info@westernleisureservices.com.au) (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  $4.30 | AquaPulse |
| **Adult Active** | Seniors strength stretch, spin & Circuit | Tuesday & Thursday  11.45am - 12.45pm | $7.30 per session | AquaPulse |
| **Council on the Ageing (COTA)** | Living longer, living stronger over 50’s | Monday, Wednesday & Friday  10am - 12pm | $30.60 initial consultation  $6.20 per session  Require 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 - Wednesday  5.30pm - 8.45pm  Thursday Women only 7.45pm  Friday  5.30pm - 7.45pm  Weekends  8am - 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 & Friday  8am | $19.50  With Senior Card  $15.60 | 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. | Wednesday  6.30pm for a 7pm start | Contact for details | David  0439 613 737  [David Email](mailto:robsondavid1@iprimus.com.au) (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** |
| --- | --- | --- | --- | --- |
| **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  [Joy Email](mailto:joybell5252@gmail.com) (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 Email](mailto:blaga@mcwa.org.au) (blaga@mcwa.org.au) |
| **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 |
| **Vietnam Veterans** | Welfare services for veterans and their families | Wednesday  9am - 3pm | Free | Ray Matthew  0400 107 130  [Ray Email](mailto:Secretary.melbournewest@gmail.com) (Secretary.melbournewest@gmail.com) |
| **Werribee Community Singers** | A Capella Singing Group | Wednesday  6.30pm - 10pm | Cost on enquiry | Helen Gunn  0407 493 065  [Helen Email](mailto:gunn_adoo@hotmail.com) (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  [Kathy Email](mailto:colinankathy@bigpond.com) (colinankathy@bigpond.com) |
| **Werribee Dutch Seniors** | Support & recreation for Dutch born residents | Friday  10am - 3.30pm | Cost on enquiry | Connie Fawcett  9748 6731  [Connie Email](mailto:rfawcett@bigpond.net.au) (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  [Shirley Email](mailto:shirleyhewitt@optusnet.com.au) (shirleyhewitt@optusnet.com.au) |
| **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  [Annie Email](mailto:coup33@optusnet.com.au) (coup33@optusnet.com.au) |

\* Planned Activity Groups – Eligibility to attend is required

## The Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

Ph: 8742 8000

E: [The Grange Community Centre Email](mailto:enquiries@grangecommunity.org.au) (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 for dates | Contact for Cost | The Grange Community Centre |

## The Hoppers Club

180-200 Pannam Drive, Hoppers Crossing

9749 4844

| **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 annual $5 per year | Wally Martin  0407 491 931  [Wally Email](mailto:wwallym@bigpond.com) (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  [Hoppers Bowls Email](mailto:hoppersbowls@hoppersclub.com.au) (hoppersbowls@hoppersclub.com.au) |
| **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 |

## Hoppers Crossing Sports Club

Hogans Reserve, Hogans Road, Hoppers Crossing

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Australian History** | Australian History class | Wednesday  1pm - 3pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Merle Deslanded  9749 7746 |
| **U3A – Bridge -Introduction** | Card Game – Introduction to Bridge | Monday  2pm - 4.30pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Serita Mudford  0410 599 323 |
| **U3A - Bridge** | Card Game | Monday  2.15pm - 5pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Brian Kilfoyle  0409 073 869 |
| **U3A – Current Affairs** | Open discussions welcome | Friday  10am - 11.30am  (will be Thursday  10am - 11.30am) | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Pam Phegan  97424354 |
| **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  10am - 12pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Martha Siwek  9741 7610 |
| **U3A – A history of popular music** | A history of popular music class | Tuesday  12.45pm - 2pm | $5 Annual fee | John Funnell  9296 1036 |
| **U3A - Mahjong** | Play Mahjong | Thursday  1pm - 4pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Nicky Hodgman  9749 1131 |
| **U3A – Music You Like to Hear** | Music appreciation class  (Wyndham council bus pick-up available) | 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 1003 |
| **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  [Bernie Email](mailto:Bernief25@hotmail.com) (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  0447 139 202 |
| **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 |

## The Horn of Africa Committees Network Inc.

3/9 Motto Court, Hoppers Crossing

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Horn of Africa Communities Network** | Social connection and support for people. Newly arrived from refugee and migrant backgrounds. | Wednesday and Friday  11am - 1pm | Contact for details | Terefe Aborete  0490 080 933  [Terefe's Email](mailto:terefe@hacn.org.au) (terefe@hacn.org.au) |
| **Social Support Group for Burmese Elders** | Social connection and support for people from Burmese backgrounds | Thursday & Friday  11am - 1pm | Contact for details | Uma Grish  8742 7738  [Uma's Email](mailto:admin@hacn.org.au) (admin@hacn.org.au) |

## 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 Email](mailto:carol.king3@bigpond.com) (carol.king3@bigpond.com) |
| **Mad Mondays** | 2 Course Menu lunch & Dinner  Entre & Main or Main & Dessert | Monday  12pm - 2pm | $14  ($17 Tuesday – Friday, 3 course meal $21) | Hotel 520 |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone | 2nd last Wednesday of the month  11am | $5 Show and Morning Tea  $20 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 | Jenny O’Brien  0458262561  [Jenny Email](mailto:jennynjohnobrien@gmail.com) (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. | Mondays  4pm - 8pm (school term only) | 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 Friday  11am 1p- m  Contact 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. | Tuesday  11am - 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. | Monthly 4th Thursday of the month  12pm - 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. | Weekly  Contact Library for dates | 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. | Monthly 3rd Wednesday of the month  6.30pm - 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 | 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

Ph: 8734 4500

E: [Penrose Promenade Community Centre Email](mailto:penrosepromenadecc@wyndham.vic.gov.au) (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. | Friday  12pm - 2pm | 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 |
| **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 |
| **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 Bharatiy Club** | Older Gujarati speakers will feel right at home in this relaxed social get-together | Tuesday & Friday  11am - 1pm | Free | Bharat  0423 018 458  [Bharat Email](mailto:Bgnilalani9@gmail.com) (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 & Friday  1pm - 3pm | Free | Rashpal  0402 010 016  [Rashpal's Email](mailto:Rashpal.chaggar@gmail.com) (Rashpal.chaggar@gmail.com) |
| **Club 60 Tarneit**\*\* | Group for those 60+ from Indian community | Monday  1pm - 3pm | Free | Sunil Abbott  0449 101 455  [Sunil's Email](mailto:club60.tarneit@gmail.com) (club60.tarneit@gmail.com) |

\* Planned Activity Groups – Eligibility to attend is required

\*\*Moved due to renovations at the Tarneit Community Learning Centre

## Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

Ph: 9748 9822

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

**Tarneit Community Learning Centre – Will not be running any programmes due to renovations**

Please check above website for updates.

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 | $5 | 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  10.30 - 11.30am | $7.20 per session | Eagle Stadium |
| **Council on the Ageing (COTA)** | Living Longer, Living Stronger over 50’s | Tuesday & Thursday  10am - 12pm | $30.10 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 Vale8

Ph: 9742 3688

E: [Iramoo Community Centre Email](mailto:admin@iramoo.com.au) (admin@iramoocc.com.au)

W: [Iramoo Community Centre Website](http://www.iramoocc.org.au/) (http://www.iramoocc.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  10m - 1.30pm | $5 | Iramoo Community Centre |
| **Don’t Worry Be Happy – Wyndham Chronic Pain Management Group** | Support, nurturing, social & creative activities | Fortnightly on Wednesday  10am - 12pm Contact for more information about when group is held | Free | Kyren  0435 156 653 |
| **Falam Baptist Church** | Church | Sunday  1pm - pm | Free | Than  0487 932 001 |
| **Fitness for all** | Light exercise class | Wednesday  9am - 10am | $5 | Iramoo Community Centre |
| **Food Swap** | Swapping of home-grown vegetables/fruits | 3rd Saturday of the month  11am - 12pm | Free | Coralee  0403 433 795 |
| **Gluten Free Cooking Program** | Are you celiac, fructose or dairy intolerant?  Come along to our Gluten Free cooking workshops to learn more about cooking tasty foods you can enjoy. | 3rd Saturday of each month  10am - 12pm | $5 | Iramoo Community Centre |
| **Iramoo Community Garden Group** | Learn about growing our own food, tend to our gardens and pick some produce | Fortnightly  Thursdays  10am - 12pm | Free | Iramoo Community Centre |
| **Iramoo Kogo** | Come down and knit or crochet in a supportive environment. Needles and wool will be provided. Kogo (Knit One Give One) is a not-for-profit organisation that asks volunteers to donate time to knit warm winter woollies that kogo then distributes to people in need. | Fridays  10am - 12pm | Free | Iramoo Community Centre |
| **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 |
| **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 |
| **Over’s 50 Club** | Wyndham Over 50’s Club – to play games, bowl, dance, share lunch & friendship. | Monday  9am - 10am | Club joining fee: $10  Annual fee: $10  Meeting fee: $2 (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 |
| **Wyndham Vale Men’s Shed** | Social group. Members of Australian Shed Association | Tuesday and Friday 9.30am - 3pm | Casual $5. Initial Membership $100\* $50 membership thereafter covers insurance. | Chris Lawerence  0419 820 140  Greg O’Keefe  0438 962 252 |

\*Includes uniform, safety equipment and 1 year’s insurance.

## Italian Sports Club of Werribee

601 Heaths Road, Werribee

[manager@iscw.com.au](mailto:manager@iscw.com.au)

[www.iscw.com.au](http://www.iscw.com.au)

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 | President: 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 - 8pm | Contact for details | [Rotary Werribee Email](mailto:secretary@rotaryclubofwerribee.org.au) (secretary@rotaryclubofwerribee.org.au  )  [Rotary Werribee Website](http://rotaryclubofwerribee.org.au/) (http://rotaryclubofwerribee.org.au) |
| **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 | [Rotary Wyndham Email](mailto:wyndhamrotary@gmail.com) (wyndhamrotary@gmail.com) |
| **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 |
| **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 Newsletter | 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 |
| **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 |

\*\* 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 & Friday  12pm4p - m | Cost on enquiry | 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 | Sandra Carnovale (President)  0423 318 958  [Sandra's Email](mailto:sandfrans@optusnet.com.au) (sandfrans@optusnet.com.au)  Jean Brooker  5310 6671  [Jean's Email](mailto:jeanbrooker23@gmail.com) (jeanbrooker23@gmail.com) |
| **Friendship Club Werribee** | Social activities for Wyndham’s Italian Community including bingo & cards. | Thursday  1pm - 4pm | Cost on enquiry | Lino Massese  9741 2385 |
| **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's Email](mailto:Kate.madden@parkinsons-vic.org.au) (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  [Juana's Email](mailto:Asiafamily90@hotmail.com) (asiafamily90@hotmail.com) |
| **Tai Chi for Seniors** | Tai Chi - gentle movements | Tuesday  7pm - 8pm  Thursday  5.30pm - 6.30pm | Gold coin donation | John Sindoni  9741 9825 or 0418 512 255  [John's Email](mailto:j.sindoni@live.com.au) (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  [Werribee Orchid Club Email](mailto:secretary@werribeeorchidclub.org) (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  [Anne's Email](mailto:robwhite42@gmail.com) (robwhite42@gmail.com) |

## Manor Lakes Community Learning Centre

86 Manor Lakes Boulevard, Wyndham Vale

Ph: 8734 8934

E: [Manor Lakes Community Learning Centre Email](mailto:manorlakesclc@wyndham.vic.gov.au) (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 | Monday  10am - 12pm | Free | Manor Lakes Community Learning Centre |
| **T**he Needlecases | 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  [Wyndham Patchworkers Email](mailto:wyndhampatchworkersinc@hotmail.com) (wyndhampatchworkersinc@hotmail.com) |
| **Club 60 Wyndham Vale** | Group of Indian Seniors who are involved in the welfare of society by helping isolated seniors to participate in activities. Also includes occasional day trips to local areas. | Monday and Friday 1.30pm - 3pm | Free | [Club 60 Wyndham Vale Email](mailto:happytwofaces@hotmail.com) (happytwofaces@hotmail.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 - Genevieves Community Kitchen Email](mailto:angela@genevievescommunitykitchen.org) (angela@genevievescommunitykitchen.org)  [Facebook – Genevieves Community Kitchen](https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/)  (https://www.facebook.com/Genevieves-Community-Kitchen-299455753581624/) |

## 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. | Monday  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 - 3pm  Check 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. | Friday  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. | Monthly  3rd Tuesday of each month  6pm - 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. | Weekly  Contact 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-monthly  7.30pm - 9.30pm | Cost on enquiry | Angela Whiffin  0430 551 631 [Angela's Email](mailto:angelawhiff@hotmail.com) (angelawhiff@hotmail.com)  Suelin Hayens  0425 797 408 |
| **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  [Nancy's Email](mailto:davidnbrennan1@bogpond.com) (davidnbrennan1@bogpond.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  [Yvonne's Email](mailto:zuludave69@hotmail.com) (zuludave69@hotmail.com) |

## Physio Choice

242 Hoppers Lane, Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Physio Choice** | A gentle exercise program suitable for everyone | Friday  10am - 11am | $8.00 | Michele  8731 6601 |

## 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. | Thursday  4pm - 6pm  (school term) | Free | Plaza Library |
| **Craft & Conversation** | Join us for a crafting session where you can meet and share conversation with other crafters | Monthly 2nd Friday of the month  12.30pm - 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! | Monthly last Saturday of the month  10am - 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. | Weekly Monday  11am - 12pm and  Thursday  2pm - 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. | Monday  1pm - 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. | Weekly  Contact Library for 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. | Tuesday  2pm - 3pm | Free | Plaza Library |

## Private House

Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Ballet Matinee** | Appreciation of classical ballet | Friday  10am - 12pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Cecilia Conwaye-Wright  0407 558 825 |

## Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

Ph: 9741 5040

E: [Quantin Binnah Community Centre Email](mailto:Quantin%20Binnah%20Community%20Centre%20Email) (qb@qbcc.org.au)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **The Yap and Yarn Group** | Create knitting, crochet and craft. Getting together and socialising | Wednesday  9.30am - 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 month  10am - 12pm | Price dependant on the number of participants but no more than $5 per month. Members take turns in bringing an item for morning tea | Quantin Binnah Community Centre |
| **Seniors Sing Along** | Seniors sing along to different themed music each time | Every 2 months  Contact for dates | $15 light lunch included | Rebecca  [Rebecca's Email](mailto:Rebecca@qbcc.org.au) (Rebecca@qbcc.org.au)  9742 5048 |
| **Community Action Group** | Environmental Awareness | Tuesday  10am - 12pm | Free includes a hot drink | Quantin Binnah Community Centre |

## 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 |

## 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 & Thursday  12pm | Gold Coin Donation | Salvation Army |

## Victoria University Werribee Fitness Centre

Building 7, Gate 4, Hoppers Lane, Werribee

Ph: 9919 8173

E: [Werribee Fitness Email](mailto:werribeefitness@vu.edu.au) (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 Carer Support Group

ECO Living Centre, 28 Ridge Drive, Wyndham Vale

| **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 | $5 | Patricia  0434 487 360  Valda  042170 4362 |

## Werribee Bowls Club

Chirnside Park, Werribee

Ph: 9741 3229

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

W: [Werribee Bowls Club Website](http://www.werribeebowlsclub.com/) (www.werribeebowlsclub.com)

| **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 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 | 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  9741 6051 |
| **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) | Moira  0413 907 985 |
| **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  [Bronwen's Email](mailto:bronhickman@optusnet.com.au) (bronhickman@optusnet.com.au) |
| **Playgroup** | For children age O – 5 years and carers.  Grandparents welcome. | Wednesday  11am - 1pm | Free | Alice  9748 6312  Margaret  9741 6285 |

## Werribee Gymnastics

52 Riverside Avenue, Werribee  
Ph:  [9742 5446](tel:0397425446)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Fitter for Life** | The program aims to improve your mobility, strength, balance, coordination and flexibility in a fun, social and welcoming environment. | Thursday  10.30am - 11.15am  (School term time only) | $5 per session | [Werribee Gymnastics Email](mailto:info@werribeegymnastics.com.au) (info@werribeegymnastics.com.au) |

## Werribee Library

177 Watton Street, Werribee

Ph: 9742 7999

W: [Wyndham City Website - Libraries](http://www.wyndham.vic.gov.au/libraries) (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 month  1pm - 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. | Friday  11am - 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. | Weekly  Contact 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 month  11am - 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. | Wednesday  10am - 11am | Free | Werribee Library |

## Wyndham Community & Education Centre

20 Synnot Street, Werribee

Ph: 9742 4013

E: [Wyndham Community & Education Centre Email](mailto:enquiry@wyndhamcec.org.au) (enquiry@wyndhamcec.org.au)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Communities of Burma Women’s Elders Group** | Educational/social group for women with alternating incursion and excursions fortnightly | Fortnightly depending on event organised  Wednesday  10am - 12am | FREE  Excursions may incur a fee | Wyndham Community & Education Centre  Attention to Maesie |
| **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  Attention to Maesie |
| **Communities of Burma Men’s group** | Learning English conversational English | Friday  1pm - 3pm | Free | Wyndham Community & Education Centre  Attention to Maesie |

## Wyndham Park Community Centre

55-57 Kookaburra Avenue, Werribee

Ph: 8742 3975

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **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 |
| **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 |
| **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 – Spanish** | Learn the Spanish language | Monday  1pm - 3pm | $40 U3A Annual Fee  & attend any U3A Program for free during the year | Carmen Cohen  0425 729 324 |
| **U3A Health and Wellbeing** | Massage, reflexology, mediation, healthy homes, aromatherapy and exercise for the elder person | Wednesday  10am - 11.30am | $5 per class. Food samples and paperwork provided | Lyn Alder  9741 7735 |

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

Ph: 97420867

| **Name** | **Description** | **Frequency** | **Cost** | **Contact** |
| --- | --- | --- | --- | --- |
| **Werribee Painters** | Art Classes for seniors | Wednesday  1.30pm - 4.30pm | Small fee | Tony Bramwell  0403 428 129  [Tony's Email](mailto:tony.bramwell@beagle.com.au) (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  12pm - 3.30pm | Free | Therese McNeil  0402 747 313 |

## **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 criteria  Variable cost $5 - $8.50 and can include transport | Referrals through My Aged Care (65+) on 1800 200 422 |
| 61 Central Avenue  Altona Meadows | **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  Yarraville | **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 |
| Altona Sports Club  Altona Road, Altona, 3018 | **Williamstown Bridge Club** | A Great Club with 95 Members. Lessons for Beginners, Supervised Play for New Players and Two sessions per week for All Players. | Wednesday Night Competition from 7.25pm – 10.30pm and Friday Afternoon Competition from 1.25pm – 4.30pm.  Fridays from 10.00am (for current lessons and Supervised Play). See Website for details. | Wednesday & Friday Competition $10 for Members and $12 for Guests.  Beginners Lessons are currently $80 for 10 lessons and supervised play is at a reduced rate. | Pat Daw  [Pat's Email](mailto:pat@dawtek.com.au) (pat@dawtek.com.au)  [Williamstown Bridge Club Website](http://www.bridgewebs.com/williamstown/) (http://www.bridgewebs.com/williamstown/) |
| Rotating Venue | **Seniors Lunch** | Seniors lunch | Tuesday  12pm | Cost of your meal | Bev  0417 324 489 |

# Disclaimer

The information contained in this Directory is true at time of print July 2019.

# 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 details below and return to:

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