



Wyndham
Seniors
Directory
2019-20

wyndhamcity

www.wyndham.vic.gov.au

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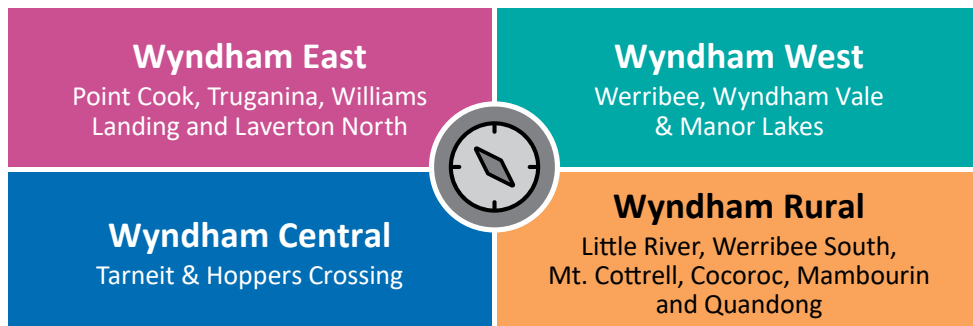
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Introduction

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:



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

P: 9742 0777 • E: 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

P: 8353 4000

E: featherbrookcc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/featherbrook-community-centre

Jamieson Way Community Centre

59 Jamieson Way, Point Cook

P: 9395 3777

E: admin@jamiesonwaycc.org.au

W: www.jamiesonwaycc.org.au

Point Cook Community Centre

1-21 Cheetham St, Point Cook

P: 9395 6399

E: pointcookclc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/point-cook-community-centre

Saltwater Community Centre

153 Saltwater Promenade, Point Cook

P: 8376 5500

E: saltwatercc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/saltwater-community-centre



Wyndham East | Truganina

Arndell Park Community Centre

29-49 Federation Blvd, Truganina

P: 8734 8911

E: arndellparkcc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/arndell-park-community-centre



Wyndham Central | Tarneit

Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit

P: 8734 4500

E: penrosepromenadecc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/penrose-promenade-community-centre

*Tarneit Community Learning Centre

150 Sunset Views Bvd, Tarneit

P: 9748 9822

E: tarneitclc@wyndham.vic.gov.au

W: 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.*



Wyndham Central | Hoppers Crossing

Grange Community Centre

260-280 Hogans Rd, Hoppers Crossing

P: 8742 8000

E: enquiries@grangecommunity.org.au

W: www.grangecommunity.org.au





Wyndham West | Werribee

Quantin Binnah Community Centre

61 Thames Bvd, Werribee

P: 9742 5040

E: qb@qbcc.org.au

W: www.qbcc.org.au

Wyndham Community & Education Centre

3 Princes Highway, Werribee

P: 9742 4013

E: enquiries@werribeecc.net

W: www.wyndhamcec.org.au

Wyndham Park Community Centre

55 - 57 Kookaburra Ave, Werribee

P: 8742 3975

E: admin@wyndhamparkcc.com.au

W: www.wyndhamparkcc.com.au



Wyndham West | Wyndham Vale

Iramoo Community Centre

84 Honour Ave, Wyndham Vale

P: 8742 3688

E: admin@iramoooc.com.au

W: www.iramoooc.org.au

Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

P: 8734 8934

E: manorlakesclc@wyndham.vic.gov.au

W: 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 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 Bvd, Tarneit

P: 8734 0200

W: www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit

Manor Lake Library

86 Manor Lakes Bvd, Manor Lakes

P: 8734 8930

W: www.wyndham.vic.gov.au/venues/manor-lakes-library

Plaza Library

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

P: 8734 2600

W: www.wyndham.vic.gov.au/venues/plaza-library

Libraries Continued

Point Cook Library

1-21 Cheetham St, Point Cook

P: 9395 7966

W: www.wyndham.vic.gov.au/venues/point-cook-library

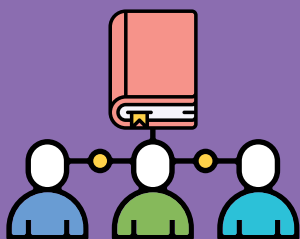
Werribee Library

Wyndham Cultural Centre,
177 Watton St, Werribee

P: 9742 7999

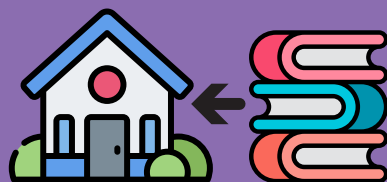
W: www.wyndham.vic.gov.au/venues/werribee-library

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



Book Club Service

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



Home Library Service

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



Seniors Exercise Park

The new Seniors' Exercise Park located at Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing, has 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

P: 9742 0777

W: 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

Contact: Kate Madden
(Parkinson's Victoria) 8809 0400
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/>

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 St, Werribee (near the outdoor pool and Football Oval) and Werribee Mansion, Gate 5 K Rd (end of Rd through farm gate to left of Shadowfax Winery)

Optional coffee at the end of the walk

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

Werribee River Walking Group

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

Where: Meet at the corner of Watton & Greaves St, Werribee (near the outdoor pool and Masonic Lodge Hall)

Contact: Marion 9741 4240 or marion024@bigpond.com

Werribee Plaza Pacers

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

When: Wednesday & Thursday at 8am

Where: Donut King, Pacific Werribee Plaza Food Crt, 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 (wyndhamvaleoffice@parkrun.com)

Website: www.parkrun.com.au/wyndhamvale/

The Heart Foundation Walking group listings:

<https://walking.heartfoundation.org.au>

Point Cook Activity Group Walking Group

When: Monday - Friday 9.00am

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

Contact: Beverley 0417 324 489, tombevm@gmail.com

Team Walkabout Tarneit Walking Group

When: Wednesday 9.30am, Thursday 7.00pm

Where: Penrose Community Centre just in foyer, 83 Penrose Promenade, Tarneit

Contact: Douglas-John 0432 741 940

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

When: Daily (contact for times)

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

Contact: Sunil club60.tarneit@gmail.com

Brisk Walk - Mums Walking Group

When: Thursday - Friday 5.30pm, Saturday - Sunday 5.00pm

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

Contact: Swetha 0430 867 140

Hoppers Crossing Walking Group

When: Saturday 8.00am

Where: IGA car park, Grange Reserve, Hoppers Crossing

Contact: Pooja 0433 227 411



Walking Buddies Walking group

When: Tuesday 6.00pm

Where: Grange community centre car park, 260-280 Hogan's Rd, Hoppers crossing

Contact: Tabassum tabz7@live.com

The Grange Community Centre Walkers Walking Group

When: Thursday 9.30am

Where: Grange Community Centre car park, 260-280 Hogan's Rd, Hoppers crossing

Contact: Karen 03 38742 8000

Werribee River Walking Group Walking Group

When: Wednesday 10.00am

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

Contact: Marion 03 9741 4240

Werribee Rovers Walking Group

When: Thursday 10.00am

Where: End of Watton St / entry to Chirnside Park, Werribee

Contact: Michael 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

312 Derrimut Rd, Hoppers Crossing, Vic 3029

P: 03 8573 4812

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

Glendale Aged Care, Nursing Homes & Life Care Facility

265 Heaths Rd, Werribee, Vic 3030

P: 1800 123 131

W: <https://www.allity.com.au/locations/glendale-aged-care>

Mercy Health (Home Care)

P: 1300 478 776

W: <https://home-care.mercyhealth.com.au>

Mercy Place Wyndham (Residential Care)

P: 1300 478 776

W: <https://residential-care.mercyhealth.com.au>

Estia Werribee

8-10 Russell Street, Werribee, Vic 3030

P: 03 9749 8000 or 1300 682 833

E: werribee@estiahealth.com.au

W: <https://www.estiahealth.com.au/>

Aged Care useful link:

W: <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

83 Kulin Drv, Tarneit, Vic 3029

P: 1800 123 131

W: <https://wyndhamgrange.com.au/>

Tarneit Skies Village

250 Thames Blvd, Tarneit Vic 3029

P: 03 8734 2222

Heathglen, Werribee

2 Glendale Crt, Werribee, Vic 3030

P: 1800 550 550

W: www.retirementbylendlease.com.au/heathglen/

Federation Residential, Village Werribee

2A Railway Ave, Werribee, Vic 3030

P: 8742 3999

W: <https://allswell.com.au/residential-communities-home/>

Lifestyle Seasons, Tarneit

13 Sundial Bvd, Tarneit, Vic 3029

P: 1300 50 55 60

W: www.lifestylecommunities.com.au/communities/lifestyle-seasons/

Palm Lake Resort Truganina, Truganina

7 Taronga Rd, Truganina, Vic 3029

P: 1800 686 096 or 1372 56

W: <https://pallmlakeresort.com.au/>



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 **www.older tenants.org.au**

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:

Phone: 1300 13 50 90

Website: www.cotavic.org.au

Email: askcota@cotavic.org.au

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

Follow us on:

Facebook: www.facebook.com/COTAVic

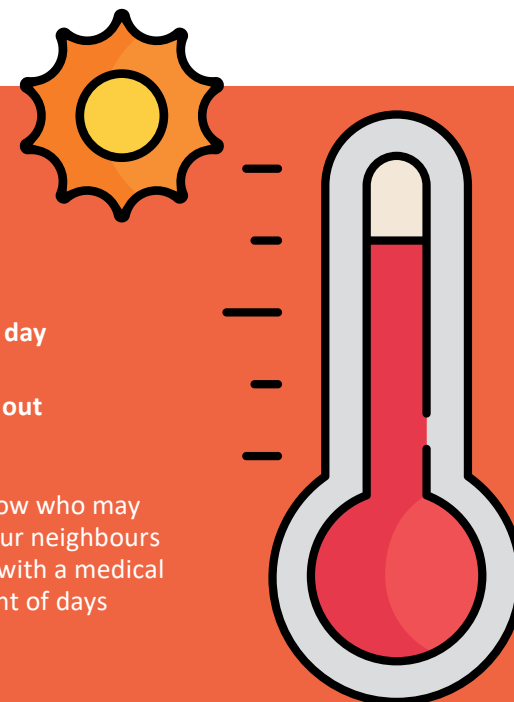
Twitter: <https://twitter.com/COTAVictoria>

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.



Travellers Aid

TRAVELLERSaid

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 disability to access the public transport system.

Services in Victoria are located at:

- Flinders St Station - Platform 10 (8am - 8pm Mon - Sun)
- Southern Cross Station (Spencer St) - Under Bourke St 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 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 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 contact:

Southern Cross:

P: 9670 2072

E: scs@travellersaid.org.au

Flinders St:

P: 9610 2030

E: fss@travellersaid.org.au

W: www.travellersaid.org.au

Please note: Some services require advance bookings.



Adventure UNLEASHED

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 (Located at the entry
to Werribee Open Range Zoo)
K Road, Werribee South
03 8734 6006
tourism@wyndham.vic.gov.au

visitwerribee.com

[f](#) [@](#) [@VisitWerribeeandSurrounds](#)

Gambling & Harm Minimisation



Gambler's Help West

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: www.gamblinghelponline.org.au
- Life Line: 13 11 14

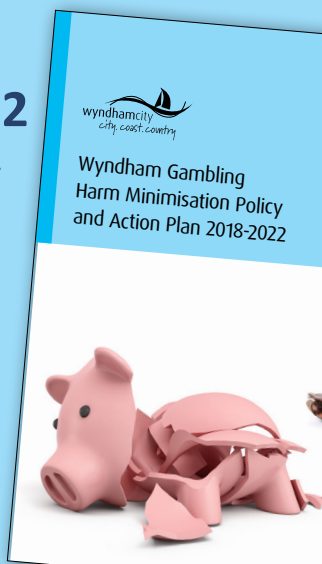
Wyndham Harm Minimisation Policy and Action Plan 2018-2022

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. 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:

W: www.wyndham.vic.gov.au

P: 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:

W: www.breastscreen.org.au

P: 13 20 50 to book an appointment



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, short-term support and advocacy for individuals and education. SRV also provides leadership on policy and law reform in the area of elder abuse.

SRV can help any Victorian aged 60 and above, or any Indigenous Victorian aged 45 and above, on matters relating to elder abuse and ageing. This includes telephone advice (or face-to-face advice in special circumstances) in matters relating to:

Any form of elder abuse including:

- family violence including intervention orders
- breaches of Powers of Attorney or other financial abuse
- debts
- boomerang kids
- property or Co-ownership disputes

Other matters relating to older 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.

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
- 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:

www.consumer.vic.gov.au

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
- Contact the Parkinson's Victoria Health Team on 1800 644 189 to connect with your local group
- 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 Rd 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:

Lia Albergo co-ordinator

P: 9749 7594

E: liaalbergo@bigpond.com

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.

The Loop online Engagement
www.wyndham.vic.gov.au/theloop



Directory by District



Wyndham East



Wyndham Central



Wyndham West



Wyndham Rural



Wyndham East

Point Cook, Truganina, Williams Landing and Laverton North



Arndell Park Community Centre

A: 29-49 Federation Bvd, Truganina • P: 8734 8911 • E: arndellparkcc@wyndham.vic.gov.au
www.wyndham.vic.gov.au/venues/arndell-park-community-centre

Name	Description	Frequency	Cost	Contact
Bhartiya Seniors Association Inc	Social gathering for Seniors. Celebrating Indian festivals.	2nd Saturday of the month 1.30pm - 4pm	Contact Group for Costs	Sudha Narayan M: 0432 489 584 E: Shudha-narayan@hotmail.com
Chinese Friendship Group	Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment	Monday 10am - 11.30am	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
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 E: angela@genevievescommunitykitchen.org Genevieves Community Kitchen (www.facebook.com/Genevieves-Community-Kitchen-299455753581624/)

Arndell Park Community Centre Cont.

Name	Description	Frequency	Cost	Contact
Indian Friendship Group	Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment	Friday 11.30am - 2pm	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
U3A - Computers-Beginners	Computers for Beginners	Tuesday 10am -12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Don Lee P: 9749 2798 www.u3awbee.net.au
U3A - Computers-Intermediate	Computers for Intermediate level	Tuesday 1pm -3pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Don Lee P: 9749 2798 www.u3awbee.net.au
*Club 60 Tarneit	Group for those 60+ from Indian community	Wednesday and Thursday 13-3pm	Free	Sunil Abott M: 0449 101 455 E: club60.tarneit@gmail.com

*Moved due to renovations at the Tarneit Community Learning Centre

The Brook on Sneydes

A: 215 Sneydes Rd, Point Cook

Name	Description	Frequency	Cost	Contact
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 M: 0408 389 937
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 E: tgjifillan@live.com.au

Featherbrook Community Centre

A: 33-35 Windorah Drive, Point Cook P: 8353 4000 • E: featherbrookcc@wyndham.vic.gov.au
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 M: 0415 203 610 E: wyndhamactive@gmail.com
Conversation 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 \$6.00 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 M: 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 M: 0413 892 057 (Text to enrol)
Point Cook Chinese Friendship Group	Singing and Social group	Thursday 10am - 3pm	Free Bookings required	Sanhong M: 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 M: 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 M: 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 M: 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

Featherbrook Community Centre Cont.

Name	Description	Frequency	Cost	Contact
Quilting & Patchwork	Craft & Social Group	Tuesday 12pm - 4pm Tuesday 7pm - 10pm	\$5 per class plus materials	Featherbrook Community Centre
U3A Book Club	Book Club class	Monthly Wednesday	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Christine Statkiewicz c/o Featherbrook Community Centre
Yoga for Seniors	Gentle Yoga	Thursday 6.30pm - 7.30pm	Free	Prem M: 0430 740 023

Jamieson Way Community Centre

A: 59 Jamieson Way, Point Cook P: 9395 3777 • E: admin@jamiesonwaycc.org.au
www.jamiesonwaycc.org.au

Name	Description	Frequency	Cost	Contact
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 Mravljak M: 0477 940 877
Card Crafters	Learn the fun of card making	1st Monday of the month 10am - 12pm	\$15 All equipment provided	Jamieson Way Community Centre
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	\$2.00 per session	Jamieson Way Community Centre
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 M: 0404 131 052
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
Planned Activity Group* Indian Group	Activities for Indian Community	Friday 10am - 3pm	Fees may apply	Migrant Resource Centre North West Atarjit P: 9367 6044
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 M: 0419 659 530

Jamieson Way Community Centre Cont.

Name	Description	Frequency	Cost	Contact
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
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	\$2.00	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

* Planned activity group. Eligibility to attend is required

Phoenix Hotel

A: 40 Wallace Ave, Point Cook • E: 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 M: 0439 846 385

Point Cook Community Learning Centre

A: 1-21 Cheetham Street, Point Cook • P: 9395 6399 • E: pointcookclc@wyndham.vic.gov.au
www.wyndham.vic.gov.au/venues/point-cook-community-centre

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
Fun & Fitness Gentle Exercise	A gentle physical activity program suitable for anyone.	Friday 11am - 12pm	\$6 per session	Point Cook Community Learning Centre

Point Cook Community Learning Cont.

Name	Description	Frequency	Cost	Contact
LET'S SING Learn English through Song	A fun way to learn English in this innovative program with George Butrumlis a highly accredited musician	Thursday 1pm – 2:30pm	\$2 per session	Point Cook Community Learning Centre
Melbourne Yangtze Choir	Chinese Choir: singing, dancing, learning English songs & practice for community performances.	Wednesdays 1pm - 3pm Sundays 6:30pm - 10pm	Membership Applies Contact for details	Maya M: 0452 665 901
Point Cook Chinese Friendship Association	Encourages seniors to participate in indoor sports, art, singing, entertainment & cultural discussions.	Tuesday 1pm - 4pm	Fees Apply Contact for details	Michael E: mctan@tpg.com.au
Point Cook Seniors Group	Meet for social interaction & lunch with other seniors from Wyndham.	Friday 12pm - 3pm	Free	Beverly M: 0417 324 489
Point Cook Social Craft Group	Join local residents Gillian and Christine. Learn a craft or bring along your own. Knitting, crotchet, sewing, drawing, embroidery & enjoy sharing & making new friends	Wednesdays 9:30am - 12pm	Free	Point Cook Community Learning Centre
Sewa International	Indian wellness seniors group aimed at encouraging independence through yoga & social interaction.	3rd Saturday of the month 12:30pm - 3pm	Free	Prem 0430 740 023 E: prem@live.com.au
Wyndham Chinese Cultural Promotion	Activities around promoting Chinese culture in a multicultural community designed to help migrant seniors settle & connect with fellow Chinese seniors. Activities include art & craft, calligraphy, music, Tai-chi & other social activities.	Monday 9:30am - 4pm	\$20 per annum	Zhang Hon Wong E: wazho41@hotmail.com
Yoga for Seniors	A gentle yoga session for seniors.	Thursday 6pm - 8pm	Free	Prem M: 0430 740 023

Point Cook Library

A: 1-21 Cheetham St, Point Cook • P: 9395 7966

Bookings can be made via the Website - 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

Point Cook Library Cont.

Name	Description	Frequency	Cost	Contact
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Thursday 2pm - 3pm	Free	Point Cook Library

Saltwater Community Centre

A: 153 Saltwater Promenade, Point Cook

P: 8376 5500 • E: Saltwatercc@wyndham.vic.gov.au

www.wyndham.vic.gov.au/venues/saltwater-community-centre

Name	Description	Frequency	Cost	Contact
Country Women's Association Point Cook Branch	Our programme is member led and consists of speakers, demonstrations and fun-raising events. We support many charities mostly in our own area. We offer friendship and support to women in our community.	3rd Thursday of the month 7pm	Membership may apply (contact for details)	Linda Baker M: 0497 285 399 E: blee.baker@live.co.uk
Saltwater Seniors Friendship group	Catch up over a cup of coffee, make new friends, play indoor games.	Wednesday 11am - 1pm	Free	Saltwater Community Centre
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 M: 0421 899 399 E: yunyun@live.com.au

WynCity Bowl & Entertainment

A: 36 Wallace Ave, Point Cook • P: 9236 8383 • E: info@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

A: 80 - 82 Derrimut Rd, Hoppers Crossing
P: 8734 5678 • E: info@westernleisureservices.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 - 8.45pm Friday 5.30pm - 7.45pm Weekends 8am - 6pm	General Pricing Contact for details	AquaPulse

AquaPulse Cont.

Name	Description	Frequency	Cost	Contact
Shallow Aqua Session	Shallow Aqua sessions which are slow movements done within the water to music	Monday, Wednesday & Friday 8am	\$19.50 With Senior Card \$15.60	AquaPulse

De Caprios Family Restaurant

A: 88 Derrimut Rd, 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 M: 0439 613 737 E: robsondavid1@iprimus.com.au http://hopperscrossingrotary.org.au/

Central Park Community Centre

A: 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 P: 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 M: 0413 411 561 E: 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 M: 0404 021 097 E: blaga@mcwa.org.au
Planned Activity Group* Karen Group	A specific Karen Program	Tuesday 9am - 3pm	Contact for details	Aged & Disability Group Services P: 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 P: 8734 4536

Central Park Community Centre Cont.

Name	Description	Frequency	Cost	Contact
Vietnam Veterans	Welfare services for veterans and their families	Wednesday 9am - 3pm	Free	Ray Matthew M: 0400 107 130 E: Secretary.melbournwest@gmail.com
Werribee Community Singers	A Capella Singing Group	Wednesday 6.30pm - 10pm	Cost on enquiry	Helen Gunn M: 0407 493 065 E: 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 P: 9749 2883 M: 0409 382 593 E: colinankathy@bigpond.com
Werribee Dutch Seniors	Support & recreation for Dutch born residents	Friday 10am - 3.30pm	Cost on enquiry	Connie Fawcett P: 9748 6731 E: rfawcett@bigpond.net.au
Wyndham Gentle Exercise Group	A gentle exercise & social interaction group for seniors & those with physical disabilities	Wednesday 10.30am - 11.30am	Cost on enquiry	Shirley Hewitt P: 9734 7722 E: shirleyhewitt@optusnet.com.au

* Planned Activity Groups - Eligibility to attend is required

Grange Community Centre

A: 260-280 Hogans Rd, Hoppers Crossing
P: 8742 8000 • E: enquiries@grangecommunity.org.au
www.grangecommunity.org.au

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

The Hoppers Club

A: 180-200 Pannam Drive, Hoppers Crossing • P: 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 M: 0407 491 931 E: 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 M: 0400 076 557 E: 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 P: 9749 1508 M: 0413 580 472

Hoppers Crossing Sports Club

A: Hogans Reserve, Hogans Rd, 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 Deslanted P: 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 M: 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 M: 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 P: 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 P: 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 P: 9741 7610

Hoppers Crossing Sports Club Cont.

Name	Description	Frequency	Cost	Contact
U3A - A history of popular music	A history of popular music class	Tuesday 12.45pm - 2pm	\$5 Annual fee	John Funnell P: 9296 1036
U3A - Mahjong	Play Mahjong	Thursday 1pm - 4pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Nicky Hodgman P: 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 P: 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 P: 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 M: 0412 814 610 E: 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 M: 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 P: 9741 7733

The Horn of Africa Committees Network Inc.

3/9 Motto Crt, 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 & Friday 11am - 1pm	Contact for details	Terefe Aborete M: 0490 080 933 E: 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 P: 8742 7738 E: admin@hacn.org.au

Hotel 520

A: 520 Sayers Rd, Tarneit • P: 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 day trips	2nd Wednesday of the Month 10am	\$15 Joining Fee \$35 Annual Fee	Carol King P: 9742 2069 E: carol.king3@bigpond.com
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 day trips	1st Wednesday of the month, 10am	\$15 Joining Fee \$30 Annual Fee	Jenny O'Brien M: 0458 262 561 E: jennynjohnobrien@gmail.com

Julia Gillard Library Tarneit

A: 150 Sunset Views Bvd, Tarneit • P: 8734 0200

Bookings can be made via the Events Calendar Wyndham City Website - 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 - 1pm 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

Julia Gillard Library Tarneit Cont.

Name	Description	Frequency	Cost	Contact
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

A: 13 Sundial Bvd, 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 P: 9731 6976

Penrose Promenade Ageing Well Facility

A: 83 Penrose Promenade, Tarneit

P: 8734 4500 • E: penrosepromenadecc@wyndham.vic.gov.au
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 M: 0488 251 459

Penrose Promenade Ageing Well Facility Cont.

Name	Description	Frequency	Cost	Contact
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 P: 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 P: 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 P: 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 P: 8734 4536
Tarneit Bharati Club	Older Gujarati speakers will feel right at home in this relaxed social get-together	Tuesday & Friday 11am - 1pm	Free	Bharat M: 0423 018 458 E: 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 E: Rashpal.chaggar@gmail.com
**Club 60 Tarneit	Group for those 60+ from Indian community	Monday 1pm - 3pm	Free	Sunil Abott M: 0449 101 455 E: 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

A: 150 Sunset Views Bvd, Tarneit

P: 9748 9822 • E: tarneitclc@wyndham.vic.gov.au

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.



Werribee, Wyndham Vale & Manor Lakes



Crossroads Uniting Church

A: Synott St, Werribee

Name	Description	Frequency	Cost	Contact
Gentle Exercise to Music (GEMS)	Gentle exercise for seniors	Thursday 9.30am - 10.30am	\$7	Lilian Truan P: 9741 2349
U3A - Yoga for Older People	Yoga class	Thursday 1.15pm - 2.30pm	\$5	Trevor Walsh M: 0438 304 638

Eagle Stadium

A: 35 Ballan Rd, Werribee • P: 8734 5677

Name	Description	Frequency	Cost	Contact
Adult Active	Seniors strength stretch, spin & Circuit	Tuesday 10.30am - 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

Gateways Support Services

A: 3 Princes Highway, Werribee • P: 9749 7388
E: westernmelbourne@gateways.com.au • www.gateways.com.au

Name	Description	Frequency	Cost	Contact
Prime Movers	Recreational program for seniors and people with dementia. Group meets to enjoy activities and excursions. Support staff & transport included.	Weekly	Various depending on activity	Gateways Referrals through My Aged Care (65+) on 1800 200 422

Iramoo Community Centre

A: 84 Honour Ave, Wyndham Vale
P: 9742 3688 • E: admin@iramoooc.com.au
www.iramoooc.org.au

Name	Description	Frequency	Cost	Contact
Arts Group	Learn to explore the arts and join like-minded people	Tuesday - School Terms 10.30am - 1pm	Free	Iramoo Community Centre
Book Exchange	A place to donate and borrow books	Monday - Friday	Free	Iramoo Community Centre
Community Cooking Program	Cooking group, cooking creative meals and sharing with friends	Tuesday 9am - 12pm	\$5	Iramoo Community Centre
Cook Around the World	Cooking group in a social environment	Wednesday 9.30am - 12.30pm	\$5	Iramoo Community Centre
Craftees Group	Bring in your own craft projects to work on in a social environment	Wednesday 12pm - 3pm	Free	Iramoo Community Centre
Deadly Kitchen	Cooking group for older Indigenous people	Fortnightly on Fridays 10am - 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	Free Contact for more information about when group is held	Kyren M: 0435 156 653
Falam Baptist Church	Church	Sunday 1pm - 4pm	Free	Than M: 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 M: 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.	Monthly 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 Community Centre Cont.

Name	Description	Frequency	Cost	Contact
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 P: 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 M: 0401 443 011
Mountain of Love	Church	Sunday 9am - 12.30pm	Free	Patrick M: 0478 004 271
Over's 50 Club	Wyndham Over 50's Club - to play games, bowl, dance, share lunch & friendship.	Monday 10am - 3pm	Club joining fee: \$10 Annual fee: \$10 Meeting fee: \$2 (includes refreshments) Monthly trip costs vary	Bob White M: 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 disability or mental illness	Fortnightly on Monday 10.30am - 2pm	Free	Tess P: 9689 9588

Iramoo Community Centre Cont.

Name	Description	Frequency	Cost	Contact
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 Lawrence M: 0419 820 140 Greg O'Keefe M: 0438 962 252

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

Italian Sports Club of Werribee

A: 601 Heaths Rd, Werribee • P: 9741 1225 • E: manager@iscw.com.au
www.iscw.com.au

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 P: 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	E: secretary@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	E: 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

Italian Sports Club of Werribee Cont.

Name	Description	Frequency	Cost	Contact
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

Italian Sports Club of Werribee Cont.

Name	Description	Frequency	Cost	Contact
Happy Hour	Meet ISCW Club members A raffle is held each Friday & a BBQ is held 4 times a year	Friday 5.30pm - 7pm	Annual Membership Fee \$10	Italian Sports Club of Werribee

** 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

A: 2B Synnot St, Werribee

Name	Description	Frequency	Cost	Contact
ANCRI	Social gathering for over 55's that play cards and bingo	Monday & Friday 12pm - 4pm	Cost on enquiry	Nicola DeAngelis M: 0427 631 770
Circolo Pensionati italiani Di Wyndham	Meetings & social events for Italian Seniors.	Wednesday 11am - 4pm	Cost on enquiry	Mario Sammartino P: 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	1st contact: Sandra Carnovale M: 0423 318 958 E: sandfrans@optusnet.com.au 2nd contact: Jean Brooker M: 5310 6671 E: jeanbrooker23@gmail.com
Friendship Club Werribee	Social activities for Wyndham's Italian Community including bingo & cards	Thursday 1pm - 4pm	Cost on enquiry	Lino Massese P: 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 P: 8809 0400 E: Kate.madden@parkinsons-vic.org.au

Kelly Park Centre Cont.

Name	Description	Frequency	Cost	Contact
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 P: 9748 2128 E: Asiafamily90@hotmail.com
Tai Chi for Seniors	Tai Chi - gentle movements	Tuesday 7pm - 8pm Thursday 5.30pm - 6.30pm	Gold coin donation	John Sindoni P: 9741 9825 M: 0418 512 255 E: 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 M: 0418 135 819 E: secretary@werribeeorchidclub.org
Werribee Senior Citizens	Bingo, activities & outings.	Wednesday 8.30am - 12pm	Cost on enquiry	Aristea Grech P: 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 M: 0447 149 133 E: robwhite42@gmail.com

Manor Lakes Community Learning Centre

A: 86 Manor Lakes Bvd, Wyndham Vale

P: 8734 8934 • E: manorlakesclc@wyndham.vic.gov.au

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
The 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 E: wyndhampatchworkersinc@hotmail.com

Manor Lakes Community Learning Centre Cont.

Name	Description	Frequency	Cost	Contact
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	E: 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 E: angela@genevievescommunitykitchen.org f www.facebook.com/Genevieves-Community-Kitchen-299455753581624/

Manor Lakes Library

A: 86 Manor Lakes Bvd, Manor Lakes • P: 98734 8930

www.wyndham.vic.gov.au/libraries

Name	Description	Frequency	Cost	Contact
All Ages Chess	Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play.	Weekly Mondays 3.30pm - 5pm (school term only)	Free	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.	Weekly Fridays 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

A: Cnr Watton St & Duncans Rd, 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	1st contact: Angela Whiffin M: 0430 551 631 E:angelawhiff@hotmail.com 2nd contact: Suelin Hayens M: 0425 797 408
Macedonian Senior Citizens	Meet, coffee and chat group	Thursday 11am - 4pm	Contact for details	Krume Sazdovski M: 0407 738 373
Polish Senior Citizens Club	Social gatherings, recreational activities, discussions & excursions.	Wednesday 11.30am - 2.30pm	Cost on enquiry	Stacy Kubik P: 9741 4407
Werribee Women's Group	Werribee Women's Group. An Ave for women to attend and meet for group activities	3rd Tuesday of the month 12pm - 3pm	Cost on enquiry	Yvonne Redmond P: 8734 2078 E: zuludave69@hotmail.com

Physio Choice

A: 242 Hoppers Lane, Werribee

Name	Description	Frequency	Cost	Contact
Physio Choice	A gentle exercise program suitable for everyone	Friday 10am - 11am	\$8	Michele 8731 6601

Plaza Library

A: Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Rd, Werribee
P: 8734 2600 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

Plaza Library Cont.

Name	Description	Frequency	Cost	Contact
Family History Group	Join others who have an interest in researching their Family History and learn about new resources and events. This is a self-help group run by its participants to help each other, and led by an experience facilitator. Help others with brick walls and research suggestions that they may not know about or have not tried yet!	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 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.	Weekly 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 monthly dates	Free	Plaza Library
Yak and Yarn	Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.	Weekly 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 M: 0407 558 825

Quantin Binnah Community Centre

A: 61 Thames Bvd, Werribee
P: 9741 5040 • E: 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 P: 9742 5048 E: Rebecca@qbcc.org.au
Community Action Group	Environmental Awareness	Tuesday 10am - 12pm	Free includes a hot drink	Quantin Binnah Community Centre

Salvation Army

A: Pacific Werribee, Cnr Derrimut & Heaths Rd, Werribee (Werribee Plaza)
P: 9741 7359

Name	Description	Frequency	Cost	Contact
Coffee with friends	Meet at Food Crt, near Big W, enjoy friendship & support	Friday 10am - 12pm	Cost of coffee	Salvation Army

Salvation Army

A: Café Agape @ Wyndham City Corps 211 Watton St, Werribee
P: 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

A: Building 7, Gate 4, Hoppers Lane, Werribee
P: 9919 8173 • E: werribeefitness@vu.edu.au

Name	Description	Frequency	Cost	Contact
Council on the Ageing (COTA) Living Longer, Living Stronger over 50's	Stay Healthy and keep active with an individualised exercise program developed by a qualified exercise professional.	Monday - Friday 10am - 1pm	\$30 initial consultation (remove this, we don't charge an initial consultation fee) \$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

A: Shoestring Gardens, 28 Ridge Drv, 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 cost	Patricia M: 0434 487 360 Valda M: 0421 704 362

Werribee Bowls Club

A: Chirnside Park, Werribee P: 9741 3229 • E: werribeebowls@hotmail.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

Werribee Bowls Club Cont.

Name	Description	Frequency	Cost	Contact
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 M: 0420 491 182
Werribee Jazz Club	Enjoy live bands featuring some of Australia's best jazz musicians playing Traditional, Dixieland, Swing and mainstream Jazz.	3rd Saturday of the month 8pm - 11pm Jazz afternoons through winter Saturday 1.30pm - 4.30pm	\$15 Members, \$20 Visitors 8pm	Neville M: 0428 544 943

Werribee Church of Christ

A: 200 Tarneit Rd, Tarneit • P: 9741-6051

Name	Description	Frequency	Cost	Contact
Church Service	Find a friendly welcome	Sunday 10am	Free	Church P: 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 P: 9749 2510 E: bronhickman@optusnet.com.au
Playgroup	For children age 0 - 5 years and carers. Grandparents welcome.	Wednesday 11am - 1pm	Free	Alice P: 9748 6312 Margaret P: 9741 6285

Werribee Gymnastics

A: 52 Riverside Ave, Werribee • P: 9742 5446

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 10.30 - 11.15*	\$5 per session	info@werribeegymnastics.com.au

*Only during the school term

Werribee Library

A: 177 Watton St, Werribee • P: 9742 7999
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.	Monthly 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.	Weekly Wednesday 10am - 11am	Free	Werribee Library

Wyndham Community & Education Centre

A: 20 Synnot St, Werribee • P: 9742 4013

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 Say-Htoo Moero E: enquiry@wyndhamcec.org.au (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 Say-Htoo Moero E: enquiry@wyndhamcec.org.au (Attention to Maesie)

Wyndham Community & Education Centre Cont.

Communities of Burma Men's group	Learning English conversational English	Starts 5 July Friday 1pm - 3pm	Free	Wyndham Community & Education Centre Say-Htoo Moero E: enquiry@wyndhamcec.org.au (Attention to Maesie)
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Wyndham Park Community Centre

A: 55-57 Kookaburra Ave, Werribee • P: 8742 3975

Name	Description	Frequency	Cost	Contact
Country Women's Association	Discussion & craft activities providing opportunities for friendship and personal development.	3rd Wednesday of each month 1pm - 4.30pm (Meetings) & 1st Wednesday of the month 7pm - 10pm (Craft Only)	Contact for details	Nancy Brennan M: 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	\$50 annual membership	Wyndham Park Community Centre - Shed P: 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 P: 8742 6448
Sunrise Women's Group	For women with disability or mental illness	Fortnightly on Monday 10.30am - 2pm	Free	Tess P: 9689 9588
U3A - Mosaics	Mosaics	Wednesday 9.45am - 12pm	\$40 U3A Annual Fee & attend any U3A Program for free during the year	Helen Galea P: 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 M: 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 P: 9741 7735



Wyndham Rural

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



Diggers Rd

A: Soldiers Memorial Hall, Diggers Rd
(opposite intersection of Whites Rd), Werribee South
P: 97420867

Name	Description	Frequency	Cost	Contact
Werribee Painters	Art Classes for seniors	Wednesday 1.30pm - 4.30pm	Small fee	Tony Bramwell M: 0403 428 129 E: bramwell@beagle.com.au
Rate Payers of Werribee South Seniors Group	A cuppa, a chat, guest speakers attend, activities with friends	2nd Tuesday of the month 12pm - 3.30pm	Free	Therese McNeil M: 0402 747 313

Various

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

61 Central Ave, Altona Meadows

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

Sun Theatre - Yarraville

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

Various – Throughout Wyndham

Name	Description	Frequency	Cost	Contact
Uniting Victoria & Tasmania Aged Care Services (formerly Wesley Mission) / Social Support	Connecting older people socially to promote wellness and independence. 2 Phone based support programs: Chat A Ring connecting clients with volunteers for a weekly phone conversation & The Telelink program connecting clients to group conversation on topics of interests. Groups include: Trivial pursuit, Armchair travel, That's entertainment, crosswords, Friendship group & Church at Home..	Weekly or fortnightly for an hour	Free Eligibility: available to people aged 65 and over (not currently on a home care package or in residential care), adults with a disability and Aboriginal and Torres Strait Islander people aged 50 and over.	13 93 75 E: agedcare@vt.uniting.org Referrals through My Aged Care (65+) on 1800 200 422

Hobsons Bay Sport & Game Fishing Club, 17 Altona Road, Altona

Name	Description	Frequency	Cost	Contact
The 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 E: pat@dawtek.com.au www.bridgewebs.com/williamstown/

Rotating Venue

Name	Description	Frequency	Cost	Contact
Seniors Lunch	Seniors lunch	Tuesday 12pm	Cost of your meal	Bev M: 0417 324 489

Update Your Details



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

Group Name:

Venue (where you meet):

Brief Description:

Frequency (How often you meet):

Cost:

Contact Person - Name:

Contact person - Email:

Any other information (e.g. website):



Return the completed form to

E: CommunityWellbeing&Inclusion@wyndham.vic.gov.au

P: Community Wellbeing & Inclusion Unit - 9742 0777

Post:

Community Wellbeing & Inclusion Unit

Wyndham City Council

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