# Seniors Directory 2022 - 2024

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# Disclaimer

The information contained in this Directory is true at time of print – August 2022

Please check with the program/activity contact or venue for up-to-date information.

# Message from the Mayor



Welcome to our 2022-24 Seniors Directory.

Wyndham City’s vision and commitment is to create a community where every person is valued, connected and respected, regardless of age.

More than ever, we know how important it is to remain engaged and connected with family, friends and the community.

This Seniors Directory combines comprehensive advice with a list of services, facilities and activities available across Wyndham.

It is an invaluable tool to educate and empower Seniors of all backgrounds and abilities to live a more healthy lifestyle – mentally and physically.

Showcasing a range and breadth of options, the directory provides an opportunity for our Seniors to reach out and make friends and learn new skills.

We know that with advances in technology, most people have never been more connected. But some have never been more lonelier. That’s why this directory is important to help guide our Seniors to live a better connected, healthier and rewarding life.

Our Seniors strengthen and improve our community in many ways. From building connections in their community through volunteering, participating in community groups to social interaction with family, friends and neighbours.

We must maximise the contributions of our Seniors and ensure they have the resources and support they need to thrive and keep shaping the future of Wyndham.

Cr Susan McIntyre

Mayor

Wyndham City

# Introduction

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

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

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 1300 023 411 or email [Community Development Team Email](mailto:Community.Development@wyndham.vic.gov.au) (Community.Development@wyndham.vic.gov.au)

# Acknowledgment of Country

Acknowledgement of Tradition Custodians

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the first Peoples of Australia. We acknowledge the Bunurong and Wadawurrung Peoples as Traditional Owners of the lands on which Wyndham City operates. The Wadawurrung and Bunurong Peoples have and always will belong to the Werribee Yalook (river), creeks, stars, hills and red clay of this Country. We pay respect to their Ancestors and Elders who always have, and always will, care for Country and community today and for future generations.

# Covid-19 Disclaimer

It has been a very different and somewhat challenging time as a result of the Global Pandemic.

The information listed in this booklet is true at time of print – August 2022.

Wyndham City responds to the latest advice from health authorities. Please visit [State Government Website - Coronavirus](https://www.coronavirus.vic.gov.au/)

(https://www.coronavirus.vic.gov.au/) or call the Covid Hotline on 1800 675 398 for the latest information on restrictions, public gatherings, mask wearing and social distancing.

In the event of a lockdown or restrictions, please consult with the organisers of the activities to confirm if safe to go ahead in the format listed. Some activities may have restricted capacity limits or require mask wearing and/or social distancing, so please contact early to avoid disappointment.

# 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 active centres in the area. Check out your local centre – pop in and say hello to the friendly staff and see what’s on offer.

New community centres are continuously being developed throughout Wyndham. Check back on Council’s website for new centre developments at [Wyndham City Website - Community Centres & Venues](https://www.wyndham.vic.gov.au/services/community-centres-venues) (https://www.wyndham.vic.gov.au/services/community-centres-venues)

**Hoppers Crossing**

* Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

Ph: **(03)** 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)

**Manor Lakes**

* Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

Ph: **(03)** 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)

**Point Cook**

* Featherbrook Community Centre

33 – 35 Windorah Drive, Point Cook

Ph: **(03)** 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: **(03)** 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: **(03)** 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: **(03)** 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)

**Tarneit**

* Dianella Community Centre

6 Congo Drive, Tarneit West

Ph: **(03)** 8742 8300 or E: [dianellacc@wyndham.vic.gov.au](mailto:dianellacc@wyndham.vic.gov.au) (dianellacc@wyndham.vic.gov.au)

* Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit

Ph: **(03)** 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: **(03)** 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)

**Truganina**

* Arndell Park Community Centre

29-49 Federation Blvd, Truganina

Ph: **(03)** 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)

* Koomail Tardy Community Centre

117 Alcock Road, Truganina 3029

M: 0499 687 453

E: [Koomail Tardy Community Centre Email](mailto:koomailtardycc@ecms.org.au) (koomailtardycc@ecms.org.au)

W: [Wyndham City Website - Koomail Tardy Community Centre](http://www.wyndham.vic.gov.au/venues/koomail-tardy-community-centre-previously-known-truganina-south-east-community-centre) (https://www.wyndham.vic.gov.au/venues/koomail-tardy-community-centre-previously-known-truganina-south-east-community-centre)

**Werribee**

* Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

Ph: **(03)** 9742 5040 or E: [Quantin Binnah Community Centre Email](mailto:Quantin%20Binnah%20Community%20Centre%20Email) (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: **(03)** 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: **(03)** 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: **(03)** 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)

* Wunggurrwil Dhurrung Centre

19 Communal Road, Wyndham Vale (access via Cortland Street)

Ph: **(03)** 8734 0288 or E: [Wunggurrwil Dhurrung Centre](mailto:wunggurrwildhurrungcentre@wyndham.vic.gov.au) (wunggurrwildhurrungcentre@wyndham.vic.gov.au)

W: [Wyndham City Website - Wunggurrwil Dhurrung Centre](https://www.wyndham.vic.gov.au/project/wunggurrwil-dhurrung-centre) (www.wyndham.vic.gov.au/project/wunggurrwil-dhurrung-centre)

# Libraries

There are 5 main Libraries located throughout Wyndham, a small Library in Little River and a Library Lounge in Williams Landing. 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.

**Hoppers Crossing (Plaza) Library**

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

Ph: **(03)** 8734 2600

W: [Wyndham City Library Website - Plaza](https://www.wyndham.vic.gov.au/venues/hoppers-crossing-plaza-library)

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

**Julia Gillard Library Tarneit**

150 Sunset Views Boulevard, Tarneit

Ph: **(03)** 8734 0200

W: [Wyndham City Library Website - Julia Gillard](https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit) Tarneit (https://www.wyndham.vic.gov.au/venues/julia-gillard-library-tarneit)

**Little River Mechanics Institute & Free Library**

Cnr Rothwell & Flinders Street, Little River

Ph: 0452 255 378

E: [lmorsepaonessa@gmail.com](mailto:lmorsepaonessa@gmail.com) (lmorsepaonessa@gmail.com)

Open Saturday 10am – 12pm and by appointment.

**Manor Lake Library**

86 Manor Lakes Boulevard, Manor Lakes

Ph: **(03)** 8734 8930

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

**Point Cook Library**

1-21 Cheetham Street, Point Cook

Ph: **(03)** 9395 7966

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

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

**Werribee Library**

Wyndham Cultural Centre, 177 Watton Street, Werribee

Ph: **(03)** 9742 7999

W: [Wyndham City library Website - Werribee](file:///C:\Users\aburns\objcache\aburns\Objects\Wyndham%20City%20library%20Website%20-%20Werribee)

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

**Williams Landing Library Lounge**

1/101 Overton Rd, Williams Landing

(03) 8734 8999

Open: Monday - Friday: 10.00am-12:30pm and 1.00pm-5:30pm.

# Other Library services

**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 **(03)** 8734 2600.

**Williams Landing Book Locker**

The book locker at the Williams Landing shopping centre enables Library members to collect and return items that have been requested from the library. The book locker is located inside the shopping centre, directly opposite Woolworths.

100 Overton Road, Williams Landing

# Wyndham Cultural Centre

This place is so much more than just a venue. It's a place to inhabit impossibly beautiful temporary worlds together.

A place for exploring other points of view. A place for reflecting on where we've been and to look ahead at where we're going.

A place to make sense, to laugh, to experience childlike wonder.

A place to celebrate, to connect, to make memories.

It's a place for art. For theatre. For you. So please visit and get ready to find your place.

Wyndham Cultural Centre is located at 177 Watton Street, Werribee

Open Monday to Friday

9.00am – 4.30pm

During Exhibitions the Gallery is open during weekends from 11.00am – 4.00pm

For further details on shows, ticketing (including senior concession) and planning your visit, contact (03) 8734 6000 or visit [Wyndham Cultural Centre Website](https://www.wyncc.com.au/about_us) (https://www.wyncc.com.au/about\_us)

# Wyndham Art Gallery

Wyndham Art Gallery’s exhibition program is curated to reflect the diverse social and cultural character that makes up the Wyndham community, while inviting the viewer to explore new and challenging ideas.

Wyndham Art Gallery is located at 177 Watton Street, Werribee.

Open Monday – Friday 9.00am – 4.30pm, Saturdays & Sundays 11.00am – 4.00pm

For more information about the gallery call 03 8734 6021 or email [Wyndham City Art Team Email](mailto:arts@wyndham.vic.gov.au) (arts@wyndham.vic.gov.au)

# Active Wyndham

Wyndham Sports, Parks and Recreation homepage is the starting point to find out about sport and recreation in Wyndham, from swimming pools to Bike Paths & Walking Trails, outdoor exercise equipment and more. Visit Wyndham City’s website at [Wyndham City Website - Sports, Parks & Recreation](https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.wyndham.vic.gov.au%2Fservices%2Fsports-parks-recreation&data=05%7C01%7CNejla.Muhammed%40wyndham.vic.gov.au%7C292935677b424181ff9208da4d906937%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0%7C0%7C637907579874144620%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W7eCjbGzq9972FZj0FuUMxzazfHjP0Fk3VDb5VFwbjE%3D&reserved=0) (www.wyndham.vic.gov.au/services/sports-parks-recreation) and select Active Wyndham.

**Active Wyndham Calendar**

The Active Wyndham calendar shares free and low-cost physical activities in Wyndham for all ages. Visit the Active Wyndham Calendar at: [Wyndham City Website - Active Wyndham Calendar](http://www.wyndham.vic.gov.au/activewyndhamcalendar) (www.wyndham.vic.gov.au/activewyndhamcalendar)

**Activity Cards**

Looking for some inspiration to get active outdoors or at home?

Wyndham City with the help of the [WynActive](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwynactive.com.au%2F&data=05%7C01%7CNejla.Muhammed%40wyndham.vic.gov.au%7C292935677b424181ff9208da4d906937%7Cccedce2eab9f4e51bb3d3c6e2171f03e%7C0%7C0%7C637907579874144620%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5aWWj8FOVtz5uRrka3KvyEkYFuChxP3V3N7ENXAk%2BX0%3D&reserved=0) Health & Fitness team have created a series of Activity Cards. Each card contains exercises and activities that can be done at a local park or at home.

Descriptions and pictures show you how to complete the exercises safely, and a range of easy-to-follow tips will help everyone maintain a healthy and active lifestyle.

Visit: [Wyndham City Website - Activity Cards](http://www.wyndham.vic.gov.au/services/sports-parks-recreation/find-local-sports-club-or-activity/activity-cards) (www.wyndham.vic.gov.au/services/sports-parks-recreation/find-local-sports-club-or-activity/activity-cards)

# Master Movers

VU Werribee Fitness Centre, Victoria University.

Address: VU Werribee Fitness Centre, Victoria University, Hoppers Lane, Werribee Building 7, Gate 4.

Phone: **(03)** 9919 8173

Master Movers is a gentle exercise class focused on improving your aerobic capacity, balance, co-ordination and strength; slowly and safely. The Master Movers classes are mostly chair based and suitable if you have a health condition. All classes are run by qualified fitness professionals and can be accessed face to face in the centre or online.

**Master Movers** – Face-Face & Online

When: Tuesday and Thursday, 10.00am – 11.00am (onsite). Runs Simultaneously Online.

Casual Fee: $6.50/session

**Master Movers – Strength** (gym based exercises)

When: Wednesdays 10.00am -11.00am

Casual Fee: $6.50/session

**Master Movers – Sustain** (Unsupervised program targeting over 50’s)

Unlimited use of facility.

When: Monday – Friday 8.00am – 11.30am.

Casual Fee: $6.50/session

\*Membership fees: $40.90/month for unlimited use of facility and classes.

# Seniors Exercise Park

The 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!

Use of the park has shown improved muscle strength, balance, and physical function for older adults.

For more information, contact Wyndham City on 1300 023 411 or visit [Wyndham City Website - 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!

**The Grange Walkers**

When: Wednesday 9am for a 9.15am start

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

Contact: The Grange Community Centre (03) 8742 8000 or [The Grange Community Centre Email](mailto:enquiries@grangecommunity.org.au) (enquiries@grangecommunity.org.au)

**The Man Walk**

When: Saturdays, 7.30am

Where: Notorious Espresso Café, 81 Watton Street, Werribee

Contact: Craig 0499 442 996 or visit [The Man Walk Website](https://themanwalk.com.au/werribee/) (https://themanwalk.com.au/werribee/) or Facebook: [The Man Walk Facebook Page](https://www.facebook.com/groups/864573694181120) (https://www.facebook.com/groups/864573694181120)

Walk time approx. 1 hour for approx. 5km.

**Team Walkabout**

When: Wednesdays 9.30am & Thursdays 7.00pm

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

Contact: Douglas-John 0432 741 940 or Email [Douglas-John's Email](mailto:djramm1971@gmail.com) (djramm1971@gmail.com)

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

Register with the Heart Foundation walking website for medical purposes at [Heart Foundation Website](http://walking.heartfoundation.org.au/) (http://walking.heartfoundation.org.au/)

When registering look for Team walkabout Wednesday or Thursday and select which one you would like to attend, one or both.

**Werribee River Rovers**

When: Thursdays at 10am

Where: Alternating weekly:

1. Werribee - End of Watton Street (near the outdoor swimming pool)
2. Werribee Mansion – Entry via Gate 5, K Road. Turn left through the farm gate opposite Shadowfax Winery and follow the gravel road to the end.
3. Werribee South – Wyndham Harbour Marina carpark near cafe

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!). Optional coffee after walk and different walks organised.

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

Contact: Marion **(03)** 9741 4240 or [Marion's Email](mailto:marion024@bigpond.com) (marion024@bigpond.com)

**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:wyndhamvale@parkrun.com) (wyndhamvale@parkrun.com)

Website: [Wyndham Vale parkrun Website](https://www.parkrun.com.au/wyndhamvale/) (https://www.parkrun.com.au/wyndhamvale/)

**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)

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

When: 8am – 10am Daily (depending on weather)

Where: Assemble at the park behind Tarneit Community Learning Centre, 150 Sunset Views Blvd, Tarneit.

Contact: Sunil 0449 101 455 or [Email](mailto:Email) (club60.tarneit@gmail.com)

**Werribee Bushwalking & Outdoor Club**

The Werribee Bushwalking & Outdoor Club is affiliated with [Bushwalking Victoria](https://bushwalkingvictoria.org.au/) and aims to provide at least 1-2 walks each month. These are mostly held on Sundays and are usually conducted in national or state parks, or metropolitan parks or gardens. The Club also organises occasional overnight walks, weekends away, shutterbug (photography) events, bike rides and social activities.

Membership fees apply. See website for details.

[Werribee Bushwalking & Outdoor Club Website - Join Us](https://www.werribeebushwalking.com/join-us) (https://www.werribeebushwalking.com/join-us)

**Bike & Walking Trails**

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 1300 023 411 or visit [Wyndham City Website - Bike Paths & Walking Trails](https://www.wyndham.vic.gov.au/services/sports-parks-recreation/active-wyndham/bike-paths-walking-trails) (https://www.wyndham.vic.gov.au/services/sports-parks-recreation/active-wyndham/bike-paths-walking-trails)

# 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.

**Baptcare Wyndham Lodge Community**

Address: 120 Synnot St, Werribee VIC 3030

[Phone](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=baptcare+wyndham+lodge+phone&ludocid=9021626608666364458&sa=X&ved=2ahUKEwi5-Jz09Lr4AhUa7XMBHcCJDQoQ6BN6BAhPEAI): [(03) 8754 4700](https://www.google.com/search?q=wyndham+lodge&rlz=1C1GCEB_enAU1007AU1007&ei=u9GvYsDYJ63Cz7sPh6WbsA4&ved=0ahUKEwiAopbQ9Lr4AhUt4XMBHYfSBuYQ4dUDCA4&uact=5&oq=wyndham+lodge&gs_lcp=Cgdnd3Mtd2l6EAMyCwguEIAEEMcBEK8BMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDoFCAAQkQI6CwguEMcBEK8BEJECOgsILhCABBCxAxCDAToLCAAQgAQQsQMQgwE6EQguEIAEELEDEIMBEMcBEKMCOggIABCxAxCDAToRCC4QgAQQsQMQgwEQxwEQ0QM6BAgAEAM6BAgAEEM6EQguELEDEIMBEMcBEK8BEJECOgoILhDHARCvARBDOgoILhCxAxCDARBDOggIABCABBCxAzoRCC4QgAQQsQMQgwEQxwEQrwE6DQguELEDEIMBENQCEEM6BQguEIAEOggIABCABBDJA0oECEEYAEoECEYYAFAAWNkQYIgSaABwAHgAgAHAAYgB-Q-SAQQwLjEzmAEAoAEBwAEB&sclient=gws-wiz)

Website: [Baptcare Website - Wyndham Lodge](https://www.baptcare.org.au/services/aged-care-homes/residential-aged-care-homes/baptcare-wyndham-lodge) (https://www.baptcare.org.au/services/aged-care-homes/residential-aged-care-homes/baptcare-wyndham-lodge)

**Estia Werribee**

Address: 8-10 Russell Street, Werribee

Phone: **(03)** 9749 8000 or 1300 682 833

Email: [Estia Werribee Email](mailto:werribee@estiahealth.com.au) (werribee@estiahealth.com.au)

Website: [Estia Werribee Website](https://www.estiahealth.com.au/) (https://www.estiahealth.com.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)

**[Manor Court Werribee Aged Care Ltd](https://www.myagedcare.gov.au/find-a-provider/aged-care-homes/1203991)**

Address 5 Hogan Grove, Werribee VIC 3030

Phone (03) 9742 0699

Website: [Manor Court Website](https://www.manorcourt.org.au/) (https://www.manorcourt.org.au)

**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)

**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)

**[Point Cook Manor](https://www.myagedcare.gov.au/find-a-provider/aged-care-homes/1204996)**

Address 9 Hewett Drive, Point Cook

Phone (03) 9394 2500

Website:[Point Cook Manor Website](https://homestyleagedcare.com.au/our-homes/point-cook-manor/) **(**https://homestyleagedcare.com.au/our-homes/point-cook-manor/)

**Sunset Views Manor**

Address:142 Sunset Views Boulevard, Tarneit

Contact: 1300 104 663

Website: [Sunset Views Manor Website](https://homestyleagedcare.com.au/our-homes/sunset-views-manor/) (https://homestyleagedcare.com.au/our-homes/sunset-views-manor)

**Uniting Age Well Manor Lakes**

Address: 15 Buffalo Crescent, Manor Lakes

Phone (03) 9742 7201

Website: [Uniting Age Well Manor Lakes Website](https://unitingagewell.org/our-services/residential-care) (https://unitingagewell.org/our-services/residential-care)

# Aged Care Services

The following is a list of aged care service providers in the Wyndham City area. Services range from, providing personal care, domestic care, garden maintenance, transportation, and other allied health services.

**Angelic Home and Care**

**Address: 414/101 Overton Road, Williams Landing**

**Phone: (03) 8360 3743**

Email: [Angelic Home and Care Email](mailto:admin@angelichomeandcare.com.au) (admin@angelichomeandcare.com.au)

Website: [Angelic Home and Care Website](https://www.angelichomeandcare.com.au/) (https://www.angelichomeandcare.com.au)

**Arete Care**

**Address: 23/22-30 Wallace Avenue, Point Cook**

**Phone: (03) 8353 1837**

Email: [Arete Care Email](mailto:info@aretecare.com.au) (info@aretecare.com.au)

Website: [Arete Care Website](https://aretecare.com.au/) (https://aretecare.com.au/)

**Bolton Clarke**

**Phone:** [**1300 22 11 22**](tel:1300%2022%2011%2022)

**Website:** <https://www.boltonclarke.com.au/>

**Great Care**

**Address: Unit 8/215 Watton St, Werribee**

**Phone: (03) 9395 4657**

Email: [Great Care Email](mailto:admin@greatcare.net.au) (admin@greatcare.net.au)

Website: [Great Care Website](https://www.greatcare.net.au/) (https://www.greatcare.net.au/)

**Kare Seniors Home Care Services**

**Address: 13/215 Palmers Rd, Truganina**

**Phone: 1300 535 833**

Website: [Kare Seniors Website](https://www.kareseniors.com.au/) (https://www.kareseniors.com.au/)

**M & I Home Care**

**Address: 1 Corfu Ave, Tarneit**

**Phone: 1300 911 139**

Email: [M & I Home Care Email](mailto:Admin@mihomecare.com.au) (Admin@mihomecare.com.au)

Website: [M & I Home Care Website](http://www.mihomecare.com.au/) (http://www.mihomecare.com.au/)

**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)

**Nurse 4 You**

**Address: Office 4, Level 1/277 Heaths Rd, Werribee**

**Phone: (03) 8714 5816**

Email: [Nurse 4 You Email](mailto:info@Nurse4u.com.au) (info@Nurse4u.com.au)

Website: [Nurse 4 You Website](https://nurse4u.com.au/) (https://nurse4u.com.au/)

**Priscilla Care**

**Address: 17 Colorado Ct, Werribee**

**Phone: (03) 8087 2234**

**Email:** [Priscilla Care Email](mailto:admin@priscillacare.org) **(admin@priscillacare.org)**

Website: [Priscilla Care Website](https://priscillacare.org/) (https://priscillacare.org/)

**Uniting AgeWell**

**Phone: 1300 783 435**

Email: [Uniting AgeWell Email](mailto:info@unitingagewell.org) (info@unitingagewell.org)

Website: [Uniting AgeWell Website](https://www.unitingagewell.org/) (https://www.unitingagewell.org)

For more in home support services, please refer to Wyndham City Support Services at

[Wyndham City Website - Support Services](https://www.wyndham.vic.gov.au/services/aged-disability/support-services/home-support) (https://www.wyndham.vic.gov.au/services/aged-disability/support-services/home-support)

Alternatively, visit the aged care guide for a comprehensive range of services.

<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.

**Federation Residential Village, Werribee**

Address: 2A Railway Ave, Werribee

Phone: **(03)** 8742 3999

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

**Heathglen, Werribee**

Address: 2 Glendale Court, Werribee

Phone: 1800 550 550

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

**Lifestyle Seasons, Tarneit**

Address: 13 Sundial Boulevard Tarneit

Phone: 1300 50 55 60

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

**Palm Lake Resort, Truganina**

Address: 7 Taronga Road, Truganina

Phone: 1800 686 096, 1372 56

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

**Tarneit Skies Village, Tarneit**

Address: 250 Thames Blvd, Tarneit Victoria 3029

Phone: 1800 727 170

Website: [Stockland Website - Tarneit Skies](file:///C:\Users\aburns\objcache\aburns\Objects\Stockland%20Website%20-%20Tarneit%20Skies) (https://www.stockland.com.au/retirement-living/vic/tarneit-skies-retirement-village)

**Wyndham Grange Village, Tarneit**

Address: 83 Kulin Drive, Tarneit

Phone: 1800 123 131

Website**:** [Wyndham Grange Village Website](https://www.stockland.com.au/retirement-living/vic/tarneit-skies-retirement-village) (https://wyndhamgrange.com.au)

# Places of Interest and Things to do in Wyndham

# B-24 Liberator Restoration

Restoring Australia's only surviving B-24 Liberator. You are invited to come in an see the great restoration work being carried out on the B-24 Liberator by the many volunteers.

Open: Tuesdays, Thursdays and Sundays 9.30am – 3.30pm.

Farm Rd &, Princes Hwy, Werribee

Cost: Free

W: [B-24 Liberator Website](https://www.b24australia.org.au/) (<https://www.b24australia.org.au>)

# Morning Melodies

On the second Tuesday morning of every month, visit Encore Events Centre for the feel-good music series Morning Melodies. Morning Melodies features some great tunes from a mix of celebrated artists and there is also a lovely morning tea on offer. Forget all your troubles and cares and grab your friends or meet someone new in this warm and welcoming space.

For more details or a list of upcoming shows, contact 1300 156 557 or email [Wyndham City Box Office Email](mailto:boxoffice@wyndham.vic.gov.au) (boxoffice@wyndham.vic.gov.au) or visit [Wyndham Cultural Centre Website - Morning Melodies](https://www.wyncc.com.au/morningmelodies) (https://www.wyncc.com.au/morningmelodies)

# Point Cook Coastal Park

Open Thursday – Tuesday

March – November: 8am - 5pm  
December - January: 8am - 7pm  
February: 8am - 6pm

Main Dr, Point Cook VIC 3030

Ph: [13 19 63](https://www.google.com/search?q=Point+Cook+Coastal+Park&rlz=1C1GCEB_enAU1007AU1007&ei=SkPOYrvjCNzx4-EPw6Kr0Ac&ved=0ahUKEwi7sIiS_fT4AhXc-DgGHUPRCnoQ4dUDCA8&uact=5&oq=Point+Cook+Coastal+Park&gs_lcp=Cgdnd3Mtd2l6EAMyCwguEIAEEMcBEK8BMgsILhCABBDHARCvATIGCAAQHhAWMgYIABAeEBYyBggAEB4QFjIGCAAQHhAWMgYIABAeEBYyBggAEB4QFjIGCAAQHhAWMgYIABAeEBY6BQgAEJECOgsIABCABBCxAxCDAToICAAQsQMQgwE6EQguEIAEELEDEIMBEMcBENEDOgkIABBDEEYQ-QE6BAgAEEM6FAguEIAEELEDEIMBEMcBENEDENQCOggIABCABBCxAzoKCAAQ6gIQtAIQQzoUCAAQ6gIQtAIQigMQtwMQ1AMQ5QJKBAhBGABKBQhAEgExSgQIRhgAUABY2xZgkBloAnABeACAAb8BiAGKBJIBAzAuM5gBAKABAaABArABCsABAQ&sclient=gws-wiz)

W: [Parks Victoria Wesbiet - Point Cook Coastal Park](https://www.parks.vic.gov.au/places-to-see/parks/point-cook-coastal-park) (https://www.parks.vic.gov.au/places-to-see/parks/point-cook-coastal-park)

# RAAF Museum Point Cook

RAAF Base Point Cook is the birthplace of the Australian Flying Corps and the Royal Australian Air Force. The RAAF Museum is currently the largest Defence unit at Point Cook. It features the oldest and most extensive complex of military aviation buildings.

[Address](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=raaf+museum+address&ludocid=570608312179979212&sa=X&ved=2ahUKEwjRgPTOkvf4AhUi7jgGHUjYD44Q6BN6BAhqEAI): 480-490 Point Cook Rd, Point Cook

[Phone](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=raaf+museum+phone&ludocid=570608312179979212&sa=X&ved=2ahUKEwjRgPTOkvf4AhUi7jgGHUjYD44Q6BN6BAhrEAI):[(03) 7301 5019](https://www.google.com/search?q=raaf+museum&rlz=1C1GCEB_enAU1007AU1007&oq=RAAF+Museum&aqs=chrome.0.0i355i512j46i175i199i512j69i59j0i512j46i175i199i512l2j69i60l2.250j0j4&sourceid=chrome&ie=UTF-8)

[Tickets](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=raaf+museum+tickets&stick=H4sIAAAAAAAAAOPgE-LSz9U3MCorMi3I0pLNTrbSz8lPTizJzM-DM6xKMpOzU0uKF7EKFyUmpinklhanluYqQEUBmbqEgEMAAAA): Free entry (gold coin donation appreciated)

W: [RAFF Museum Point Cook Website](https://www.airforce.gov.au/raaf-museum/visit-us) (https://www.airforce.gov.au/raaf-museum)

# Shadowfax Winery

Established in 1998, Shadowfax is a boutique winery located in the heart of Werribee Park. Dedicated to creating quality, handcrafted wines that express the characteristics of the vineyards in which they were grown.

[Address](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=shadowfax+winery+address&ludocid=10169816645537725697&sa=X&ved=2ahUKEwjQ9KTkjvf4AhWqyqACHWWYD3AQ6BN6BAhREAI): K Rd, Werribee South

[Phone](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&q=shadowfax+winery+phone&ludocid=10169816645537725697&sa=X&ved=2ahUKEwjQ9KTkjvf4AhWqyqACHWWYD3AQ6BN6BAhXEAI):[(03) 9731 4420](https://www.google.com/search?q=shadowfax+winery&rlz=1C1GCEB_enAU1007AU1007&oq=Shadowfax+Winery&aqs=chrome.0.0i355i433i512j46i175i199i433i512j0i512l6.260j0j4&sourceid=chrome&ie=UTF-8)

W: [Shadowfax Winery Website](https://www.shadowfax.com.au/) (https://www.shadowfax.com.au)

# Victorian State Rose Garden

The Victoria State Rose Garden is open every day from and is free to visit.

Open Daily 9.30am – 5pm

Gate 2, K Road, Werribee Park, Werribee South

Ph: [13 19 63](https://www.google.com/search?q=victorian+state+rose+garden&rlz=1C1GCEB_enAU1007AU1007&oq=victorian+state+rose+garden&aqs=chrome..69i57j46i175i199i512j0i22i30l7j0i390.11922j0j4&sourceid=chrome&ie=UTF-8)

W: [Victoria State Rose Garden Website](http://www.vicstaterosegarden.com.au) <http://www.vicstaterosegarden.com.au>

# Village Cinema

Strive to make a difference for community of movie lovers with accessible cinema options.

[Audio Description Films (](https://villagecinemas.com.au/accessibility/audio-description-films" \t ")Providing audio assistance for cinema patrons with low vision), [Closed Captions Films (](https://villagecinemas.com.au/accessibility/closed-captions-films)Providing support for cinema patrons with hearing loss), Open Captions Films **(**Bringing Open Caption films to the Deaf & Hard of Hearing) and Sensory Friendly Films (Sensory friendly movie sessions for autistic people).

[Address](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&cs=0&q=village+cinemas+werribee+address&ludocid=7899787962599044255&sa=X&ved=2ahUKEwiRtPnFivf4AhUT6jgGHXceB70Q6BN6BAgMEAI): Corner of Heaths & Derrimut Rds, Werribee

[Ph](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&cs=0&q=village+cinemas+werribee+phone&ludocid=7899787962599044255&sa=X&ved=2ahUKEwiRtPnFivf4AhUT6jgGHXceB70Q6BN6BAgNEAI): [1300 555 400](https://www.google.com/search?q=Village%20Cinema&rlz=1C1GCEB_enAU1007AU1007&oq=Village+Cinema&aqs=chrome..69i57j46i199i433i465i512j46i175i199i433i512l3j46i175i199i512j46i175i199i433i512l3j0i271.882j0j4&sourceid=chrome&ie=UTF-8&tbs=lf:1,lf_ui:4&tbm=lcl&rflfq=1&num=10&rldimm=7899787962599044255&lqi=Cg5WaWxsYWdlIENpbmVtYSIDiAEBSLDJrpLmgICACFogEAAQARgAGAEiDnZpbGxhZ2UgY2luZW1hKgYIAhAAEAGSAQ1tb3ZpZV90aGVhdGVyqgEWEAEqEiIOdmlsbGFnZSBjaW5lbWEoAA&ved=2ahUKEwimsKDAivf4AhUz8DgGHaCICkAQvS56BAgTEAE&sa=X&rlst=f)

W: [Village Cinema Website - Werribee](https://villagecinemas.com.au/cinemas/werribee) (https://villagecinemas.com.au/cinemas/werribee)

Entry fees apply - Senior concession entry price available.

# Werribee District Historical Society and Museum

The Society's room and Museum are located in the 'Old Shire Office' in the Werribee CBD at the corner of Watton Street and Duncans Road and are. The building is within easy walking distance from the Werribee Railway Station and bus terminals.

Open: Tuesdays 10am - 3pm and Saturday 10am - 1pm

49 Watton St, Werribee

Ph: [(03) 9749 2713](https://www.google.com/search?q=werribee+history&spell=1&sa=X&ved=2ahUKEwj3obfwnvf4AhXq_DgGHSXgA4AQBSgAegQIARAy&biw=1920&bih=937&dpr=1)

E: [Werribee Historical Society Email](mailto:werribeehistory@gmail.com) (werribeehistory@gmail.com)

# Werribee Public Art Walking Tour

Explore some of Werribee’s most iconic street art murals with Wyndham City’s new self-guided trail and free audio tour!

Starting at Wyndham Cultural Centre and finishing at Kelly Park, the 1km walking tour through the city centre will take you approximately 60 minutes, one-way with time for a coffee or grazing pit stop.

At each stop, you can listen to the artist talk about their work – no apps required, all you need is your mobile phone and headphones (if you’ve got them) to listen to the audio recordings.

At each site, you’ll find a QR Code (use your phone’s camera) and website link to the audio recording. Or visit [Wyndham City Website - Werribee Public Art Walking Tour](https://www.wyndham.vic.gov.au/services/arts-culture/public-art/werribee-public-art-walking-tour) (https://www.wyndham.vic.gov.au/services/arts-culture/public-art/werribee-public-art-walking-tour) to access the recordings.

Enjoy your city in a whole new way.

# Werribee Open Range Zoo

Open Daily 9am - 5pm

K Rd, Werribee South

Ph: 1300 966 784

W: [Werribee Open Range Zoo Website](https://www.zoo.org.au/werribee) (https://www.zoo.org.au/werribee)

Entry fees apply - Senior concession entry price available.

Please visit website for further details.

# Werribee Park Mansion

November – March: Open Daily 10am – 5pm

April – October: Open Monday - Friday 10am – 4pm

Gate 2, K Rd, Werribee South

[Phone](https://www.google.com/search?rlz=1C1GCEB_enAU1007AU1007&cs=0&q=werribee+park+mansion+phone&ludocid=9310643849561526952&sa=X&ved=2ahUKEwjzo_eMhfX4AhUT6jgGHY1jB0sQ6BN6BAgLEAI): [(03) 8427 2134](https://www.google.com/search?q=Werribee%20Park%20Mansion&rlz=1C1GCEB_enAU1007AU1007&ei=wErOYpSdGtSp1sQPrIWrEA&ved=2ahUKEwiRtdbJhPX4AhWxpJUCHVCdBvkQvS56BAgIEAE&uact=5&oq=Werribee+Park+Mansion&gs_lcp=Cgdnd3Mtd2l6EAMyBQgAEIAEMgsILhCABBDHARCvATIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDILCC4QgAQQxwEQrwEyBQgAEIAEOgcIABAeELADSgQIQRgBSgQIRhgAUPrpA1j66QNgwOwDaANwAHgAgAHKAYgBygGSAQMyLTGYAQCgAQKgAQHIAQHAAQE&sclient=gws-wiz&tbs=lf:1,lf_ui:2&tbm=lcl&rflfq=1&num=10&rldimm=9310643849561526952&lqi=ChVXZXJyaWJlZSBQYXJrIE1hbnNpb25Ita-tttCrgIAIWh8QAhgAGAEYAiIVd2VycmliZWUgcGFyayBtYW5zaW9ukgESdG91cmlzdF9hdHRyYWN0aW9umgEjQ2haRFNVaE5NRzluUzBWSlEwRm5TVVJ4Y25NelprOTNFQUWqAQ8QASoLIgdtYW5zaW9uKAA&sa=X&rlst=f)

W: [Parks Victoria Website - Werribee Park Mansion](https://www.parks.vic.gov.au/places-to-see/parks/werribee-park/things-to-do/werribee-park-mansion) (https://www.parks.vic.gov.au/places-to-see/parks/werribee-park/things-to-do/werribee-park-mansion)

Entry fees apply - Senior concession entry price available.

# Western Treatment Plant

Site tours are a great way to learn how sewage is treated, how methane gas is used to generate electricity for the plant and to find out what we’re doing to increase water recycling and reduce nitrogen inputs to port Phillip-bay.

Guided tours are available for community groups. Bookings can be made online or via the Melbourne water education site.

Entry fees apply - Senior concession entry price available.

Ph: [131 722](tel:131722)

W: [Melbourne Water Website - Western Treatment Plant](https://www.melbournewater.com.au/getinvolved/education/programs/Pages/education-programs.aspx/western-treatment-plant) (https://www.melbournewater.com.au/getinvolved/education/programs/Pages/education-programs.aspx/western-treatment-plant)

# Ageism

Are you ageist?

Are you sure?

Ageism is stereotyping, discrimination and mistreatment based solely upon age. When directed towards older people, it comes from negative attitudes and beliefs about what it means to be older.

It is very common in Australia and, without realising it, most of us are at least a little bit ageist at least some of the time.

"You look good… for your age", "You're too old to wear that" and "Old people don't understand technology" are simple phrases we hear all too often!

EveryAGE Counts



The EveryAGE Counts is an advocacy campaign aimed at tackling ageism.

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life decisions.

As well as its individual impacts, ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

Take The Pledge

"I stand for a world without ageism where all people of all ages are valued and respected and their contributions are acknowledged. I commit to speak out and take action to ensure older people can participate on equal terms with others in all aspects of life."

To see more on the campaign, take the pledge and to take the Quiz "Am I Ageist" visit: [Every Age Counts Website](file:///C:\Users\aburns\objcache\aburns\Objects\Every%20Age%20Counts%20Website) (https://www.everyagecounts.org.au)

# 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 50 years and over. Breast screens are the best way to detect and treat cancer early.

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

# Community Connectors

Support – Inform – Connect

Wyndham’s City Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions. The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. Some of the services may include:

* Information and assistance accessing services for e.g. My Aged Care, National Disability Insurance Scheme (NDIS),
* Home and Community Care Program for Younger People (HACC PYP)
* Links to social support and community groups/activities
* Information and referrals for emotional support, counselling, food relief and material aid
* Advocacy support and information

Community Connectors will be available at these following Community Learning Centres:

* WEDNESDAY 8am to 5pm @ Tarneit Community Leaning Centre
* THURSDAY 8am to 5pm @ Point Cook Community Learning Centre
* FRIDAY 8am to 5pm @ Manor Lakes Community Learning Centre

We have specialist Ageing Well Connectors available to support older residents and their families.

For more information, please call 8734 4514 and ask for a Community Connector or email [Wyndham City Community Connectors Email](mailto:communityconnector@wyndham.vic.gov.au) (communityconnector@wyndham.vic.gov.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 online
* 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)

# COTA



Council on the Ageing (COTA)

Council on the Ageing (COTA) Victoria is the leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria. For 70 years, COTA have led government, corporate and community thinking about the positive aspects of ageing. Today, the focus is on promoting opportunities for, and protecting the rights of, 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)

# [E-Safety](onenote:https://wyndhamcitycouncil-my.sharepoint.com/personal/aburns_wyndham_vic_gov_au/Documents/Seniors%20Directory/Information.one#Safety%20%20eSafety&section-id={90C22562-B169-46F1-893E-64CA24726A89}&page-id={30274E48-36F8-4301-A9E8-011A97BE4AA4}&end)

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

There are free presentations, training resources and podcasts – all you need to ‘be connected’!

Join via [Be Connected Website - Sign Up](https://beconnected.esafety.gov.au/login/) (https://beconnected.esafety.gov.au/login)

Ph: 1300 795 897

Or visit: [Be Connected Website](https://beconnected.esafety.gov.au/) (https://beconnected.esafety.gov.au/)

# Gambling & Harm Minimisation

**Gambler’s Help at IPC Health**

**Gamblers Help Logo **

Gambler’s Help at IPC Health is a free confidential gambling harm counselling 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 at IPC Health 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 at IPC Health 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

For more information, please visit [Wyndham City Website - Gambling Harm](https://www.wyndham.vic.gov.au/gamblingharm) (https://www.wyndham.vic.gov.au/gamblingharm)

# 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 into 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 resident’s 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)

# My Aged Care

Australian Government 
myagedcare Logo

If you need some help around the house or think it’s time to look into aged care homes, My Aged Care is the place to go.

My Aged Care is the Australian Government's starting point on your aged care journey giving older people and their families the ability to ‘shop around’ for services, in turn giving them greater choice and control over who provides in-home care.

People aged 65 and over and Aboriginal or Torres Strait Islander people aged 50 and over can contact My Aged Care to discuss their needs, including services and support available, how to access support and how to choose a provider.

Arranging the aged care services you need can be a complex and daunting task - that’s why My Aged Care is here to help. My Aged Care can provide support to help you access Australian Government-funded aged care services.

To find out more, call 1800 200 422, Mon - Fri 8.00am – 8.00pm or Sat 10.00am – 2.00pm or visit [My Aged Care Website](https://www.myagedcare.gov.au/) (https://www.myagedcare.gov.au)

# IPC Health Elders Lounge - Wyndham Vale Super Clinic

This is a culturally safe drop in space for Aboriginal and Torres Strait Islander people and their families. Located at the IPC Health Wyndham Vale Campus, the Lounge is open Monday to Friday during office hours. Contact the Aboriginal Health team for more information.

\*Due to the COVID-19 pandemic, many staff are still working remotely from home. Please contact the team at IPC Health -Wyndham Vale to confirm lounge openings.

510 Ballan Road, Wyndham Vale, Victoria, 3024

Reception Phone: (03) 9216 7777

Aboriginal Health Team:

Lisa: 0491 089 069

Alex: 0428 487 456

# IPC Health – Social Prescribing

IPC Health – Social Prescribing

Social Prescribing is a free, person-centred program that looks to improve overall wellbeing in non-medical ways in conjunction with your GP or healthcare worker.

A social prescription can connect you with local community or exercise groups and link you in to services like health, financial and supports.

Social Prescribing helps people stay connected to their community and get more out of life.

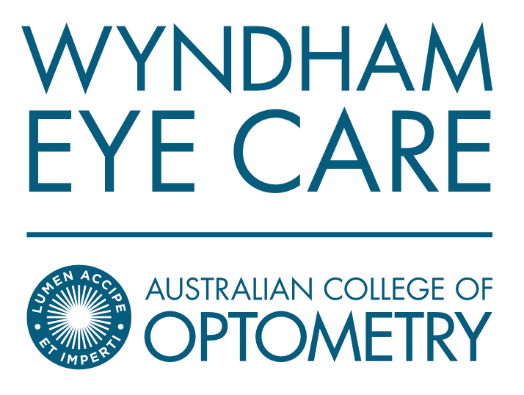
Referrals can be made via email or phone intake.

Ph: (03) 9216 7777

E: [IPC Health Email - Social Prescribing](mailto:socialprescribing@ipchealth.com.au) (socialprescribing@ipchealth.com.au)

W: [IPC Health Website - Social Prescribing](https://www.ipchealth.com.au/social-prescribing/) (https://www.ipchealth.com.au/social-prescribing/)

# Wyndham Eye Care



Wyndham Eye Care is one of 8 eye clinics run by the Australian College of Optometry (ACO), a Not-for-Profit which provides high quality, accessible eye care across Melbourne. The dedicated Wyndham Eye Care team are experienced in all aspects of caring for your eyes and vision, providing you and your family with the best possible care.

* Vision testing and glasses
* Children’s vision
* Ocular disease management
* Acute and red eye management

Operating Hours: Mon – Thu 8.30am – 5.00pm

131 Heaths Road, Hoppers Crossing

Ph: (03) 9017 7816

E: [wyndhameyecare@aco.org.au](mailto:wyndhameyecare@aco.org.au)

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

# Partners in Wellbeing



Partners in Wellbeing provides free and confidential support for individuals, carers,

veterans, sole traders, small business owners, their employees and families. Support

includes one-on-one phone-based wellbeing coaching and practical supports. To

be eligible, a person must be 16 years and older and experiencing increased life/

business stressors. There are no visa or Medicare requirements and access to

interpreters is provided free of charge.

Services offered include:

* Wellbeing Support
* Financial Counselling
* Business Advisory Service

Partners in Wellbeing is funded by the Victorian Government and is delivered in

partnership with ACSO, EACH, Financial Counselling Victoria, Melbourne Innovation

Centre and Neami National.

Call 1300 375 330 or chat with us online at www.partnersinwellbeing.org.au.

Our team is available 9am – 10pm weekdays and 9am – 5pm on weekends.



# 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 (Monday -Friday, 10am - 5pm)

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

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

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

* Any form of elder abuse including:

- family violence including intervention orders

- Breaches of Powers of Attorney or other financial abuse

- Debts

- boomerang kids

- Property or Co-ownership disputes

* Other matters relating to older 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)

# Survive the Heat

Heat kills more Australians than any natural disaster. Extreme heat can affect anybody. Those most at risk are older people, young children and people with a medical condition.

Heat tips

Survive the heat with these five simple tips:

* Drink plenty of water
* Never leave anyone in a car
* Stay somewhere cool
* Plan ahead
* Check in on others

Keep up to date with weather forecasts – watch the news daily, check the Bureau of Meteorology (BOM) forecast online at [BOM Website](http://www.bom.gov.au/) (http://www.bom.gov.au)

Also read the current heat health alert at [Department of Health Website](https://www.health.vic.gov.au/) (https://www.health.vic.gov.au)

For more information on how to stay safe during the warmer months, visit the better health website.

[Better Health Website - Survive the Heat](https://www.betterhealth.vic.gov.au/campaigns/survive-heat) (https://www.betterhealth.vic.gov.au/campaigns/survive-heat)

# The Loop

Keeping you in The Loop

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

The Loop is the online community engagement site for Wyndham City Council. It is where Council provides the community with opportunities to share their lived experience to help shape projects, strategies and contribute to the future of Wyndham.

Visit Wyndham City Website - [The Loop online Engagement](https://theloop.wyndham.vic.gov.au/) (https://theloop.wyndham.vic.gov.au/) to see current projects and start shaping Wyndham’s future.

# 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 – 7pm Mon – Sun) -
* Southern Cross Station (Spencer Street) – Under Bourke Street footbridge (6.30am – 9.30pm, Mon – Sun)
* Seymour Station (8.30am – 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 **(03)** 9670 2072 or [Travellers Aid - Sothers Cross Station Email](mailto:scs@travellersaid.org.au) (scs@travellersaid.org.au)

Flinders Street on **(03)** 9068 8187 or [Tavellers Aid - Flinders Street Station Email](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.

# U3A Werribee Region Inc.



The University of the Third Age (U3A) is a community based inclusive non-for-profit provider of learning opportunities, educational activities and social interaction for people who are over 50 and not in full time paid employment. Therefore, if you are looking for a broad range of activities to enhance your lifestyle then U3A Werribee is what you are looking for. U3A is not a tertiary education facility or club for retired academics. There is no formal syllabus or examinations. Information on group activities is contained in this handout. The list of activities is not rigid and can be reviewed and revised with new activities.

Classes are held at Tarneit Community Learning Centre, Wyndham Park Community Centre, Heathglen Retirement Village and Hoppers Crossing Sports Club – Pavilion. Refer to directory for listings. All classes are fit for purpose for senior residents of Wyndham City. An annual membership fee is $40 allowing access to all classes.

To enquire about our courses, please phone Rick our courses coordinator on 0402 299 220

For more information refer to our Website: [U3A Werribee Website](http://www.u3awbee.net.au/) (www.u3awbee.net.au)

# 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: Web: [www.visitwerribee.com](http://www.visitwerribee.com) (www.visitwerribee.com)

Opening Hours 9.00am – 5.00pm, 7 days (Closed Good Friday & Christmas Day)

# Bunnings Warehouse DIY workshop

Bunnings warehouse team members visit local groups to conduct free D.I.Y. workshops and a range of other presentations and demonstrations. Workshops are tailored to the needs of each community group, but typically include gardening, craft, woodwork and water or energy saving activities.

Cost: Free

Contact: Ask to speak to the community activity organiser at your local store.

Hoppers Crossing: [03 8734 4600](tel:03%208734%204600)

Tarneit: [03 9749 9400](tel:03%209749%209400)

Werribee: [03 8734 6900](tel:03%208734%206900)

# Directory

# **Hoppers Crossing**

**Disclaimer**

The information contained in this Directory is true at time of print – August 2022

Please check with the program/activity contact or venue for up-to-date information.

## AquaPulse

80 – 82 Derrimut Road, Hoppers Crossing

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **WynSenior** | Exercises for over 60s - | * Mon 8.30am - Aqua * Tues 9.00am - Warm Water Gentle Aqua * Tues 11.00am - Active Adults * Wed 11.30am - Warm Gentle Aqua * Thu 11.00am - Active Adults * Sat 10.40am - Pilates | $7.50 -WynSenior Group Fitness Classes | AquaPulse |
| **AquaFit** | Water-based exercises.  Rehabilitation programs.  Aquatic therapy through reduced weight-bearing exercises.  Underwater cross-trainers, bikes, and aquatic walkers  Warm Water pool. | * Mon: 5.30am-12.30pm, 3.30pm-6.30pm & 8.15pm-8.45pm * Tue: 5.30am-7.45am, 9.30am - 11.30am & 12.30pm - 8.45pm * Wed: 5.30am-11.30am & 3.15pm-8.45pm * Thu: 5.30am - 8:45pm * Fri: 5.30am - 12.30pm & 2.15pm-7.45pm * Sat: 7.00am - 12.00pm & 3.00pm - 5.45pm * Sun: 8.00am - 5.45pm | Entry is $7.90 (off-peak) and $10.20 (peak)  Concession swim entry is $6.60 (off-peak) and $8.50 (peak) | AquaPulse |
| **Access Assistance to Gym** | Patrons can access assistance with the use of gym | Wednesday  9.00am - 11.00am | $7.50 (usual gym casual entry fee)  $10.00 (gym consultation) | AquaPulse |

## Central Park Community Centre

80 Lonsdale Circuit, Hoppers Crossing

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **ANCRI**  **(Relocated from Kelly Park)** | Social gathering for over 55’s that play cards and bingo. | Monday & Friday  12.00pm - 4.00pm | Cost on enquiry | Josie Privitelli  0439 989 053 |
| **Circolo Pensionati italiani Di Wyndham**  **(Relocated from Kelly Park)** | Meetings & social events for Italian Seniors. | Wednesday  11.00am - 4.00pm | Cost on enquiry | Mario Sammartino  [Cicolo Email](mailto:circolowyndhamitaliaclub@gmail.com) (circolowyndhamitaliaclub@gmail.com)  9741 1450 / 0421 881 780 |
| **Combined Probus Club of Wyndham Inc**  **(Relocated from Kelly Park)** | 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)  12.30pm – 4.00pm | Joining Fee $20.00; Annual Membership $40.00 | Arch Nimmo (President)  0411 298 756  [Arch Email](mailto:archnimmo@gmail.com) (archnimmo@gmail.com)  Denice Strong  0412 017 543  [Combined Probus Wyndham Email](mailto:CPWyndham@outlook.com) (CPWyndham@outlook.com) |
| **Tai Chi for Seniors (Relocated from Kelly Park)** | Tai Chi - gentle movements | Wednesday  11.30am – 1.00pm | Cost on enquiry | John Sindoni  0418 512 255  [John Email](mailto:jsindoni@protonmail.com) (jsindoni@protonmail.com) |
| **Werribee Orchid Society**  **(Relocated from Kelly Park)** | Orchid growing & conversation | 3rd Tuesday of the month  7.00pm - 9.30pm | Cost on enquiry | Wayne Garner  0417 306 401  [Werribee Orchid Society Email](mailto:wocsec@outlook.com) (wocsec@outlook.com) |
| **Werribee Senior Citizens**  **(Relocated from Kelly Park)** | Bingo, activities & outings. | Wednesday  9.00am - 12.00pm | Cost on enquiry | Aristea Grech  9748 8897/0403 041 499 |
| **Greek Elderly Citizens**  **Club** | Provides companionship & support for Greek speaking elderly citizens. Cards, bingo &  Dominoes | Thursday  9.00am - 2.00pm | Small cost | Mimi Charisiades  9749 5985 |
| **Macedonian Community Welfare Association** | Macedonian Community Welfare Association. A planned activity group for seniors & people with a disability. | Tuesday  9.00am - 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  9.00am - 3.00pm | 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  9.00am - 3.00pm | Contact for details | Aged & Disability  Group Services 8734 4536 |
| **Werribee Community Singers** | A Capella Singing Group | Wednesday  6.30pm - 10.00pm | 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  12.00pm - 5.00pm | Cost on enquiry | Kathy Senior  9749 2883/0409 382 593  [Kathy Email](mailto:colinankathy@bigpond.com) (colinankathy@bigpond.com) |
| **Werribee Women’s Group** | Provide an avenue for women to attend and meet for group activities | 3rd Tuesday of the Month  11.00am - 1.00pm | Cost on enquiry | Contact Dianne Keenan 0400 018 402 |
| **Wyndham’s Sew & So’s for seniors** | Activity for women over 55 create handmade charity quilts | Friday  9.00am - 2.00pm | Small fee | Annie Scicluna  9369 3275  [Annie Email](mailto:coup33@optusnet.com.au) (coup33@optusnet.com.au) |

## Encore Events Centre

80-82 Derrimut Road, Hoppers Crossing

1300 156 557

[Encore Events Centre Website](https://www.wyncc.com.au/) (https://www.wyncc.com.au)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone | 2nd Tuesday of the Month  10.30am | $12.00 includes morning tea | Box Office  Ph 8734 6000  [Wyndham City - Box Office Email](mailto:boxoffice@wyndham.vic.gov.au) (boxoffice@wyndham.vic.gov.au) |

## Bridge Hotel

197 Watton Street, Werribee

| **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 7.00pm start | Contact for details | David  0439 613 737  [David Email](mailto:robsondavid1@iprimus.com.au) (robsondavid1@iprimus.com.au) |

## The Grange Community Centre

260-280 Hogans Road, Hoppers Crossing

**Ph: (03) 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** |
| --- | --- | --- | --- | --- |
| Balance, Flex, Fun (BFF) | BFF is a gentle cardiovascular, bone and muscle strengthening exercises, combined with elements of balance and core activation | Thursday (except public holidays)  9.30am – 10.15am | $12.00 per class when enrolling for the term  $15.00 per class on a casual basis | The Grange Community Centre |
| Chair Fitness | Join us for a fitness class held on chairs suitable for all ages, seniors, all abilities and for rehabilitation participants. | Wednesday  10am – 10.45am | $10.00 per class (discounted term rates apply) | The Grange Community Centre |
| Chatty Café | Join Nola each week for a cuppa and a chat in our café space. Everyone is welcome! | Wednesday (except public holidays)  10am – 11.30am | Free | The Grange Community Centre |
| The Grange Walkers | Weekly walking to keep active and socialise. Optional coffee after the walk with our Chatty Café. | Wednesday  9am for a 9.15am start | Free | The Grange Community Centre |
| Seniors Festival | Join us to celebrate Seniors Festival | Annually in October Contact for details | Contact for details | The Grange Community Centre |
| Seniors House of Fun | Join us for a variety of activities such as arts & crafts, games, sing-a-longs and so much more. | Friday  11am – 12.30pm | Free | The Grange Community Centre |
| Twisted  Stitches Knitting Group | Knit one give one, Join us for a cuppa, a chat and knit for charity. Everyone welcome | Monday (except public holidays)  12.30pm – 2.30pm | Free | The Grange Community Centre |
| Yoga | Do you want to improve your flexibility, balance & overall welling? Join Vanessa each Tuesday and participate in a 45 minute yoga class | Tuesday (except public holidays)  9.30am – 10.15am | $12.00 per class when enrolling for the term  $15.00 per class on a casual basis | The Grange Community Centre |

## The Hoppers Club

180-200 Pannam Drive, Hoppers Crossing

**Ph: (03)** 9749 4844

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Hoppers Bowls Club** | Pennant, social and barefoot bowls as well as additional events throughout the year | Seasonal for Pennant. Barefoot Bowls Sep-Apr.  Social Bowls all year round. | Social Bowls $10.00  Barefoot Bowls $10.00, $15.00 with BBQ | Ted Shearson  0477 257 257  [Hoppers Bowls Email](mailto:hoppersbowls@gmail.com) (hoppersbowls@gmail.com) |

## Hoppers Crossing Sports Club

Hogans Reserve, Hogans Road, Hoppers Crossing

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| U3A Werribee – Photography | Photography class | Tuesday  2.30pm – 3.30pm | $40.00 U3A Annual Fee & attend any U3A Program for free during the year. | Rick Conn  0402 299 220  [U3A Email](mailto:courses.u3awbee@hotmail.com) (courses.u3awbee@hotmail.com) |
| U3A Werribee – Seniors Men's in Light Exercise | Seniors gentle walking and coordination exercise for men | Tuesday  9.30am – 10.30am | $40.00 U3A Annual Fee & attend any U3A Program for free during the year. | Rick Conn  0402 299 220  [U3A Email](mailto:courses.u3awbee@hotmail.com) (courses.u3awbee@hotmail.com) |

## Hoppers Crossing (Plaza) Library

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

Ph: **(03)** 8734 2600

For more information and bookings: [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 our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. | 2nd Friday of the month  10.30am – 12.30pm | Free | Hoppers Crossing Library |
| **Family History Group** | Join others who have an interest in researching their Family History as we discuss our latest research finds, useful resources, brick walls, upcoming events and get advice from this knowledgeable group. This is a self-help group facilitated by our Family and Local History Librarian. | Last Saturday of the month from February to November  10.00am – 12.00pm | Free | Hoppers Crossing Library |
| **Family History Help** | Just starting your family history or a seasoned researcher that needs a little support? Our Family and Local History Librarian is available to help. Learn about the resources available at the Library and how to use them. | Wednesday  10.00am – 11.00am  Or by appointment | Free | Hoppers Crossing Library |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Monday  11.00am – 12.00pm | Free | Hoppers Crossing Library |
| **One-on-One IT Help** | Do you need some focused support with computers or technology? Book a One-on-One IT help session, and our friendly staff will help you We can help with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library’s computers, or even remotely and over the phone. | Weekly  Contact Library for dates and times | Free | Hoppers Crossing Library |
| **Virtual Book Club** | Join our Virtual Book Club! Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thursday of the month  7.30pm – 8.30pm | Free | Online |
| **Writing Group Online** | Come along to one of Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. | 2nd and 4th Tuesday of the month  7.30pm – 8.30pm | Free | Online |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more | Ongoing | Free | All Libraries |

# **Little River**

**Disclaimer**

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Please check with the program/activity contact or venue for up-to-date information.

## Little River Community & Sporting Centre

You Yangs Road, Little River

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Lions Club of Little River** | Volunteer involvement in humanitarian efforts locally, nationally, and internationally | 2nd and 4th Wednesday of the month  6.30pm - 7.00pm | $20.00/year | Nicole Green  0421 360 470  [Lions Club Little River Email](mailto:lionsclublittleriver@gmail.com) (lionsclublittleriver@gmail.com) |

## Little River Mechanics Institute & Free Library

8 Rothwell Road, Little River VIC 3211.

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Little River Share** | Bring along your excess fruit and veg, books, plants and things. Recycle and decrease waste. No need to bring anything, we welcome people to come for a chat and a cuppa. | 3rd Sunday of the Month  10.30am - 12.00pm | Free | Les Sanderson  0409 432 215  [Les Email](mailto:ljsanderson148@gmail.com) (ljsanderson148@gmail.com) |
| **Historical Society** | Meet to discuss how to collect, preserve and promote our precious heritage. | Contact Les for details as frequency changes. | Free | Les Sanderson  0409 432 215  [Les Email](mailto:ljsanderson148@gmail.com) (ljsanderson148@gmail.com) |

# **Manor Lakes**

**Disclaimer**

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## Manor Lakes Community Learning Centre

86 Manor Lakes Boulevard, Wyndham Vale

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Gentle Exercise Class - Fun & Fitness** | Gentle Exercise Program | Monday  11.00am - 12.00pm | $6.00 per class | Manor Lakes Community Learning Centre |
| **Wyndham Patchworkers Inc.** | It’s time to sew and chat, make friends, learn, swap ideas and indulge your passion for quilting and patchwork. | 2nd & 4th Saturday of the month 9.30am — 4.00pm | New Membership (including badge) $30.00  Renewal $20.00  $3.00 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 - Friday 1.30pm - 3.00pm | Free | [Club 60 Wyndham Vale Email](mailto:happytwofaces@hotmail.com) (happytwofaces@hotmail.com) |
| **Coffee Table Community kitchen** | The goal we have for the kitchen is to see our community coming together, to meet new people and enjoy each other’s company.  Our community kitchen is open on Wednesdays and Thursdays for Breakfast and lunch for $5.00. We also provide after school snacks for the school kids - this provides an opportunity for kids to meet, to mingle and hang out together. | Wednesdays and Thursdays for Breakfast and lunch  After school snacks for the school kids on Wednesdays, Thursdays, and Fridays from 3.00pm - 5.00pm | Joining the social group is Free  Breakfast and Lunch is $5.00 | Sally  [The Coffee Table Email](mailto:thecoffeetable2022@gmail.com) (thecoffeetable2022@gmail.com) |
| **Coffee Table** | Connecting local community members with others that can help further your education, sport activities, food, finance or assist with other training like sewing, jewellery making, cooking etc | Thursday  11.30am - 2.00pm | Free | Sally  [The Coffee Table Email](mailto:thecoffeetable2022@gmail.com) (thecoffeetable2022@gmail.com) |
| **Food Bank Manor Lakes** | Food Bank Manor Lakes Providing food items to people in need. | Wednesday  9.00am -11.30am | Free | Pynqi  [Food Bank Email](mailto:foodbank@newstart.org.au) (foodbank@newstart.org.au) |
| **Refugee and Migrant Communities Network Elders activity group.** | We are conducting a Planned Activity Group for CALD Elders. It is a program of activities offering opportunities for socialisation providing physical, emotional and social needs of the CALD Elders. This program is designed to enhance elders wellbeing and provide holistic care. | Thursday  11.00am - 2.00pm | Free | Terefe Aboret  0490 080 933  [Terefe Email](mailto:terefe@rmcn.org.au) (terefe@rmcn.org.au) |
| **Community Connector** | Wyndham City’s Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions.  The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. | Friday  8.00am - 5.00pm | Free | Wyndham City  (03) 8734 4514  [Community Connector Email](mailto:communityconnector@wyndham.vic.gov.au) (communityconnector@wyndham.vic.gov.au) |
| **Walking Football** | Low impact, modified version of the game, suitable for all levels of ability and fitness for community members over 50's. | Tuesday  12.00pm – 1.00pm | Free | Manor Lakes Community Learning Centre |

## Manor Lakes Library

86 Manor Lakes Boulevard, Manor Lakes

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Family History Group** | Join others who have an interest in researching their Family History as we discuss our latest research finds, useful resources, brick walls, upcoming events and get advice from this knowledgeable group. This is a self-help group facilitated by our Family and Local History Librarian. | 2nd Tuesday of the month from February to December  1.00pm – 3.00pm | Free | Manor Lakes Library |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Friday  1.00pm – 2.00pm | 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. | Contact Library for dates | Free | Manor Lakes Library |
| **Virtual Book Club** | Join our Virtual Book Club! Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thursday of the month  7.30pm – 8.30pm | Free | Online |
| **Writing Group Online** | Come along to one of Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. | 2nd and 4th Tuesday of the month  7.30pm – 8.30pm | Free | Online |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free | All Libraries  (03) 8734 8999 or visit the website for more information: [Wyndham City Website - Adult Events & Activities](http://www.wyndham.vic.gov.au/adult-events-and-activities) (www.wyndham.vic.gov.au/adult-events-and-activities) |

# **Point Cook**

**Disclaimer**

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Please check with the program/activity contact or venue for up-to-date information.

## Featherbrook Community Centre

33-35 Windorah Drive, Point Cook

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Australia India Society of Wyndham** | Social group that meets for festival celebrations and activities including meditation, yoga and games. | Friday  11.00am — 12.30pm | Fees apply | Vadilal Patel  0480 114 154  [Australia India Society Email](mailto:australiaindiasociety@gmail.com) (australiaindiasociety@gmail.com) |
| **English Conversation Classes—Adult** | New to English classes in partnership with Wyndham Community & Education Centre. | Thursday  9.00am — 12.00pm | Free (to eligible students) | Wyndham Community and Education Centre  9742 4013  [WCEC Website - Pre-accredited Course List](http://www.wyndhamcec.org.au/course-list-pre-accredited) (www.wyndhamcec.org.au/course-list-pre-accredited) |
| **Point Cook Chinese Friendship Group** | Meet weekly to dance, sing, learn songs and learn English. | Monday (Dance) 1.00pm — 3.00pm  Thursday (Singing) 11.30am — 1.30pm | Free | Yanwen Zhong or Erik Tan  0421 991 696 [Point Cook Chinese Friendship Group Email](mailto:mimilisa5@126.com) (mimilisa5@126.com) |
| **Point Cook Indian Seniors Group** | Recreation and activities | 2nd Tuesday month  1.00pm — 3.00pm | Free | Indira  0402 458 648  [Indira Email](mailto:indiramohan37@gmail.com) (indiramohan37@gmail.com) |
| **First Born Gospel Church Point Cook** | Filipino Christian Services | Sunday  12.30pm — 4.30pm | Free | Edward Estrada  0456 191 341  [First Born Gospel Email](mailto:fbgcpe@iafb-australian.org) (fbgcpe@iafb-australian.org) |
| **Garam Ministry** | Indonesian Christian Services. | Sunday  9.00am — 12.30am | Free | Pastor Marlina  0408 301 006 |
| **Le Petrel Mauritian Seniors Club Inc** | Seniors Gathering with Social Activities | Wednesday  12.30pm — 4.30pm | Fees apply | Regis  0421 464 874 |
| **Wyndham Active Youngs @ 55 Inc.—Yoga** | A seniors group that focuses on health and well- being that welcomes all cultures and backgrounds. Tues: Table Tennis 9:30am/ Yoga or Lectures 11am/  Games 12:30. Wed: Table Tennis: 9:30am (2nd, 3rd, 4th Wed of the month) | Monday (Yoga)  11.00am — 12.30pm  Tuesday  9.30am — 2.30pm  Wednesday  9.30am — 11am | Fees apply | Jugal  0415 170 155 [Jugal Email](mailto:jugal.chhabra@yahoo.com) (jugal.chhabra@yahoo.com) |
| **Sahaja Yoga Meditation** | Based on an experience called Self-Realization (Kundalini Awakening) that can occur within each human being. Learn how to experience the peace of true meditation. | Wednesdays  7.30pm — 8.30pm | Free | Rupesh  0404 198 638  [Rupesh Email](mailto:Rupesh.lal2@gmail.com) (Rupesh.lal2@gmail.com)  [Free Meditation Website](http://www.freemeditation.com.au/) (www.freemeditation.com.au) |
| **Table Tennis at Featherbrook Community Centre** | Join locals for some active fun playing table tennis. Places are limited so book now! Open to all | Friday  1.00pm—3.00pm | Free | Featherbrook Community Centre |
| **Walking Football** | Low impact, modified version of the game, suitable for all levels of ability and fitness for community members over 50's. | Friday  10.00am – 11.00am | Free | Featherbrook Community Centre |

## Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Yoga** | Give your body the attention and love it needs through breathing and gentle movements. | Tuesday  9.15am - 10.00am | Free | Jamieson Way Community Centre |
| **Community Kitchen –Cooking Classes** | Cook, share, learn and meet new friends.  Healthy options and much more | Contact for dates | Fees may apply – contact for details | Jamieson Way Community Centre |
| **MRC - Planned Activity Group** | Activities for Indian Community | Friday  10.00am - 3.00pm | Fees may apply | Migrant Resource Centre North West  Atarjit  9367 6044 |
| **Meet up with Mates** | Enjoy a chat, coffee & cake and meet new people! | 1st & 3rd Monday of each month  Contact for details | $2.00 | Bookings required  Jamieson Way Community Centre |
| **Sew & Sew** | Qualified Dress maker. BYO projects, machines on site or BYO | 1st & 3rd Monday of the month  7.00pm - 9.00pm | $30.00 for 5 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  1.00pm - 3.30pm | $2.00 | Jamieson Way Community Centre |
| **Tai Chi** | Tai Chi class with an experienced instructor | Monday  11.30am – 12.30pm | $5.00 | Jamieson Way Community Centre |
| **Seniors Journey @ Jam Way** | Weekly gathering for mandarin speaking seniors. Activities include dance, chess & catch ups | Monday and Friday  9.30am – 12.30pm | Free | Fong  0410 177 250  [Fong's Email](mailto:yongbongfong@gmail.com) (yongbongfong@gmail.com) |
| **JWCC Book Club** | More than just a book club. Share your love of novels and movies with others. | 3rd Thursday of each month  10.30am - 12pm | $2.00 | Jamieson Way Community Centre |
| **French for Beginners** | Enjoy a cuppa and meet new people while you learn French language! | Tuesday  1.00pm -3.00pm | $2.00 | Jamieson Way Community Centre |
| **Quilters Patch** | Patchwork Classes with a qualified patcher worker – BYO project | Thursday  9.30am – 12.30pm  Thursday  6.30pm – 9.30pm | $5.00 | Jamieson Way Community Centre |
| **Craftasic** | Have you got any unfinished craft laying around? Come along to our social craft group! | Tuesday  11.00am – 1.00pm | $2.00 | Jamieson Way Community Centre |
| **Walking Basketball** | These fun indoor sessions are a great way to keep active and improve your fitness and skill levels! | Thursday  1.00pm – 2.00pm | $2.00 | Jamieson Way Community Centre |
| **Table Tennis** | Enjoy a social game of table tennis! | Connect with us for days and times | Free | Jamieson Way Community Centre |

## Point Cook Community Learning Centre

1-21 Cheetham Street, Point Cook

Ph: **(03)** 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)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Australia India Society of Wyndham** | Indian Social Group who get together to celebrate festivals, meditation, yoga classes, laughing & clapping programs. | Mondays  11.30am – 2.30pm | $7.00 | Vadilal Patel  0480 114 154  [Australia India Society Email](mailto:australiaindiasociety@gmail.com) (australiaindiasociety@gmail.com) |
| **Fun & Fitness Gentle Exercise** | A gentle physical activity program suitable for anyone. | Fridays  11.00am - 12.00pm | $6.00 per session | Point Cook Community Learning Centre  9395 6399 |
| **Iraqi Cultural Group in Australia** | A social & educational seniors Iraqi group covering topics of interest, art performances & general knowledge of a multicultural Australian-Iraqi society for continuous improvement of seniors’ life style | 1st Sunday of the month  1.00pm—3.00pm | Fees apply | Farial Jafar  0422 798 587  [Farial Email](mailto:farial.jafar@gmail.com) (farial.jafar@gmail.com) |
| **Melbourne Yangtze Choir** | A Chinese Community Choir that dance, drum & sing in both English & Mandarin. Great way to learn English & improve musical skills. | Tuesday  10.00am - 12.00pm  Sunday  4.00pm – 6.30pm | Fees apply | Mei  0432 669 379  [Yangtze Choir Email](mailto:yangtzechoir@gmail.com) (yangtzechoir@gmail.com) |
| **Melbourne West Korean Seniors Group** | Meet weekly with other Korean seniors to build community & connect with one another. | Tuesday  12.00pm – 3.00pm | Fees apply | Moonbae  0425 796 784  [Moonbae Email](mailto:moonbae.kim@gmail.com) (moonbae.kim@gmail.com) |
| **Point Cook Chinese Friendship Association** | Encourages seniors to participate in indoor sports, art, singing, entertainment & cultural discussions. | Monday  9.00am – 11.00am | Fees apply | Lisa  0449 896 178  [Point Cook Chinese Friendship Email](mailto:mimilisa5@126.com) (mimilisa5@126.com) |
| **Point Cook Craft Group** | Bring along your knitting or craft for some social interaction with other seniors from local area. | Thursday  10.00am - 12.00pm | Free | Bev  0417 324 489 |
| **Point Cook Royals** | Various activities including yoga, singing, seniors get together, dancing, cultural festival celebrations, poem reciting and educative seminars. | Wednesday fortnightly  12.00pm – 3.00pm | Fees apply | Rajendra / Pankaj  0479 115 930 / 0434 199 254  [Rajendra Email](mailto:rajk3006@gmail.com) (rajk3006@gmail.com) or  [Pankaj Email](mailto:pkghai@gmail.com) (pkghai@gmail.com) |
| **Point Cook Seniors Group** | Meet for social interaction & lunch with other seniors from the local area. | Friday  12.15pm - 2.00pm | Gold coin | Bev  0417 324 489 |
| **Point Cook VIEW Club** | A leading women's national organisation, providing the opportunity for women from all walks of life to meet, establish lasting friendships & help disadvantaged Australian children through supporting the work of The Smith Family. | 1st Wednesday of the month 10.00am – 12.00pm | Fees apply | Elaine  0404 066 860  [Point Cook View Email](mailto:pointcookview@gmail.com) (pointcookview@gmail.com) |
| **Point Cook Walking Group** | People of all ages come join us to discover Point Cook, meet new friends, keep fit & healthy.  Meet at Point Cook town centre outside Dry Cleaners (Coles precinct) | Monday – Friday 9.00am | Free | Bev  0417 324 489 |
| **Rotary Club of Laverton Point Cook** | We are renowned for our fun and fellowship and take pride in our dynamic outlook both in membership and projects as well as community service. Meet at Club Laverton. | 1st & 3rd Wednesday of the month  6.30pm for a 7.00pm start | Contact for details | Tim Fuller  0439 846 385  [Rotary Club of Laverton Point Cook Email](mailto:contact@rotarylpc.org.au) (contact@rotarylpc.org.au) |
| **Sewa International** | Indian wellness seniors group aimed at encouraging independence through yoga & social interaction. | 1st & 3rd Sunday of the month  1.30pm – 3.30pm | Free | Prem  0430 740 023  [Prem Email](mailto:prem@live.com.au) (prem@live.com.au) |
| **Wyndham Chinese Cultural Promotion Group** | 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 – 2.30pm | $20.00 per annum | Carrie Lu  [Wyndham Chinese Cultural Promotion Email](mailto:wccpipointcook@gmail.com) (wccpipointcook@gmail.com) |
| **Yoga for Seniors** | A gentle yoga session for seniors. Currently online via zoom.  Zoom ID82968814363  passcode 999 | Monday -Thursday  11.00am – 12.30pm | Free | Prem  0430 740 023 |
| **Community Connector** | Wyndham City’s Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions.  The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. | Thursday  8.00am – 5.00pm | Free | Wyndham City  (03) 8734 4514  [Community Connector Email](mailto:communityconnector@wyndham.vic.gov.au) (communityconnector@wyndham.vic.gov.au) |

## Point Cook Library

1-21 Cheetham Street, Point Cook

Ph: **(03)** 9395 7966

For more information and bookings: [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 our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. | 4th Friday of the month  11.00am – 1.00pm | Free | Point Cook Library |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Monday  2.00pm – 3.00pm | Free | Point Cook Library |
| **One-on-One IT Help** | Do you need some focused support with computers or technology? Book a One on One IT help session, and our friendly staff will help you We can help with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library’s computers, or even remotely and over the phone. | Weekly  Contact Library for dates and times | Free | Point Cook Library |
| **Virtual Book Club** | Join our Virtual Book Club! Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thursday of the month  7.30pm – 8.30pm | Free | Online |
| **Writing Group Online** | Come along to one of Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. | 2nd and 4th Tuesday of the month  7.30pm – 8.30pm | Free | Online |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free | All Libraries  (03) 8734 8999 or visit the website for more information: [Wyndham City Website - Adult Events & Activities](http://www.wyndham.vic.gov.au/adult-events-and-activities) (www.wyndham.vic.gov.au/adult-events-and-activities) |

## Saltwater Community Centre

153 Saltwater Promenade, Point Cook

Ph: **(03)** 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  11.00am - 1.00pm | 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  12.00pm - 4.30pm | FREE | CK Huang  0468 337 688 |
| **COMMUNITY CONNECTOR** | Wyndham City’s Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions.  The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. | Wednesday  8.00am - 3.30pm | FREE | Wyndham City  (03) 8734 4514  [Community Connector Email](mailto:communityconnector@wyndham.vic.gov.au) (communityconnector@wyndham.vic.gov.au) |

## WynCity Bowl & Entertainment

36 Wallace Avenue, Point Cook

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Starlets League (Tenpin Bowling)** | Teams of 2, doing 3 games of bowling. Social activity with physical benefits | Tuesday 10.00am | $22.00 per week | Wyncity |
| **Gazelles League (Tenpin Bowling)** | Teams of 2, doing 3 games of bowling. Social activity with physical benefits | Wednesday 10.30am | $21.00 per week | Wyncity |
| **Sapphires League (Tenpin Bowling)** | Teams of 2, doing 3 games of bowling. Social activity with physical benefits | Thursday 10.30am | $25.00 per week | Wyncity |
| **Golden Doubles League (Tenpin Bowling)** | Wyndham Over 50's Club  Teams of 2, doing 2 games of bowling. Social activity with physical benefits  Complementary Tea and Coffee included | Friday  10.30am | $15.00 per week  For 2 games of bowling and tea/coffee | Wyncity |

# **Tarneit**

**Disclaimer**

The information contained in this Directory is true at time of print – August 2022

Please check with the program/activity contact or venue for up-to-date information.

## Dianella Community Centre

6 Congo Drive, Tarneit West

Ph: **(03)** 8742 8300

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

W: [Dianella Community Centre Website](https://www.wyndham.vic.gov.au/venues/dianella-community-centre) (https://www.wyndham.vic.gov.au/venues/dianella-community-centre)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Cultural Cuisines Food** | is the fuel for our body and stories are the food for our soul, at Cultural Cuisines we bring the two together. This program celebrates cross-cultural learning. We do this by inviting home cooks to share recipes from their culture and narrate stories linked to food, memories, and experiences. Come join us. | 17 Sept, 15 Oct, 19 Nov 5.30pm - 7.30pm | Free | Contact for more information  0416 937 473  [Cultural Cuisines Email](mailto:Tahirasheikh2019@gmail.com) (Tahirasheikh2019@gmail.com) |
| **Family Games Nights** | Family board Games Nights encourage families to move away from the screen and sit together, enjoy playing games together. | 7 Oct, 4 Nov 2 Dec 5.00pm - 7.30pm | Free | Contact for more information  0416 937 473  [Family Games Night Email](mailto:Tahirasheikh2019@gmail.com) (Tahirasheikh2019@gmail.com) |
| **Smita Acharya Cooking Workshops** | Food brings the community together. Meet me and my Thermomix for a cooking workshop. Meet other food lovers in the neighbourhood. Exchange traditional recipes. All are welcome, Thermomix owner or not. | 2nd Saturday of the month | Free | Smita Acharya  0470 268 746  [Smita Email](mailto:smitasfoodcharm@gmail.com) (smitasfoodcharm@gmail.com) |
| **Soul Space Yoga classes** | Combine both strength and mobility work in a dynamic, vinyasa – style Contact to confirm the cost 0435 915 516 Soulspace.journeywithin@gmail.com | Tuesday 9.30am - 10.30am Saturday 9.30am - 10.30am | Contact to confirm cost | 0435 915 516 [Soul Space Email](mailto:Soulspace.journeywithin@gmail.com) (Soulspace.journeywithin@gmail.com) |
| **Communi-tea Coffee Hour** | Drop in and chat with staff and the community at Dianella Community Centre over a cuppa. An opportunity to meet your neighbours, local groups and services in Tarneit. | Wednesday 9.30am-10.30am | Free | Dianella Community Centre |
| **Dianella CC Walking Group** | Community led walking group, meet at Dianella Community Centre and go for a quick walk around the block and beyond. Join us for a cuppa afterwards. | Tuesdays9.30am- 10.00am | Free | Dianella Community Centre |
| **Wyndham Wildlife Gardens** | Garden workshops | Various dates  Contact for details | Contact for details | [Wyndham Wildlife Gardens - Facebook Link](https://www.facebook.com/groups/%20wyndhamwildlifegardens/) (https://www.facebook.com/groups/%20wyndhamwildlifegardens/) |

## Hotel 520

520 Sayers Road, Tarneit

Ph: **(03)** 9748 8520

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Bingo** | Play bingo. $250 jackpot | Tuesday  10.00am | 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  11.00am – 12.00pm | $15.00 Joining Fee  $35.00 Annual Fee | Pauline Anderson  0407 856 519 |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone | 2nd last Wednesday of the month  11.00am | $5.00 Show and Morning Tea  $20.00 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  10.00am | $15.00 Joining Fee  $30.00 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: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Craft & Conversation** | Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. | 3rd Friday of the month 10.30am – 12.30pm | Free | Julia Gillard Library Tarneit |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Wednesday  1.30pm – 2.30pm | Free | Julia Gillard Library Tarneit |
| **One-on-One IT Help** | Do you need some focused support with computers or technology? Book a One on One IT help session, and our friendly staff will help you We can help with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library’s computers, or even remotely and over the phone. | Weekly  Contact Library for dates and times | Free | Julia Gillard Library Tarneit |
| **Virtual Book Club** | Join our Virtual Book Club! Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thursday of the month  7.30pm – 8.30pm | Free | Online |
| **Writing Group Online** | Come along to one of Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. | 2nd and 4th Tuesday of the month  7.30pm – 8.30pm | Free | Online |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free | All Libraries  (03) 8734 8999 or visit the website for more information: [Wyndham City Website - Adult Events & Activities](http://www.wyndham.vic.gov.au/adult-events-and-activities) (www.wyndham.vic.gov.au/adult-events-and-activities) |

## Lifestyle Seasons

13 Sundial Boulevard, Tarneit

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Cards - 500** | Card games | Wednesday  1pm - 4pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Kay Dwyer  9731 6976 |

## Penrose Promenade Community Centre & Ageing Well Facility

83 Penrose Promenade, Tarneit

Ph: **(03)** 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. | Monday  12.00pm - 2.00pm | 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  9.00am - 3.00pm | 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  9.00am - 3.00pm | 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 | Friday  10.30am— 12.30pm | Free | Arun  0425 032 022  [Arun Email](mailto:siddhpura.arun@gmail.com) (siddhpura.arun@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  1.00pm - 3.00pm  &  Friday  12.30pm – 2.30pm | Free | Rashpal  0402 010 016  [Rashpal's Email](mailto:Rashpal.chaggar@gmail.com) (Rashpal.chaggar@gmail.com) |
| **United Seniors Club** | Senior Citizen meet and share knowledge & skills with each other. Sing & Dance, celebrate festivals, exercise & Yoga, to keep physical and mentally healthy. Learning Australian heritage | Monday  10.00am - 12.00pm | $10.00 | Dinesh Patel  0478 621 534 |
| **Legends International of Seniors Inc** | You are a unique creation of nature. Your experiences– sweet & sour make you a LEGEND. If you want to be remembered forever, even after your death, come on let us club together and celebrate life! | Thursday  11.00am - 1.00pm | $10.00 | Trilok Singh Aulakh  0433 547 338  [Trilok Email](mailto:tsaulakh09@gmail.com) (tsaulakh09@gmail.com) |

## Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

Ph: **(03)** 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)

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Club 60** | Club 60 provides a social gathering for men. | Monday  12.00pm - 2.30pm | See Provider | Sunil  0449 101 455  [Sunil's Email](mailto:club60.tarneit@gmail.com) (club60.tarneit@gmail.com) |
| **Computer Courses Facilitated by WCEC** | 10 weeks computer courses for all levels. MS Office First Steps, Next Steps. | Contact for further information Bookings Essential. | $30.00 per term | Wyndham Community & Education Centre  9742 4013  [Wyndham CEC Email](mailto:Enquiries@wyndhamcec.org.au) (Enquiries@wyndhamcec.org.au) |
| **Craft Group** | Craft, Chat and a Cuppa. Come and join! | Wednesday  9.00am - 12.00pm | Free | Tarneit Community Learning Centre |
| **50’s + Gentle Yoga** | Join Cat from Reclink Australia for a session specifically tailored for older adults and those looking to get back into fitness, in a gentle and supportive environment. | Monday  9.30am – 10.15am | Free | Lorcan Matthews  0401 523 868 [Lorcan Email](mailto:Lorcan.matthews@reclink.org) (Lorcan.matthews@reclink.org) |
| **U3A Werribee Region Tai Chi Classes** | Tai Chi classes promote health and wellbeing, including relaxation. Assist with stress reduction and promotes serenity through gentle flowing movements. | Monday  10.30am – 11.30am | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Rick Conn  0402 299 220 [U3A Werribee Email](mailto:Courses.u3awbee@hotmail.com) (Courses.u3awbee@hotmail.com) |
| **Community Connector** | Wyndham City’s Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions.  The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. | Wednesday  8.00am - 5.00pm | Free | Wyndham City  (03) 8734 4514  [Community Connector Email](mailto:communityconnector@wyndham.vic.gov.au) (communityconnector@wyndham.vic.gov.au) |

# **Truganina**

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Please check with the program/activity contact or venue for up-to-date information.

## Arndell Park Community Centre

29-49 Federation Boulevard, Truganina

Ph: (03) 8734 8911

E: [Arndell Park Community Centre Email](mailto:Arndell%20Park%20Community%20Centre%20Email) (arndellparkcc@wyndham.vic.gov.au)

W: [Wyndham City Website - Arndell Park Community Centre](https://www.wyndham.vic.gov.au/venues/arndell-park-community-centre) (https://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. | Wednesday & Friday 11.30—2.00pm | Contact Group for Costs | Ashok Mehta 0434 929 429  [Ashok Email](mailto:ashokmehta1958@gmail.com) (ashokmehta1958@gmail.com) |
| **Club 60** | Provides a social gathering for men and women of Indian origin | Thursday 12.30-2.30pm | Contact for more info | Sunil  0449 101 455  [Sunil's Email](mailto:club60.tarneit@gmail.com) (club60.tarneit@gmail.com) |
| **Life Community Kitchen** | Free Dinner - For families & individuals in need. | Monday  6.00pm – 8.00pm | Free - bookings required | Arndell Park Community Centre |
| **Computer Courses -WCEC** | The courses run on various days (Microsoft, excel, beginners to advance) | Varies per term  Contact for details | Contact for more info | Arndell Park Community Centre |

## Williams Landing Library Lounge

1/101 Overton Road, Williams Landing

Ph: **(03)** 8734 8999

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** |
| --- | --- | --- | --- | --- |
| **Craft & Conversation** | Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. | 1st Tuesday of the month  2.00pm – 4.00pm | Free | Williams Landing Library Lounge |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Thursday  11.00am – 12.00pm | Free | Williams Landing Library Lounge |
| **Adult Social Hour** | Get to know others in the community at our Adult Social Hour. Join us at Williams Landing Library Lounge on the 2nd, 3rd and 4th Tuesday of the month to meet new people in a warm, welcoming space. Each week there will be an activity to try while catching up with new and old friends. | 2nd, 3rd, and 4th Tuesday  2.00pm - 3.00pm | Free | Williams Landing Library Lounge |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free | All Libraries  (03) 8734 8999 or visit the website: [Wyndham City Website - Adult Events & Activities](http://www.wyndham.vic.gov.au/adult-events-and-activities) (www.wyndham.vic.gov.au/adult-events-and-activities) |

# **Werribee**

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Please check with the program/activity contact or venue for up-to-date information.

## Crossroads Uniting Church Hall

Cnr Duncans Road & Synnott Street, Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Werribee Scottish Country Dancing Group** | Come along and enjoy a jig or reel, socialise and have fun. All nationalities welcome. | Tuesday  8.00pm | $8.00 | Suzanne  0409 366 022  [Suzanne Email](mailto:colwellc@optusnet.com.au) (colwellc@optusnet.com.au) |

## Eagle Stadium

35 Ballan Road, Werribee

Ph: **(03)** 8734 5677

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Wynsenior** | Exercises for over 60s | Monday 10.45am Body Balance  Tuesday 11.00am Active adults  Wednesday 10.40am Pilates  Friday 10.40am Walking Group  Friday 11.35am Active adults | $7.50 | Eagle Stadium |
| **Access Assistance to Gym** | Patrons can access assistance with the use of gym | Tuesday  9.00am-11.00am | $7.50 (usual gym casual entry fee)  $10.00 (gym consultation) | Eagle Stadium |
| **Walking Basketball** | Walking Basketball is all the excitement and fun of Basketball but at a walking pace making it suitable for all ages, genders and abilities | Thursday  1.00pm – 1.45pm | $50/term | Kylie 0421 697 574 |
| **Walking Netball** | Enjoy all the fun of this team sport at a walking pace. | Thursday  8.00pm – 9.00pm | $22/year for Netball Victoria Membership | 0411 812 263  [Netball Enquiries Email](mailto:enquiries@wyndhamnetball.com.au) ([enquiries@wyndhamnetball.com.au](mailto:enquiries@wyndhamnetball.com.au)) |

## 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  10.00am - 12.00pm | $5.00 (members contribution) | Patricia  0434 487 360  Valda  042170 4362 |

## Gateways Support Services

3 Princes Highway, Werribee

Ph: (03) 9749 7388

E: [Gateways Email](mailto:westernmelbourne@gateways.com.au) (westernmelbourne@gateways.com.au)

W: [Gateways Website](http://www.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 |

## Italian Sports Club of Werribee

601 Heaths Road, Werribee

Ph: **(03)** 9741 1225

E: [Italian Sports Club Email](mailto:Italian%20Sports%20Club%20Email) (manager@iscw.com.au)

W: [Italian Sports Club Website](http://www.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 - 12.00pm | 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 - 8.00pm | 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  Tuesday  1.30pm | Annual Membership Fee $10.00  $5.00 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 $10.00  Site and associated expenses for trips | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Double Dominos** | In the ISCW Members Bar | Monday  10.00am | Annual Membership Fee $10.00 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Games & Coffee** | In the Members Bar | Wednesday  12.30pm | Annual Membership Fee $10.00 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Gardening** | Some trips are included to local areas | 1st Thursday of the month  10.00am | Annual Membership Fee $10.00 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Golf** | 9 Holes at Werribee Golf Club | Monday & Friday  7.15am | Annual Membership Fee $10.00  Green fees payable | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Line Dance** | Line dancing followed by coffee | Monday  7.00pm  Wednesday  10.00am | Annual Membership Fee $10.00  $5.00 per session | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Mahjong** | Meet with other like-minded people who enjoy this activity | Thursday  10.00am | Annual Membership Fee $10.00 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\***  **Meet and Eat Lunch** | Various venues | Last Friday of the month  12.00pm | Annual Membership Fee $10.00  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 $10.00  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 $10.00 | 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  9.00am | Annual Membership Fee $10.00 | 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 - 7.00pm | Annual Membership Fee $10.00 | 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

## Old Shire Offices

49 Watton Street, Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Parkinson’s Peer Support Group** | Support group for people experiencing Parkinsons. Share information, connect with others and gain support in a relaxed and welcoming environment. | 3rd Friday of the month  1pm-4pm | Cost on enquiry | Dennis Williams  0439 689 054 / 9741 2162  [Dennis Email](mailto:maridenn@bigpond.net.au) (maridenn@bigpond.net.au) |
| **Spanish Pensioners & Senior Citizens of Werribee** | Senior group of Spanish speaking heritage that meet to play bingo, cards & outings throughout the year. | Monday  10.30am - 2.30pm | Cost on enquiry | Juana Aisa  0423 989 250  [Juana Email](mailto:asiafamily90@hotmail.com) (asiafamily90@hotmail.com) |

## Quantin Binnah Community Centre

61 Thames Boulevard, Werribee

Ph: **(03)** 9742 5040

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

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

| **Name** | **Description** | **Day & Time** | **Cost per term** | **Contact Information** |
| --- | --- | --- | --- | --- |
| **Social English** | Practice your social English skills with others in a supportive environment.  No structured classes, no need to attend every week. | Wednesday 9.30am - 11.30am | Gold Coin Donation appreciated | Quantin Binnah |
| **Craft & Caffeine** | Drop in for craft and a cuppa anytime.  Complete special themed craft activities | Monday & Tuesday 8.00am - 2.00pm Wednesday 8.00am - 4.30pm | Gold coin donation for craft preferable. | [Creating Villages Email](mailto:creatingvillages@gmail.com) (creatingvillages@gmail.com) |
| **High Tea and Craft.** | Morning tea and Craft activities provided. Craft may be wind chimes, dream catchers, mosaics, crocheting etc.  Numbers capped at 10. Booking essential. | Wednesday 10.00am - 12.00pm | $10.00 each covers craft activity and high tea (contact to discuss dietary requirements) | [Creating Villages Email](mailto:creatingvillages@gmail.com) (creatingvillages@gmail.com) |
| **CraftABILITY** | Adults with Disabilities (& their carers) are invited to join us to complete a different art and craft activity each week. Come along & be creative, be social and maybe enjoy something to eat from the Café menu. | Tuesday  10.00am - 12.00pm | $5.00 contribution per person towards weekly art project. | Quantin Binnah |
| **Maggie the Clairvoyant** | Maggie has 25+ years’ experience and is trusted by many. Have her give you a 1:1 Tarot Angel Card Reading. Other services include Chakra Balancing and Indian Head massages. | Wednesday 9.00am - 2.00pm | $25.00 for a 20-minute card reading. | Maggie  0421 564 236 |
| **The Craft Binge** | Looking for something to do on a Sunday afternoon during the colder months?  Need some time out?  Bring your craft project along to QB Café and join in with others  Learn to art of crocheting with Lisa and enjoy an afternoon tea with the team from Creating Villages.  If you need to bring the grandkids along, no problem, kids craft will be set up for them to do to. | Sunday  1.00pm - 4.00pm | Craft special Hot drink and Scones for $7.00  Other café goodies available for purchase. | [Creating Villages Email](mailto:creatingvillages@gmail.com) (creatingvillages@gmail.com) |
| **Australian Crochet Community** | All welcome to drop in and crochet and chat or do another craft**.** | Saturday  10.00am - 2.00pm | BYO crochet/craft project and supplies | [Creating Villages Email](mailto:creatingvillages@gmail.com) (creatingvillages@gmail.com) |
| **Pop in Tuesday** | Do you require support to print forms, make (limited) photocopies, access websites?  Emma will be located in Café QB once a month on a Tuesday, drop by, say hi and get the support you need. Tablets available for use. | First & Third Tuesday of the Month (term time) 10.00am - 12.30pm. | Free – gold coin donation appreciated. | Quantin Binnah |
| **QB Café** | Support Creating Villages by purchasing something yummy to eat and/or drink.  Hot drinks, milkshakes, sandwiches and toasties, pies and daily specials will be available to purchase. | Monday & Tuesday 8.00am - 2.00pm Wednesday 8.00am - 4.30pm | Please refer to daily menu @ Café QB for prices. | [Creating Villages Email](mailto:creatingvillages@gmail.com) (creatingvillages@gmail.com) |
| **Wonder Women** | A social support group for women in Wyndham.  Make some new friends, have a chance to relax, support each other and focus on yourself. New activity weekly | Thursday  9.30am | Free – gold coin donation appreciated.  Some activities may incur a charge. | Quantin Binnah |

## Salvation Army – Werribee

211 Watton St, Werribee

Ph: **(03)** 9741 7359

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Community Lunch** | Come along and enjoy a great meal & fellowship. | Tuesday,  Wednesday & Thursday  12.00pm | Gold Coin Donation | Salvation Army |

## Victoria University Werribee Fitness Centre

Building 7, Gate 4, Hoppers Lane, Werribee

Ph: **(03)** 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  10.00am - 1.00pm | $6.50 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. | Tuesday  10.00am  Thursday  10.00am | $6.50 per session  Doctor referral required before first session. | Victoria University Werribee Fitness Centre |

## Werribee Bowls Club

Chirnside Park, Werribee

Ph: **(03)** 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, pennant and social get-togethers. Coaching sessions 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 $30.00  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  8.00pm - 11.00pm  Jazz afternoons through winter Saturday  1.30pm - 4.30pm | $15.00 Members, $20.00 Visitors | Jenn  0419 558 481  [Werribee Jazz Club Website](http://www.werribeejazzclub.com.au/) (www.werribeejazzclub.com.au) |

## Werribee Church of Christ

200 Tarneit Road, Werribee

Ph: **(03)** 9741 6051

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Church Service** | Find a friendly welcome | Sunday  10.00am | Free | Church  9741 6051 |
| **Let’s Talk Conversational English** | People wanting to practice their conversational English. Morning tea included. All welcome. | Saturday  10.00am – 11.30am | Free (Includes Morning Tea) | Bronwen Hickman  9749 2510  [Bronwen's Email](mailto:bronhickman@optusnet.com.au) (bronhickman@optusnet.com.au) |

## Werribee Gymnastics

52 Riverside Avenue, Werribee

Ph: **(03)** [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. | Monday  9.00am-9.45am and Thursday  11.30am - 12.15pm | $5.00 per session | [Werribee Gymnastics Email](mailto:info@werribeegymnastics.com.au) (info@werribeegymnastics.com.au) |

## Werribee Library

177 Watton Street, Werribee

Ph: **(03)** 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 our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. | 4th Tuesday of the month  1.00pm – 3.00pm | Free | Werribee Library |
| **English Conversation Cafe** | At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Friday  11.00am – 12.00pm | Free | Werribee Library |
| **One-on-One IT Help** | Do you need some focused support with computers or technology? Book a One on One IT help session, and our friendly staff will help you We can help with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library’s computers, or even remotely and over the phone. | Weekly  Contact Library for dates and times | Free | Werribee Library |
| **Virtual Book Club** | Join our Virtual Book Club! Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thursday of the month  7.30pm – 8.30pm | Free | Online |
| **Writing Group Online** | Come along to one of Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. | 2nd and 4th Tuesday of the month  7.30pm – 8.30pm | Free | Online |
| **Author talks, information sessions and more** | We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free | All Libraries  (03) 8734 8999 or visit the website for more information: [Wyndham City Website - Adult Events & Activities](http://www.wyndham.vic.gov.au/adult-events-and-activities) (www.wyndham.vic.gov.au/adult-events-and-activities) |

## Wyndham Park Community Centre

55-57 Kookaburra Avenue, Werribee

Ph: 8742 3975

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| Country Womens Association | discussion & craft activities providing opportunities for friendship and personal development | 3rd Wednesday of the month  12.30pm - 4.00pm | Contact for details | Michelle Buck  0407 207 801 |
| Kookaburra Girls | Women are supported to increase their skills and confidence with woodwork, metal work, and the use of tools to complete projects. | Mondays  9.00am - 2.00pm | $75.00 annual membership | Wyndham Park Community Shed (03) 8742 6448 |
| Men's Group | Men from all ages, abilities and cultural backgrounds come to the Shed to make things, socialise, share skills and have a cuppa. | Tuesday and Thursday  9.00am - 2.00pm | $75.00 annual membership | Wyndham Park Community Shed (03) 8742 6448 |
| Malaysia Singapore Sikh Association | Group of seniors activities for health & wellness, social and cultural program | Meets during school term alternate Saturdays  10.00am - 1.00pm | Contact for details | Ravindar Singh  0431 187 824 |
| Leanne Cannan Yoga | Gentle Yoga classes are performed in a chair and standing, with chair support if required. There is no floor work, so no getting up and down from the floor. | Monday  1.30pm - 2.30pm | $10.00 per class | Leanne Cannan 0407 056 056 |
| U3A - Mosiacs | Mosaics | Wednesday  9.30am - 12.00pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Eil Harrop  0419 546 796 |
| U3A - MahJong | Learn MahJong eastern and western Style | Thursday  12.30pm - 3.15pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Judy Conn  0431 677 657 |
| U3A - Yoga | Yoga for seniors learn the benefit of physical and mental health of yoga | Thursday  1.00pm - 2.30pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Rick Conn  0402 299 220  [U3A Email](mailto:courses.u3awbee@hotmail.com) (courses.u3awbee@hotmail.com) |
| Wyndham Women's Support Group | Providing a safe space for diverse women in Wyndham. Women supporting women discussion, craft activities, gardening & cooking, providing opportunities for friendship and personal development. | Friday  9.30am - 1.30pm | Contact for details | Tania Kelaart 0423 051 686 |

# **Werribee South**

**Disclaimer**

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Please check with the program/activity contact or venue for up-to-date information.

## Diggers Road Soldiers Memorial Hall

Diggers Road (opposite intersection of Whites Road), Werribee South

Ph: **(03)** 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) |

# **Wyndham Vale**

**Disclaimer**

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Please check with the program/activity contact or venue for up-to-date information.

## Iramoo Community Centre

84 Honour Avenue, Wyndham Vale8

Ph: **(03)** 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** |
| --- | --- | --- | --- | --- |
| **Ballroom Dancing** | Join Mark and Marika  Weekly for Beginners or Advanced class.  No Partner required. | Thursday  Beginner 7pm – 8pm  Advanced 8pm – 9pm | $5 | Iramoo Community Centre |
| **Book Exchange** | A place to donate and borrow books | Monday - Friday | Free | Iramoo Community Centre |
| **Bunnings Craft Session** | Come down and participate in a different craft activity each month | 1st Monday of Month  10.30am-11.30am | Free | Iramoo Community Centre |
| **Chatty Cafe** | Come down for a coffee and a chat.  Some activities maybe planned | 2nd & 4th Monday of month  10.30am | Free | Iramoo Community Centre |
| **Craftees Group** | Bring in your own craft projects to work on in a social environment | Wednesday  12.00pm - 3.00pm | Free | Iramoo Community Centre |
| **Deadly Kitchen** | Cooking group for older Indigenous people | Fortnightly on Fridays  10.00am - 1.30pm | $5.00 | Iramoo Community Centre |
| **Don’t Worry Be Happy – Wyndham Chronic Pain & Depression Support Group** | Support, nurturing, social & creative activities | Fortnightly on Wednesday  10.00am - 12.00pm Contact for more information about when group is held | Free | Kyren  0435 156 653 |
| **Fitness Fun** | Light exercise class | Monday  1.00pm – 1.45pm | $5.00 | Iramoo Community Centre |
| **Food Swap** | Swapping of home-grown vegetables/fruits | 3rd Saturday of the month  11.00am - 12.00pm | Free | Coralee  03) 97343322 |
| **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  10.00am - 12.00pm | $5.00 | Iramoo Community Centre |
| **Knit, Crochet & Chat** | Come down and knit or crochet in a supportive environment. Or bring your current craft project to work on. | Friday  10.00am - 12.00pm | 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 - 4.00pm | $5.00  Bring your own quilting project/s | Josie  03) 9749 4747 |
| **Mahamenva meditation Group** | Meditation  Supper included | 4th Sunday of the month  4.15pm - 8.15pm | Free | Dimuth  0401 443 011 |
| **Morning Melodies** | Come along and sing along.  Tea/Coffee and cake provided | 3rd Monday of the month  10.30am-11.30am | $5.00 | Iramoo Community Centre |
| **Painting Group** | Bring your supplies, or we will help you get started | Tuesday (Term Time)  1.30pm - 4.00pm | Free | Iramoo Community Centre |
| **Wyndham Vale Men’s Shed** | Social group. Members of Australian Shed Association | Tuesday and Friday 9.30am - 3.00pm | Casual $5.00. Initial Membership $100.00\* $50.00 membership thereafter covers insurance.  (\*Includes uniform, safety equipment and 1 year’s insurance.) | Chris  0419 820 140  Greg  0438 962 252 |

# **Other**

**Disclaimer**

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Please check with the program/activity contact or venue for up-to-date information.

## Private House

Werribee

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **U3A – Ballet Matinee** | Appreciation of classical ballet | Friday  10.00am - 12.00pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Cecilia Conwaye-Wright  0407 558 825 |

# **Various**

| **NAME** | **DESCRIPTION** | **FREQUENCY** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Lunch with the Bunch**  Various locations | Social support program - lunch for older adults who are socially isolated, supported by volunteers | Operates once a week. Participants may only attend once a month or once every 6 weeks | Cost dependent on venue, Council will confirm location and cost prior to attendance.  Eligibility criteria.  Transport can be provided at no additional cost. | Referrals through My Aged Care (65+) on 1800 200 422 |
| **Friends over 50**  61 Central Avenue  Altona Meadows | A place to come and meet new friends – get together to chat and organise outings | Wednesday (fortnightly)  7.00pm | $6.00  No joining fee | Joan  0413 117 814 |
| **U3A – Lunch & Movie Group**  Sun Theatre  Yarraville | Lunch and movie | 2nd Monday of the month  10.00am - 1.00pm | $40.00 U3A Annual Fee  & attend any U3A Program for free during the year | Judy Conn  0431677657  [U3A Website](https://www.u3awbee.net.au/courses-activities/) (https://www.u3awbee.net.au/courses-activities/) |
| **Williamstown Bridge Club**  Hobsons Bay Sport & Game Fishing Club Rooms, 17 Altona Road, Altona | A Great Club with 95 Members. Lessons for Beginners, Supervised Play for New Players and Two sessions per week for All Players. | Wednesday Competition 7.25pm – 10.30pm and Friday Competition 1.25pm – 4.30pm.  Friday  10.00am (for current lessons and Supervised Play). See Website for details. | Wednesday & Friday Competition $10.00 for Members and $12.00 for Guests.  Beginners Lessons are currently $80.00 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/) |
| **Seniors Lunch**  Various locations | Seniors lunch | Wednesday  12pm | Cost of your meal | Bev  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 details below and return to:

Email: [Community.development@wyndham.vic.gov.au](mailto:Community.development@wyndham.vic.gov.au) (Community.development@wyndham.vic.gov.au)

Phone: Community Development Team on 1300 023 411

Post: Community Development Team

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):

# Disclaimer

The information contained in this Directory is true at time of print – August 2022

For updates, please visit our website: <https://www.wyndham.vic.gov.au/services/aged-disability/seniors-directory> or scan this QR code

