



SENIORS DIRECTORY 2022-24

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Disclaimer

The information contained in this Directory is true at time of print – September 2022. For updates, please visit our website: www.wyndham.vic.gov.au/services/aged-disability/seniors-directory or scan this QR code.



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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@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 – September 2022.

Wyndham City responds to the latest advice from health authorities. Please visit: <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 www.wyndham.vic.gov.au/services/community-centres-venues

Hoppers Crossing

Grange Community Centre

260-280 Hogans Road,

Hoppers Crossing

P: (03) 8742 8000 or

E: enquiries@grangecommunity.org.au

W: www.grangecommunity.org.au

Manor Lakes

Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

P: (03) 8734 8934 or

E: manorlakesclc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-centre

Point Cook

Featherbrook Community Centre

33 – 35 Windorah Drive, Point Cook

P: (03) 8353 4000 or

E: featherbrookcc@wyndham.vic.gov.au

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

Jamieson Way Community Centre

59 Jamieson Way, Point Cook

P: (03) 9395 3777 or

E: admin@jamiesonwaycc.org.au

W: www.jamiesonwaycc.org.au

Point Cook Community Centre

1-21 Cheetham Street, Point Cook

P: (03) 9395 6399 or

E: pointcookclc@wyndham.vic.gov.au

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

Saltwater Community Centre

153 Saltwater Promenade, Point Cook

Pw: (03) 8376 5500 or

E: saltwatercc@wyndham.vic.gov.au

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

Tarneit

Dianella Community Centre

6 Congo Drive, Tarneit West

P: (03) 8742 8300 or

E: dianellacc@wyndham.vic.gov.au

Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit

P: (03) 8734 4500 or

E: penrosepromenadecc@wyndham.vic.gov.au

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

Tarneit Community Learning Centre

150 Sunset Views Boulevard, Tarneit

P: (03) 9748 9822 or

E: tarneitclc@wyndham.vic.gov.au

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



Truganina

Arndell Park Community Centre

29-49 Federation Blvd, Truganina

P: (03) 8734 8911 or

E: arndellparkcc@wyndham.vic.gov.au

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

Koomail Tardy Community Centre

117 Alcock Road, Truganina 3029

M: 0499 687 453

E: koomailtardyc@ecms.org.au

W: 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

P: (03) 9742 5040 or

E: qb@qbcc.org.au

W: www.qbcc.org.au

Wyndham Community & Education Centre

20 Synnot Street, Werribee

P: (03) 9742 4013 or

E: enquiries@werribeecc.net

W: www.wyndhamcec.org.au

Wyndham Park Community Centre

55 - 57 Kookaburra Avenue, Werribee

P: (03) 8742 3975 or

E: admin@wyndhamparkcc.com.au

W: www.wyndhamparkcc.com.au

Wyndham Vale

Iramoo Community Centre

84 Honour Avenue, Wyndham Vale

P: (03) 8742 3688 or

E: admin@iramoooc.com.au

W: www.iramoooc.org.au

Wunggurrwil Dhurrung Centre

19 Communal Rd, Wyndham Vale (access via Cortland St)

P: (03) 8734 0288 or

E: wunggurrwildhurrungcentre@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/project/wunggurrwil-dhurrung-centre



Libraries

Hoppers Crossing (Plaza) Library

Shop MM11, Level 1, Pacific Werribee

Shopping Centre, Derrimut Road, Werribee

P: (03) 8734 2600

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

Julia Gillard Library Tarneit

150 Sunset Views Boulevard, Tarneit

P: (03) 8734 0200

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

Little River Mechanics Institute and Free Library

Cnr Rothwell & Flinders Street,

Little River

P: 0452 255 378

E: Imorsepaonessa@gmail.com

Open Saturday 10am – 12pm and by appointment.

Manor Lake Library

86 Manor Lakes Boulevard, Manor Lakes

P: (03) 8734 8930

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

Point Cook Library

1-21 Cheetham Street, Point Cook

P: (03) 9395 7966

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

Werribee Library

Wyndham Cultural Centre, 177 Watton Street, Werribee

P: (03) 9742 7999

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

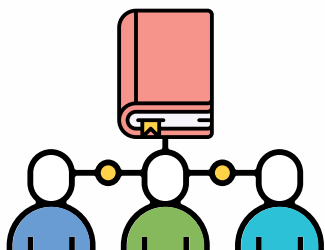
Williams Landing Library Lounge

1/101 Overton Rd, Williams Landing

P: (03) 8734 8999

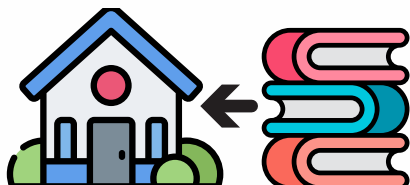
Open: Monday - Friday: 10.00am-12:30pm and 1.00pm - 5:30pm.

Other Library services



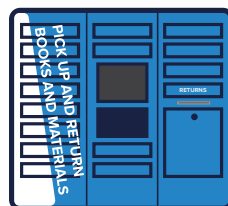
Book Club Service

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

100 Overton Road, Williams Landing 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.



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.

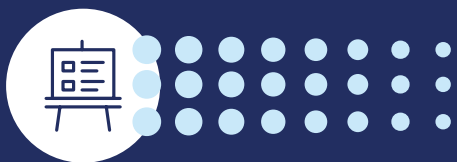
So please visit and get ready to find your place.

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 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 11am -4pm

For more information about the gallery
call 03 8734 6021 or
email arts@wyndham.vic.gov.au



WYN ACTIVE



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 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: www.wyndham.vic.gov.au/activewyndhamcalendar

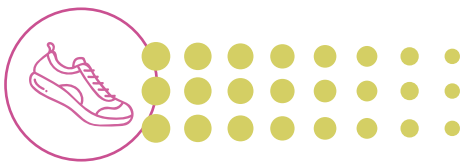
Activity Cards

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

Wyndham City with the help of the WynActive 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: 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.

P: (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 and Online

Tuesday and Thursday,
10.00am – 11.00am (onsite).
Runs Simultaneously Online.
Casual Fee: \$6.50/session



Master Movers – Strength (gym-based exercises)

Wednesdays 10.00am – 11.00am
Casual Fee: \$6.50/session

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

Unlimited use of facility.
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 www.wyndham.vic.gov.au/seniorsep

P: 9742 0777

W: www.wyndham.vic.gov.au/seniorsep



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

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 Man Walk

When: Saturdays 7.30am

Where: Notorious Espresso Café,
81 Watton Street, Werribee

Contact: Craig 0499 442 996 or visit
themanwalk.com.au/werribee/ or
Facebook: www.facebook.com/groups/864573694181120

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
enquiries@grangecommunity.org.au

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
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 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 10.00am

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
misiu31@gmail.com

Werribee River Walking Group

When: Wednesdays 10.00am
(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 & Masonic Lodge Hall)

Contact: Marion (03) 9741 4240 or
marion024@bigpond.com

Wyndham Vale parkrun

When: Saturdays 7.45am for 8.00am start

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

Contact: wyndhamvale@parkrun.com

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

The Heart Foundation Walking group listings

Website: walking.heartfoundation.org.au

WALK

Point Cook Activity Group Walking Group

When: Monday – Friday 9.00am

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

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

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

When: 8.00am – 10.00am 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
club60.tarneit@gmail.com

Werribee Bushwalking & Outdoor Club

The Werribee Bushwalking & Outdoor Club
is affiliated with Bushwalking Victoria 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. [www.werribeebushwalking.com/
join-us](http://www.werribeebushwalking.com/join-us)

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
[www.wyndham.vic.gov.au/services/sports-
parks-recreation/active-wyndham/bike-
paths-walking-trails](http://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. For further
information and contact details for HAGG see P34.

Baptcare Wyndham Lodge Community

A: 120 Synnot St, Werribee VIC 3030

P: (03) 8754 4700

W: [www.baptcare.org.au/services/aged-
care-homes/residential-aged-care-homes/
baptcare-wyndham-lodge](http://www.baptcare.org.au/services/aged-care-homes/residential-aged-care-homes/baptcare-wyndham-lodge)

Estia Werribee

A: 8-10 Russell Street, Werribee

P: (03) 9749 8000 or 1300 682 833

E: werribee@estiahealth.com.au

W: www.estiahealth.com.au/

Glendale Aged Care, Nursing Homes & Life Care Facility

A: 265 Heaths Rd, Werribee, Werribee

P: 1800 123 131

W: [www.allity.com.au/locations/glendale-
aged-care](http://www.allity.com.au/locations/glendale-aged-care)

Manor Court Werribee Aged Care Ltd

A: 5 Hogan Grove, Werribee VIC 3030

P: (03) 9742 0699

W: www.manorcourt.org.au

Mecwacare John Atchison Centre

A: 312 Derrimut Road, Hoppers Crossing

P: (03) 8573 4812

W: www.mecwacare.org.au

Mercy Health (Home Care)

P: 1300 478 776

W: home-care.mercyhealth.com.au

Mercy Place Wyndham (Residential Care)

P: 1300 478 776

W: residential-care.mercyhealth.com.au

Point Cook Manor

A: 9 Hewett Drive, Point Cook

P: (03) 9394 2500

W: [homestyleagedcare.com.au/our-
homes/point-cook-manor/](http://homestyleagedcare.com.au/our-homes/point-cook-manor/)

Sunset Views Manor

A: 142 Sunset Views Boulevard, Tarneit

P: 1300 104 663

W: [homestyleagedcare.com.au/our-
homes/sunset-views-manor](http://homestyleagedcare.com.au/our-homes/sunset-views-manor)

Uniting Age Well Manor Lakes

Address: 15 Buffalo Crescent,
Manor Lakes

P: (03) 9742 7201

W: [unitingagewell.org/our-services/
residential-care](http://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

A: 414/101 Overton Road,
Williams Landing
P: (03) 8360 3743
E: admin@angelichomeandcare.com.au
W: www.angelichomeandcare.com.au

Arete Care

A: 23/22-30 Wallace Avenue, Point Cook
P: (03) 8353 1837
E: info@aretecare.com.au
W: aretecare.com.au/

Bolton Clarke

P: 1300 22 11 22
W: www.boltonclarke.com.au/

Great Care

A: Unit 8/215 Watton St, Werribee
P: (03) 9395 4657
E: admin@greatcare.net.au
W: www.greatcare.net.au/

Kare Seniors Home Care Services

A: 13/215 Palmers Rd, Truganina
P: 1300 535 833
W: www.kareseniors.com.au/

M & I Home Care

A: 1 Corfu Ave, Tarneit 3029
P: 1300 911 139
E: Admin@mihomecare.com.au
W: www.mihomecare.com.au/

Nurse 4 You

A: Office 4, Level 1/277 Heaths Rd,
Werribee
P: (03) 8714 5816
E: info@Nurse4u.com.au
W: nurse4u.com.au/

Priscilla Care

A: 17 Colorado Ct, Werribee
P: (03) 8087 2234
E: admin@priscillacare.org
W: priscillacare.org/

Uniting AgeWell

P: 1300 783 435
E: info@unitingagewell.org
W: www.unitingagewell.org

For more in home support services,
please refer to Wyndham City Support
Services at www.wyndham.vic.gov.au/services/aged-disability/support-services/home-support

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

A: 2A Railway Ave, Werribee
P: (03) 8742 3999
W: allswell.com.au/residential-communities-home

Heathglen, Werribee

A: 2 Glendale Court, Werribee
P: 1800 550 550
W: www.retirementbylendlease.com.au/heathglen

Ison Village

A: 150 Bulban Road, Werribee
P: (03) 9742 2990

Lifestyle Seasons, Tarneit

A: 13 Sundial Boulevard Tarneit
P: 1300 50 55 60
W: www.lifestylecommunities.com.au/communities/lifestyle-seasons

Palm Lake Resort, Truganina

A: 7 Taronga Road, Truganina
P: 1800 686 096, 1372 56
W: palmlakeresort.com.au

Point Cook Village

A: 320 Point Cook Rd, Point Cook,
P: (03) 9394 6799,
W: www.pointcookvillage.com.au

Tarneit Skies Village, Tarneit

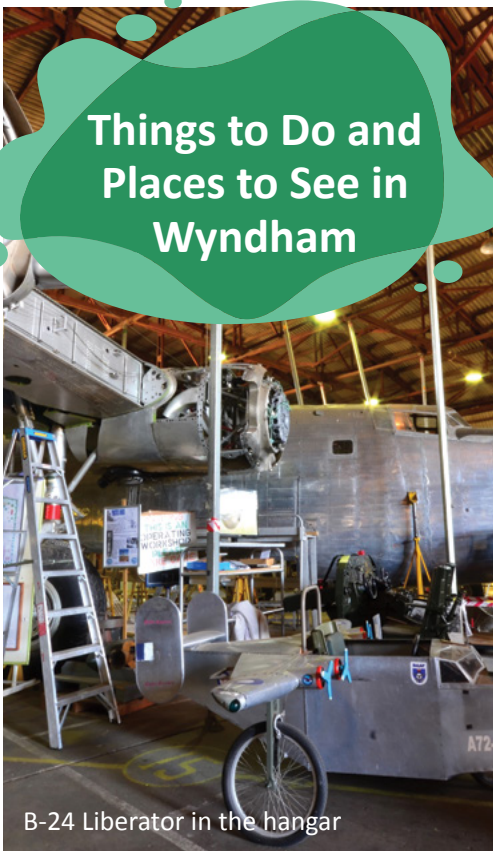
A: 250 Thames Blvd, Tarneit
P: 1800 727 170
W: www.stockland.com.au/retirement-living/vic/tarneit-skies-retirement-village

Wyndham Grange Village, Tarneit

A: 83 Kulin Drive, Tarneit
P: 1800 123 131
W: wyndhamgrange.com.au



Things to Do and Places to See in Wyndham



B-24 Liberator in the hangar

B-24 Liberator Restoration

Restoring Australia's only surviving B-24 Liberator. You are invited to come in and 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.

A: Farm Rd &, Princes Hwy, Werribee

Cost: Free

W: 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: boxoffice@wyndham.vic.gov.au or visit: www.wyncc.com.au/morningmelodies

Point Cook Coastal Park

Open Thursday – Tuesday
March – November: 8.00am - 5.00pm
December - January: 8.00am - 7.00pm
February: 8.00am - 6.00pm

A: Main Dr, Point Cook

P: 13 19 63

W: www.parks.vic.gov.au/places-to-see/parks/point-cook-coastal-park



Point Cook Coastal Park Walk

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.

A: 480-490 Point Cook Rd, Point Cook

P: (03) 7301 5019

Cost: Free entry (gold coin donation appreciated)

W: www.airforce.gov.au/raaf-museum



Shadowfax Winery

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.

A: K Rd, Werribee South

P: (03) 9731 4420

W: www.shadowfax.com.au



Rose Garden

Victorian State Rose Garden

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

Open Daily: 9.30am – 5.00pm

A: Gate 2, K Rd, Werribee Park, Werribee South

P: 13 19 63

W: www.vicstaterosegarden.com.au

Village Cinema

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

Audio Description Films (Providing audio assistance for cinema patrons with low vision), 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).

A: Cnr of Heaths & Derrimut Rds, Werribee

P: 1300 555 400

W: villagecinemas.com.au/cinemas/werribee
Entry fees apply - Senior concession entry price available.



Fromage a Trois Cheese Festival
at Werribee Mansion

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. The building is within easy walking distance from the Werribee Railway Station and bus terminals.

Open: Tuesdays 10.00am – 3.00pm and
Saturday 10.00am – 1.00pm

A: 49 Watton St, Werribee

P: (03) 9749 2713

E: 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.

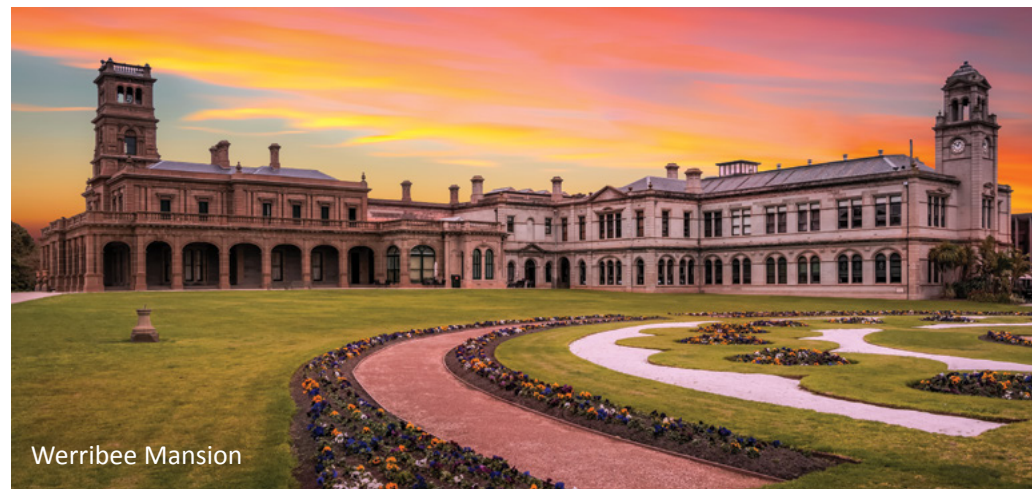
At each stop, you can listen to the artist talk about their work – no apps required, all you need is your mobile phone and headphones (if you've got them) to listen to the audio recordings.

At each site, you'll find a QR Code (use your phone's camera) and website link to the audio recording. Or visit 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.



Mural at Hoppers Junction



Werribee Mansion

Werribee Open Range Zoo

Open Daily 9.00am - 5.00pm

A: K Rd, Werribee South

P: 1300 966 784

W: 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 10.00am – 5.00pm

April – October:

Open Monday - Friday 10.00am – 4.00pm

A: Gate 2, K Rd, Werribee South

P: (03) 8427 2134

W: 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.

P: 131 722

W: 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 a 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!

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: www.everyagecounts.org.au



BreastScreen Victoria

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: www.breastscreen.org.au or call to book an appointment on 13 20 50.



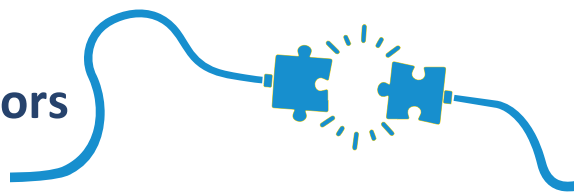
Interpreter

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



Community Connectors

Support – Inform – Connect



Wyndham City's Community Connectors are available to assist all residents in our community in accessing the services they need and empower them to make informed decisions. The Community Connector team can provide specific information and referrals to local supports and services that are 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 the following Community Learning Centres:

- **WEDNESDAY** 8.00am to 5.00pm @ Tarneit Community Learning Centre
- **THURSDAY** 8.00am to 5.00pm @ Point Cook Community Learning Centre
- **FRIDAY** 8.00am to 5.00pm @ 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 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: www.consumer.vic.gov.au

Council on the Ageing (COTA)



For over 65 years COTA Victoria has been the voice of older Victorians. We are the leading advocate, educator and source of trusted information, representing the interests of all older Victorians.

COTA's Seniors Information Victoria service provides free information on issues including retirement, home-based services, health and wellbeing, pensions and concessions, housing options, technology and much more.

If you or someone you know is experiencing elder abuse, call the Seniors Rights Victoria helpline for free, confidential support and advice.

Contact us:

P: 1300 13 50 90

W: www.cotavic.org.au

E: askcota@cotavic.org.au

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

Follow us on:

Facebook: www.facebook.com/COTAVic

Twitter: twitter.com/COTAVictoria

E-Safety

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 beconnected.esafety.gov.au/login

P: 1300 795 897

Or visit: www.beconnected.esafety.gov.au

Gambling & Harm Minimisation Gambler's Help at IPC Health

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: www.gamblinghelponline.org.au

Life Line: 13 11 14

For more information, please visit

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 & 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 www.olderrenters.org.au



My Aged Care

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.

P: 1800 200 422,
Mon - Fri 8.00am – 8.00pm or
Sat 10.00am – 2.00pm or
visit www.myagedcare.gov.au



Australian Government



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

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.

P: (03) 9216 7777

E: socialprescribing@ipchealth.com.au

W: www.ipchealth.com.au/social-prescribing/

Seniors Rights Victoria



Seniors Rights Victoria (SRV) 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
- Owers 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.

P: 1300 368 821 or visit www.seniorsrights.org.au

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

131 Heaths Road, Hoppers Crossing

P: (03) 9017 7816

E: wyndhameyecare@aco.org.au

W: www.aco.org.au

Operating Hours:

Mon – Thu 8.30am – 5pm



Partners in Wellbeing

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.



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 www.bom.gov.au

Also read the current heat health alert at www.health.vic.gov.au

For more information on how to stay safe during the warmer months, visit the better health website - 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 - theloop.wyndham.vic.gov.au/ to see current projects and start shaping Wyndham's future.



Travellers Aid

TRAVELLERSaid

Did you know?

Travellers Aid has been in operation for more than 100 years!

Our services help people with mobility issues, including older people and people with disability to access the public transport system.

Services in Victoria are located at:

- Flinders St Station - Platform 10 (8am - 8pm Mon - Sun)
- Southern Cross Station (Spencer St) - Under Bourke St footbridge (6.30am - 9.30pm, Mon - Sun)
- Seymour Station (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 disability
- **Pathways to Education**
Subsidised student travel tickets to help disadvantaged students attend school
- **Companion Service**
Assistance with getting to and from essential appointments
- **Community Travel Training**
Public Transport information sessions to inform about public transport and encourage public transport use
- **Buggy & Personal Guidance Service**
Helping ensure safe passage at Southern Cross Station and Seymour Station
- **Mobility Equipment Hire**
Assisting people who are frail, aged, or living with disability
- **Tourist info, rest, & other facilities**
Information and facilities for travellers in transit
- **Internet Access**
Internet access for the general public with JAWS software available

For more details on these services and for general information contact:

Southern Cross:

P: (03) 9670 2072

E: scs@travellersaid.org.au

Flinders St:

P: 9610 2030

E: fss@travellersaid.org.au

W: www.travellersaid.org.au

Please note: Some services require advance bookings.

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 www.u3awbee.net.au



Bunnings Warehouse DIY workshop

Bunnings warehouse team members visit local groups to conduct free DIY 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

Tarneit: (03) 9749 9400

Werribee: (03) 8734 6900



Werribee Visitor Information Centre

Werribee Park Precinct, K Road, Werribee South
(Located at the entry to Werribee Open Range Zoo)

P: (03) 8734 6006

E: tourism@wyndham.vic.gov.au

W: www.visitwerribee.com

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



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



Directory

Disclaimer: The information contained in this Directory is true at time of print – September 2022

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



HOPPERS CROSSING

AQUAPULSE 80 – 82 Derrimut Road, Hoppers Crossing P: (03) 8734 5678

E: info@westernleisureservices.com.au W: aquapulse.wynactive.com.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
WynSenior	Exercises for over 60s	Mon 8.30am - AQUA 50m Pool 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 & 2.15 - 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 to Assistance 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
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@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 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 colinankathy@ bigpond.com
Werribee Women's Group	Provides an avenue for women to attend and meet for group activities	3rd Tuesday each Month 11.00am - 1.00pm		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 coup33@optusnet. com.au

CENTRAL PARK COMMUNITY CENTRE

80 Lonsdale Circuit, Hoppers Crossing

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
ANCRI	Social gathering for over 55's that play cards and bingo	Monday & Friday 12.00pm - 4.00pm	Cost on enquiry	Nicola DeAngelis 0427 631 770t Josie Privitelli 0439 989 053
Circolo Pensionati italiani Di Wyndham.	Meetings and social events for Italian Seniors	Wednesday 11.00am - 4.00pm	Cost on enquiry	Mario Sammartino 9741 1450 / 0421 881 780 circolowyndhamitaliaclub@gmail.com
Combined Probus Club of Wyndham Inc	Meetings and fellowship for retired and 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 and 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 archnimmo@gmail.com Denice Strong 0412 017 543 CPWyndham@outlook.com
Tai Chi for Seniors	Tai Chi - gentle movements	Wednesday 11:30am - 1.00pm	Cost on enquiry	John Sindoni 9741 9825 or 0418 512 255 j.sindoni@live.com.au
Werribee Orchid Society	Orchid growing and conversation	3rd Tuesday of the month 7.00pm - 9.30pm	Cost on enquiry	Jenny Dark 0418 135 819 secretary@werribee-orchidclub.org Wayne Garner 0417 306 401 wocsec@outlook.com
Werribee Senior Citizens	Bingo, activities and outings	Wednesday 9.00am - 12.00pm	Cost on enquiry	Aristea Grech 9748 8897 / 0403 041 499

ENCORE EVENTS CENTRE 80-82 Derrimut Road, Hoppers Crossing

P: 1300 156 557 W: 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 8734 6000 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 73 robsondavid1@primus.com.au

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

P: (03) 8742 8000 E: enquiries@grangecommunity.org.au

W: www.grangecommunity.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Grange Knitting Group	Knit one, give one. Join us for a cu,ppa, a chat and knit for charity. Everyone welcome	Monday (except public holidays) 12.30pm - 2.30pm	Free	The Grange Community Centre
Ballroom Dancing	Join Mark and Marika who have won multiple national and inter-national championships. Classes are for all abilities, age groups and fitness levels	Monday (except public holidays) Beginners 1.00pm – 2.00pm, Intermediates 2.30pm – 3.30pm	\$5.00 per session	The Grange Community Centre
Tai Chi	Mediation in motion. Presented in partnership with Reclink Australia	Tuesday (Term Time) 11.30am – 12.30pm	\$2.00 per session	The Grange Community Centre
Yoga	Do you want to improve your flexibility, balance & overall wellbeing? 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 Grange Walkers	Weekly walking to keep active and socialise. Optional coffee after the walk with our Chatty Café	Wednesday 9.00am for a 9.15am start	Free	The Grange Community Centre
Chair Fitness	Fitness for seniors, all disabilities and rehabilitation participants	Wednesday 10.00am – 10.45am	\$6.00	The Grange Community Centre

THE GRANGE COMMUNITY CENTRE 260-280 Hogans Road, Hoppers CrossingP: (03) 8742 8000 E: enquiries@grangecommunity.org.auW: www.grangecommunity.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Chatty Café	Join Nola each week for a cuppa and a chat in our café space. Everyone is welcome!	Wednesday 10.00am - 11.30am	Free	The Grange Community Centre
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	\$10.00 per class when enrolling for the term \$13.00 per class on a casual basis	The Grange Community Centre
Seniors Festival	Join us for an event to celebrate Seniors Festival	Annually in October. Contact for details	Contact for details	The Grange Community Centre

**THE HOPPERS CLUB** 180-200 Pannam Drive, Hoppers Crossing

P: (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 September - April. Social Bowls all year round	Social Bowls \$10.00 Barefoot Bowls \$10.00, \$15.00 with BBQ	Ted Shearson 0477 257 257 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 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 u3awbee@hotmail.com

HOPPERS CROSSING LIBRARY Shop MM11, Level 1, Pacific Werribee Shopping

Centre, Derrimut Road, Werribee • P: (03) 8734 2600

W: 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	Monthly, 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	Monthly, last Saturday of the month from February to November 10.00am - 12.00pm	Free	Hoppers Crossing Library

HOPPERS CROSSING LIBRARY Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Road, Werribee P: (03) 8734 2600
W: www.wyndham.vic.gov.au/libraries

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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	Monthly, 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. Call the library on (03) 8734 8999 or visit the website for more information: http://www.wyndham.vic.gov.au/adult-events-and-activities	Ongoing	Free	All Libraries

LITTLE RIVER

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 per/year	Nicole Green 0421 360 470

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 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 ljsanderson148@gmail.com



MANOR LAKES

MANOR LAKES COMMUNITY LEARNING CENTRE 86 Manor Lakes Boulevard,
Wyndham Vale P: (03) 8734 8934 E: manorlakesclc@wyndham.vic.gov.au
W: 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 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 to Friday 1.30pm - 3.00pm	Free	happytwofaces@hotmail.com
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
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. As well as breakfast and lunch, our after school snacks provides an opportunity for kids to meet, mingle and hang out together	Wednesday and Thursday for Breakfast and lunch After school snacks for the school kids on Wednesday, Thursday, and Friday from 3.00pm - 5.00pm	Joining the social group is free Breakfast and Lunch is \$5.00	Sally 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 thecoffeetable2022@gmail.com

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Food Bank Manor Lakes	Food Bank Manor Lakes Providing food items to people in need	Wednesday 9.00am - 11.30am	Free	Pynqi 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@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 and services tailored to meet the needs of the individual	Friday 8.00am - 5.00pm	Free	Wyndham City (03) 8734 4514 communityconnector@wyndham.vic.gov.au



MANOR LAKES LIBRARY 86 Manor Lakes Boulevard, Wyndham Vale

P: (03) 98734 8930 W: 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	Monthly, 2nd Tuesday of the month from February to December 1.00pm - 3.00pm	Free	Manor Lakes Library
English Conversation Café	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	Monthly, 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: www.wyndham.vic.gov.au/adult-events-and-activities

POINT COOK

FEATHERBROOK COMMUNITY CENTRE 33-35 Windorah Drive, Point Cook

P: (03) 8353 4000 E: featherbrookcc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-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	Fridays 11.00am - 12.30pm	Fees apply	Vadial Patel 0480 114 154 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 www.wyndhamcec.org.au/course-list-pre-accruited
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 mimilisa5@126.com
Point Cook Indian Seniors Group	Recreation and activities	2nd Tuesday month 1.00pm - 3.00pm	Free	Indira 0402 458 648 indiramohan37@gmail.com
First Born Gospel Church Point Cook	Filipino Christian Services	Sunday 12.30pm - 4.30pm	Free	Edward Estrada 0456 191 341 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 wellbeing that welcomes all cultures and backgrounds. Tues: Table tennis, Yoga, Lectures or Games Wed: Table tennis (2nd, 3rd, 4th Wed of the month)	Monday (Yoga) 11.00am - 12.30pm Tuesday 9.30am - 2.30pm Wednesday 9.30am - 11.00am	Fees apply	Jugal 0415 170 155 jugal.chhabra@yahoo.com

FEATHERBROOK COMMUNITY CENTRE 33-35 Windorah Drive, Point Cook

P: (03) 8353 4000 E: featherbrookcc@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/venues/manor-lakes-community-learning-centre

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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	Wednesday 7.30pm - 8.30pm	Free	Rupesh 0404 198 638 Rupesh.lal2@gmail.com 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

P: (03) 9395 3777 E: admin@jamiesonwaycc.org.au W: 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 dressmaker. BYO projects, machines on site or BYO	1st & 3rd Monday of the month 7.00pm - 9.00pm	\$30 for 5 sessions	Jamieson Way Community Centre
Social Seniors Board Games	Learn and practice playing Mahjong as well as Rummiculi, Dominoes, Chinese Checkers and many more!	Monday 1.00pm - 3.30pm	\$2.00	Jamieson Way Community Centre

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 and catch ups	Monday and Friday 9.30am - 12.30pm	Free	Fong 0410 177 250 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 - 12.00pm	\$2.00	Jamieson Way Community Centre
French for Beginners	Enjoy a cuppa and meet new people while you learn French language!	3rd Thursday of each month 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	\$2.00	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

P: (03) 9395 6399 E: pointcookclc@wyndham.vic.gov.au

W: 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	Monday 11.30am - 2.30pm	\$7.00	Vadilal Patel 0480 114 154 australiaindiasociety@gmail.com
Fun & Fitness Gentle Exercise	A gentle physical activity program suitable for anyone	Friday 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	Fariel Jafar 0422 798 587 fariel.jafar@gmail.com

POINT COOK COMMUNITY LEARNING CENTRE 1-21 Cheetham St, Point Cook

P: (03) 9395 6399 E: pointcookclc@wyndham.vic.gov.au

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

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 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.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 mimilisa5@126.com
Point Cook Craft Group	Bring along your knitting or craft for some social interaction with other seniors from the 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 raj3006@gmail.com or 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 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

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 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@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 wccpointcook@gmail.com
Yoga for Seniors	A gentle yoga session for seniors. Currently online via zoom. Zoom ID 82968814363 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 and services tailored to meet the needs of the individual	Thursday 8.00am - 3.30pm	Free	Wyndham City (03) 8734 4514 communityconnector@wyndham.vic.gov.au

POINT COOK LIBRARY 1-21 Cheetham Street, Point Cook

P: (03) 9395 7966 W: www.wyndham.vic.gov

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	Monthly, 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

POINT COOK LIBRARY 1-21 Cheetham Street, Point Cook
P: (03) 9395 7966 W: www.wyndham.vic.gov

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	Monthly, 4th Friday of the month 11.00am - 1.00pm	Free	Point Cook Library
English Conversation Café	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	Monthly, 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: www.wyndham.vic.gov.au/adult-events-and-activities

SALTWATER COMMUNITY CENTRE 153 Saltwater Promenade, Point Cook
P: (03) 8376 5500 E: Saltwatercc@wyndham.vic.gov.au
W: 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 and 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 7.00pm	Membership may apply Contact for details	Linda Baker 0497 285 399 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 and services tailored to meet the needs of the individual	Wednesday 8.00am - 5.00pm	Free	Wyndham City 03 8734 4514 communityconnector@wyndham.vic.gov.au

WynCity Bowl & Entertainment 36 Wallace Avenue, Point Cook
P: (03) 9236 8383 E: info@wyncity.com.au W: 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

WynCity Bowl & Entertainment 36 Wallace Avenue, Point Cook

P: (03) 9236 8383 E: info@wyncity.com.au W: www.wyncity.com.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 & Coffee included	Friday 10.30am	\$15.00 per week For 2 games of bowling and tea/coffee	Wyncity

TARNEIT

DIANELLA COMMUNITY CENTRE 6 Congo Drive, Tarneit West

P: (03) 8742 8300 E: dianellacc@wyndham.vic.gov.au

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

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Cultural Cuisines Food	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	15 Oct, 19 Nov 5.30pm - 7.30pm	Free	Contact for more information 0416 937 473 Cultural Cuisines Email 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 and 2 Dec 5.00pm - 7.30pm	Free	0416 937 473 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	Contact to confirm cost	Smita Acharya 0470 268 746 Smita Email smitsfoodcharm@gmail.com
Soul Space Yoga classes	Combine both strength and mobility work in a dynamic, vinyasa – style	Tuesday 9.30am - 10.30am Saturday 9.30am - 10.30am	Contact to confirm cost	0435 915 516 Soulspace. journeywithin@gmail.com

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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	Tuesday 9.30am - 10.00am	Free	Dianella Community Centre
Wyndham Wildlife Gardens	Garden workshops	Various dates Contact for details	Contact for details	https://www.facebook.com/groups/%20wyndhamwildlifegardens/

HOTEL 520 520 Sayers Road, Tarneit

P: (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	\$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 jennynjohnobrien@gmail.com

JULIA GILLARD LIBRARY TARNEIT 150 Sunset Views Boulevard, Tarneit

P: (03) 9748 8520 W: 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	Monthly, 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	Monthly, 3rd Thursday 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: 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 1.00pm - 4.00pm	\$40.00 U3A Annual Fee & attend any U3A Program for free during the year	Kay Dwyer 9731 6976

PENROSE PROMENADE AGEING WELL FACILITY 83 Penrose Promenade, Tarneit

P: (03) 8734 4500 E: penrosepromenadecc@wyndham.vic.gov.au

W: 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 Bharati 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 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.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 tsaulakh09@gmail.com

* Eligibility Criteria Applies.

TARNEIT COMMUNITY LEARNING CENTRE 150 Sunset Views Boulevard, Tarneit

P: (03) 9748 9822 E: tarneitclc@wyndham.vic.gov.au

W: 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	Contact for details	Sunil 0449 101 455 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 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.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	Yearly membership U3A \$40.00	Rick Conn 0402 299 220 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 communityconnector@wyndham.vic.gov.au

TRUGANINA**ARNDELL PARK COMMUNITY CENTRE** 29-49 Federation Boulevard, Truganina

P: (03) 8734 8911 E: arndellparkcc@wyndham.vic.gov.au

W: 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 11.30am - 2.00pm	Contact Group for Costs	Ashok Mehta 0434 929 429 ashokmehta1958@gmail.com
Club 60	Provides a social gathering for men and women of Indian origin	Thursday 12.30pm - 2.30pm	Contact for more info	Sunil 0449 101 455 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



WERRIBEE

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 colwellc@optusnet.com.au

EAGLE STADIUM 35 Ballan Road, Werribee

P: (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	\$7.70 (usual gym casual entry fee) \$10.00 (gym)	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 Basketball	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 enquiries@wyndhamnetball.com.au

GATEWAYS SUPPORT SERVICES 3 Princes Highway, Werribee

P: (03) 9749 7388 E: westernmelbourne@gateways.com.au

W: 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 and 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

P: (03) 9741 1225 E: manager@iscw.com.au W: www.iscw.com.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Retired Persons of Werribee	Social general meetings with guest speakers and various activities	Weekly	Various depending on activity	President: Jan Phelan 9741 3141
Rotary Club of Werribee	Group of like-minded community focussed people. Volunteer services for local & international projects	Tuesday 6.30pm - 8.00pm	Contact for details	secretaryrotaryclubwerribee.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	wyndhamrotary@gmail.com
Wyndham Life Activities** Bookclub	Discussions over lunch in the Bistro	2nd Friday of the Month 11.15am Tuesday 1.30pm	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

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

ITALIAN SPORTS CLUB OF WERRIBEE 601 Heaths Road, Werribee

P: (03) 9741 1225 E: manager@iscw.com.au • W: www.iscw.com.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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

QUANTIN BINNAH COMMUNITY CENTRE 61 Thames Boulevard, Werribee

P: (03) 9742 5040 E: community@qbcc.org.au W: www.qbcc.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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	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 during term 10.00am - 12.00pm	\$10.00 each covers craft activity and high tea (contact to discuss dietary requirements)	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	Each Tuesday during term from 10.00am - 12.00pm	\$5.00 contribution per person towards weekly art project	creatingvillages@gmail.com
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	creatingvillages@gmail.com

QUANTIN BINNAH COMMUNITY CENTRE 61 Thames Boulevard, Werribee

P: (03) 9742 5040 E: community@qbcc.org.au W: www.qbcc.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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	creatingvillages@gmail.com
Pop in Tuesday	Do you require support to print forms, make (limited) photo copies, 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	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
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 and referral/s to local supports and services tailored to meet the needs of the individual	Thursday 9.00am - 5.00pm	Free	Wyndham City 03 8734 4514 communityconnector@wyndham.vic.gov.au

SALVATION ARMY 211 Watton St, Werribee

P: (03) 9741 7359

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

VICTORIA UNIVERSITY WERRIBEE FITNESS CENTRE Building 7, Gate 4, Hoppers

Lane, Werribee P: (03) 9919 8173 E: werribeefitness@vu.edu.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Council on the Ageing (COTA) Living Longer, Living Stronger Over 50's.	Stay Healthy and keep active with an individualised exercise program developed by a qualified exercise professional	Monday - Friday 10.00am - 1.00pm	\$6.50 per session Require form to be filled in by Doctor before first 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

VICTORIA UNIVERSITY WERRIBEE FITNESS CENTRE Building 7, Gate 4, Hoppers

Lane, Werribee P: (03) 9919 8173 E: werribeefitness@vu.edu.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Council on the Ageing (COTA) Living Longer, Living Stronger Over 50's.	Stay Healthy and keep active with an individualised exercise program developed by a qualified exercise professional	Monday - Friday 10.00am - 1.00pm	\$6.50 per session Require form to be filled in by Doctor before first 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

WATTON CARER SUPPORT GROUP ECO Living Centre, 28 Ridge Drive,

Wyndham Vale P: (03) 9741 7359

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

WATTON CARER SUPPORT GROUP ECO Living Centre, 28 Ridge Drive,
Wyndham Vale P: (03) 9741 7359

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

WERRIBEE BOWLS CLUB Chirnside Park, Werribee
P: (03) 9741 3229 E: werribeebowls@hotmail.com W: 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 trip	4th Monday of the month 10.00am - 12.00pm	Annual Fee \$30.00 Joining/admin fee \$5.00	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 www.werribeejazzclub.com.au

WERRIBEE CHURCH OF CHRIST 200 Tarneit Road, Werribee
P: (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 brnhickman@optusnet.com.au

WERRIBEE GYMNASTICS 52 Riverside Avenue, Werribee
P: (03) 9742 5446

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Fitter for Life	The program aims to improve your mobility, strength, balance, coordination and flexibility in a fun, social and welcoming environment	Monday 9.00am - 9.45am and Thursday 11.30am - 12.15pm (Term Time)	\$5.00 per session	info@werribeegymnastics.com.au

WERRIBEE LIBRARY 177 Watton Street, Werribee
P: (03) 9742 7999 W: 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	Monthly, 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	Monthly, 3rd Thursday of the month 7.30pm - 8.30pm	Free	Online

WERRIBEE LIBRARY 177 Watton Street, Werribee
P: (03) 9742 7999 W: www.wyndham.vic.gov.au/libraries

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: www.wyndham.vic.gov.au/adult-events-and-activities

WYNDHAM PARK COMMUNITY CENTRE 55-57 Kookaburra Avenue, Werribee
P: 8742 3975 E: admin@wyndhamparkcc.com.au W: www.wyndhamparkcc.com.au/

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Country Womens Association	Discussion & craft activities providing opportunities for friendship and personal development	3rd Wednesday of each 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 - Ian 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 - Ian (03) 8742 6448
Malaysia Singapore Sikh Association	Group of seniors activities for health and 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 - Mosaics	Mosaics	Wednesday 9.30am - 12.00pm	Yearly membership U3A \$40.00	Eil Harrop 0419 546 796
U3A - MahJong	Learn MahJong eastern and western Style	Thursday 2.30pm - 3.15pm	Yearly membership U3A \$40.00	Judy Conn 0431 677 657

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
U3A - Yoga	Yoga for seniors learn the benefit of physical and mental health of yoga	Thursday 1.00pm - 2.30pm	Yearly membership U3A \$40.00	Rick Conn 0402 299 220
Wyndham Women's Support Group	Providing a safe space for diverse women in Wyndham. Women supporting women discussion, craft activities, gardening and cooking, providing opportunities for friendship and personal development	Meets during school term Fridays 9.30am - 1.30pm	Contact for details	Tania Kelaart 0423 051 686

WERRIBEE SOUTH

DIGGERS ROAD SOLDIERS MEMORIAL HALL Diggers Road (opposite intersection of Whites Road), Werribee South P: (03) 9742 0867

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Werribee Painters	Art Classes for seniors	Wednesday 1.30pm - 4.30pm	Small fee	Tony Bramwell 0403 428 129 tony.bramwell@beagle.com.au

WYNDHAM HARBOUR 5 Dock Lane, Werribee South

Rotary Club of Wyndham Harbour	Group of like-minded community focussed people. Volunteer services for local and international projects.	1st and 3rd Tuesday of the Month 7pm	Contact for details	info@rotaryclubofwyndhamharbour.org.au
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WILLIAMS LANDING

WILLIAMS LANDING LIBRARY LOUNGE 1/101 Overton Road, Williams Landing

P: (03) 8754 4978 W: www.wyndham.vic.gov.au/libraries

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Adult Social Club	Get to know your community at our Adult Social Club! Join us at to meet new people in a warm and welcoming space. There will be an activity to try out while catching up with old and new friends	Tuesday 2.00pm – 3.00pm	Free	Williams Landing Library Lounge
Craft and Conversation	Are you a craft lover? 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. Bookings required. Bookings open 3 weeks before the session	Monthly, 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	Monthly, 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: www.wyndham.vic.gov.au/adult-events-and-activities

WYNDHAM VALE

IRAMOO COMMUNITY CENTRE 84 Honour Avenue, Wyndham Vale

P: (03) 9742 3688 E: admin@iramoooc.com.au W: www.iramoooc.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 may be planned	Every 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	Kyre 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 9734 3322
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
Ballroom Dancing	Join Mark and Marika Weekly for Beginners or Advanced class. No Partner required	Thursday, Beginner 7.00pm - 8.00pm Advanced 8.00pm - 9.00pm	\$5.00	Iramoo Community Centre

IRAMOO COMMUNITY CENTRE 84 Honour Avenue, Wyndham Vale

P: (03) 9742 3688 E: admin@iramoooc.com.au W: www.iramoooc.org.au

NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
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 (includes uniform, safety equipment and 1 years insurance. \$50.00 membership thereafter covers insurance)	Chris 0419 820 140 Greg 0438 962 252

OTHER

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 Conway-Wright 0407 558 825



VARIOUS

VENUE	NAME	DESCRIPTION	FREQUENCY	COST	CONTACT
Various	Lunch with the Bunch	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 & cost prior to attendance. Eligibility criteria. Transport can be provided at no additional cost	Referrals through My Aged Care (65+) on 1800 200 422
61 Central Avenue, Altona Meadows	Friends over 50	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
Sun Theatre Yarraville	U3A – Lunch & Movie Group	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 https://www.u3awbee.net.au/courses-activities/
Hobsons Bay Sport & Game Fishing Club Rooms, 17 Altona Road, Altona	Williamstown Bridge Club	A Great Club with 95 Members. Lessons for Beginners, Supervised Play for New Players and two sessions per week for All Players	Wednesday 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	Wed & Frid 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@dawtek.com.au http://www.bridgewebs.com/williamstown/
Rotating Venue	Seniors Lunch	Seniors lunch	Wednesday 12.00pm	Cost of your meal	Bev 0417 324 489

NOTES

Lined area for notes on page 82.

NOTES

Lined area for notes on page 83.

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



Group Name:

Venue (where you meet):

Brief Description:

Frequency (How often you meet):

Cost:

Contact Person - Name:

Contact person - Email:

Any other information (e.g. website):



Return the completed form to

E: Community.development@wyndham.vic.gov.au

P: 1300 023 411

Post:

Community Development Team

Wyndham City Council

PO Box 197

Werribee, VIC 3030

