Seniors Directory 2025- 2026

Contents

[Language Information 8](#_Toc204092203)

[Disclaimer 8](#_Toc204092204)

[Mayor Foreword 9](#_Toc204092205)

[Introduction 10](#_Toc204092206)

[Acknowledgement of Country 10](#_Toc204092207)

[Deadly Western Connections 11](#_Toc204092208)

[Community Centres 11](#_Toc204092209)

[Hoppers Crossing 11](#_Toc204092210)

[ Central Park Community Centre 11](#_Toc204092211)

[ Grange Community Centre 12](#_Toc204092212)

[Manor Lakes 12](#_Toc204092213)

[ Manor Lakes Community Learning Centre 12](#_Toc204092214)

[Point Cook 12](#_Toc204092215)

[ Featherbrook Community Centre 12](#_Toc204092216)

[ Jamieson Way Community Centre 12](#_Toc204092217)

[ Point Cook Community Learning Centre 12](#_Toc204092218)

[ Saltwater Community Centre 12](#_Toc204092219)

[Tarneit 13](#_Toc204092220)

[ Bembit Bag-Rook Community Centre 13](#_Toc204092221)

[ Dianella Community Centre 13](#_Toc204092222)

[ Penrose Promenade Community Centre 13](#_Toc204092223)

[ Tarneit Community Learning Centre 13](#_Toc204092224)

[Truganina 13](#_Toc204092225)

[ Arndell Park Community Centre 13](#_Toc204092226)

[ Koomail Tardy Community Centre 13](#_Toc204092227)

[ Truganina Community Centre 14](#_Toc204092228)

[Werribee 14](#_Toc204092229)

[ Lollypop Creek Community Centre 14](#_Toc204092230)

[ Quantin Binnah Community Centre 14](#_Toc204092231)

[ Wyndham Community & Education Centre 14](#_Toc204092232)

[ Wyndham Park Community Centre 14](#_Toc204092233)

[Wyndham Vale 14](#_Toc204092234)

[ Iramoo Community Centre 14](#_Toc204092235)

[ Wunggurrwil Dhurrung Centre 15](#_Toc204092236)

[Wyndham City Libraries 15](#_Toc204092237)

[Hoppers Crossing (Plaza) Library 16](#_Toc204092238)

[Julia Gillard Library Tarneit 16](#_Toc204092239)

[Manor Lakes Library 16](#_Toc204092240)

[Point Cook Library 16](#_Toc204092241)

[Truganina Library Lounge 16](#_Toc204092242)

[Werribee Library 16](#_Toc204092243)

[Williams Landing Library Lounge 16](#_Toc204092244)

[Other Wyndham City Library Services 16](#_Toc204092245)

[Book Club Service 16](#_Toc204092246)

[E Library Online 16](#_Toc204092247)

[Home Library Service 17](#_Toc204092248)

[Williams Landing Book Locker 17](#_Toc204092249)

[Community Library 17](#_Toc204092250)

[Little River Mechanics Institute & Free Library 17](#_Toc204092251)

[Wyndham Cultural Centre 17](#_Toc204092252)

[Wyndham Art Gallery 18](#_Toc204092253)

[Visitor Information Centre 18](#_Toc204092254)

[The Loop 19](#_Toc204092255)

[Wyndham Community Connectors 19](#_Toc204092256)

[Active Wyndham 20](#_Toc204092257)

[Active Wyndham Calendar 21](#_Toc204092258)

[Activity Cards 21](#_Toc204092259)

[Seniors Exercise Park 21](#_Toc204092260)

[Seniors Exercise Park Community sessions 21](#_Toc204092261)

[Master Movers 22](#_Toc204092262)

[Walking Groups 23](#_Toc204092263)

[The Grange Walkers 23](#_Toc204092264)

[The Man Walk 23](#_Toc204092265)

[Werribee River Rovers 24](#_Toc204092266)

[Werribee River Walking Group 24](#_Toc204092267)

[The Heart Foundation Walking Group Listings 24](#_Toc204092268)

[Point Cook Activity Group Walking Group 24](#_Toc204092269)

[Sons of the West - Club 60 Tarneit Inc. Walking Group 25](#_Toc204092270)

[Werribee Bushwalking & Outdoor Club 25](#_Toc204092271)

[Bike & Walking Trails 25](#_Toc204092272)

[My Aged Care 26](#_Toc204092273)

[Aged Care Facilities 26](#_Toc204092274)

[Baptcare Wyndham Lodge Community 26](#_Toc204092275)

[Estia Health Werribee 27](#_Toc204092276)

[Glendale Aged Care, Nursing Homes and Life Care Facility 27](#_Toc204092277)

[Manor Court Werribee Aged Care 27](#_Toc204092278)

[Mecwacare John Atchison Centre 27](#_Toc204092279)

[Mercy Place Wyndham (Residential Care) 27](#_Toc204092280)

[Point Cook Manor 27](#_Toc204092281)

[Sunset Views Manor 28](#_Toc204092282)

[Uniting Age Well Manor Lakes 28](#_Toc204092283)

[Aged Care Services 28](#_Toc204092284)

[Angelic Home and Care 28](#_Toc204092285)

[Arete Care 28](#_Toc204092286)

[Aunty Grace 28](#_Toc204092287)

[Baptcare Home Care 29](#_Toc204092288)

[Bolton Clarke 29](#_Toc204092289)

[Bupa Barrabool 29](#_Toc204092290)

[Colebrow Care 29](#_Toc204092291)

[Great Care 29](#_Toc204092292)

[Kare Seniors Home Care Services 29](#_Toc204092293)

[M & I Home Care 29](#_Toc204092294)

[Mercy Health (Home Care) 30](#_Toc204092295)

[Nurse 4 You 30](#_Toc204092296)

[Nurse Next Door Werribee - Govt Approved Home Care Provider 30](#_Toc204092297)

[Prestige In-Home Respite Care Services 30](#_Toc204092298)

[Priscilla Care 30](#_Toc204092299)

[Uniting AgeWell 30](#_Toc204092300)

[Lifestyle and Retirement Villages 31](#_Toc204092301)

[Federation Residential Village, Werribee 31](#_Toc204092302)

[Heathglen, Werribee 31](#_Toc204092303)

[Ingenia Federation, Werribee 31](#_Toc204092304)

[Ison Village, Werribee 31](#_Toc204092305)

[Lifestyle Communities 31](#_Toc204092306)

[Lifestyle Seasons, Tarneit 32](#_Toc204092307)

[Mecwacare John Atchison Retirement Village 32](#_Toc204092308)

[Palm Lake Resort, Truganina 32](#_Toc204092309)

[Point Cook Village 32](#_Toc204092310)

[Tarneit Skies Village, Tarneit 32](#_Toc204092311)

[Wyndham Grange Village, Tarneit 32](#_Toc204092312)

[Housing 33](#_Toc204092313)

[H3 Alliance 33](#_Toc204092314)

[Affordable Housing Strategy 33](#_Toc204092315)

[Housing for the Aged Action Group (HAAG) 34](#_Toc204092316)

[Victorian Aboriginal Housing 35](#_Toc204092317)

[Places of Interest and Things to Do in Wyndham 36](#_Toc204092318)

[What's On 36](#_Toc204092319)

[B-24 Liberator Restoration 36](#_Toc204092320)

[Morning Melodies 36](#_Toc204092321)

[Point Cook Coastal Park 36](#_Toc204092322)

[RAAF Museum Point Cook 37](#_Toc204092323)

[Shadowfax Winery 37](#_Toc204092324)

[Victoria State Rose Garden 38](#_Toc204092325)

[Werribee District Historical Society and Museum 38](#_Toc204092326)

[Werribee Open Range Zoo 38](#_Toc204092327)

[Werribee Park Mansion 39](#_Toc204092328)

[Werribee Public Art Walking Tour 39](#_Toc204092329)

[Western Treatment Plant 39](#_Toc204092330)

[Ageism 40](#_Toc204092331)

[Consumer Affairs Victoria 41](#_Toc204092332)

[Seniors Rights Victoria 41](#_Toc204092333)

[Council on the Ageing (COTA) 42](#_Toc204092334)

[OPAN - Older Persons Advocacy Network 43](#_Toc204092335)

[Ethnic Communities Council of Victoria (ECCV) 43](#_Toc204092336)

[E-Safety 44](#_Toc204092337)

[BreastScreen Victoria 44](#_Toc204092338)

[Hearing Australia 45](#_Toc204092339)

[Jean Hailes for Women's Health 46](#_Toc204092340)

[IPC Health 46](#_Toc204092341)

[IPC Health Care Finder Service 47](#_Toc204092342)

[IPC Health Dementia Carers Support Group 47](#_Toc204092343)

[IPC Health Elders Lounge - Wyndham Vale Super Clinic 47](#_Toc204092344)

[IPC Health Gambler’s Help 48](#_Toc204092345)

[IPC Health Home Care Packages 49](#_Toc204092346)

[IPC Health Living Well 49](#_Toc204092347)

[IPC Health Mental Health Services 50](#_Toc204092348)

[ParKanDo 50](#_Toc204092349)

[Partners in Wellbeing 51](#_Toc204092350)

[Wyndham Eye Care 52](#_Toc204092351)

[Travellers Aid 53](#_Toc204092352)

[The University of the Third Age (U3A) 55](#_Toc204092353)

[Seniors Festival 55](#_Toc204092354)

[Seniors In Melbourne 56](#_Toc204092355)

[Bunnings Warehouse DIY Workshops 56](#_Toc204092356)

[Directory 58](#_Toc204092357)

[Hoppers Crossing 58](#_Toc204092358)

[Aquapulse 58](#_Toc204092359)

[Central Park Community Centre 60](#_Toc204092360)

[Encore Events Centre 63](#_Toc204092361)

[Hoppers Crossing (Plaza) Library 64](#_Toc204092362)

[Hoppers Crossing Sports Club 68](#_Toc204092363)

[St Peter’s Parish 72](#_Toc204092364)

[The Bridge Hotel 73](#_Toc204092365)

[The Grange Community Centre 74](#_Toc204092366)

[The Hoppers Club 77](#_Toc204092367)

[Little River 80](#_Toc204092368)

[Little River Community and Sporting Centre 80](#_Toc204092369)

[Manor Lakes 80](#_Toc204092370)

[Manor Lakes Community Learning Centre 81](#_Toc204092371)

[Manor Lakes Library 85](#_Toc204092372)

[Point Cook 90](#_Toc204092373)

[Featherbrook Community Centre 90](#_Toc204092374)

[Jamieson Way Community Centre 97](#_Toc204092375)

[Point Cook Community Learning Centre 99](#_Toc204092376)

[Point Cook Library 111](#_Toc204092377)

[Saltwater Community Centre 114](#_Toc204092378)

[Wyncity Bowl & Entertainment 121](#_Toc204092379)

[Tarneit 123](#_Toc204092380)

[Bembit Bag-Rook Community Centre 123](#_Toc204092381)

[Dianella Community Centre 124](#_Toc204092382)

[Hotel 520 129](#_Toc204092383)

[Julia Gillard Tarneit Library 132](#_Toc204092384)

[Penrose Promenade Community Centre 136](#_Toc204092385)

[Tarneit Community Learning Centre 139](#_Toc204092386)

[Truganina 147](#_Toc204092387)

[Arndell Park Community Centre 147](#_Toc204092388)

[Koomail Tardy Community Centre 149](#_Toc204092389)

[Truganina Community Centre 151](#_Toc204092390)

[Truganina Library Lounge 153](#_Toc204092391)

[Werribee 156](#_Toc204092392)

[Crossroads Uniting Church Hall 156](#_Toc204092393)

[Eagle Stadium 156](#_Toc204092394)

[Heathglen Retirement Village 161](#_Toc204092395)

[Italian Sports Club 164](#_Toc204092396)

[Lions Den 171](#_Toc204092397)

[Lollypop Creek Community Centre 173](#_Toc204092398)

[Old Shire Offices 174](#_Toc204092399)

[Quantin Binnah Community Centre 176](#_Toc204092400)

[Salvation Army 185](#_Toc204092401)

[Victoria University (VU) Werribee 186](#_Toc204092402)

[Werribee Bowls Club 189](#_Toc204092403)

[Werribee Church of Christ 191](#_Toc204092404)

[Werribee Gymnastics 192](#_Toc204092405)

[Werribee Library 193](#_Toc204092406)

[Werribee RSL 196](#_Toc204092407)

[Wyndham Community & Education Centre 196](#_Toc204092408)

[Wyndham Park Community Centre 198](#_Toc204092409)

[Werribee South 204](#_Toc204092410)

[Diggers Road Soldiers Memorial Hall 205](#_Toc204092411)

[Williams Landing 207](#_Toc204092412)

[Williams Landing Library Lounge 207](#_Toc204092413)

[Wyndham Vale 209](#_Toc204092414)

[Iramoo Community Centre 209](#_Toc204092415)

[Wunggurrwil Dhurrung Community Centre 213](#_Toc204092416)

[Other 213](#_Toc204092417)

[Various 213](#_Toc204092418)

[Update Your Details 219](#_Toc204092419)

[Privacy Collection Statement 220](#_Toc204092420)

# Language Information



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

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

mail@wyndham.vic.gov.au

Translating & Interpreting Services 13 14 50

# Disclaimer

The information contained in this Directory is true at time of collection: August 2024

W: [wyndham.vic.gov.au](http://www.wyndham.vic.gov.au) or scan this QR code



# Mayor Foreword

**Welcome to our 2025-26 Seniors Directory.**

Wyndham City appreciates and values the important contribution seniors make in our community, and we proudly support programs and initiatives that foster inclusion and encourage participation. Every person is valued and respected, regardless of age, in Wyndham.

The 2025-2026 Seniors Directory is a fabulous resource that combines comprehensive advice with a list of services, facilities and activities available across Wyndham.

It is an invaluable tool to educate, empower and inform Seniors of all backgrounds and abilities to live their best life – mentally and physically.

This directory is an important resource to help guide our Seniors to live a better connected, healthier and rewarding life.

The directory provides an opportunity for our Seniors to try new activities, make friends and learn new skills.

Well-connected communities support and enable their residents to socially engage, participate and connect with family, friends and the community.

In the age of technology, most people have never been more connected and at the same time have never been more isolated and lonelier.

Our Seniors strengthen and improve our City and give back to our community in many ways.

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 Mia Shaw**

**Wyndham City Mayor**

# Introduction

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

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

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:

Community Engagement & Connections Team

Ph: 8734 4514

E: communityconnectionsand careservices@wyndham.vic.gov.au

# Acknowledgement of Country

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.

# Deadly Western Connections

Deadly Western Connection is a website specifically aimed for the diversity of Aboriginal and Torres Strait Islander peoples living in western metropolitan Melbourne. The site provides information on upcoming events, services and programs for Aboriginal and Torres Strait Islander peoples and allies.

W: [deadlywesternconnections.com.au](http://www.deadlywesternconnections.com.au)

# 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.

W: [wyndham.vic.gov.au/community-centres](http://www.wyndham.vic.gov.au/community-centres)

## Hoppers Crossing

### Central Park Community Centre

80 Lonsdale Circuit, Hoppers Crossing

Ph: 9742 4013

E: enquiries@wyndhamcec.org.au

### Grange Community Centre

260-280 Hogans Rd, Hoppers Crossing

Ph: 8742 8000

E: enquiries@grangecommunity.org.au

## Manor Lakes

### Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

Ph: 8734 8934

E: manorlakesclc@wyndham.vic.gov.au

## Point Cook

### Featherbrook Community Centre

33–35 Windorah Dr, Point Cook

Ph: 8353 4000

E: featherbrookcc@wyndham.vic.gov.au

### Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: 9395 3777

E: admin@jamiesonwaycc.org.au

### Point Cook Community Learning Centre

1-21 Cheetham St, Point Cook

Ph: 8734 0205

E: pointcookclc@wyndham.vic.gov.au

### Saltwater Community Centre

153 Saltwater Prom, Point Cook

Ph: 8376 5500

E: saltwatercc@wyndham.vic.gov.au

## Tarneit

### Bembit Bag-Rook Community Centre

61 Polly Parade, Tarneit

Ph: 9125 0648

E: bembitbagrookcc@bestchance.org.au

### Dianella Community Centre

6 Congo Dr, Tarneit West

Ph: 8742 8300

E: dianellacc@wyndham.vic.gov.au

### Penrose Promenade Community Centre

83 Penrose Prom, Tarneit

Ph: 8734 4500

E: penrosepromenadecc@wyndham.vic.gov.au

### Tarneit Community Learning Centre

150 Sunset Views Blvd, Tarneit

Ph: 8734 6040

E: tarneitclc@wyndham.vic.gov.au

## Truganina

### Arndell Park Community Centre

29-49 Federation Blvd, Truganina

Ph: 8734 8911

E: arndellparkcc@wyndham.vic.gov.au

### Koomail Tardy Community Centre

117 Alcock Rd, Truganina 3029

Ph: 9989 5179

E: koomailtardycc@ecms.org.au

### Truganina Community Centre

1 Everton Rd, Truganina

Ph: 8742 8420

E: truganinacc@wyndham.vic.gov.au

## Werribee

### Lollypop Creek Community Centre

104 Shipwright Parade, Werribee

Ph: 8353 4047

E: lollypopcreekcc@wyndham.vic.gov.au

### Quantin Binnah Community Centre

61 Thames Blvd, Werribee

Ph: 9742 5040

E: qb@qbcc.org.au

### Wyndham Community & Education Centre

20 Synnot St, Werribee

Ph: 9742 4013

E: enquiries@wyndhamcec.org.au

### Wyndham Park Community Centre

55-57 Kookaburra Ave, Werribee

Ph: 8742 3975

E: admin@wyndhamparkcc.com.au

## Wyndham Vale

### Iramoo Community Centre

84 Honour Ave, Wyndham Vale

Ph: 8742 3688

E: admin@iramoocc.com.au

### Wunggurrwil Dhurrung Centre

19 Communal Rd, Wyndham Vale

Ph: 8734 0288

E: wunggurrwildhurrung@kolingwadangal.com.au

# Wyndham City Libraries

There are 5 main Libraries located throughout Wyndham, 2 Library Lounges in Williams Landing and Truganina, a pop-up Library Van, as well as a bookshelf at Saltwater Community Centre and a Book Locker at Williams Landing Shopping Centre.

In addition to traditional book borrowing, the library offers a wide range of materials including DVDs, magazines, and audiobooks on CD. You can also enjoy the comfortable spaces and reading lounges at your local library. Additionally, there are free programs and activities specifically designed for older adults.

Below is a list of libraries in the area. Be sure to check out your local library and see what’s on offer.

The information contained in the Directory is true at time of printing. Please check the library website for current information.

Ph:8734 8999

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

Details on current ongoing programs are listed within the directory.

## Hoppers Crossing (Plaza) Library

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

## Julia Gillard Library Tarneit

150 Sunset Views Blvd, Tarneit

## Manor Lakes Library

86 Manor Lakes Blvd, Manor Lakes

## Point Cook Library

1-21 Cheetham St, Point Cook

## Truganina Library Lounge

1 Everton Rd, Truganina

## Werribee Library

Wyndham Cultural Centre, 177 Watton St, Werribee

## Williams Landing Library Lounge

1/101 Overton Rd, Williams Landing

# Other Wyndham City 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.

## E Library Online

Wyndham City Library members can access a huge range of eBooks, e Audiobooks, e Magazines, movies, TV shows and other online resources for FREE. To access the e Library, you will need a valid library card number and your PIN/Password. If you are new to Wyndham City Libraries, join now free of charge and start using the e Library straight away!

## 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.

## Williams Landing Book Locker

The book locker at the Williams Landing shopping centre enables Library members to collect and return items that have been requested from the library. The book locker is located at 100 Overton Road, Williams Landing, inside the shopping centre, directly opposite Woolworths.

# Community Library

## Little River Mechanics Institute & Free Library

Cnr Rothwell & Flinders St, Little River

Ph: 0452 255 378

E: lmorsepaonessa@gmail.com

Open Sat 10am–12pm and by appointment

# Wyndham Cultural Centre

Welcome to the Wyndham Cultural Centre, where art, performance and community come together.

Here, you can enjoy live theatre and visual art at its best. It’s a place for connection, laughter, and inspiration.

Join us and find your place in the vibrant world of culture and creativity.

It's a place for art. For theatre. For you.

Open 7 days

177 Watton St, Werribee

Ph: 8734 6000

W: [wyncc.com.au](http://www.wyncc.com.au/)

# 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.

Open Mon – Fri 9am – 4:30pm, Sat & Sun 11am – 4pm

177 Watton St, Werribee

Ph: 8734 6021

E: wyndhamartgallery@wyndham.vic.gov.au

W: [wyndham.vic.gov.au/wyndham-art-gallery](http://www.wyndham.vic.gov.au/wyndham-art-gallery)

# Visitor Information Centre

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

Open 7 days (Closed Good Fri & Christmas Day)

Opening Hours 9:30am – 4:30pm for face to face

9am – 5pm for phone and email enquiries.

Werribee Park Precinct, K Rd, Werribee South

(Located at the entry to Werribee Open Range Zoo)

Ph: 8734 6006

E: tourism@wyndham.vic.gov.au

W: [visitwerribee.com](http://www.visitwerribee.com/)

# The Loop

**Have your voice heard and join The Loop today.**

The Loop is our online engagement platform that makes it easy for you to share ideas and opinions on decisions, projects and services that affect you.

It gives you the opportunity to:

* Share your views, comments and ideas;
* View information on different Wyndham projects; and
* Stay informed on key projects and initiatives.

It's free and you can be involved as much or as little as you like. By signing up you’ll receive updates on projects you’ve provided feedback on and will be notified when a project in your fields of interest is posted.

Join over 10,000 fellow community members by signing up to The Loop today.

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

# Wyndham Community Connectors

Support – Inform – Connect

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

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

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

* Wed 8am - 5pm @ Tarneit Community Learning Centre;
* Thu 8am - 5pm @ Point Cook Community Learning Centre; and
* Fri 8am - 5pm @ Manor Lakes Community Learning Centre.

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

Ph: 8734 4514

E: communityconnector@wyndham.vic.gov.au

# Active Wyndham

Wyndham Sports, Parks and Recreation homepage is the starting point to find out about sport and recreation in Wyndham, from swimming pools to bike paths and walking trails, outdoor exercise equipment and more.

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

## Active Wyndham Calendar

The Active Wyndham calendar shares free and low-cost physical activities in Wyndham for all ages. Visit the Active Wyndham Calendar.

W: [wyndham.vic.gov.au/activewyndhamcalendar](http://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 and 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.

W: [wyndham.vic.gov.au/activity-cards](http://www.wyndham.vic.gov.au/activity-cards)

## 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.

## Seniors Exercise Park Community sessions

Improve your strength and balance with our free community sessions. Our friendly volunteers who have been trained by the National Ageing and Research Institute (NARI) will show you how to use the equipment and guide you through an exercise circuit. This exercise equipment is fun to use and isn’t about lifting heavy weights, it has been designed to meet the needs of our bodies as we get older, helping to keep us fit and healthy and able to enjoy life. Join in our weekly sessions, meet other community members and have fun.

Ph: 1300 023 411

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

# Master Movers

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.

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

Ph: 9919 8173

**Master Movers**

Face-Face & Online

When: Tues, Thu and Fri 10am - 11am (onsite). Runs simultaneously online.

Casual Fee: $7/session with multi pass and membership option.

**Master Movers**

Strength (gym-based exercises)

When: Mon and Wed 10am - 11am

Casual Fee: $7/session with multi pass and membership option.

**Master Movers**

Sustain (Unsupervised program targeting over 50’s)

Unlimited use of facility.

When: Mon – Fri 6am - 3pm.

Casual Fee: $7/session with multi pass and membership option.

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

# Walking Groups

Take the first steps to health and fitness by joining a Walking Group. It’s a great way to meet new people and is a completely free activity.

Just 30mins of walking each day may assist you to reduce your risk of heart attack, manage your weight, lower blood cholesterol and risk of type 2 diabetes, as well as helping to increase bone and muscle strength. Walking can also help to improve mood and boost energy. Start walking more today!

## The Grange Walkers

When: Wed, 9am

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

Contact: The Grange Community Centre

Ph: 8742 8000

E: enquiries@grangecommunity.org.au

## The Man Walk

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

When: Sat 7.30am

Where: Between Wolf on Watton and Tuckers Café, Watton St, Werribee

Contact: W: [themanwalk.com.au/werribee](http://www.themanwalk.com.au/werribee) or Facebook: [facebook.com/groups/864573694181120](http://www.facebook.com/groups/864573694181120)

## Werribee River Rovers

When: Thu, 10am

Where: Alternating weekly:

1. Werribee - End of Watton St (near the outdoor swimming pool)
2. Werribee Mansion – Entry via Gate 5, K Rd. 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

Ph: 0429 798 653

E: misiu31@gmail.com

## Werribee River Walking Group

When: Wed, 10am (rain, hail or shine!). Optional coffee after walk and different walks organised.

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

Contact: Marion

Ph: 9741 4240

E: marion024@bigpond.com

## The Heart Foundation Walking Group Listings

W: [walking.heartfoundation.org.au](https://walking.heartfoundation.org.au/)

## Point Cook Activity Group Walking Group

When: Mon – Fri 9am

Where: Point Cook Town Centre, Boardwalk Blvd, Outside the Dry Cleaners, Point Cook

Contact: Beverley

Ph: 0417 324 489

E: tombevm@gmail.com

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

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

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

Contact: Sunil

Ph: 0449 101 455

E: club60.tarneit@gmail.com

## Werribee Bushwalking & Outdoor Club

The Werribee Bushwalking and Outdoor Club is affiliated with Bushwalking Victoria and aims to provide at least 1-2 walks each month. These are mostly held on Suns 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.

W: [werribeebushwalking.com](http://www.werribeebushwalking.com)

## Bike & Walking Trails

Wyndham has lots of other exercise opportunities including Bike and Walking trails, sporting clubs, recreation and leisure centres, parks and facilities.

Ph: 1300 023 411

W: [wyndham.vic.gov.au/bike-paths-walking-trails](http://www.wyndham.vic.gov.au/bike-paths-walking-trails)

# 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.

Ph: 1800 200 422

Mon - Fri 8am – 8pm and Sat 10am – 2pm

W: [myagedcare.gov.au](http://www.myagedcare.gov.au/)

# Aged Care Facilities

The following is a list of local aged care facilities in the Wyndham City area.

## Baptcare Wyndham Lodge Community

120 Synnot St, Werribee

Ph: 8754 4700

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

## Estia Health Werribee

8-10 Russell St, Werribee

Ph: 9749 8000 or 1300 682 833

E: werribee@estiahealth.com.au

W: [estiahealth.com.au](http://www.estiahealth.com.au)

## Glendale Aged Care, Nursing Homes and Life Care Facility

265 Heaths Rd, Werribee

Ph: 1800 123 131

W: [allity.com.au](http://www.allity.com.au)

## Manor Court Werribee Aged Care

5 Hogan Grove, Werribee

Ph: 9742 0699

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

## Mecwacare John Atchison Centre

312 Derrimut Rd, Hoppers Crossing

Ph: 8573 4812

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

## Mercy Place Wyndham (Residential Care)

Ph: 1300 478 776

W: [residential-care.mercyhealth.com.au](http://www.residential-care.mercyhealth.com.au)

## Point Cook Manor

9 Hewett Dr, Point Cook

Ph: 9394 2500

W: [homestyleagedcare.com.au](http://www.homestyleagedcare.com.au)

## Sunset Views Manor

142 Sunset Views Blvd, Tarneit

Ph: 1300 104 663

W: [homestyleagedcare.com.au](http://www.homestyleagedcare.com.au)

## Uniting Age Well Manor Lakes

15 Buffalo Cres, Manor Lakes

Ph: 9742 7201

W: [unitingagewell.org](http://www.unitingagewell.org)

# 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

414/101 Overton Rd, Williams Landing

Ph: 8360 3743

E: admin@angelichomeandcare.com.au

W: [angelichomeandcare.com.au](http://www.angelichomeandcare.com.au)

## Arete Care

23/22-30 Wallace Ave, Point Cook

Ph: 8353 1837

E: info@aretecare.com.au

Website: [aretecare.com.au](http://www.aretecare.com.au)

## Aunty Grace

Government Approved provider- Aged Care Services/ Home care package provider

Ph: 1300 544 837

W: [auntygrace.com.au](http://www.auntygrace.com.au)

## Baptcare Home Care

Ph: 13 22 78

W: [baptcare.org.au/home-care/](https://www.baptcare.org.au/home-care/)

## Bolton Clarke

Ph: 1300 22 11 22

W: [boltonclarke.com.au](http://www.boltonclarke.com.au)

## Bupa Barrabool

55 Barrabool Rd, Belmont

Ph: 5202 2765

W: [bupaagedcare.com.au](http://www.bupaagedcare.com.au)

## Colebrow Care

Government Funding available

Ph: 1800 185 729

E: enquiries@colebrowcare.com.au

W: [colbrowcare.com.au](http://www.colbrowcare.com.au)

## Great Care

Unit 8/215 Watton St, Werribee

Ph: 9395 4657

E: admin@greatcare.net.au

W: [greatcare.net.au](http://www.greatcare.net.au)

## Kare Seniors Home Care Services

13/215 Palmers Rd, Truganina

Ph: 1300 535 833

W: [kareseniors.com.au](http://www.kareseniors.com.au)

## M & I Home Care

1 Corfu Ave, Tarneit

Ph: 1300 911 139

E: Admin@mihomecare.com.au

W: [mihomecare.com.au](http://www.mihomecare.com.au)

## Mercy Health (Home Care)

Ph: 1300 478 776

W: [home-care.mercyhealth.com.au](http://www.home-care.mercyhealth.com.au)

## Nurse 4 You

Office 4, Level 1/277 Heaths Rd, Werribee

Ph:8714 5816

E: info@Nurse4u.com.au

W: [nurse4u.com.au](http://www.nurse4u.com.au)

## Nurse Next Door Werribee - Govt Approved Home Care Provider

Ph: 1300 600 247

E: werribee@nursenextdoor.com.au

W: [nursenextdoor.com.au](http://www.nursenextdoor.com.au)

## Prestige In-Home Respite Care Services

Ph: 1300 10 30 10

E: info@prestigeinhomecare.com.au

## Priscilla Care

17 Colorado Ct, Werribee

Ph: 8087 2234

E: admin@priscillacare.org

W: [priscillacare.org](http://www.priscillacare.org)

## Uniting AgeWell

Ph: 1300 783 435

E: info@unitingagewell.org

W: [unitingagewell.org](http://www.unitingagewell.org)

For more in home support services, please visit the aged care guide for a comprehensive range of services.

[agedcareguide.com.au](http://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

2A Railway Ave, Werribee

Ph: 8742 3999

W: [allswell.com.au](http://www.allswell.com.au)

## Heathglen, Werribee

2 Glendale Ct, Werribee

Ph: 1800 550 550

W: [retirementbylendlease.com.au](http://www.retirementbylendlease.com.au)

## Ingenia Federation, Werribee

2A Railway Ave, Werribee

Ph: 8742 3999

E: sales@ingeniafederation.com.au

W: [ingeniafederation.com.au](http://www.ingeniafederation.com.au)

## Ison Village, Werribee

150-168 Bulban Rd, Werribee

Ph: 9742 2990

## Lifestyle Communities

Ph: 1800 940 345

W: [lifestylecommunities.com.au](http://www.lifestylecommunities.com.au)

## Lifestyle Seasons, Tarneit

13 Sundial Blvd, Tarneit

Ph: 1300 50 55 60

W: [lifestylecommunities.com.au](http://www.lifestylecommunities.com.au)

## Mecwacare John Atchison Retirement Village

312-318 Derrimut Rd, Hoppers Crossing

Ph: 8015 2888

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

## Palm Lake Resort, Truganina

7 Taronga Rd, Truganina

Ph: 1800 686 096, 137 256

W: [palmlakeresort.com.au](http://www.palmlakeresort.com.au)

## Point Cook Village

320 Point Cook Rd, Point Cook

Ph: 9394 6799

E: manager@pointcookvillage.com.au

W: [pointcookvillage.com.au](http://www.pointcookvillage.com.au)

## Tarneit Skies Village, Tarneit

250 Thames Blvd, Tarneit

Ph: 1800 727 170

W: [stockland.com.au](http://www.stockland.com.au)

## Wyndham Grange Village, Tarneit

83 Kulin Dr, Tarneit

Ph: 1300 098 000

W: [centennialliving.com.au](http://www.centennialliving.com.au)

# Housing

Recent research finds that 400,000 women over 45 years are at risk of homelessness.

Actions that will directly reduce the structural barriers to women’s economic security, wellbeing and dignity are vital to achieving gender equality.

## H3 Alliance

The H3 (Health, Homelessness and Housing) Alliance

is a partnership of service providers working collectively within the Wyndham municipality, to address issues that lead to housing vulnerability for the Wyndham community. The H3 Alliance recognises that homelessness is often the result of multiple and intersecting causes. The H3 Alliance works together to maximise resources, collaborating and innovating to impact systems and outcomes.

W: [wyndham.vic.gov.au/h3alliance](http://www.wyndham.vic.gov.au/h3alliance)

If you or someone you know is experiencing homelessness or housing stress, contact Unison who are the central access point in Wyndham for people seeking support with homelessness and housing support.

Unison

70 Cottrell St, Werribee

Ph: 1800 825 955 or 9216 0300

Mon - Fri, 9am – 5pm.

## Affordable Housing Strategy

Wyndham City is committed to social and economic inclusion and achieving this means providing alternative housing types and addressing housing insecurity to enable all Wyndham households to flourish.

W: [wyndham.vic.gov.au/affordable-housing-strategy](https://www.wyndham.vic.gov.au/affordable-housing-strategy)

## Housing for the Aged Action Group (HAAG)

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.

Ph: 1300 765 178 Home at Last

Ph: 9654 7389 Retirement and Tenancy Advice

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

Home at Last can:

* Discuss your individual situation and what affordable housing options are available for you;
* Link you into services that can help you to access affordable housing options such as public and social housing;
* If assisted by our outreach program, help you move to your affordable housing; and
* 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 service also provides tenancy advice to people who are living in private rental or rooming house accommodation.

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; and
* Other kinds of advice and advocacy relating to retirement housing

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

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

## Victorian Aboriginal Housing

Aboriginal Housing Victoria (AHV) has a vision to ensure that Aboriginal Victorians secure appropriate, affordable housing as a pathway to better lives and stronger communities.

AHV offer the Aboriginal Private Rental Assistance Program (APRAP) and other culturally specific support for people at risk of or experiencing homelessness.

Narrandjeri House

125-127 Scotchmer St, Fitzroy North

Ph: 1800 248 842 or 9742 8300 Mon - Fri 8:30am - 4:30pm

E: clientservices@ahvic.org.au

# Places of Interest and Things to Do in Wyndham

## What's On

Check out the What’s On regularly for updates.

You can apply a filter e.g. ’walking’ and a huge range of walking events in Wyndham will be listed.

W: [wyndham.vic.gov.au/whats-on](http://www.wyndham.vic.gov.au/whats-on)

## B-24 Liberator Restoration

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

Cost: Adults: $10 donation

Open: Tue, Thu and Sun 9:30am – 3:30pm

Farm Rd & Princes Hwy, Werribee

W: [b24australia.org.au](http://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.

Doors opens at 10:30am

Show timings 11am - 12pm

Ph: 1300 156 557

E: boxoffice@wyndham.vic.gov.au

W: [wyncc.com.au/morningmelodies](http://www.wyncc.com.au/morningmelodies)

## Point Cook Coastal Park

Apr – Sept: 8am – 5pm

Oct - Mar: 8am – 7pm

The Tower Carpark gates are locked two hours before the Point Cook Coastal Park closing time.

Point Cook Rd, Point Cook

Ph: 13 19 63

E: info@parks.vic.gov.au

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

## RAAF Museum Point Cook

Visit us for an immersive experience and explore more than 100 years of Air Force history.

Join us on a journey through the ages. Hear the stories of our people surrounded by the aircraft they supported and flew. Learn about our beginnings in the Australian Flying Corps, the courage of our Second World War aviators, and the service of thousands of men and women to our nation at home and abroad in times of peace and war.

RAAF Base Point Cook, Point Cook Rd, Point Cook

Ph: 1300 333 362

E: raaf.museuminfo@defence.gov.au

W: [visitwerribee.com](http://www.visitwerribee.com)

## 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.

K Rd, Werribee South

Ph: 9731 4420

E: phil@shadowfax.com.au

W: [visitwerribee.com](http://www.visitwerribee.com)

## Victoria State Rose Garden

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

Open Daily 9:30am – 6pm

Gate 2, K Rd, Werribee Park, Werribee South

Ph: 13 19 63

E: info@vicstaterosegarden.com.au

W: [visitwerribee.com](http://www.visitwerribee.com)

## 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: Tues 10am – 3pm and Sat 10am – 1pm

49 Watton St, Werribee

Ph: 0401 154 410

E: werribeehistory@gmail.com

## Werribee Open Range Zoo

Open Daily 9am – 5pm

Entry fees apply - Senior concession entry price available.

K Rd, Werribee South

Ph: 1300 966 784

E: contact@zoo.org.au

W: [visitwerribee.com](http://www.visitwerribee.com)

## Werribee Park Mansion

Oct – Mar: Open Daily 10am – 5pm

Apr – Sept: Open Mon - Fri 10am – 4pm

Entry fees apply - Senior concession entry price available.

Gate 2, K Rd, Werribee South

Ph: 8427 2134

W: [visitwerribee.com](http://www.visitwerribee.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. Enjoy your city in a whole new way.

W: [visitwerribee.com](http://www.visitwerribee.com)

## Western Treatment Plant

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

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

Entry fees apply - Senior concession entry price available.

Ph: 131 722

E: enquiries@melbournewater.com.au

W: [melbournewater.com.au](http://www.melbournewater.com.au)

# Ageism

The Every AGE 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".

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

# Consumer Affairs Victoria

Consumer Affairs Victoria is a business unit under the Department of Government Services.

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.

Complaints to:

Consumer Affairs Victoria

GPO Box 4567

Melbourne VIC 3001

Ph: 1300 55 81 81

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

# Seniors Rights Victoria

Seniors Rights Victoria (SRV) is a state-wide community legal centre specialising in elder abuse. SRV provides information, 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.

SRV services include the Elder Abuse Helpline, specialist legal services, short-term support, advocacy, and education. SRV also provides leadership on policy and law reform around elder abuse.

Experienced advocates and lawyers 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 can assist with matters including:

* Intervention orders;
* Risk assessment and safety planning;
* Guardianship and administration;
* Family agreements;
* Property disputes;
* Development and misuse of powers of attorney; and
* Secondary consultations with professionals.

If you live in Victoria and are aged 60 and above, or are an Indigenous Victorian aged 45 and above, and are experiencing or are at risk of experiencing elder abuse, please contact our free, confidential Helpline.

Ph: 1300 368 821 Mon - Fri, 10am – 5pm

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

# Council on the Ageing (COTA)

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

Our free COTA WISE information service aims to make older people feel welcome, included, supported, and empowered.

We're ready to help you with your queries.

Ph: 1300 135 090 Mon – Thu, 10am - 4pm

E: askcota@cotavic.org.au

# OPAN - Older Persons Advocacy Network

OPAN is non-profit organisation giving a voice to older people at every stage of their aged care experience.

Our network members provide free, confidential, and independent support to older people seeking or receiving government-funded aged care services, their families, and representatives across Australia.

Ph: 1800 700 600, Mon – Fri, 8am - 8pm and Sat, 10am - 4pm

E: enquiries@opan.org.au

# Ethnic Communities Council of Victoria (ECCV)

Ethnic Communities’ Council of Victoria (ECCV) is proud to be the peak body for our state’s migrant and refugee communities. Since 1974, we have been advocating for the rights of multicultural communities, informing industry practice and influencing governments at all levels on a range of issues, including anti-racism, equitable access to services and socially just policy.

Level 1, 398 Sydney Rd, Coburg

(enter via Page St)

Ph: 9354 9555 Mon – Fri, 9am – 5pm

E: eccv@eccv.org.au

# E-Safety

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access our free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.

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

Ph: 1300 795 897

E: connect@goodthingsfoundation.org

W: [beconnected.esafety.gov.au](http://www.beconnected.esafety.gov.au)

# BreastScreen Victoria

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

75% of breast cancers are detected in women aged 50 years and over. Breast screens are the best way to detect and treat cancer early.

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

If you live in Wyndham, you can visit your local Breast Screen clinic at 27 Princes Highway, Werribee and 240 Hoppers Lane inside St Vincent’s private Hospital.

Ph: 13 20 50

E: support@breastscreen.org.au

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

# Hearing Australia

Hearing Australia has been providing expert hearing care to Australians for over 75 years, helping thousands of children, adults, Aboriginal and Torres Strait Islanders peoples, pensioners and veterans stay connected with their families and communities every week.

Our dedication to providing the best hearing care for our clients has remained unchanged across the decades, and we are happy to see this reflected by winning Most Trusted Hearing Services Brand 4 years in a row!

Now, more than ever, good hearing is important to stay connected with the people and life you love. No matter your age, no matter your hearing needs, we make hearing easier for everyone. Trust your hearing to Australia’s #1 Trusted Hearing Provider – book an appointment today!

Pacific Werribee, Shop 280A, 250 Heaths Rd, Werribee (Opposite Chemist Warehouse)

Ph: 8742 8900

W: [hearing.com.au](https://www.hearing.com.au/)

# Jean Hailes for Women's Health

Australia most trusted leader in woman's health.

Education is provided via a range of channels including online and face-to-face activities. We also provide practice support information and health professional tools to guide diagnosis and management of various conditions as well as patient information sheets and booklets.

Our aim is to optimise access to education for health professionals across all sectors including metropolitan, regional, and rural Australia. We continually review and revise the education, tools, and resources we provide. Feedback from health professionals is extremely valuable to this process.

Topics: Anxiety, Bladder, Bone Health, Breast Health, Healthy Ageing, Health checks, Heart Health, Menopause, Natural Therapies, Nutrition and Healthy Living, Ovaries and Uterus, PCOS, Sex and sexual Health, sleep and many more.

E: contact@jeanhailes.org.au

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

# IPC Health

IPC Health offer a variety of services and programs.

W: [ipchealth.com.au](http://www.ipchealth.com.au)

## IPC Health Care Finder Service

The IPC Health Care Finder Service is a free service that helps older people without close support find the right aged care services. We can also get you involved in the community so you can meet new people and participate in activities you enjoy.

Our care finders will come to you to talk about your needs, what options are available, how to apply and how to prepare for any assessments you might have to do. We’ll be on hand once your services are up and running and can also help you change services if they’re not quite right.

Ph: 1300 895 589

E: carefinders@ipchealth.com.au

## IPC Health Dementia Carers Support Group

Join our monthly group for people who care for someone with dementia, or a similar condition associated with memory loss.

We empower carers through education, social connectedness and emotional support while socialising and meeting people in similar situations.

Most costs are covered. We’ll let you know if there’s an out-of-pocket cost for outings.

Ph: 8734 1400

## 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 Mon to Fri during office hours. Contact the Aboriginal Health team for more information.

510 Ballan Rd, Wyndham Vale

Ph: 9216 7777

Aboriginal Health Team:

Lisa: 0491 089 069

Alex: 0428 487 456

## IPC Health Gambler’s Help

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.

To make an appointment to see a Gambler’s Help at IPC Health Counsellor:

Ph: 7037 2104

E: gamblershelp@ipchealth.com.au

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: [gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)
* Lifeline: 13 11 14

## IPC Health Home Care Packages

Our dedicated team can help you access My Aged Care and a Home Care Package so you can stay living in your own home for longer with all the supports that you need to live safely and independently.

We can also help you manage your Home Care Package and access the services you need while staying on top of your budget. We’re an approved provider of Home Care Packages and you can use other services such as occupational therapy, physiotherapy, speech pathology, exercise physiology, podiatry, and dietetics at our campuses or in your home (where available).

We offer choice and flexibility about who will provide your care because we have contracts with many different providers. You’ll never be restricted to one provider, and we will never charge you for changing service providers.

Ph: 7068 0214 (option 2)

E: agedcareintake@ipchealth.com.au

## IPC Health Living Well

Making positive change can be hard, even when you know it will improve your health and wellbeing. The Living Well team will help you to identify your goals and stay motivated while you adjust to your new routine.

The team offers one to one personalised coaching as well as small groups so you can make connections and learn with like-minded people.

Get help with things like healthy eating, being more active, stopping smoking, improving your sleep habits, self-managing health conditions, stress management and relaxation, and making new social connections.

Ph: 1300 472 432

E: livingwell@ipchealth.com.au

## IPC Health Mental Health Services

Access mental health support through our free Community Health Counselling, Head to Health and CAREinMIND services.

We can explore your thoughts, feelings, and behaviours to make changes that work for you – whether you’re weighing up a life decision or want strategies to manage the everyday.

We have a no wrong door approach. This means that we will find the best support for you, either with us or another service this is free or low cost.

Ph: 1800 595 212 or 7037 2105

# ParKanDo

ParKanDo is a peer support group based in Melbourne’s West, founded, and run solely by volunteers with lived experience of Parkinson’s. ParKanDo was awarded the prestigious 2023 Victorian Volunteering Award for a grassroots organisation.

ParKanDo seeks to provide inclusive initiatives and activities - physical, social and informational - to meet the diverse needs of its members.

Membership is free and entitles you to:

* Free entry into the monthly Guest Speaker Program
* Participation in surveys for new activities
* Receiving early notification of new activities as they are developed.

Want to know more?

E: parkando.west@gmail.com

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

# Partners in Wellbeing

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

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

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

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

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

interpreters are provided free of charge.

Services offered include:

* Wellbeing Support;
* Financial Counselling; and
* 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.

Ph: 1300 375 330 Mon - Fri, 9am – 10pm and Sat - Sun, 9am – 5pm.

E: partnersinwellbeing@neaminational.org.au

W: [partnersinwellbeing.org.au](http://www.partnersinwellbeing.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.

Services include:

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

131 Heaths Rd, Hoppers Crossing, Mon – Thu, 8:30am – 5pm

Ph: 9017 7816

E: wyndhameyecare@aco.org.au

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

# Travellers Aid

Did you know…? Travellers Aid has been in operation for more than 100 years!

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

Services in Victoria are located at:

* Flinders Street Station – Platform 10 (Mon – Sun 8am – 7pm);
* Southern Cross Station (Spencer Street) – Under Bourke Street footbridge (Mon – Sun 6:30am – 9:30pm);
* Seymour Station (Mon – Fri 8:30am – 6:30pm); and
* Ballart Station (Mon - Fri 7:30am – 3:30pm).

Services include:

* **Crisis Travel**

Transport options and advise to help travellers in emergency situations feel safe and empowered.

(Southern Cross station only).

* **Personal Care**

Free personal café assistance to Seniors or travellers with disability.

* **Companion Service**

Assistance with getting to and from medical appointments, social activities events/attractions, work, and school/education Community Travel Training.

* **Training**

Public transport information sessions to inform about public transport and encourage public transport use.

* **Connection Assistance**

Buggy Connection Assistance at Southern Cross Station and Seymour Station and wheelchair assistance available at Ballart Station.

* **Mobility Equipment Hire**

Assisting people who are frail, aged, or living with a disability. Conveniently available at Flinders Street Station and showers available at Southern Cross Station.

* **Tourist info, rest and other facilities**

Information and facilities for travellers in transit. Luggage storage available at Flinders Street station and showers available at Southern Cross Station.

* **Internet Access**

Internet access for the public with JAWS software available.

**Southern Cross**

Ph: 9670 2072

E: scs@travellersaid.org.au

**Flinders Street**

Ph: 9068 8187

E: fss@travellersaid.org.au

**Seymour Station**

Ph: 5793 6210

E: seymour@travellersaid.org.au

**Ballarat Station**

Ph: 0491 767 177

E: ballarat@travellersaid.org.au

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

Please note: Some services require advance bookings.

# The University of the Third Age (U3A)

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 55 and over 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.

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. There is an annual membership fee of $45 when you join Feb - 30 Jun (reduced to $25 if joining from 1 July). This allows access to all classes. For any additional costs and further information, contact:

Ph: 0402 299 220

W: [u3awbee.net.au](http://www.u3awbee.net.au)

# Seniors Festival

The Victorian Seniors Festival is a major state-wide festival for Victorians over 60. The festival focuses on providing fun and good times with opportunities to participate in events and activities that are free or low cost throughout October each year.

Wyndham City Council hosts and supports a number of events to celebrate the festival.

Victorian Program

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

Wyndham Program

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

# Seniors In Melbourne

Calling all retirement rookies! Need ideas for things to do in Melbourne?

If you haven’t been into town for a while and you’re not sure where to start, we’re here to empower you with the knowledge and confidence to navigate the city with ease, curiosity, and a spirit of adventure.

Whether you are looking for serene nature escapes, historical landmarks, tips on accessibility or tasty and affordable food spots, this website has you covered.

W: [seniorsinmelbourne.com.au](http://www.seniorsinmelbourne.com.au)

# Bunnings Warehouse DIY Workshops

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

Cost: Free

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

Ph: 8734 4600 (Hoppers Crossing) or 9749 9400 (Tarneit) or 8734 6900 (Werribee)

W: [bunnings.com.au](http://www.bunnings.com.au)

# Directory

## Hoppers Crossing

The information contained in this Directory is true at time of collection – August 2024

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

### Aquapulse

80–82 Derrimut Rd, Hoppers Crossing

Ph: 8734 5678

E: info@wynactive.com.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **WynSenior Aqua** | A blend of low impact cardio and resistance training in shallow water. | Mon8am | $8.20 per class |
| **Wynsenior Gentle Aqua** | Specifically modified class for those aged 60+. Held in the Hydrotherapy pool. This low impact aqua exercise gives you a great cardio workout as well as building strength in the muscles. | Tues9am &Wed11:15am | $8.20 per class |
| **Wynsenior Active**  | A low intensity, low impact workout. Designed for those people aged 50+ who would like to improve balance, stability and bone and muscle strength. | Tues & Thu 11:05am | $8.20 per class |

### Central Park Community Centre

80 Lonsdale Circuit, Hoppers Crossing

Ph:9742 4013

E: enquiries@wyndhamcec.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Werribee Orchid Society** | Orchid growing and conversation. | 3rd Tues of the month7pm - 9:30pm | Cost on enquiry | Alex Christou0456 301 824 |
| **Werribee Senior Citizens** | Bingo, activities and outings. | Wed9am - 1pm | Cost on enquiry | Aristea Grech9748 8897/0403 041 499 |
| **Greek Elderly Citizens****Club** | Provides companionship and support for Greek speaking elderly citizens. Cards, bingo andDominoes. | Thu9am - 1:30pm | Small cost | Mimi Charisiades9749 5985 |
| **Macedonian Community Welfare Association** | Macedonian Community Welfare Association. A planned activity group for seniors and people with a disability. | Tues9am - 2:30pm | Cost on enquiry | Vesna Veleveska Petreska9318 1111info@mcwa.org.au |
| **Werribee Community Singers** | A Capella Singing Group. | Wed6:30pm - 10pm | Cost on enquiry | Helen Gunn0407 493 065gunn\_adoo@hotmail.com |
| **Werribee Craft Group** | Craft activities for women over 55. | 3rd Sun of the month12pm - 5pm | Cost on enquiry | Kathy Senior9749 2883/0409 382 593colinankathy@bigpond.com |
| **Werribee Women’s Group**  | Provide an avenue for women to attend and meet for group activities. | 3rd Tues of the month11am - 1pm  | Cost on enquiry | Dianne Keenan0400 018 402 |
| **Wyndham’s Sew & So’s for seniors** | Activity for women over 55 create handmade charity quilts. | Fri9am - 2pm | Small fee | Annie Scicluna0407 327 280coup33@optusnet.com.au |
| **Watton Carers Support Group** | Support and awareness of carers/caring in safe, friendly, and non-judgmental environment to feel emotionally supported and get relevant information to assist in your caring journey. | 4th Tues of the month10am | Free | Patriciawattongroup131@gmail.com |

### Encore Events Centre

80-82 Derrimut Rd, Hoppers Crossing

Ph: 1300 156 557

Ph: 8734 6000 (Box Office)

E: encore@wyndham.vic.gov.au - Encore

E: boxoffice@wyndham.vic.gov.au – Box Office

W: [encoreeventscentre.com.au](http://www.encoreeventscentre.com.au)

|  |  |  |  |
| --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone. | 2nd Tues of the monthDoors open 10.30amShowtime 11am - 12pm | $14 includes morning tea |

### Hoppers Crossing (Plaza) Library

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

Ph: 8734 8999.

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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, Contact Library for dates and times | Free |
| **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. This is a self-help group facilitated by our Family and Local History Librarian. | Last Sat of the month from Feb - Nov10am – 12pm | Free |
| **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. | Wed10am – 11amOr by appointment | Free |
| **English Conversation Cafe** | 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. | Mon11am – 12pm | Free |
| **One-on-One IT Help** | Book a session with our friendly staff for help with PCs, Macs, phones and tablets. Help can be provided on your device, through one of the library’s computers, or remotely by phone. | Weekly,Contact Library for dates and times | Free |
| **Virtual Book Club** | Each month we meet online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it. All books selected are available for multiple people to borrow at the same time - which means that you can download and read them anytime. | 3rd Thu of the month7:30pm – 8:30pm | Free |
| **Writing Group Online** | 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 & 4th Tues of the month7:30pm – 8:30pm | Free |
| **Author talks, information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing | Free |

### Hoppers Crossing Sports Club

Hogans Reserve, Hogans Rd, Hoppers Crossing

E: membership.u3awbee@gmail.com - Membership

E: courses.u3awbee@hotmail.com - Courses

W: [u3awbee.net.au](http://www.u3awbee.net.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **U3A Werribee – Seniors Men's in Light Exercise** | Seniors gentle walking and coordination exercise for men. | Tues9:30am - 10:30am | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Beginners Tai Chi** | For those wishing to learn the gentle art of Tai Chi and Qi Gong. | Mon10am - 11:30am | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Beginners Italian** | Develop a basic understanding and knowledge of this language. | Mon1pm - 2pm | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Beginners French** | Learn conversation French. | Tues11am - 12pm | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Bolivia** | Card game. A more advanced version of canasta. This class is suitable for both beginners and more experienced players. | Wed10am - 2pm with a break for lunch. Note: this class does not meet on the 4th Wed of the month | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Book Club** | Each meeting chooses a specific book and to read to review and discuss at the next meeting.  | 4th Wed of the month11am - 12:30pm | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Mindful Drawing Class** | Suitable for seniors who are looking to learn about drawing techniques. A meditative practice to assist with your mental wellbeing. | Fri10:30am - 11:30am | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |
| **U3A Werribee - Music You Like to Hear** | Listen and enjoy various types of music ranging from classical to popular music. | Fri1pm - 3pm | $45 annual fee (access to all courses and Hoppers Crossing Sports Club) |

### St Peter’s Parish

38 Guinness Ave, Hoppers Crossing

E: membership.u3awbee@gmail.com - Membership

E: courses.u3awbee@hotmail.com - Courses

W: [u3awbee.net.au](http://www.u3awbee.net.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **U3A Werribee - Ukulele Lessons** | Come along and learn to play the Ukulele. Bring your own Ukulele. | Wed5:30pm - 6:30pm | $45 annual fee (access to all courses) |

### The Bridge Hotel

197 Watton St, Werribee

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| **Rotary Club of Werribee** | Like minded community focussed people. Volunteer services for local and international projects. | Tues6:30pm - 8:15pm  | Contact for details | David0439 613 737robsondavid1@iprimus.com.au |

### The Grange Community Centre

260-280 Hogans Rd, Hoppers Crossing

Ph: 8742 8000

E: enquiries@grangecommunity.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Balance, Fitness, Fun (BFF)** | Gentle cardiovascular, bone and muscle strengthening exercises, combined with elements of balance and core activation. | Thu9:30am – 10:15am | $12per class term enrolment$15per class casual |
| **Chair Fitness** | Join us for a fitness class held on chairs suitable for all ages, seniors, all abilities and for rehabilitation participants. | Wed10am – 10:45am | $10per class (discounted term rates apply) |
| **Chatty Café** | Join Nola each week for a cuppa and a chat in our café space. Everyone is welcome. | Wed10am – 11:30am | Free |
| **The Wed Walking Group** | Weekly walking to keep active and socialise. Optional coffee after the walk with our Chatty Café. | Wed9am | Free |
| **Seniors Festival** | Join us to celebrate Seniors Festival. | Annually in Oct, Contact for details | Contact for details |
| **House of Fun** | Join us for a variety of activities such as arts and crafts, games, sing-a-longs and so much more. | Fri11:30am – 1:30pm | Free |
| **Twisted****Stitches Knitting Group** | Knit one give one. Join us for a cuppa, a chat and knit for charity. Everyone welcome. | Mon12:30pm – 2:30pm | Free |
| **Yoga** | Do you want to improve your flexibility, balance and overall welling? Join Vanessa for this class. | Tues9:30am – 10:15am | $12per class term enrolment$15per class casual |

### The Hoppers Club

180-200 Pannam Dr, Hoppers Crossing

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Hoppers Bowls Club** | Pennant, social and barefoot bowls as well as additional events throughout the year. | Seasonal for Pennant.Barefoot Bowls Sep - Apr.Social Bowls all year round. | Social Bowls $10Barefoot Bowls $10 | Mark Coleman0419 588 343 bowlscoordinator@hoppersclub.com.au |
| **Werribee Lions Club** | Part of Lions Club International that services and assists the needs of people as a result of hardship. The club welcomes new members to assist our various projects to benefit the whole community.  | 3rd Wed of the month6:30pm | Fees Apply | Asjavali-runa@outlook.com[e-clubhouse.org/sites/werribee](http://www.e-clubhouse.org/sites/werribee) |

## Little River

**Disclaimer**

The information contained in this Directory is true at time of collection – August 2024

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

### Little River Community and Sporting Centre

You Yangs Rd, Little River

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| **Lions Club of Little River** | Volunteer involvement in humanitarian efforts locally, nationally, and internationally. | 4th Wed of the month6:30pm - 7pm | $20/year | Nicole Green0421 360 470littleriver.vic@lions.org.au |

## Manor Lakes

### Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Wyndham Vale

Ph: 8734 8934

E: manorlakesclc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Gentle Exercise Class - Fun & Fitness**  | Join Angi at her chair based gentle exercise program focusing on Coordination & Balance, Mobility and Flexibility as well as strengthening the body in a fun and safe environment. Stay for a chat after and enjoy a coffee or tea making friends | Mon11am - 12pm(Excluding Public Holidays) | $7.5 per class when paying monthly or $10 for casual participation | Angi0405 952 191info@switchtofit.com.au |
| **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 Sat of the month 9:30am - 4pm | New Membership (including badge) $30Renewal $20$3 per session | 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. Occasional day trips to local areas. | Mon, Tues & Fri 12:30pm - 2:30pm | Free | harbans\_sodhi@yahoo.com.au |
| **Coffee Table Community kitchen**  | Come together, meet new people and enjoy company. Our community kitchen is open for Breakfast, lunch and after school snacks for the school kids. | Mon, Wed, Thu & Fri for breakfast, lunch and after school snacks for the school kids: 3pm - 5pm | Social group - FreeBreakfast $4Lunch $10 | Sallytheecoffeetable2022@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. | Thu11:30am - 2pm | Free | Sallytheecoffeetable2022@gmail.com |
| **Food Bank Manor Lakes**  | Food Bank Manor Lakes Providing food items to people in need. | Wed12pm - 1:30pm | Free | Pynqi foodbank@newstart.org.au |
| **Refugee and Migrant Communities Network Elders activity group.** | Planned Activity Group for Elders from multicultural backgrounds offering socialisation, physical, emotional and social support, and designed to enhance wellbeing and provide holistic care. | Thu12pm - 1pm | Free | Terefe Aboret 0490 080 933 terefe@rmcn.org.au |
| **Community Connector** | Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions. | Fri8am - 5pm | Free | Wyndham City8734 4514communityconnector@wyndham.vic.gov.au |
| **Walking Football** | Low impact, modified version of the game, suitable for all levels of ability and fitness for community members over 50's. | Tues12pm - 1pm | Free | Manor Lakes Community Learning Centre |

### Manor Lakes Library

86 Manor Lakes Blvd, Manor Lakes

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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. This is a self-help group facilitated by our Family and Local History Librarian. | Monthly, Contact Library for dates and times | Free |
| **English Conversation Cafe** | 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. | Weekly, Contact Library for dates and times | Free |
| **One-on-One IT Help** | Book a session with our friendly staff for help with PCs, Macs, phones and tablets. Help can be provided on your device, through one of the library’s computers, or remotely by phone. | Weekly, Contact Library for dates | Free |
| **Author talks, Computer classes information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

## Point Cook

**Point Cook**

### Featherbrook Community Centre

33-35 Windorah Dr, Point Cook

Ph: 8353 4000

E: featherbrookcc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Australia India Society of Wyndham** | Social group that meets for festival celebrations and activities including meditation, yoga and games. | Mon & Fri11am - 1pm | Fees apply | Satish Kumar Verma0478 812 910australiaindiasociety@gmail.com |
| **English Conversation Classes — Adult** | New to English classes in partnership with Wyndham Community & Education Centre. | Thu9:30am - 11:30am | Free (to eligible students) | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |
| **Point Cook Chinese Friendship Group** | Meet weekly to dance, sing, learn songs and learn English. | Mon Fortnightly1pm - 3pm &Thu (Singing) 11:30am - 1:30pm | Free | Sanhong Zhu or Lili Hua0437 310 888zhusanghong123@gmail.com |
| **Australian Indian Society** | Social group to celebrate festivals and cultural arranging lunch and community meals. | Mon & Fri 11am - 1pm | Fees apply | Satish Verma 0478 812 910 skverma\_sb@yahoo.com |
| **First Born Gospel Church Point Cook** | Filipino Christian Services. | Sun12:30pm - 4:30pm | Free | Edward Estrada0456 191 341fbgcpe@iafb-australian.org |
| **Garam Ministry** | Indonesian Christian Services. | Sun9am - 12:30pm | Free | Jonathan Pattiasina 0408 301 006jonchrispattiasina@gmail.com |
| **Le Petrel Mauritian Seniors Club Inc** | Seniors Gathering with Social Activities. | Wed12:30pm - 4:30pm | Fees apply | Louis 0402 778 012 |
| **Lions Club of Point Cook** | Empowering people and enriching lives of others in need, through the gift of personal volunteering and achieving a true sense of purpose. Reflecting and respecting, the multicultural heart and nature of community. | 1st Mon of the month7:30pm | Fees apply | Robert Eyton0417 549 684Pointcook.vic@lions.org.au |
| **Wyndham Active Youngs @ 55 Inc. — Yoga** | Focus on health and wellbeing and welcomes all cultures and backgrounds. Activities include Table Tennis, Yoga, Games and more. | Mon (Yoga)9:30am - 10:30am &Tues9:30am - 1pm | Fees apply | Jugal0415 170 155jugal.chhabra@yahoo.com |
| **Sahaja Yoga Meditation** | Based on an experience called Self-Realization (Kundalini Awakening). Learn how to experience the peace of true meditation. | Tues7pm - 8:30pm | Free | Rupesh0404 198 638Rupesh.lal2@gmail.com[freemeditation.com.au](http://www.freemeditation.com.au/) |
| **Table Tennis at Featherbrook** | Join locals for some active fun. Places are limited so book now! Open to all. | Wed9am - 11amBeginners & Fri 9am - 11amIntermediate | 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. | Fri10:30am - 12pm | Free | Featherbrook Community Centre |
| **Great Care** | Planned activity group for seniors. | Wed11am - 2pm | Free | Terefe Aborete0490 080 933admin@greatcare.net.au |

### Jamieson Way Community Centre

59 Jamieson Way, Point Cook

Ph: 9395 3777

E: admin@jamiesonwaycc.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Chatty Café/Table** | Community catch up –great chance to meet new people and connect. Tea, coffee and refreshments provided. | 1st & 3rd Mon of the month10am - 11:30am | Free |
| **Community Bus Trips** | Movie, shopping and other trips - let us know where you want to go. | Contact for details | Fees apply |
| **JWCC Book Club**  | More than just a book club. Share your love of novels and movies with others. | Contact for details | Free |
| **Intermediate French** | Enjoy a cuppa and meet new people while you learn French language. | Tues1pm - 3pm | Free |
| **Jam Way Quilters Patch**  | Patchwork Classes with a qualified patcher worker – BYO project. Machines on site or feel free to BYO. | Thu9:30am – 1:30pm | $5 |
| **Walking Basketball- Seniors**  | These fun indoor sessions are a great way to keep active and improve your fitness and skill levels. | Thu 1pm – 2:30pm | Free |
| **Table Tennis**  | Enjoy a social game. | Contact for details | Free |
| **Jam Way Sew & Sew Group** | Qualified dressmakerBYO projects. Machines on site or feel free to BYO.  | 1st & 3rd Mon of the month7pm - 9pm | Fees apply |

### Point Cook Community Learning Centre

1-21 Cheetham St, Point Cook

Ph: 9395 6399

E: pointcookclc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Australia India Society of Wyndham** | Indian Social Group who gets together to celebrate festivals, meditation, yoga classes, laughing and clapping programs. | Mon11:30am – 2:30pm | $7 | Vadilal Patel0480 114 154australiaindiasociety@gmail.com |
| **Fun & Fitness Gentle Exercise** | A gentle physical activity program suitable for anyone.    | Mon 11:30am – 12:30pm & Fri11:10am - 12:10pm | $6per session | Point Cook Community Learning Centre |
| **Iraqi Cultural Group in Australia** | A social and educational seniors group covering topics of interest, art performances and general knowledge. | 2nd Sun of the month1pm - 3pm | Fees apply | Farial Jafar0422 798 587farial.jafar@gmail.com |
| **Melbourne Yangtze Choir** | A Chinese Community Choir that dance, drum and sing in both English and Mandarin. Great way to learn English and improve musical skills. | Tues 1pm - 2pm & Wed 12pm – 2pm | Fees apply | Mei0432 669 379yangtzechoir@gmail.com |
| **Point Cook Chinese Friendship Association** | Encourages seniors to participate in indoor sports, art, singing, entertainment and cultural discussions. | Mon9am - 11am | Fees apply | Sanhong Zhu0437 310 888zhusanhong123@gmail.com |
| **Point Cook Craft Group** | Bring along your own knitting or craft for some social interaction with other seniors from local area.  | Thu10am - 12pm | Free | Bev0417 324 489 |
| **Point Cook Seniors Group** | Meet for social interaction and lunch with other seniors from the local area. | Fri12:15pm - 2:30pm | Gold coin | Bev0417 324 489 |
| **Point Cook VIEW Club** | Providing opportunities for women to meet, establish lasting friendships and help disadvantaged Australian children through The Smith Family. | 4th Wed of the month 12pm – 1:30pm | Fees apply | Catherine Cronin0407 726 852pointcookview@gmail.com |
| **Point Cook Walking Group** | Discover Point Cook, meet new friends, keep fit and healthy.Meet at Point Cook town centre outside Dry Cleaners (Coles precinct). | Mon – Fri9am | Free | Bev0417 324 489 |
| **Sewa International** | Indian wellness seniors group aimed at encouraging independence through yoga and social interaction. | 1st & 3rd Sun of the month1pm - 4pm | Free | Vijay Kumar0426 971 901vijayjeevanchopra@gmail.com |
| **Wyndham Chinese Cultural Promotion Group** | Various activities to promote culture in a multicultural community designed to help migrant seniors settle and connect with fellow Chinese. | Mon9am – 3pm | $20/year | Julia Zhuwccpipointcook@gmail.com |
| **Yoga for Seniors**  | A gentle yoga session for seniors above 55 years for all communities to support physical and mental wellbeing. | Mon 4pm – 5:30pm | Free | Prem0430 740 023 |
| **Community Connector** | Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions. | Thu9am – 5pm | Appt preferred but not necessary | Wyndham City8734 4514communityconnector@wyndham.vic.gov.au |

### Point Cook Library

1-21 Cheetham St, Point Cook

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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, Contact Library for dates and times | Free |
| **English Conversation Cafe** | 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. | Weekly, Contact Library for dates and times | Free |
| **One-on-One IT Help** | Book a session with our friendly staff for help with PCs, Macs, phones and tablets. Help can be provided on your device, through one of the library’s computers, or remotely by phone. | Weekly, Contact Library for dates and times | Free |
| **Writing Group Online** | 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. | Monthly, Contact Library for dates and times | Free |
| **Author talks, information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

### Saltwater Community Centre

153 Saltwater Prom, Point Cook

Ph: 8376 5500

E: Saltwatercc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Saltwater Indian Seniors Friendship group** | Catch up over a cup of coffee, make new friends, play indoor games. | 2nd & 4th Wed of the month9:30am - 12:30pm | Free | Saltwater Community Centre |
| **Country Women’s Association Point Cook Branch** | 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 Thu of the month7pm | Membership may applyContact for details | Linda Baker0497 285 399 blee.baker@live.co.uk |
| **Tai Chi** | Tai Chi for beginners. Chinese martial art practiced for defence training, health benefits and meditation. | Tues9:30am - 10:30am | Free | Saltwater Community Centre |
| **Wyndham Chinese Happy Life Association** | Meet for social connection, singing, dancing, Tai Chi, planting and general activities.All ages welcome. | Wed1pm - 3pm | Membership may apply contact for details | CK Huang0468 337 688 |
| **COMMUNITY CONNECTOR** | Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions. | Wed8am - 3:30pm | Free | Wyndham City8734 4514communityconnector@wyndham.vic.gov.au |
| **Western Association of Women Seniors Incorporated (WAWS) Inc** | Committed group of senior women above 60 years of age. | 1st & 3rd Thu of the month 11am - 2pm | Free | Nagesh Joshi0403 095 044wawseniors@gmail.com |
| **Point Cook Royals Inc** | Various activities including yoga, singing, dancing, cultural festival celebrations, poem reciting and educative seminars. | 2nd & 4th Thu of the month11am - 2pm &3rd Sat of the month6:30pm - 9:30pm | Membership fees apply, Contact for details | Rajendra 0479 115 930 rajk3006@gmail.com |

### Wyncity Bowl & Entertainment

36 Wallace Ave, Point Cook

Ph: 9236 8383

E: info@wyncity.com.au

W: [wyncity.com.au](http://www.wyncity.com.au)

|  |  |  |  |
| --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| **Golden Doubles League (Tenpin Bowling)** | Wyndham Over 50's ClubTeams of 2, doing 1 games of bowling. Social activity with physical benefits. | Fri10:30am | $10/week for 1 game of bowling  |

Arcade area for arcade games only

## Tarneit

### Bembit Bag-Rook Community Centre

61 Polly Parade

Ph: 9125 0648

E: bembitbagrookcc@bestchance.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Emarald Bharitya Seniors Incorporated** | Gujrati Seniors coming together organising / running activities such as exercises, festivals and wellbeing sessions. | Mon & Thu 12pm - 2pm | $10 one off fee | Harshad Patel0433086254OrRamesh Patel0452645762 |
| **Aussie Punjabi Cultural Association** | Punjabi Seniors coming together organising / running activities such as exercises, festivals and well-being sessions. | Tues12pm - 2pm | $20 one off fee | Balwinder Singh0480109156 |

### Dianella Community Centre

6 Congo Dr, Tarneit West

Ph: 8742 8300

E: dianellacc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Cultural Cuisines Food** | Home cooks sharing recipes from their culture and narrating stories linked to food, memories, and experiences. | Monthly5pm - 8:30pmContact for dates | Free | 0416 937 473Tahirasheikh2019@gmail.com |
| **Family Games Nights** | Family board Games Nights encourage families to move away from the screen and sit together, enjoy playing games together. | Monthly 5pm - 8pmContact for dates | Free | 0416 937 473Tahirasheikh2019@gmail.com |
| **Table Tennis Fri** | Are you looking for a fun way to get fit? Then table tennis is for you. Everyone is welcome.  | Fri6pm - 7:30pm | Free | Adnan0416 949 316 |
| **The Sisters Circle** | Arts and Crafts Activities. | Monthly on Mon 12pm - 3pmContact for dates | $5 Fees apply | 0452 101 756shaznacader96@gmail.com |
| **Wyndham Community & Education Centre****Computer skills classes**  | Advanced Excel(Citizens/Permanent Residents). | Mon9am - 12pm | $30 | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |
| **Community Breakfast Program** | Free breakfast for all. Drop in and join the community for breakfast. Children MUST be supervised and attend with an adult.  | Thu8am - 9am | Free | Dianella Community Centre |
| **Art therapy for women – Cohealth** | Art therapy used to help people to heal through art. | Tues1pm - 2:30pm | Free | Mona.adnani-salehi@cohealth.org.au |
| **Building Cultural Cuisines** | Evening Chat Women’s Program. Walk-ins welcome. | 3rd Fri of the month5pm - 7:30pm | $2-$5Enquire | Buildingculturalconnections22@gmail.com |
| **ICAN (Islamic Circle of Australian and New Zealand)** | Focusing on educating its growing members and general community about the teaching of Islam. | Wed Fortnightly12pm - 1:30pm | Free | Syed0413 680 650Syedusman.1@gmail.com |
| **Sri Sri Yoga - Art of Living** | Time to relax and rejuvenate, desktop yoga, meditation, destress techniques, tips for healthy living, a forum to share and care.  | Thu6pm - 7:30pm & Sat8am - 10am | Fees apply | Sanitha Sanjeev0469 545 723sanitha@artofliving.org.auorChandan 0449 030 616 |

### Hotel 520

520 Sayers Rd, Tarneit

Ph: 9748 8520

W: [hotel520.com.au](http://www.hotel520.com.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Bingo** | Play bingo. | Tues10:30am | Free | Hotel 520 |
| **Ladies Probus Club of Hoppers Crossing** | Retired and semi-retired women. Social activities, guest speakers once a month and day trips. | 2nd Wed of the month10:30am – 12pm | $15 Joining fee$40 Annual fee | Yvette Radelaar 0411 952 706radelaaryvette@gmail.com |
| **Morning Melodies** | Enjoy a variety of entertainment for everyone. | 2nd last Wed of the monthDoors open 10:30am show starts11am | $5Show and Morning Tea$20 2 course lunch – bookings essential | Hotel 520 |
| **Ladies Probus Club of Wyndham** | Retired and semi-retired women enjoying social activities, guest speakers once a month and occasional day trips. | 1st Wed of the month10:30am | $15 Joining fee$30 Annual fee | Patricia Bristow0411 316 795Patelizb42@gmail.com |

### Julia Gillard Tarneit Library

150 Sunset Views Blvd, Tarneit

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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, Contact Library for dates and times | Free |
| **English Conversation Cafe** | 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. | Weekly, Contact Library for dates and times | Free |
| **One-on-One IT Help** | Book a session with our friendly staff for help with PCs, Macs, phones and tablets. Help can be provided on your device, through one of the library’s computers, or remotely by phone. | Weekly, Contact Library for dates and times | Free |
| **English Reading Circle** | 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. | Weekly, Contact Library for dates and times | Free |
| **Author talks,****Computer classes information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

### Penrose Promenade Community Centre

83 Penrose Prom, Tarneit

Ph: 8734 4500

E: penrosepromenadecc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Ladies Club 60** | Social gathering for local ladies of Indian origin. Make new friends and enjoy a cup of tea and chat. | Mon12pm - 2pm | Free | Nina0488 251 459 |
| **Tarneit Bharatiy Club** | Older Gujarati speakers will feel right at home in this relaxed social get-together. | Fri10:30am - 12:30pm | Free | Naran0490 715 090vadalianaran@gmail.com |
| **Tarneit Harmony Club** | Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea. | Tues1pm - 3pm & Fri12:30pm – 2:30pm | Free | Mohinder Bassi0470 214 268nivarnbassi@gmail.com |
| **United Seniors Club** | Meet and share knowledge and skills with each other. Sing and Dance; celebrate festivals; exercise and yoga to keep physically and mentally healthy. | Wed12pm - 4pm | $10 | Mahendra Patel0466 920 881mahendra195424@gmail.com |
| **Legends International of Seniors Inc**  | Club together and celebrate life! Be a LEGEND. | Thu11am - 1pm | $10 | Jiwan Lal Sharma 0423 125 618legendsinternational2022@gmail.com |

### Tarneit Community Learning Centre

150 Sunset Views Blvd, Tarneit

Ph: 9748 9822

E: tarneitclc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Club 60 Tarneit** | Provides a social gathering for men and women of Indian Origin. | Mon12:30pm - 2:30pm | Contact for details | Sunil0449 101 455club60.tarneit@gmail.com |
| **Pre-accredited Courses with WCEC** | 10 weeks of courses for all levels including Sewing Classes, Cake Decorating and Computer Classes. | Contact for further information, Bookings Essential. | Starting at $30 per term (fees vary depending on the course) | Wyndham Community & Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au/) |
| **Craft with D** | Crafting workshops. Join our community centre volunteer and learn a new skill.  | Thu monthly10:30am – 12:30pm | Free | Tarneit Community Learning Centre |
| **Craft Group**  | Craft, Chat and a Cuppa. Come and join. | Wed9am - 12pm | Free  | Tarneit Community Learning Centre |
| **Life Community Kitchen** | Providing hot meals to individuals and families supporting food relief and social connection. | Tues6pm - 8pm | Free | communitykitchen@lifeau.org[lifeau.org/communitykitchen](http://www.lifeau.org/communitykitchen) |
| **Yoga Moves West**  | Specifically tailored for older adults looking to start moving again in gentle and supportiveenvironment. | Mon9:30am – 10:30am | Pay what you can afford(Recommended $10per class) | Catherine0416 009 024info@yogamoveswest.com.au |
| **U3A Werribee Region Tai Chi Classes**  | Provide light physical and mental wellbeing. Physical benefits include balance and flexibility, mental wellbeing and stress reduction. | Mon10:30am – 12pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **Sahaja Yoga** | Unique method of meditation to achieve a state of balance in 10 min. Can improve physical and mental health plus reduce stress. | Mon7pm - 8pm & 4th Sat of the month 6:30pm - 9pm | Free | Annie0423 110 875annie.sarani@gmail.com[sahajayoga.com.au](http://www.sahajayoga.com.au/) |
| **Sri Lankan Planned Activity Group** | Social Support group for the Sri Lankan Community which includes gentle exercise, art, craft, excursions and outdoor activities. | Fri10am – 3pm | Fees apply | Shyaam Rodrigo9637 6044hakshyaam-alekhoa@mrcnorthwest.org.au |
| **Community Connector** | Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions. | Wed8am - 5pm | Free | Wyndham City8734 4514communityconnector@wyndham.vic.gov.au |

## Truganina

### Arndell Park Community Centre

29-49 Federation Blvd, Truganina

Ph: 8734 8911

E: arndellparkcc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Bhartiya Seniors Association Inc** | Social gathering for Seniors. Celebrating Indian festivals. | Fri11am - 2pm | Contact group for costs | Ashok Mehta0434 929 429ashokmehta1958@gmail.com |
| **Sewing Courses- WCEC** | From Beginner to Advance Levels of experience. | Varies per term contact for details | Contact for details | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |
| **Life Community Kitchen**  | Free Dinner - For families and individuals in need.  | Mon6pm – 8pm | Free  | communitykitchen@lifeau.org[lifeau.org/communitykitchen](http://www.lifeau.org/communitykitchen) |
| **Computer Courses -WCEC**  | The courses run on various days (Microsoft, excel, beginners to advance). | Varies per term,Contact for details | Contact for details | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |

### Koomail Tardy Community Centre

117 Alcock Rd, Truganina

Ph: 9989 5179

E: koomailtardycc@ecms.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Indo- Australian Seniors Group** | A senior group for social connection, to celebrate cultural events and participate in wellness activities.  | Tues 12:30pm – 2:30pm | Membership Fee  | Harnek hsmehal13@gmail.com |
| **Conversational English** | Conversational English is for people with limited English skills who want to learn how to converse with more confidence in daily life. | Mon9am – 12pm  | $40 | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |
| **Better Reading and Writing** | Designed for people who wish to improve their reading and writing in English in small classes in a relaxed environment. | Mon 12:30pm – 3:30pm | $40 | Wyndham Community and Education Centre9742 4013enquiries@wyndhamcec.org.au[wyndhamcec.org.au](http://www.wyndhamcec.org.au) |

### Truganina Community Centre

1 Everton Rd, Truganina

Ph: 8742 8420

E: truganinacc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Sunrise Bhartiya Seniors Inc**. | Weekly gathering for Gujarati seniors to celebrate festivals, participate in workshops and meet new friends. | Tues11am – 1:30pm | Free | Dilip Shah0449 517 746Dshah1093@gmail.com |
| **Truganina North Seniors Club** | Weekly gathering for multicultural seniors to celebrate festivals, participate in workshops and meet new friends.  | Fri12:30pm – 2:30pm | Free | Bhushan Sood0490 006 765Bhushansood9@gmail.com |
| **Truganina Table Tennis** | Social table tennis. All are welcome to come along, stay active and meet new people. | Thu9:30am – 12:30pm | Free | Truganina Community Centre |

### Truganina Library Lounge

1 Everton Rd, Truganina

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **English Conversation** | Practise and improve your English language skills, meet new people who are also learning English, and learn from others. This is a great way for you to connect with the community and maybe even make new friends. | Weekly, Contact Library for dates and times | Free |
| **Author talks, computer classes, information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

## Werribee

### Crossroads Uniting Church Hall

Cnr Duncan Rd & Synott St, Werribee

Suzanne

Ph: 0409 366 022

E: suzannecolwell123@gmail.com

|  |  |  |  |
| --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| **Werribee Scottish Country Dancing Group** | Come along and enjoy a jig or reel, socialise and have fun. All nationalities welcome. | Tues8pm | $8 |

### Eagle Stadium

35 Ballan Rd, Werribee

Ph: 8734 5678

E: info@wynactive.com.au

W: [wynactive.com.au](http://www.wynactive.com.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **Contact** |
| --- | --- | --- | --- | --- |
| **WynSenior Dance** | Energetic and fun, low impact dance workout set to an amazing playlist. Dance will leave you feeling happy, inspired, and energized. This class is for everyone to enjoy. | Mon11am | $8.20 | Eagle Stadium |
| **WynSenior Body Balance** | Specifically modified for those aged 60+. This blends Yoga, Tai Chi, and Pilates to build flexibility and strength and brings the body into a state of harmony and balance. | Mon11:35am | $8.20  | Eagle Stadium |
| **WynSenior Pilates** | Specifically modified for those aged 60+. Develop core strength whilst correcting alignment and coordination. You will notice a difference with your posture and overall toning. | Wed10:45am | $8.20  | Eagle Stadium |
| **WynSenior Active** | A low intensity, low impact workout. Designed for those people aged 50+ who would like to improve balance, stability and bone and muscle strength. | Tues 11:20am & Fri11:30am | $8.20 | Eagle Stadium |
| **Walking Basketball** | The excitement and fun of basketball but at a walking pace making it suitable for all ages, genders and abilities. | Thu1pm – 1:45pm | Fees apply | Kylie0421 697 574 |
| **Walking Netball** | Enjoy all the fun of this team sport at a walking pace. | Thu8pm – 9pm | $22/yr for Netball Victoria Membership | 0411 812 263enquiries@wyndhamnetball.com.au |

### Heathglen Retirement Village

2 Glendale Ct, Werribee

E: membership.u3awbee@gmail.com - Membership

E: courses.u3awbee@hotmail.com - Courses

W: [u3awbee.net.au](http://www.u3awbee.net.au/)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **U3A Werribee - Exploring History** | Learn about the history of countries from all over the world. | Mon10am - 11:30am | This class is free for Heathglen Residents$45 annual fee (access to all courses) |
| **U3A Werribee - Digital Device Applications** | Lessons on how to use your mobile phone, tablet/iPad and computer. | Tues10am - 12pm | This class is free for Heathglen Residents$45 annual fee (access to all courses) |
| **U3A Werribee - Line Dancing** | Come along and get involved in this choreographed dance. | Tues4pm - 5:30pm | This class is free for Heathglen Residents$45.annual fee (access to all courses) |
| **U3A Werribee -** **Current Affairs** | Come along and get involved in discussions on local, national and international current affairs. | Thu10am - 11:30am | This class is free for Heathglen Residents$45 annual fee (access to all courses) |

### Italian Sports Club

601 Heaths Rd, Werribee

Ph: 9741 1225

E: manager@iscw.com.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Retired Persons of Werribee** | Social general meetings with guest speakers and various activities. | 2nd Fri of the month9:30am - 12pm | Cost on enquiry | Jan Phelan9741 3141 |
| **Rotary Club of Wyndham** | Like minded community focussed people. Volunteer services for local and international projects. | Wed6:30pm - 8:15pm | Contact for details | 0418 788 838wyndhamrotary@gmail.com |
| **Werribee Garden Club** | Bringing community together over a shared love of gardening. Includes guest speakers, trading tables and occasional bus trips. | 1st Mon of the month1pm | Contact for details | cboraston@yahoo.com |
| **Wyndham Life Activities\*\*****Bookclub** | Discussions over lunch in the Bistro. | 2nd Fri of the month12pmTues1:30pm | Annual membership fee $10$5per session | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Caravanning** | Regular weekends away and bi-monthly dinner. | Contact for details | Site and Trip expense | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Double Dominos** | Dominoes in the ISCW Members Bar. | Mon10am | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Games & Coffee** | Games and coffee in the Members Bar. | Wed1pm | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Gardening**  | Some trips are included to local areas. | 1st Mon of the month10am | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Line Dance** | Dancing in the Bocce Lanes. | Wed10am | Annual membership fee $10$5per session | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Mahjong**  | Meet with other like-minded people who enjoy this activity. | Thu10am | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Meet and Eat Lunch** | Lunch gathering. | Last Fri of the month12pm | Annual membership fee $10Cost of lunch | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Movie Group** | Movie Group. | When suitable movie is on | Annual membership fee $10Cost of movie entry | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Photography Group** | Photography group in the Presidents Room. | 2nd Tues of the month7:30pm | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities\*\*****Walking Group** | Begins at the ISCW Car Park. Walk followed by coffee. | Sun9am | Annual membership fee $10 | Italian Sports Club of Werribee |
| **Wyndham Life Activities Seniors' Exercise** | Fun exercise designed for Seniors. | Thu11am | Annual membership fee $10$5per session | Italian Sports Club of Werribee |
| **Wyndham Life Activities Exercise** | Light exercise. | Mon 10am | Annual membership fee $10$5per session | Italian Sports Club of Werribee |
| **Wyndham Life Activities Yoga** | Yoga with Connie. | Tues 11am | Annual membership fee $10$5per session | Italian Sports Club of Werribee |
| **Happy Hour** | Meet ISCW Club members. A raffle is held each Fri and a BBQ is held 4 times a year. | Fri5:30pm - 7pm | Annual membership fee $10$5per session | 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

### Lions Den

33 Ballan Road, Werribee

E: AsjaVali-Runa@outlook.com

W: [e-clubhouse.org/sites/werribee](http://www.e-clubhouse.org/sites/werribee)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Werribee Lions Club**  | Part of Lions Club International that services and assists the needs of people as a result of hardship.The club welcomes new members to assist our various projects to benefit the whole community. | 1st Wed of the month6:30pm | Fees apply |

### Lollypop Creek Community Centre

104 Shipwright Parade, Werribee

Ph: 0455 625 749

E: lollypopcreekcc@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Thee Coffee Table**  | Social group, Seniors coming together for connection. | Tues10am – 3pm | Free | Sally0433 663 271Theecoffeetable2021@gmail.com |
| **Thee Coffee Table – Sewing and Craft** | Join a senior group to engage in sewing and crafting activities. | Fri10am – 2pm | Free | Tamara0447 281 174orSally0433 663 271Theecoffeetable2021@gmail.com |
| **Senior’s Chair Yoga**  | For those who have limited mobility. Practice various yoga asanas and mindful meditation using a chair following hatha yoga tradition.  | Sun9:30am – 10:30am | $15 per class | Jayshri 0478 363 984 |

### Old Shire Offices

49 Watton St, Werribee

Ph: 9742 0867

E: halls@wyndham.vic.gov.au

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Parkinson’s Peer Support Group** | Support group for people experiencing Parkinsons. Share information, connect with others and gain support in a relaxed and welcoming environment. | 3rd Fri of the month1:30pm - 4pm | Free | Dennis Williams0439 689 0549741 2162maridenn@bigpond.net.au |
| **Spanish Pensioners & Senior Citizens of Werribee** | Senior group of Spanish speaking heritage that meet to play bingo, cards and outings throughout the year. | Mon1pm - 2pm | Cost on enquiry | Juana Aisa0423 989 250asiafamily90@hotmail.com |

### Quantin Binnah Community Centre

61 Thames Blvd, Werribee

Ph: 9742 5040

E: community@qbcc.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Craft & Caffeine** | Drop in for craft and a cuppa anytime.Complete special themed craft activities. | Mon, Tues & Wed during term 9:30am - 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 (contact to discuss dietary requirements). | Mon monthly, Contact for details | $15 covers craft activity and high tea  | Quantin Binnah |
| **CraftABILITY** | Adults with Disability (and their carers) are invited to join us to complete a different art and craft activity. Be creative and social. Café menu available. Bookings essential. | Tues10:30am - 2:30pm | $10 or $15 for craft and special morning tea item | Quantin Binnah |
| **Australian Crochet Community** | All welcome to drop in and crochet and chat or do another craft**.** BYO crochet/craft project and supplies. | Sat10am - 2pm | Contact for details | creatingvillages@gmail.com |
| **QB Café** | Dedicated volunteers from Creating Villages operate Café QB. All proceeds are reinvested in café delivery and support people with disability to learn work skills and participate in their community. Catering is also available. | Mon, Tues & Wed 8am - 4:30pm | Refer to menu @ Café QB for prices | creatingvillages@gmail.com |
| **Wonder Women** | A social support group for women.Make some new friends, have a chance to relax, support each other and focus on yourself. | Thu9:30am | Free, Gold coin donation appreciated.Some activities may incur a charge | Quantin Binnah |
| **Breakfast Club** | Drop in for craft and a cuppa anytime.Complete special themed craft activities. | Mon, Tues & Wed during term 9:30am - 4:30pm | Free | creatingvillages@gmail.com |
| **Scrabble** | Play socially, test your skills and make new friends. | Contact for details | Free | Quantin Binnah |
| **Adopt a Grandparent** | Whether you’re a grandparent or not this is a great way to develop a rewarding interactive connection with our younger generation. | Contact for details | Free | Quantin Binnah |
| **Bingo MOVE** | Join us for an active version of BINGO where you’re invited to participate in gentle MOVEment to songs. | Wed Fortnightly during term10am | Free, Gold coin requested but not expected | Quantin Binnah |
| **Morning Melodies** | Enjoy a fun, themed morning of music and singing including a freshly made morning tea and Barista hot drink from Café QB. Bookings essential. | Once a term, Contact for details | $10 | Quantin Binnah |
| **Lunch with the Bunch** | Catch up with others and enjoy a shared lunch catered for by Café QB. | Mon once a month, Contact for details | $15Bookings essential | Quantin Binnah |
| **Chatty Café**  | Get chatting to build and encourage social connections within the local community, and help reduce social isolation. | Mon during term10am | Free hot drink.Additional drinks and snacks available from Café QB | Quantin Binnah |

### Salvation Army

211 Watton St, Werribee

Ph: 9741 7359

Email: admin.werribee@salvationarmy.org.au

Website: [salvationarmy.org.au/wyndham](http://www.salvationarmy.org.au/wyndham)

|  |  |  |  |
| --- | --- | --- | --- |
| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| **Community Lunch** | Come along and enjoy a great meal and fellowship.  | Tues, Wed & Thu12pm | Gold Coin Donation |

### Victoria University (VU) Werribee

Building 7, Gate 4, Hoppers Lane, Werribee

Ph: 9919 8173

E: werribeefitness@vu.edu.au

W: [vu.edu.au](http://www.vu.edu.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Master Movers** | Beginner 45minute class targeted to over 50's. Consisting of seated mobility, light dumbbell exercises, balance, with coordination, memory, functional movements and more. | Tues, Thu & Fri10am | $7 per session with multipass and membership optionsDoctor referral required before first session |
| **Master mover Strength** | Advanced 45minute gym-based class targeted to over 50's. A supervised go-at-your-own-pace format, with a range of machines and equipment, with a qualified staff member guiding you along the way. Additional exercises can also be prescribed. | Mon & Wed10am | $7 per session with multipass and membership optionsDoctor referral required before first session |
| **Master Mover Sustain** | Entry into our welcoming gym at your own leisure. Readily available staff members who can assist with exercise selection, technique and form correction. Free consultation and individualised program provided. | Mon - Fri6am - 3pm | $7 per session with multipass and membership optionsDoctor referral required before first session |

### Werribee Bowls Club

Chirnside Park, Werribee

Ph: 9741 3229

E: werribeebowls@hotmail.com

W: [werribeebowlsclub.com](http://www.werribeebowlsclub.com)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **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 |
| **Werribee Combined Probus Club** | Social group for semi or fully retired. | 3rd Mon of the month11am | Membership Joining Fee $30, $60 annually | Mary-AnneGserratore55@gmail.com |
| **Werribee Jazz Club** | Enjoy live bands featuring some of Australia’s best jazz musicians playing Traditional, Dixieland, Swing and mainstream Jazz. | Jazz afternoons through winter Sun 2pm - 5pm | $18 WJC Members, $22 Visitors | Jenn0419 558 481[werribeejazzclub.com.au](http://www.werribeejazzclub.com.au) |

### Werribee Church of Christ

200 Tarneit Rd, Werribee

Ph: 9741 6051

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Church Service** | Find a friendly welcome. | Sun10am | Free | Church |
| **Let’s Talk Conversational English** | People wanting to practice their conversational English. Morning tea included. All welcome. | Sat10am – 11:30am | Free (Includes Morning Tea) | Bronwen Hickman9749 2510bronhickman@yahoo.com |

### Werribee Gymnastics

52 Riverside Ave, Werribee

Ph: 9742 5446

E: info@werribeegymnastics.com.au

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Fitter for Life** | Improve your mobility, strength, balance, coordination and flexibility in a fun, social and welcoming environment. Sprung floor so very low impact on joints and beneficial for the older people. | Mon9am - 9:45am | $5 |

### Werribee Library

177 Watton St, Werribee

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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, Contact Library for dates and times | Free |
| **English Conversation Cafe** | 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. | Weekly, Contact Library for dates and times | Free |
| **One-on-One IT Help** | Book a session with our friendly staff for help with PCs, Macs, phones and tablets. Help can be provided on your device, through one of the library’s computers, or remotely by phone. | Weekly, Contact Library for dates and times | Free |
| **Author talks, information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

### Werribee RSL

2A Synnot St, Werribee

Ph: 9741 5525

E: venuemanager@werribeersl.com.au

W: [werribeersl.com.au](http://www.werribeersl.com.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **Seniors Meals** | We offer 1, 2 or 3 course meals for seniors 7 days a week for Lunch and Dinner. | Everyday | From $21 per person |
| **Bingo** | Cash Prizes. All proceeds raised go to Veterans Welfare. | Mon12:30pm - 3pm | $1 per book |

### Wyndham Community & Education Centre

20 Synnot St, Werribee

Ph: 9742 4013

E: enquiries@wyndhamcec.org.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **South Sudanese Men's Group**  | Group members develop interpersonal and emotional awareness for all areas of life. New relationships provide hope, and members learn new abilities and perspectives. | Fortnightly, Contact for details | Free | William Malouk Majak Daw0434 173 098william.daw@wyndhamcec.org.au |
| **Burma Volunteer Senior Group**  | Engage in traditional cotton and bamboo weaving. The products created are for sale, and proceeds support ongoing group activities and the purchase of materials. | Once a month, Contact for details | Free | Veleska Zunigavaleskaz@wyndhamcec.org.au |

### Wyndham Park Community Centre

55-57 Kookaburra Ave, Werribee

Ph: 9742 7298

E: admin@wyndhamparkcc.com.au

W: [wyndhamparkcc.com.au](http://www.wyndhamparkcc.com.au)

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Country Womens Association** | Discussion and craft activities providing opportunities for friendship and personal development. | 3rd Wed of the month 12pm - 4pm | Contact for details | Michelle Buck0407 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. | Mon9am - 2pm | $75 annual membership | Wyndham Park Community Shed 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.  | Tues & Thu9am -2pm | $75 annual membership | Wyndham Park Community Shed 8742 6448 |
| **Malaysia Singapore Sikh Association** | Group activities for seniors focusing on health and wellness, along with social and cultural programs. | Meets during school term 1st Sat of the month 2pm - 5pm | Contact for details | Kalwant Koo0409 466 055 |
| **U3A – Health and Wellbeing** | Nutrition advice and guidance including reflexology colour and music therapy and meditation. | Wed1pm – 2:30pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **U3A - Mosiacs** | Create your own design using coloured stones, glass or ceramics. Includes sharing of basic mosaic skills and helping each other to enjoy the process. | Wed 9:45am - 12pm | $45 annual fee (access to all courses)Plus cost of mosaic materials | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com – Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **U3A - MahJong** | Learn MahJong (Eastern and Western styles). | Thu 12:30pm - 3pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com – Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **U3A - Yoga** | Yoga for seniors learn- the benefits of physical and mental health through yoga. | Thu 1pm - 2:30pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com – Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **Leanne Cannan Yoga** | Gentle Yoga classes are performed in a chair and standing, with chair support if required. No floor work. | Mon1:30pm - 2:30pm | $10 per class | Leanne Cannan0407 056 056 |
| **Wyndham Women's Support Group** | A safe and supportive space for diverse women. Activities include discussion, craft, gardening and cooking. Providing opportunities for friendship and personal development. | Fri10am - 1pm | Contact for details | Tania Kelaart0423 051 686 |

## Werribee South

### Diggers Road Soldiers Memorial Hall

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

Ph: 9742 0867

E: halls@wyndham.vic.gov.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **CWA Werribee South Branch** | Monthly Meeting. Meet new friends and connect with others. | 3rd Wed of the month7pm - 9pm | Cost on enquiry | Julia Toffolon0409 045 306juliatoffolon@gmail.com |
| **CWA Werribee South Branch** | Weekly meeting for craft, morning tea and activities. Meet new friends and connect with others. | Thu10am - 12pm | Cost on enquiry | Julia Toffolon0409 045 306juliatoffolon@gmail.com |
| **Werribee Painters Group** | Meet new friends and connect with others in a relaxed and welcoming environment. | Wed1pm - 4pm | Cost on enquiry | Tony Bramwell0403 428 129tonybramwellart@gmail.com |

## Williams Landing

### Williams Landing Library Lounge

1/101 Overton Rd, Williams Landing

Ph: 8734 8999

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** |
| --- | --- | --- | --- |
| **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, Contact Library for dates and times | Free |
| **Author talks, information sessions and more** | We offer a range of free events and activities for adults, including author talks, community information sessions, craft activities and more. | Ongoing, Contact Library for dates and times | Free |

## Wyndham Vale

### Iramoo Community Centre

84 Honour Ave, Wyndham Vale

Ph: 9742 3688

E: admin@iramoocc.com.au

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

| **PROGRAM** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Book Exchange** | A place to donate and borrow books. | Mon – Fri8:30am – 3:30pm | Free | Iramoo Community Centre |
| **Seniors Craft Session** | Participate in different craft activities each month. | 1st Mon of month10:30am - 11:30am | Free | Iramoo Community Centre |
| **Deadly Kitchen** | Cooking group for Aboriginal and Torres Strait Islander Elders. | Fri Fortnightly10am - 1:30pm | Free | Iramoo Community Centre |
| **Don’t Worry Be Happy – Wyndham Chronic Pain & Depression Support Group** | Support, nurturing, social and creative activities. | Wed Fortnightly10am - 12pm | Free | Kyren0435 156 653 |
| **Knit, Crochet & Chat** | Knit or crochet in a supportive environment. Or bring your current craft project to work on. | Fri10am - 12pm | Free | Iramoo Community Centre |
| **Iramoo Quilters** | Quilting group: bring along your project, and share knowledge and skills. | 4th Sat of the month12:30pm - 4pm | Free | Iramoo Community Centre |
| **Morning Melodies** | Come along and sing! Tea/Coffee and cake provided. | 3rd Mon of the month10:30am - 11:30am | $5 | Iramoo Community Centre |
| **Wyndham Vale Men’s Shed** | Social group. Members of Australian Shed Association. | Tues & Fri 9:30am - 3pm | Casual $5 Initial Membership $100$50 membership thereafter covers insurance.(Includes uniform, safety equipment and 1 year’s insurance.) | Chris 0419 820 140Greg0438 962 252 |
| **Combined Probus Club of Wyndham Inc** | Social group for semi or fully retired. | 2nd Tues of the month 1pm – 3pm | Joining fee $20, Annual Membership $40 | Kaye Angel0407 551 694klangel@bigpond.net.au |

### Wunggurrwil Dhurrung Community Centre

19 Communal Rd, Wyndham Vale

Ph: 8734 0288

E: wunggurrwildhurrung@kolingwadangal.com.au

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

Contact the centre for details.

## Other

## Various

| **PROGRAM & VENUE** | **DESCRIPTION** | **DATE & TIME** | **COST** | **CONTACT** |
| --- | --- | --- | --- | --- |
| **Williamstown Bridge Club**Hobsons Bay Sport & Game Fishing Club Rooms, 17 Altona Rd, Altona | Lessons for beginners, supervised play for new players and 2 sessions per week for all players. | Wed Competition 7:25pm – 10:30pmFri Competition 1:25pm – 4:30pmFri10am (for current lessons and supervised play) | Wed & Fri Competition $10 Members, $12 Guests.Beginners lessons $80 for 10 lessons and supervised play at a reduced rate. | Pat Dawpat@dawtek.com.au[bridgewebs.com/williamstown](http://www.bridgewebs.com/williamstown) |
| **Seniors Lunch**Various locations | Seniors lunch. | Wed12pm | Cost of your meal | Bev0417 324 489 |
| **U3A Werribee - Movies and Lunch**Yarraville Sun Theatre | Attend a movie of your choice followed by lunch. | 2nd Mon of the month10am - 1pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com – Courses[u3awbee.net.au](http://www.u3awbee.net.au/) |
| **U3A Werribee - Lets do Lunch**Various locations | Lunch at a chosen venue. | 3rd Fri of the month12:30pm - 2pm | $45 annual fee (access to all courses)Meal at own cost | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au/](http://www.u3awbee.net.au/) |
| **U3A – Ballet Matinee**Private House | Appreciation of classical ballet. | Fri10am - 12pm  | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au/](http://www.u3awbee.net.au/) |
| **U3A Werribee – Needlecraft**Private House | Practice your skills and come along and get involved in crocheting, cross-stitch, embroidery and knitting. | Tues9:45am - 11:45am | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au/](http://www.u3awbee.net.au/) |
| **U3A Werribee - Card Game – 500**Private House | Come along have some fun and challenge yourself in this team game. | Wed 1:15pm - 4pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au/](http://www.u3awbee.net.au/) |
| **U3A Werribee -** **Singing Group**Private House | Come along and enjoy singing together which is well known for personal health social connections. | Thu2pm - 4pm | $45 annual fee (access to all courses) | membership.u3awbee@gmail.com - Membershipcourses.u3awbee@hotmail.com - Courses[u3awbee.net.au/](http://www.u3awbee.net.au/) |
| **Train Trips & Bus Trips**Various locations | Train Trips and Bus trips. | VariousContact for details | Various, depending on location | Bev 0417 324 489 |

# Update Your Details

If you attend a group that has changed details or is not listed and you would like to feature in the online version and future editions, please can the QR code



or complete the details below and return to:

Ph: Community Engagement & Connections Team 8734 4514

E: communityconnectionsandcareservices@wyndham.vic.gov.au

Address: Community Engagement & Connections Team

Wyndham City Council

PO Box 197, Werribee, VIC 3030

Group Name/Program:

Venue (where you meet):

Brief Description:

Date & Time (How often you meet):

Cost:

Contact Person – Name:

Contact person – Email:

Any other information (e.g. Website):

# Privacy Collection Statement

Your personal information is being collected by Wyndham City Council for the purpose of updating the Seniors Directory. Your information will be stored in Council’s Customer Database and used to identify you when communicating with Council and for delivery of services and information. By registering your details, you consent to the collection, use and disclosure of your personal information. Your personal information will be handled in accordance with the Privacy and Data Protection Act 2014 (Vic). For further information about how your personal information is handled, visit Council’s Privacy Policy at [Wyndham City Council - Privacy Policy](https://www.wyndham.vic.gov.au/about-council/your-council/administration/privacy-policy-website-privacy-disclaimer)