wyndhamcity
city. coast. country

Seniors Directory

2025- 2026





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Welcome

Language Information

www.wyndham.vic.gov.au/contactus
www.wyndham.vic.gov.au/connectwithus
mail@wyndham.vic.gov.au
Translating & Interpreting Services 13 14 50

Interpreter

Disclaimer

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

W: 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

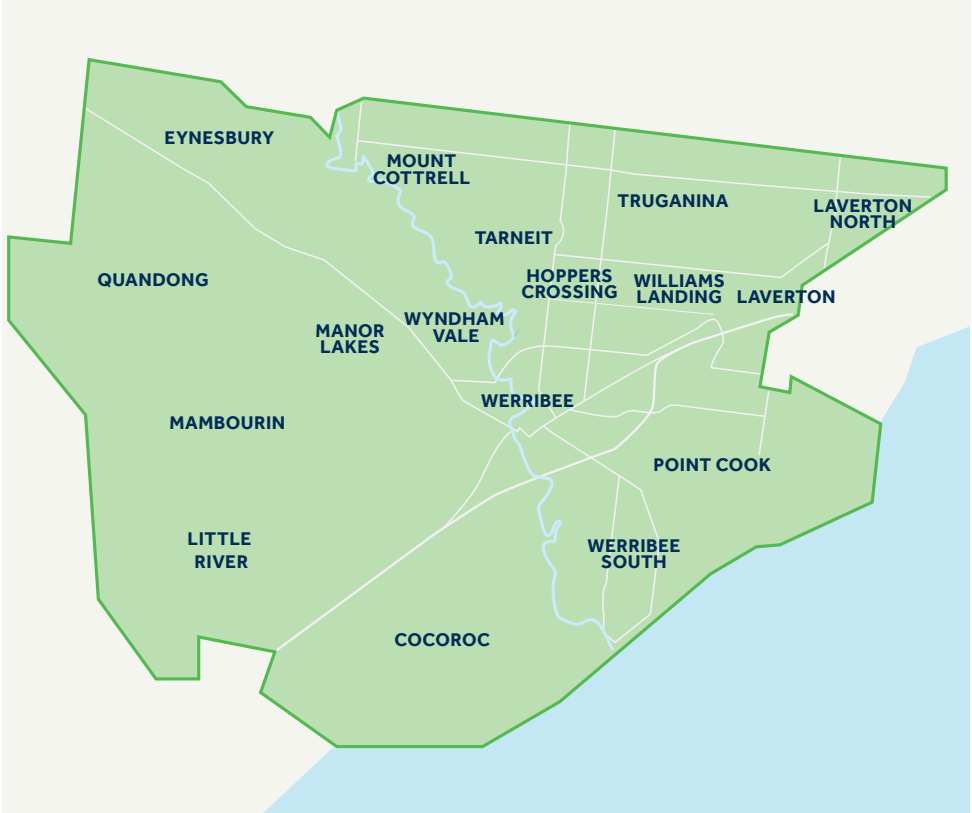
Introduction

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: communityconnectionsandcareservices@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



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

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

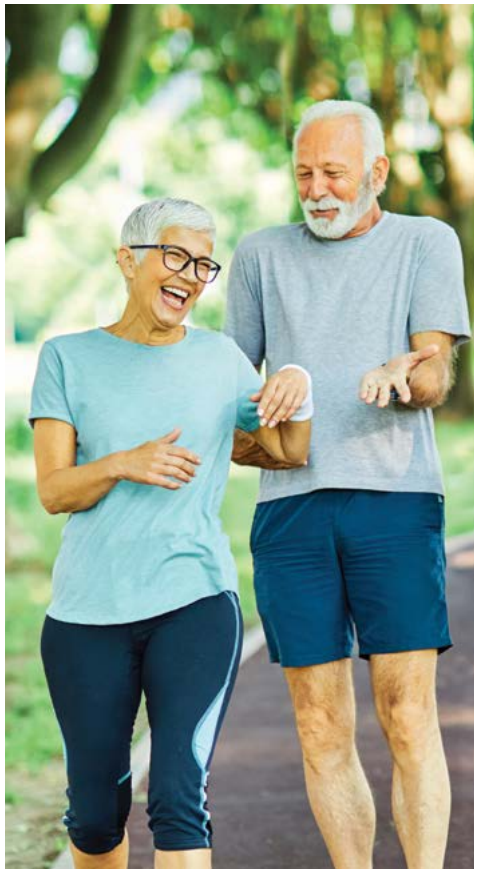
Wyndham Community & Education Centre
20 Synnot St, Werribee
Ph: 9742 4013
E: enquiries@wyndhamcec.org.au

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.

Details on current ongoing programs are listed within the directory. 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

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



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



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

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.

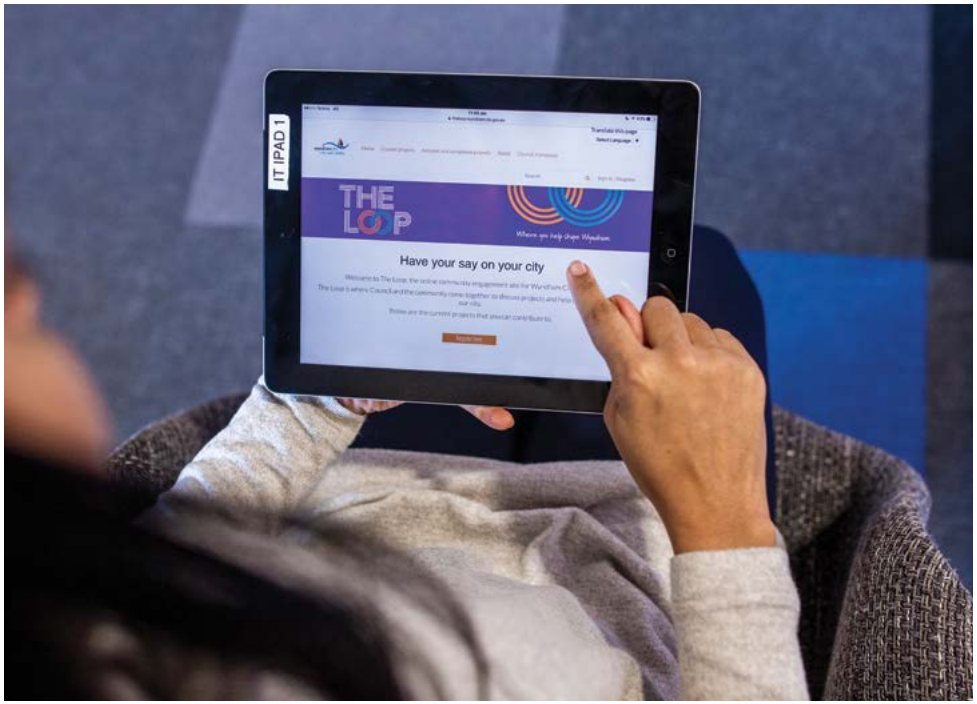
It gives you the opportunity to:

- 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



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

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

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

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



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: Tue, 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 Cafe Watton St, Werribee
Contact:
W: themanwalk.com.au/werribee or
Facebook: 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

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

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





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

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

Estia Health Werribee

8-10 Russell St, Werribee
Ph: 9749 8000 or 1300 682 833
E: werribee@estiahealth.com.au
W: estiahealth.com.au

Glendale Aged Care, Nursing Homes and Life Care Facility

265 Heaths Rd, Werribee
Ph: 1800 123 131
W: allity.com.au

Manor Court Werribee Aged Care

5 Hogan Grove, Werribee
Ph: 9742 0699
W: manorcourt.org.au

Mecwacare John Atchison Centre

312 Derrimut Rd, Hoppers Crossing
Ph: 8573 4812
W: mecwacare.org.au

Mercy Place Wyndham (Residential Care)

Ph: 1300 478 776
W: residential-care.mercyhealth.com.au

Point Cook Manor

9 Hewett Dr, Point Cook
Ph: 9394 2500
W: homestyleagedcare.com.au

Sunset Views Manor

142 Sunset Views Blvd, Tarneit
Ph: 1300 104 663
W: homestyleagedcare.com.au

Uniting Age Well Manor Lakes

15 Buffalo Cres, Manor Lakes
Ph: 9742 7201
W: 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.

Baptcare Home Care

Ph: 13 22 78
W: www.baptcare.org.au/home-care/

Angelic Home and Care

414/101 Overton Rd, Williams Landing
Ph: 8360 3743
E: adminangelichomeandcare.com.au
W: angelichomeandcare.com.au

Arete Care

23/22-30 Wallace Ave, Point Cook
Ph: 8353 1837
E: info@aretecare.com.au
W: aretecare.com.au

Aunty Grace

Government Approved provider- Aged Care Services/ Home care package provider
Ph: 1300 544 837
W: auntygrace.com.au

Bolton Clarke

Ph: 1300 221 122
W: boltonclarke.com.au

Bupa Barrabool

55 Barrabool Rd, Belmont

Ph: 5202 2765
W: bupaagedcare.com.au

Colebrow Care

Government Funding available
Ph: 1800 185 729
E: enquiries@colebrowcare.com.au
W: colbrowcare.com.au

CR Health Care

PO Box 6027, Point Cook

Ph: 0402 770 539
E: info@crhealthcare.au
W: crhealthcare.au

Great Care

Unit 8/215 Watton St, Werribee

Ph: 9395 4657
E: admin@greatcare.net.au
W: greatcare.net.au

Kare Seniors Home Care Services

13/215 Palmers Rd, Truganina

Ph: 1300 535 833
W: kareseniors.com.au

M & I Home Care

1 Corfu Ave, Tarneit

Ph: 1300 911 139
E: Admin@mihomecare.com.au
W: mihomecare.com.au

Mercy Health (Home Care)

Ph: 1300 478 776
W: 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

Nurse Next Door Werribee - Govt Approved Home Care Provider

Ph: 1300 600 247
E: werribee@nursenextdoor.com.au
W: nursenextdoor.com.au

Prestige In-Home Respite Care Services

Ph: 1300 103 010
E: info@prestigeinhomecare.com.au

Priscilla Care

17 Colorado Ct, Werribee

Ph: 8087 2234
E: admin@priscillacare.org
W: priscillacare.org

Uniting AgeWell

Ph: 1300 783 435
E: info@unitingagewell.org
W: unitingagewell.org
For more in home support services, please visit the aged care guide for a comprehensive range of services.
agedcareguide.com.au

Nexia Aged Care

176 Station Road,
New Gisborne, VIC 3438
Ph: 1300 384 004
E: supportathome@nexiaagedcare.com.au
W: nexiaagedcare.com.au/

Lifestyle and Retirement Villages



Federation Residential Village, Werribee

2A Railway Ave, Werribee

Ph: 8742 3999
W: allswell.com.au

Heathglen, Werribee

2 Glendale Ct, Werribee

Ph: 1800 550 550
W: keyton.com.au

Ingenia Federation, Werribee

2A Railway Ave, Werribee

Ph: 8742 3999
E: sales@ingeniafederation.com.au
W: ingeniafederation.com.au

Ison Village, Werribee

150-168 Bulban Rd, Werribee

Ph: 9742 2990

Lifestyle Communities

Ph: 1800 940 345
W: lifestylecommunities.com.au

Lifestyle Seasons, Tarneit

13 Sundial Blvd, Tarneit

Ph: 1300 505 560
W: lifestylecommunities.com.au

Mecwacare John Atchison Retirement Village

312-318 Derrimut Rd, Hoppers Crossing

Ph: 8015 2888
W: mecwacare.org.au

Palm Lake Resort, Truganina

7 Taronga Rd, Truganina

Ph: 1800 686 096, 137 256
W: palmlakeresort.com.au

Point Cook Village

320 Point Cook Rd, Point Cook

Ph: 9394 6799

E: manager@pointcookvillage.com.au

W: pointcookvillage.com.au

Tarneit Skies Village, Tarneit

250 Thames Blvd, Tarneit

Ph: 1800 727 170

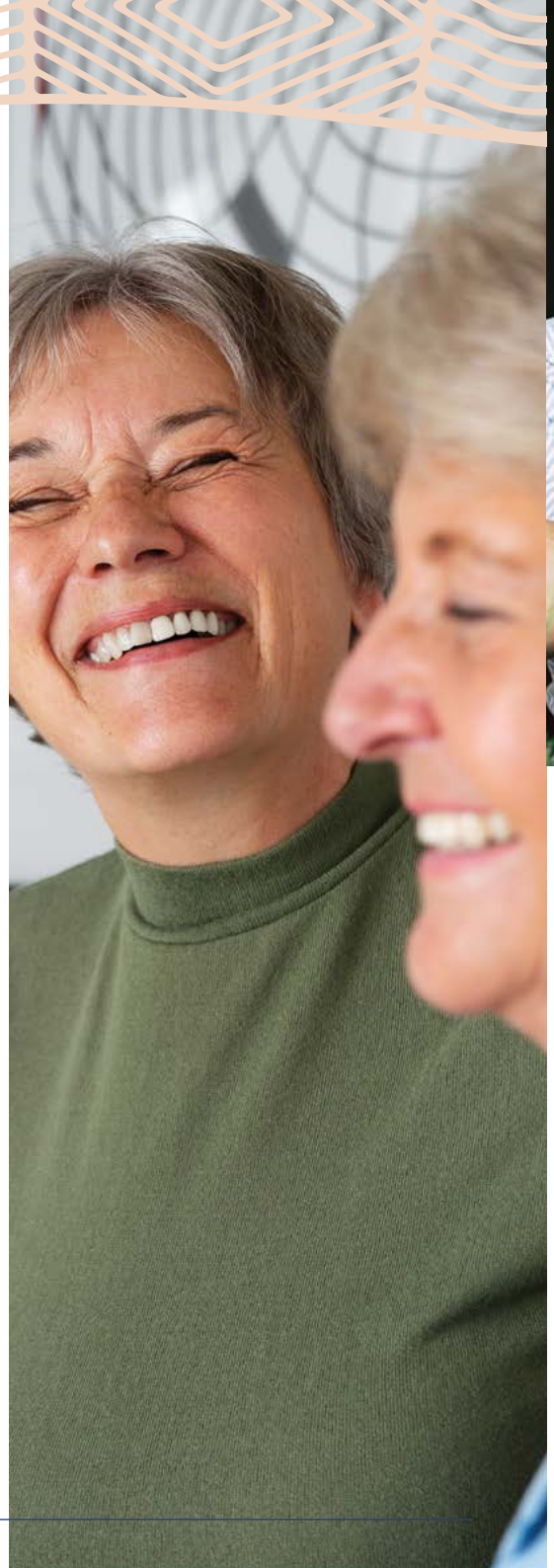
W: stockland.com.au

Wyndham Grange Village, Tarneit

83 Kulin Dr, Tarneit

Ph: 1300 098 000

W: 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

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

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

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

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

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

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: 131 963
E: info@parks.vic.gov.au
W: 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

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

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: 131 963
E: info@vicstaterosegarden.com.au
W: 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: Tue 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

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

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

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



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.

EveryAGE Counts

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



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 558 181
W: 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







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

COTA
For older Australians

OPAN - Older Persons Advocacy Network

OPAN is not-for-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
Sat 10am - 4pm
E: enquiries@opan.org.au

OPAN Older Persons Advocacy Network

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

eccv

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



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: 132 050
E: support@breastscreen.org.au
W: breastscreen.org.au

BreastScreen Victoria



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

Hearing Australia



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

Jean Hailes for Women's Health



IPC Health

IPC Health offer a variety of services and programs.

W: 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
- **Lifeline:** 131 114

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





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

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



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

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 55 and over 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



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

Wyndham Program
W: 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



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

Directory

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.

Hoppers Crossing

AQUAPULSE 80–82 Derrimut Rd, Hoppers Crossing
Ph: 8734 5678 **E:** info@wynactive.com.au **W:** aquapulse.wynactive.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST
WynSenior Aqua	A blend of low impact cardio and resistance training in shallow water.	Mon 8am	$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.	Tue 9am & Wed 11:15am	$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.	Tue & 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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Werribee Orchid Society	Orchid growing and conversation.	3rd Tue of the month 7pm - 9:30pm	Cost on enquiry	Alex Christou 0456 301 824
Werribee Senior Citizens	Bingo, activities and outings.	Wed 9am - 1pm	Cost on enquiry	Aristea Grech 9748 8897/ 0403 041 499
Greek Elderly Citizens Club	Provides companionship and support for Greek speaking elderly citizens. Cards, bingo and Dominoes.	Thu 9am - 1:30pm	Small cost	Mimi Charisiades 9749 5985
Macedonian Community Welfare Association	Macedonian Community Welfare Association. A planned activity group for seniors and people with a disability.	Tue 9am - 2:30pm	Cost on enquiry	Vesna Veleveska Petreska 9318 1111 info@mcwa.org.au
Werribee Community Singers	A Capella Singing Group.	Wed 6:30pm - 10pm	Cost on enquiry	Helen Gunn 0407 493 065 gunn_adoo@hotmail.com
Werribee Craft Group	Craft activities for women over 55.	3rd Sun of the month 12pm - 5pm	Cost on enquiry	Kathy Senior 9749 2883/0409 382 593 colinankathy@bigpond.com

CENTRAL PARK COMMUNITY CENTRE 80 Lonsdale Circuit, Hoppers Crossing

Ph: 9742 4013 **E:** enquiries@wyndhamcec.org.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Werribee Women's Group	Provide an avenue for women to attend and meet for group activities.	3rd Tue of the month 11am - 1pm	Cost on enquiry	Dianne Keenan 0400 018 402
Wyndham's Sew & So's for seniors	Activity for women over 55 create handmade charity quilts.	Fri 9am - 2pm	Small fee	Annie Scicluna 0407 327 280 coup33@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 Tue of the month 10am	Free	Patricia wattongroup131@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

PROGRAM	DESCRIPTION	DATE & TIME	COST
Morning Melodies	Enjoy a variety of entertainment for everyone.	2nd Tue of the month Doors open 10.30am Showtime 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

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 - Nov 10am - 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.	Wed 10am - 11am Or by appointment	Free

HOPPERS CROSSING (PLAZA) LIBRARY

Shop MM11, Level 1, Pacific Werribee Shopping Centre, Derrimut Rd, Werribee
Ph: 87348 999 **W:** wyndham.vic.gov.au/libraries

PROGRAM	DESCRIPTION	DATE & TIME	COST
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.	Mon 11am - 12pm	Free
One-on-One IT Help	Book a session with our friendly staff to help you with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library's computers, or even remotely and over the phone.	Weekly, Contact Library for dates and times	Free
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 month 7:30pm - 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 Tue of the month 7:30pm - 8:30pm	Free
Author talks, information sessions and more	We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more.	Ongoing	Free

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

PROGRAM	DESCRIPTION	DATE & TIME	COST
U3A Werribee – Seniors Men's in Light Exercise	Seniors gentle walking and coordination exercise for men.	Tue 9:30am - 10:30am	$45 annual fee (access to all courses and Hoppers Crossing Sports Club)

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

PROGRAM	DESCRIPTION	DATE & TIME	COST
U3A Werribee - Beginners Tai Chi	For those wishing to learn the gentle art of Tai Chi and Qi Gong.	Mon 10am - 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.	Mon 1pm - 2pm	$45 annual fee (access to all courses and Hoppers Crossing Sports Club)
U3A Werribee - Beginners French	Learn conversation French.	Tue 11am - 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.	Wed 10am - 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 month 11am - 12:30pm	$45 annual fee (access to all courses and Hoppers Crossing Sports Club)

PROGRAM	DESCRIPTION	DATE & TIME	COST
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.	Fri 10:30am - 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.	Fri 1pm - 3pm	$45 annual fee (access to all courses and Hoppers Crossing Sports Club)
U3A - MahJong	Learn MahJong (Eastern and Western styles).	Thu 12:30pm - 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

PROGRAM	DESCRIPTION	DATE & TIME	COST
U3A Werribee - Ukulele Lessons	Come along and learn to play the Ukulele. Bring your own Ukulele.	Wed 5:30pm - 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.	Tue 6:30pm - 8:15pm	Contact for details	David 0439 613 737 robsondavid1@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

PROGRAM	DESCRIPTION	DATE & TIME	COST
Balance, Fitness, Fun (BFF)	Gentle cardiovascular, bone and muscle strengthening exercises, combined with elements of balance and core activation.	Thu 9:30am - 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.	Wed 10am - 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.	Wed 10am - 11:30am	Free
The Wed Walking Group	Weekly walking to keep active and socialise. Optional coffee after the walk with our Chatty Café.	Wed 9am	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.	Fri 11:30am - 1:30pm	Free

PROGRAM	DESCRIPTION	DATE & TIME	COST
Twisted Stitches Knitting Group	Knit one give one. Join us for a cuppa, a chat and knit for charity. Everyone welcome.	Mon 12:30pm - 2:30pm	Free
Yoga	Do you want to improve your flexibility, balance and overall welling? Join Vanessa for this class.	Tue 9:30am - 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 $10 Barefoot Bowls $10	Mark Coleman 0419 588 343 bowlscoordinator@hoppersclub.com.au
Werribee Lions Club	Werribee Lions Club is 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 month 6:30pm	Fees apply	asjaVali-Runa@outlook.com e-clubhouse.org/sites/werribee

Little River

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 month 6:30pm - 7pm	$20/year	Nicole Green 0421 360 470 littleriver.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

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.	Mon 11am - 12pm Except Public Holidays	$7.50 per class when paying monthly or $10 for casual participation	Angi 0405 952 191 info@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) $30 Renewal $20 $3 per session	wyndham patchworkersinc@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, Tue & Fri 12:30pm - 2:30pm	Free	harbans_sodhi@yahoo.com.au

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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Coffee Table	Connecting local community members with others that can help further your education, sport activities, food, finance or assist with other training.	Thu 11:30am - 2pm	Free	Sally theecoffeetable2022@gmail.com
Food Bank Manor Lakes	Food Bank Manor Lakes Providing food items to people in need.	Wed 12pm - 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.	Thu 12pm - 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.	Fri 8am - 5pm	Free	Wyndham City 8734 4514 communityconnector@wyndham.vic.gov.au
Walking Football	Low impact, modified version of the game, suitable for all levels of ability and fitness for community members over 50's.	Tue 12pm - 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

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

MANOR LAKES LIBRARY 86 Manor Lakes Blvd, Manor Lakes
Ph: 8734 8999 **W:** wyndham.vic.gov.au/libraries

PROGRAM	DESCRIPTION	DATE & TIME	COST

One-on-One IT Help	Book a session with our friendly staff to help you with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library's computers, or even remotely and over the phone.	Weekly, Contact Library for dates	Free
Author talks, Computer classes information sessions and more	We have a range of free events and activities at the library for adults, including author talks, community information sessions, craft activities and more.	Ongoing, Contact Library for dates and times	Free

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

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 & Fri 11am - 1pm	Fees apply	Satish Kumar Verma 0478 812 910 australiaindiasociety@gmail.com
English Conversation Classes - Adult	New to English classes in partnership with Wyndham Community & Education Centre.	Thu 9:30am - 11:30am	Free (to eligible students)	Wyndham Community and Education Centre 9742 4013 enquiries@wyndhamcec.org.au wyndhamcec.org.au
Point Cook Chinese Friendship Group	Meet weekly to dance, sing, learn songs and learn English.	Mon Fortnightly 1pm - 3pm & Thu (Singing) 11:30am - 1:30pm	Free	Sanhong Zhu or Lili Hua 0437 310 888 zhusanghong123@gmail.com

FEATHERBROOK COMMUNITY CENTRE 33-35 Windorah Dr, Point Cook
Ph: 8353 4000 **E:** featherbrookcc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
First Born Gospel Church Point Cook	Filipino Christian Services.	Sun 12:30pm - 4:30pm	Free	Edward Estrada 0456 191 341 fbgcpe@iafb-australian.org
Garam Ministry	Indonesian Christian Services.	Sun 9am - 12:30pm	Free	Jonathan Pattiasina 0408 301 006 jonchris pattiasina@gmail.com
Le Petrel Mauritian Seniors Club Inc	Seniors Gathering with Social Activities.	Wed 12:30pm - 4:30pm	Fees apply	Louis 0402 778 012
Lions Club of Point Cook	Empowering people and enriching the 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 our community.	1st Mon of the month 7:30pm	Fees apply	Robert Eyton 0417 549 684 pointcook.vic@lions.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 & Tue 9:30am - 1pm	Fees apply	Jugal 0415 170 155 jugal.chhabra@yahoo.com
Sahaja Yoga Meditation	Based on an experience called Self-Realization (Kundalini Awakening). Learn how to experience the peace of true meditation.	Tue 7pm - 8:30pm	Free	Rupesh 0404 198 638 Rupesh.lal2@gmail.com freemedita tion.com.au
Table Tennis at Featherbrook	Join locals for some active fun. Places are limited so book now! Open to all.	Wed 9am - 11am Beginners & Fri 9am - 11am Intermediate	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.	Fri 10:30am - 12pm	Free	Featherbrook Community Centre
Great Care	Planned activity group for seniors.	Wed 11am - 2pm	Free	Terefe Aborete 0490 080 933 admin@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

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 month 10am - 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.	Tue 1pm - 3pm	Free
Jam Way Quilters Patch	Patchwork Classes with a qualified patcher worker – BYO project. Machines on site or feel free to BYO.	Thu 9:30am - 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 dressmaker BYO projects. Machines on site or feel free to BYO.	1st & 3rd Mon of the month 7pm - 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

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.	Mon 11:30am - 2:30pm	$7	Vadilal Patel 0480 114 154 australia indiasociety@ gmail.com
Fun & Fitness Gentle Exercise	A gentle physical activity program suitable for anyone.	Mon 11:30am - 12:30pm & Fri 11:10am - 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 month 1pm - 3pm	Fees apply	Farial Jafar 0422 798 587 farial.jafar@ gmail.com

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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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.	Tue 1pm - 2pm & Wed 12pm - 2pm	Fees apply	Mei 0432 669 379 yangtzechoir@gmail.com
Point Cook Chinese Friendship Association	Encourages seniors to participate in indoor sports, art, singing, entertainment and cultural discussions.	Mon 9am - 11am	Fees apply	Sanhong Zhu 0437 310 888 zhusanhong123@gmail.com
Point Cook Craft Group	Bring along your own knitting or craft for some social interaction with other seniors from local area.	Thu 10am - 12pm	Free	Bev 0417 324 489
Point Cook Seniors Group	Meet for social interaction and lunch with other seniors from the local area.	Fri 12:15pm - 2:30pm	Gold coin	Bev 0417 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 Cronin 0407 726 852 pointcookview@gmail.com

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 - Fri 9am	Free	Bev 0417 324 489
Sewa International	Indian wellness seniors group aimed at encouraging independence through yoga and social interaction.	1st & 3rd Sun of the month 1pm - 4pm	Free	Vijay Kumar 0426 971 901 vijayjeevan chopra@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.	Mon 9am - 3pm	$20/year	Julia Zhu wccpipoint cook@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	Prem 0430 740 023
Community Connector	Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions.	Thu 9am - 5pm	Appt preferred but not necessary	Wyndham City 8734 4514 community connector@wyndham.vic.gov.au

POINT COOK LIBRARY 1-21 Cheetham St, Point Cook
Ph: 8734 8999 **W:** 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 to help you with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library's computers, or even remotely and over the phone.	Weekly, Contact Library for dates and times	Free
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 have a range of free events and activities at the library for adults, including author talks, computer classes, community information sessions, creative workshops, 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

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 month 9:30am - 12:30pm	Free	Saltwater Community Centre

SALTWATER COMMUNITY CENTRE 153 Saltwater Prom, Point Cook

Ph: 8376 5500 **E:** Saltwatercc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 month 7pm	Membership may apply Contact for details	Linda Baker 0497 285 399 blee.baker@live.co.uk
Tai Chi	Tai Chi for beginners. Chinese martial art practiced for defence training, health benefits and meditation.	Tue 9:30am - 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.	Wed 1pm - 3pm	Membership may apply Contact for details	CK Huang 0468 337 688
Community Connector	Assisting residents to access the services they need, provide information and referrals and empower community to make informed decisions.	Wed 8am - 3:30pm	Free	Wyndham City 8734 4514 community connector@wyndham.vic.gov.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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	0403 095 044 wawseniors@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 month 11am - 2pm & 3rd Sat of the month 6:30pm - 9:30pm	Membership may 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

PROGRAM	DESCRIPTION	DATE & TIME	COST
Golden Doubles League (Tenpin Bowling)	Wyndham Over 50's Club Teams of 2, doing 1 games of bowling. Social activity with physical benefits.	Fri 10:30am	$10 per week for 1 game of bowling

Tarneit

BEMBIT BAG-ROOK COMMUNITY CENTRE 61 Polly Parade
Ph: 9125 0648 **E:** bembitbagrookcc@bestchance.org.au
W: 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 Patel 0433 086 254 Or Ramesh Patel 0452645762
Aussie Punjabi Cultural Association	Punjabi Seniors coming together organising / running activities such as exercises, festivals and well-being sessions.	Tue 12pm - 2pm	$20 one off fee	Balwinder Singh 0480 109 156

DIANELLA COMMUNITY CENTRE 6 Congo Dr, Tarneit West
Ph: 8742 8300 **E:** dianellacc@wyndham.vic.gov.au
W: 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.	Monthly 5pm - 8:30pm Contact for dates	Free	0416 937 473 Tahirasheikh 2019@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 - 8pm Contact for dates	Free	0416 937 473 Tahirasheikh 2019@gmail.com
Table Tennis Fri	Are you looking for a fun way to get fit? Then table tennis is for you. Everyone is welcome.	Fri 6pm -7:30pm	Free	Adnan 0416 949 316
The Sisters Circle	Arts and Crafts Activities.	Monthly on Mon 12pm - 3pm Contact for dates	$5 Fees apply	0452 101 756 shaznacader96@gmail.com
Wyndham Community & Education Centre Computer skills classes	Advanced Excel (Citizens/Permanent Residents).	Mon 9am - 12pm	$30	Wyndham Community and Education Centre 9742 4013 enquiries@wyndhamcec.org.au 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.	Thu 8am - 9am	Free	Dianella Community Centre
Art therapy for women – Cohealth	Art therapy used to help people to heal through art.	Tue 1pm - 2:30pm	Free	Mona.adnani-salehi@cohealth.org.au

DIANELLA COMMUNITY CENTRE 6 Congo Dr, Tarneit West

Ph: 8742 8300 **E:** dianellacc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Building Cultural Cuisines	Evening Chat Women's Program. Walk-ins welcome.	3rd Fri of the month 5pm - 7:30pm	$2-$5 Enquire	Building cultural connections 22@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 Fortnightly 12pm - 1:30pm	Free	Syed 0413 680 650 Syedusman.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.	Thu 6pm - 7:30pm & Sat 8am - 10am	Fees apply	Sanitha Sanjeev 0469 545 723 sanitha@artofliving.org.au or Chandan 0449 030 616

HOTEL 520 520 Sayers Rd, Tarneit

Ph: 9748 8520 **W:** hotel520.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Bingo	Play bingo.	Tue 10:30am	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 month 10:30am - 12pm	$15 joining fee $40 annual fee	Yvette Radelaar 0411 952 706 rad-elaaryvette@gmail.com
Morning Melodies	Enjoy a variety of entertainment for everyone.	2nd last Wed of the month Doors open 10:30am show starts 11am	$5 Show 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 month 10:30am	$15 Joining Fee. $30 Annual fee	Patricia Bristow 0411 316 795 Patelizb42@gmail.com

JULIA GILLARD TARNEIT LIBRARY 150 Sunset Views Blvd, Tarneit

Ph: 8734 8999 **W:** 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

JULIA GILLARD TARNEIT LIBRARY 150 Sunset Views Blvd, Tarneit

Ph: 8734 8999 **W:** wyndham.vic.gov.au/libraries

PROGRAM	DESCRIPTION	DATE & TIME	COST
One-on-One IT Help	Book a session with our friendly staff to help you with PCs, Macs, and all kinds of phones and tablets. Help can be provided on your own device, through one of the library's computers, or even remotely and over the phone.	Weekly, Contact Library for dates and times	Free
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 have a range of free events and activities at the library 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

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.	Mon 12pm - 2pm	Free	Nina 0488 251 459
Tarneit Bharatiy Club	Older Gujarati speakers will feel right at home in this relaxed social get-together.	Fri 10:30am - 12:30pm	Free	Naran 0490 715 090 vadalianaran@gmail.com
Tarneit Harmony Club	Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea.	Tue 1pm - 3pm & Fri 12:30pm - 2:30pm	Free	Mohinder Bassi 0470 214 268 nivarnbassi@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.	Wed 12pm - 4pm	$10	Mahendra Patel 0466 920 881 mahendra 195424@gmail.com

PENROSE PROMENADE COMMUNITY CENTRE 83 Penrose Prom, Tarneit
Ph: 8734 4500 **E:** penrosepromenadecc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Legends International of Seniors Inc	Club together and celebrate life! Be a LEGEND.	Thu 11am - 1pm	$10	Jiwan Lal Sharma 0423 125 618 legends_international_2022@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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Club 60 Tarneit	Provides a social gathering for men and women of Indian Origin.	Mon 12:30pm - 2:30pm	Contact for details	Sunil 0449 101 455 club60.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 Centre 9742 4013 enquiries@wyndhamcec.org.au wyndhamcec.org.au
Craft with D	Crafting workshops. Join our community centre volunteer and learn a new skill.	Thu monthly 10:30am - 12:30pm	Free	Tarneit Community Learning Centre
Craft Group	Craft, Chat and a Cuppa. Come and join.	Wed 9am - 12pm	Free	Tarneit Community Learning Centre
Life Community Kitchen	Providing hot meals to individuals and families supporting food relief and social connection.	Tue 6pm - 8pm	Free	community kitchen@lifeau.org lifeau.org/community kitchen
Yoga Moves West	Specifically tailored for older adults looking to start moving again in gentle and supportive environment.	Mon 9:30am - 10:30am	Pay what you can afford (Recommended $10per class)	Catherine 0416 009 024 info@yogamoves west.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.	Mon 10:30am - 12pm	$45 annual fee (access to all courses)	membership.u3awbee@gmail.com - Membership courses.u3awbee@hotmail.com - Courses 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.	Mon 7pm - 8pm & 4th Sat of the month 6:30pm - 9pm	Free	Annie 0423 110 875 annie.sarani@gmail.com sahajayoga.com.au

TARNEIT COMMUNITY LEARNING CENTRE 150 Sunset Views Blvd, Tarneit
Ph: 9748 9822 **E:** tarneitclc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Sri Lankan Planned Activity Group	Social Support group for the Sri Lankan Community which includes gentle exercise, art, craft, excursions and outdoor activities.	Fri 10am - 3pm	Fees apply	Shyaam Rodrigo 9637 6044 hakshyaam-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.	Wed 8am - 5pm	Free	Wyndham City 8734 4514 community connector @ 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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Bhartiya Seniors Association Inc	Social gathering for Seniors. Celebrating Indian festivals.	Fri 11am - 2pm	Contact group for costs	Ashok Mehta 0434 929 429 ashokmehta1958@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 Centre 9742 4013 enquiries @ wyndhamcec.org.au wyndhamcec.org.au
Life Community Kitchen	Free Dinner - For families and individuals in need.	Mon 6pm - 8pm	Free	community kitchen@lifeau.org lifeau.org/community kitchen

ARNDELL PARK COMMUNITY CENTRE 29-49 Federation Blvd, Truganina

Ph: 8734 8911 **E:** arndellparkcc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 Centre 9742 4013 enquiries @ wyndhamcec.org.au 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

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.	Tue 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.	Mon 9am - 12pm	$40	Wyndham Community and Education Centre 9742 4013 enquiries @ wyndhamcec.org.au wyndhamcec.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 3 Feb - 14 Apr	$40	Wyndham Community and Education Centre 9742 4013 enquiries @ wyndhamcec.org.au 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

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.	Tue 11am - 1:30pm	Free	Dilip Shah 0449 517 746 Dshah1093@gmail.com
Truganina North Seniors Club	Weekly gathering for multicultural seniors to celebrate festivals, participate in workshops and meet new friends.	Fri 12:30pm - 2:30pm	Free	Bhushan Sood 0490 006 765 Bhushan sood9@gmail.com
Truganina Table Tennis	Social table tennis. All are welcome to come along, stay active and meet new people.	Thu 9:30am - 12:30pm	Free	Truganina Community Centre

TRUGANINA LIBRARY LOUNGE 1 Everton Rd, Truganina
Ph: 8734 8999 **W:** 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 have a range of free events and activities at the library for adults, including author talks, computer classes, community information sessions, creative workshops, activities and more.	Ongoing, Contact Library for dates and times	Free

Werribee

CROSSROADS UNITING CHURCH HALL Cnr Duncan Rd & Synott St, Werribee
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.	Tue 8pm	$8

EAGLE STADIUM 35 Ballan Rd, Werribee
Ph: 8734 5678 **E:** info@wynactive.com.au **W:** wynactive.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST
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.	Mon 11am	$8.20
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.	Mon 11:35am	$8.20

EAGLE STADIUM 35 Ballan Rd, Werribee

Ph: 8734 5678 **E:** info@wynactive.com.au **W:** wynactive.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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.	Wed 10:45am	$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.	Tue 11:20am & Fri 11:30am	$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.	Thu 1pm -1:45pm	$50/term	Kylie 0421 697 574
Walking Netball	Enjoy all the fun of this team sport at a walking pace.	Thu 8pm - 9pm	$22/yr for Netball Victoria Membership	0411 812 263 enquiries@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

PROGRAM	DESCRIPTION	DATE & TIME	COST
U3A Werribee - Exploring History	Learn about the history of countries from all over the world.	Mon 10am - 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.	Tue 10am - 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.	Tue 4pm - 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.	Thu 10am - 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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Retired Persons of Werribee	Social general meetings with guest speakers and various activities.	2nd Fri of the month 9:30am - 12pm	Cost on enquiry	Jan Phelan 9741 3141
Rotary Club of Wyndham	Like minded community focussed people. Volunteer services for local and international projects.	Wed 6:30pm - 8:15pm	Contact for details	0418 788 838 wyndhamrotary@gmail.com

ITALIAN SPORTS CLUB 601 Heaths Rd, Werribee
Ph: 9741 1225 **E:** manager@iscw.com.au **W:** iscw.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 month 1pm	Contact for details	cboraston@yahoo.com
Wyndham Life Activities Bookclub**	Discussions over lunch in the Bistro.	2nd Fri of the month 12pm Tue 1:30pm	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.	Mon 10am	Annual membership fee $10	Italian Sports Club of Werribee
Wyndham Life Activities Games & Coffee**	Games and coffee in the Members Bar.	Wed 1pm	Annual membership fee $10	Italian Sports Club of Werribee
Wyndham Life Activities Gardening**	Some trips are included to local areas.	1st Mon of the month 10am	Annual membership fee $10	Italian Sports Club of Werribee

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Wyndham Life Activities Line Dance**	Dancing in the Bocce Lanes.	Wed 10am	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.	Thu 10am	Annual membership fee $10	Italian Sports Club of Werribee
Wyndham Life Activities Meet and Eat Lunch**	Lunch gathering.	Last Fri of the month 12pm	Annual membership fee $10 Cost of lunch	Italian Sports Club of Werribee
Wyndham Life Activities Movie Group**	Movie Group.	When suitable movie is on	Annual membership fee $10 Cost of movie entry	Italian Sports Club of Werribee
Wyndham Life Activities Photography Group**	Photography group in the Presidents Room.	2nd Tue of the month 7:30pm	Annual membership fee $10	Italian Sports Club of Werribee
Wyndham Life Activities Walking Group**	Begins at the ISCW Car Park. Walk followed by coffee.	Sun 9am	Annual membership fee $10	Italian Sports Club of Werribee
Wyndham Life Activities Seniors' Exercise**	Fun exercise designed for Seniors.	Thu 11am	Annual membership fee $10 $5 per session	Italian Sports Club of Werribee

ITALIAN SPORTS CLUB 601 Heaths Rd, Werribee

Ph: 9741 1225 **E:** manager@iscw.com.au **W:** iscw.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Wyndham Life Activities Exercise**	Light exercise.	Mon 10am	Annual membership fee $10 $5 per session	Italian Sports Club of Werribee
Wyndham Life Activities Yoga**	Yoga with Connie.	Tue 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.	Fri 5:30pm - 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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Werribee Lions Club	Werribee Lions Club is 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 benefits the whole community.	1st Wed of the month 6:30pm	Fees apply	asjaVali-Runa@outlook.com e-clubhouse.org/sites/werribee

LOLLYPOP CREEK COMMUNITY CENTRE 104 Shipwright Parade, Werribee

Ph: 8353 4047 **E:** lollypopcreekcc@wyndham.vic.gov.au
W: wyndham.vic.gov.au/communitycentres

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Thee Coffee Table	Social group, Seniors coming together for connection.	Tue 10am - 3pm	Free	Sally 0433 663 271 Theecoffeetable2021@gmail.com
Thee Coffee Table – Sewing and Craft	Join a senior group to engage in sewing and crafting activities.	Fri 10am - 2pm	Free	Tamara 0447 281 174 or Sally 0433 663 271 Theecoffeetable2021@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.	Sun 9:30am - 10:30am	$15 per class	Jayshri 0478 363 984

OLD SHIRE OFFICES 49 Watton St, Werribee

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 month 1:30pm - 4pm	Free	Dennis Williams 0439 689 054 9741 2162 maridenn@bigpond.net.au

OLD SHIRE OFFICES 49 Watton St, Werribee
Ph: 9742 0867 **E:** halls@wyndham.vic.gov.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Spanish Pensioners & Senior Citizens of Werribee	Senior group of Spanish speaking heritage that meet to play bingo, cards and outings throughout the year.	Mon 1pm - 2pm	Cost on enquiry	Juana Aisa 0423 989 250 asiafamily90@hotmail.com

QUANTIN BINNAH COMMUNITY CENTRE 61 Thames Blvd, Werribee
Ph: 9742 5040 **E:** community@qbcc.org.au **W:** 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, Tue & Wed during term 9:30am - 4:30pm	Gold coin donation for craft preferable	creating villages@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.	Tue 10:30am - 2:30pm	$10 or $15 for craft and special morning tea item	Quantin Binnah

QUANTIN BINNAH COMMUNITY CENTRE 61 Thames Blvd, Werribee
Ph: 9742 5040 **E:** community@qbcc.org.au **W:** qbcc.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Australian Crochet Community	All welcome to drop in and crochet and chat or do another craft. BYO crochet/ craft project and supplies.	Sat 10am - 2pm	Contact for details	creating villages@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, Tue & Wed 8am - 4:30pm	Refer to menu @ Café QB for prices	creating villages@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.	Thu 9:30am	Free, Gold coin donation appreciated. Some activities may incur a charge	Quantin Binnah

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Breakfast Club	Drop in for craft and a cuppa anytime. Complete special themed craft activities.	Mon, Tue & Wed during term 9:30am - 4:30pm	Free	creating_villages@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 term 10am	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	$15 Bookings essential	Quantin Binnah

QUANTIN BINNAH COMMUNITY CENTRE 61 Thames Blvd, Werribee
Ph: 9742 5040 **E:** community@qbcc.org.au **W:** qbcc.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Chatty Café	Get chatting to build and encourage social connections within the local community, and help reduce social isolation.	Mon during term 10am	Free hot drink. Additional drinks and snacks available from Café QB	Quantin Binnah

SALVATION ARMY 211 Watton St, Werribee
Ph: 9741 7359 **E:** admin.werribee@salvationarmy.org.au
W: salvationarmy.org.au/wyndham

PROGRAM	DESCRIPTION	DATE & TIME	COST
Community Lunch	Come along and enjoy a great meal and fellowship.	Tue, Wed & Thu 12pm	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

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.	Tue, Thu & Fri 10am	$7 per session with multipass and membership options Doctor referral required before first session

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 & Wed 10am	$7 per session with multipass and membership options Doctor 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 - Fri 6am - 3pm	$7 per session with multipass and membership options Doctor referral required before first session	

WERRIBEE BOWLS CLUB Chirnside Park, Werribee
Ph: 9741 3229 **E:** werribeebowls@hotmail.com **W:** 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 month 11am	Membership Joining fee $30, $60 annually	Mary-Anne gserratore55@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	Jenn 0419 558 481 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.	Sun 10am	Free	Church
Let's Talk Conversational English	People wanting to practice their conversational English. Morning tea included. All welcome.	Sat 10am - 11:30am	Free (Includes Morning Tea)	Bronwen Hickman 9749 2510 bronhickman@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 for low impact on joints, beneficial for older people.	Mon 9am - 9:45am	$5

WERRIBEE LIBRARY 177 Watton St, Werribee
Ph: 8734 8999 **W:** 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

WERRIBEE LIBRARY 177 Watton St, Werribee
Ph: 8734 8999 **W:** wyndham.vic.gov.au/libraries

PROGRAM	DESCRIPTION	DATE & TIME	COST
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 have a range of free events and activities at the library 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

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.	Mon 12:30pm - 3pm	$1 per book

WYNDHAM COMMUNITY & EDUCATION CENTRE

20 Synnot St, Werribee **Ph:** 9742 4013 **E:** enquiries@wyndhamcec.org.au
W: wyndhamcec.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	
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 Daw 0434 173 098 william.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 Zuniga valeskaz@wyndhamcec.org.au

WYNDHAM PARK COMMUNITY CENTRE 55-57 Kookaburra Ave, Werribee

Ph: 9742 7298 **E:** admin@wyndhamparkcc.com.au **W:** wyndhamparkcc.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Kookaburra Girls	Women are supported to increase their skills and confidence with woodwork, metal work, and the use of tools to complete projects.	Mon 9am - 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.	Tue & Thu 9am - 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 Koo 0409 466 055
U3A – Health and Wellbeing	Nutrition advice and guidance including reflexology colour and music therapy and meditation.	Wed 1pm - 2:30pm	$45 annual fee (access to all courses)	membership.u3awbee@gmail.com - Membership courses.u3awbee@hotmail.com - Courses u3awbee.net.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
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 - Membership courses.u3awbee@hotmail.com - Courses 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 - Membership courses.u3awbee@hotmail.com - Courses u3awbee.net.au



WYNDHAM PARK COMMUNITY CENTRE 55-57 Kookaburra Ave, Werribee
Ph: 9742 7298 **E:** admin@wyndhamparkcc.com.au **W:** wyndhamparkcc.com.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Leanne Cannan Yoga	Gentle Yoga classes are performed in a chair and standing, with chair support if required. No floor work.	Mon 1:30pm - 2:30pm	$10 per class	Leanne Cannan 0407 056 056
Wyndham Women's Support Group	A safe and supportive space for diverse women. Activities include discussion, craft, gardening, and cooking. Provides opportunities for friendship and personal development.	Fri 10am - 1pm	Contact for details	Tania Kelaart 0423 051 686

Werribee South

DIGGERS ROAD SOLDIERS MEMORIAL HALL
Diggers Rd (opposite intersection of Whites Road), Werribee South
E: halls@wyndham.vic.gov.au **W:** 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 month 7pm - 9pm	Cost on enquiry	Julia Toffolon 0409 045 306 juliatoffolon@gmail.com
CWA Werribee South Branch	Weekly meeting for craft, morning tea and activities. Meet new friends and connect with others.	Thu 10am - 12pm	Cost on enquiry	Julia Toffolon 0409 045 306 juliatoffolon@gmail.com
Werribee Painters Group	Meet new friends and connect with others in a relaxed and welcoming environment.	Wed 1pm - 4pm	Cost on enquiry	Tony Bramwell 0403 428 129 tonybramwellart@gmail.com



Williams Landing

WILLIAMS LANDING LIBRARY LOUNGE 1/101 Overton Rd, Williams Landing
Ph: 8734 8999 **W:** 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

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Book Exchange	A place to donate and borrow books.	Mon - Fri 8:30am - 3:30pm	Free	Iramoo Community Centre
Seniors Craft Sessions	Participate in a different craft activity each month.	1st Mon of month 10:30am - 1:30pm	Free	Iramoo Community Centre
Deadly Kitchen	Cooking group for Aboriginal and Torres Strait Islander Elders.	Fri Fortnightly 10am - 1:30pm	Free	Iramoo Community Centre
Don't Worry Be Happy – Wyndham Chronic Pain & Depression Support Group	Support, nurturing, social and creative activities.	Wed Fortnightly 10am - 12pm	Free	Kyren 0435 156 653
Knit, Crochet & Chat	Knit or crochet in a supportive environment. Or bring your current craft project to work on.	Fri 10am - 12pm	Free	Iramoo Community Centre

IRAMOO COMMUNITY CENTRE 84 Honour Ave, Wyndham Vale
Ph: 9742 3688 **E:** admin@iramoocc.com.au **W:** iramoocc.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Iramoo Quilters	Quilting group: bring along your project and share knowledge and skills.	4th Sat of the month 12:30pm - 4pm	Free	Iramoo Community Centre
Morning Melodies	Come along and sing! Tea, coffee, and cake provided.	3rd Mon of the month 10:30am - 11:30am	$5	Iramoo Community Centre
Wyndham Vale Men's Shed	Social group. Members of Australian Shed Association.	Tue & 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 820 140 Greg 0438 962 252

IRAMOO COMMUNITY CENTRE 84 Honour Ave, Wyndham Vale
Ph: 9742 3688 **E:** admin@iramoocc.com.au **W:** iramoocc.org.au

PROGRAM	DESCRIPTION	DATE & TIME	COST	CONTACT
Iramoo Quilter's	Quilting group: bring along your project and share knowledge and skills.	4th Sat of the month 12:30pm - 4pm	$5	Josie 9749 4747
Morning Melodies	Come along and sing! Tea, coffee, and cake provided.	3rd Mon of the month 10:30am - 11:30am	$5	Iramoo Community Centre
Wyndham Vale Men's Shed	Social group. Members of Australian Shed Association.	Tue & 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 820 140 Greg 0438 962 252

Wyndham Probus Club Inc	Meetings and fellowship for retired and semi-retired persons who value opportunities to meet with others of similar interest, enjoy hearing addresses by guest speakers on topical subjects and outings/activities of specific appeal to members. Non-political and non-sectarian.	2nd Tue of the month 1pm - 3pm	Joining Fee $20, Annual Membership $40	Kaye Angel 0407 551 694 klangel@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

Contact the centre for details.

Other

VARIOUS				
PROGRAM	**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 - 10:30pm Fri Competition 1:25pm - 4:30pm Fri 10am (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 Daw pat@dawtek.com.au bridgewebs.com/williamstown
Seniors Lunch Various locations	Seniors lunch.	Wed 12pm	Cost of your meal	Bev 0417 324 489
U3A Werribee - Movies and Lunch Yarraville Sun Theatre	Attend a movie of your choice followed by lunch.	2nd Mon of the month 10am - 1pm	$45 annual fee (access to all courses)	membership.u3awbee@gmail.com - Membership courses.u3awbee@hotmail.com – Courses u3awbee.net.au
Train Trips & Bus Trips Various locations	Train Trips and Bus trips.	Various Contact for details	Various, depending on location	Bev 0417 324 489

VARIOUS				
PROGRAM	**DESCRIPTION**	**DATE & TIME**	**COST**	**CONTACT**
U3A Werribee - Lets do Lunch Various locations	Lunch at a chosen venue.	3rd Fri of the month 12:30pm - 2pm	$45 annual fee (access to all courses) Meal at own cost	membership.u3awbee@gmail.com - Membership courses.u3awbee@hotmail.com – Courses u3awbee.net.au

PRIVATE HOUSE - U3A **E:** membership.u3awbee@gmail.com - membership **E:** courses.u3awbee@hotmail.com - Courses **W:** u3awbee.net.au			
PROGRAM	**DESCRIPTION**	**DATE & TIME**	**COST**
U3A – Ballet Matinee	Appreciation of classical ballet.	Fri 10am - 12pm	$45 annual fee (access to all courses)
U3A Werribee - Needlecraft	Practice your skills and come along and get involved in crocheting, cross-stitch, embroidery and knitting.	Tue 9:45am - 11:45am	$45 annual fee (access to all courses)
U3A Werribee - Card Game - 500	Come along have some fun and challenge yourself in this team game.	Wed 1:15pm - 4pm	$45 annual fee (access to all courses)
U3A Werribee - Singing Group	Come along and enjoy singing together which is well known for personal health social connections.	Thu 2pm - 4pm	$45 annual fee (access to all courses)

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 scan the QR code or complete the details below and return to:

Ph: Community Engagement & Connections Team on 8734 4514
E: communityconnectionsandcareservices@wyndham.vic.gov.au

Address: Community Development Team
Wyndham City Council
PO Box 197, Werribee, VIC 3030

Form

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.

For more information visit
www.wyndham.vic.gov.au

wyndhamcity
city. coast. country