



## BOOKINGS

All events and programs are **FREE** unless otherwise noted.

**B** All events/programs with this symbol require bookings. To book, contact the organiser directly using the phone number on the listing.

**NEW** All events/program with this symbol are new.

**\$** All events/programs with this symbol have fees attached. For more information, contact the organiser directly using the phone number on the listing.



## HUME CITY COUNCIL Greenvale West Community Centre

## FOR MORE INFORMATION

### HumeLink

Hume City Council's  
multilingual telephone information service.  
General enquiries: Telephone 9205 2200

للمعلومات باللغة العربية	9679 9815
معلومات باللغة العربية	9679 9809
Za informacije na bosanskom	9679 9816
Za informacije na hrvatskom	9679 9817
Για πληροφορίες στα ελληνικά	9679 9818
Per avere informazioni in italiano	9679 9819
За информације на српском	9679 9820
Para información en español	9679 9821
Türkçe bilgi için	9679 9822
Muốn biết thông tin tiếng Việt	9679 9823
For other languages...	9679 9824

Venue available for hire  
7 Ventura Way, Greenvale 3059

Monday to Friday  
8.30am–5pm

Phone 9356 6880

[greenvalewestcc@hume.vic.gov.au](mailto:greenvalewestcc@hume.vic.gov.au)  
[hume.vic.gov.au/greenvalewestcc](http://hume.vic.gov.au/greenvalewestcc)



## PROGRAMS AND EVENTS

JUNE 2023



For all venue hire enquiries  
please contact us

☎ 9356 6880

@ [greenvalewestcc@hume.vic.gov.au](mailto:greenvalewestcc@hume.vic.gov.au)




## Programs

### Safe Seats Safe Kids

Free child car restraint fittings & Safety Checks. Is your child travelling safely? Have a professional fitter check your restraints so you know your child is safe.

 **Friday 16 June 2023**


 10am – 2pm


Register via

@ [safeseatssafekids.com.au](mailto:safeseatssafekids.com.au)

### Kids Edible Gardening Activities

Bring your young children along to an edible gardening workshop and exploration of the Greenvale West Community Centre outdoor space.

 **Wednesday 28 June 2023**

 1pm – 2pm

Register via



### School Holiday Programs



For more details coming soon.


## Education


### Meditation Workshop

Want to learn how to improve your overall well-being, reduce stress and anxiety, increase focus and productivity, or to find a way to attain inner peace and balance in your life?

Learn how to start meditating.

 **Thursdays - except 8 June**

 11am – 11.45pm

 9356 6880

\$ Free

Scan QR Code to sign up



## Children

### Story Time

For children between the age of 0 to 5 years old. Listen to stories and complete craft activities with your child designed to help children develop a lifelong love of reading.

 **Mondays**

 12.30pm – 1.30pm


 9356 6880

### Mattfiddes Martial Arts


We are a mixed martial arts school and we have various programs tailored towards individuals from all walks of life and different age groups. Our purpose is solely driven towards helping individuals develop a healthy and active lifestyle through the martial arts.


 **Mondays - From 26 June**

#### Mighty Matt

 4.30pm – 5.15pm

#### Junior Class


 5.30pm – 6.15pm

 0413 735 663

@ [thegroup\\_mf@outlook.com](mailto:thegroup_mf@outlook.com)

[Mrsboz@mattfiddes.com.au](mailto:Mrsboz@mattfiddes.com.au)

 mfascotvale

 mf\_ascotvale


### The Holistic Playgroup

Welcoming families with children 0 - 5 years of age. We are a play based playgroup where you can meet local families, opportunity for bonding activities for you and your baby, self care and parenting support.

 **Friday 2 & 16 June**

 9.30am – 11am

@ [tamaranletang@gmail.com](mailto:tamaranletang@gmail.com)


 The Holistic playgroup

## Active

### Tai Chi

Tai Chi is practiced as meditative movement for many reasons. This program is suitable for all ages and can be practiced seated or standing.

 **Mondays**

 7pm – 8pm


 9205 2760

@ [homestead@hume.vic.gov.au](mailto:homestead@hume.vic.gov.au)

### Small group training with Patricia

If you are looking to achieve weight loss/fat loss or improve your strength, flexibility, mobility and general health and fitness then these are the classes for you. All classes go for 45 mins and equipment is provided for you, just being yourself and your energy!

 **Mondays & Wednesdays**


 7pm – 8pm


@ [info@patricialattouf.com.au](mailto:info@patricialattouf.com.au)

### Pilates with Chantelle

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

 **Tuesdays**


 7pm – 8pm

 0426 849 815

### Yoga with Sagar

The ancient science of fine tuning your body, mind, emotions and energies.

 **Saturdays**

 9.30am – 10.30am

 0421 891 753

@ [yogawithsagar@gmail.com](mailto:yogawithsagar@gmail.com)

## Groups


### Greenvale Over 55's Coffee Catch Up Group


Come and meet your neighbours for a cup of tea or coffee and some great conversation.

These are informal catch ups to help us meet people within our community, socialise and build new friendships.

 **Tuesdays**

**First and third monthly**

 10am – 11.30am


 9356 6880

## Services

### Maternal and Child Health Breastfeeding Support Session

Lactation Consultants and Parent Support Workers are available to support your breastfeeding journey by offering information on all aspects of infant nutrition and parenting.

 **Tuesdays – Fortnightly**

 1.30pm – 4.30pm

 9205 2844


@ [mchbookings@hume.vic.gov.au](mailto:mchbookings@hume.vic.gov.au)

### Babies in Hume

The 'Babies in Hume' Program is a free, fun, interactive, support and education program for all Hume residents with young children.

Ask your Maternal and Child Health nurse for more information about the 'Babies in Hume' Program.

 **Wednesdays**

 1.30pm – 4.30pm


 9205 2643

@ [babiesinhume@hume.vic.gov.au](mailto:babiesinhume@hume.vic.gov.au)

### Immunisation


Council conducts appointment only immunisation sessions for the public in line with the National Immunisation Program.

 **Friday 9 June**

 9.30am – 12.30pm

 **Tuesday 27 June**

 4pm – 7pm

 9356 6745

@ [immunisation@hume.vic.gov.au](mailto:immunisation@hume.vic.gov.au)

**For prices and more information, please contact the organiser of the activity using the numbers or email address provided.**