

### **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.

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.



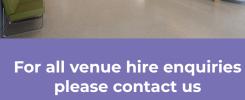
## HUME CITY COUNCIL

# **Greenvale West Community Centre**

## PROGRAMS AND EVENTS

**JUNE 2023** 





@ greenvalewestcc@hume.vic.gov.au

**\$ 9356 6880** 

### FOR MORE INFORMATION

## HumeLink

multilingual telephone information service.

General enquiries: Telephone 9205 2200

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

Venue available for hire 7 Ventura Way, Greenvale 3059

Monday to Friday 8.30am-5pm

Phone 9356 6880

greenvalewestcc@hume.vic.gov.au hume.vic.gov.au/greenvalewestcc





#### **Programs**

#### Safe Seats Safe Kids B

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

(N) 10am - 2pm

Register via

@ safeseatssafekids.com.au

## Kids Edible Gardening Activities B

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 B

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

N 11am − 11.45pm

9356 6880

**\$** Free

Scan QR Code to sign up



Are there any activities you would like to see in the centre in 2023?

Let us know by contacting us on:

9356 6880

@ greenvalewestcc@hume. vic.gov.au

#### 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 B (§)

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

Mrsboz@mattfiddes.com.au

**f** mfascotvale

mf\_ascotvale

#### The Holistic Playgroup B §

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

The Holistic playgroup

#### Active

#### Tai Chi B §

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 nomestead@nume.vic.gov

## Small group training with Patricia B §

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

#### Pilates with Chantelle B §

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

**6** 0426 849 815

#### Yoga with Sagar B §

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

**Saturdays** 

♠ 9.30am – 10.30am

**6** 0421 891 753

@ yogawithsagar@gmail.com

#### **Groups**

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

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

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

#### Services

#### Maternal and Child Health Breastfeeding Support Session B

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

#### Babies in Hume B

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

**@** <u>babiesinhume@hume.vic.gov.au</u>

#### Immunisation B

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