



CHILDREN'S SERVICES & EARLY YEARS

3+ Pre-Kinder Mondays 9am - 1pm and Wednesday 9am - 1pm. Run by highly qualified early childhood professionals. Cost \$30 for 4 hours during school term only.

Holiday Program

Awesome activities for primary school children (prep-grade 6) during Term 1, Term 2 and Term 3 school holidays. Email: admin@iramoooc.com.au to be added to our mailing list to receive the latest schedule. We are seeking volunteers to assist us with our school holiday program.

PLAYGROUPS

Iramoo Playgroup Tuesdays 9.30am-11.30am \$50 per family each term. Playgroups are a great way for your child to interact with other children in a fun and safe environment.

VICSEG Burmese Communities Playgroup Wednesdays 10.30am - 1.30pm each term. Enquiries Karen at VICSEG 8754 0512.



Iramoo Community Centre
84 Honour Ave, Wyndham Vale
Admin hours Mon to Fri 8.30am - 3.30pm

 **8742 3688**

 **admin@iramoooc.com.au**

www.iramoooc.org.au



Check out these regular groups & activities you can join



ACTIVE OPTIONS

Ashworks Tiny Tots Thursday (2-4 yrs) 9.00am - 9.30am Dance and Movement 9.30am-10.00am Ballet. Call Alexandra on 0417328513 or visit www.ashworksperformingarts.com.au

Beginner Jazz Mondays 7.15pm-8.15pm Teen/Adult Beginner Jazz. For more information visit www.kicksdancecompany.com.au or contact Angela on 0422 570 010.

Keep Fit with Karate Enquiries Tyrone 0402 593 393 Junior Class Monday & Wednesday 5pm - 6pm. Senior class Monday & Wednesday 6pm - 7pm.

Yoga NEW Wednesday 9am-10am using floor and chairs call 8742 3688 for more information.

Tai Chi Class NEW Come and join John on Fridays 10.30am - 11.30am. Cost \$10. Improve your wellbeing.

Rhapsody School of Ballet Tuesday 4pm—8pm & Friday 4pm—8pm for students aged 4 years and up. Adult Jazz is 6-7pm on Tuesday and Adult Ballet is 7-8pm on both Tuesday and Friday. We offer professional training with a fully qualified teacher and accredited exams with Cecchetti Ballet Victoria. Contact Cristelle on 0433 872 263 or email rhapsodyschoolofballet@gmail.com

Yoga Moves West Wednesdays 7.30pm - 8.30pm, Thursday 7.30pm—8.30pm and **NEW** Saturday 10.30am—11.30am. Come join us to move, stretch, work, sweat, breathe and be still. Enquiries Catherine 0416 009 024.

Yoga Kids NEW MONDAY 4pm—4.45pm for primary school students, this will help lay the foundations for healthy bodies, minds and spirits. We do this by moving through physical postures developing body awareness, breathing exercises aimed to help steady emotions and relaxations to calm the mind - we'll also throw in some fun partner work and yoga games!! Enquiries Catherine 0416 009 024.

ARTS & CRAFTS

Painting/Drawing Group Tuesdays 1.30pm - 4pm (school terms only). Come to paint or draw together. Bring your supplies. FREE.

Iramoo Quilters Meet 4th Saturday of the month 12.30pm - 4pm for sharing and friendship. Cost \$5. Call Josie 9749 4747.

Knit, Crochet and Chat at Iramoo NEW Fridays 10am—12pm. Come down and knit or crochet in a supportive environment. Needles and wool will be provided. You can also assist Kogo (Knit One Give One) which is a not-for-profit organisation that asks volunteers to donate time to knit woollies that kogo distributes to people in need through over 250 community groups. Or simply bring in your current craft projects and join this friendly group. For more information call 8742 3688.

We are looking to run additional art classes throughout the year. Please contact us if this interests you.

Feel free to drop in and have a coffee , FREE Wi-Fi available

FOOD & FRIENDSHIPS

Food Swap 3rd Saturday of the month 11am - 12pm. Come check it out. Meet near the BBQ area. Enquiries Coralee 0403 433 795.

Gluten Free Cooking Program 3rd Saturday each month 10am—12pm. To confirm date, topic and secure your seat please call 8742 3688. Cost: \$5

Iramoo Community Garden Do you wish to learn more about gardening? Join Belinda McLean, a mum, trainer and urban farmer! Come and ask Belinda lots of questions and learn how to grow your own food at home. Join us fortnightly to help grow and maintain our community garden. Contact us on 8742 3688 to join this group or for more information.

Walking Group **NEW** interested in joining others for a walk around your local area? If this interests you, please call the centre on 8742 3688.

SOCIAL & SUPPORT

Brainobrain Werribee Kids Academy Thursday 6pm— 8pm and Saturday 10am—12pm. Contact Karthick 0431400156.

Book Exchange Located in our kitchen area on the book shelf, please help yourself. If you would like to donate books please drop them off at reception.

Over 50's Club Meet Mondays 9am - 3pm to play games, card games, bowl, dance, share lunch, arrange outings and to form new friendships. Enquiries Bob White 0409 492 226.

Don't Worry be Happy Chronic Pain and Depression Support group Meet Wednesday fortnightly 10am - 12pm. Build friendships, support and learn. Contact Kyren 0435 156 653.

NA Werribee—Fellowship Service Officer **NEW** Meet weekly on Saturday 12pm—2pm
12 Step program for addicts seeking support and recovery. Contact Group member 0422 398 652.

Weight Watchers Meeting Saturday 8.30am - 9.30am. Contact Nicole 0418 202 992 or Mia 0428 269 086.

Wyndham Vale Men's Shed Located at the Wyndham Vale Master's car park on Fridays 10am - 3pm, for more information please contact Greg 0438 962 252 or Chris 0419 820 140.

SPIRITUAL & CULTURAL

Mountain of Love Meet Sundays 9am - 12.30pm. Enquiries Patrick 0478 004 271 .

Mahamenva Meditation Group Meet on the 4th Sunday of the month, 4pm - 8pm for meditation, followed by supper. Enquiries Dimuth 0401 443 011.



Volunteer & group leaders welcome to get involved

Please register for events & workshops

WORKSHOPS

Other workshops will run throughout the year. Please like our Facebook page and check out our events to be kept up to date.

FEBRUARY 13th 9.30am-12.30pm

Stock up on school snack cooking. Parents only. Cost \$5

MARCH 12th 10am-11.30am

Macrame — Soap in a rope. Locally made soap included. Cost \$15

MARCH 30th 9.30am-12.30pm

Stock up on school snack cooking. Parents and children. Cost \$5 per family

APRIL 23rd 9.30am-12.30pm

Cooking with Jeff. Cost \$5.



4 Week Macrame Course \$60

23/4 10am-11.30am

7/5 10am -11.30am

21/5 10am-11.30am

4/6 10am-1pm please allow up to 3 hrs for this last class.

You will learn a variety of knots to complete 3 mini projects and a wall hanging to take home. Call 8742 3688 to book in.

SPECIAL EVENTS

Neighbourhood House Week
8th — 15th May

FRIDAY MAY 8TH — FREE Community Breakfast 9am - 10.30am. Call 8742 3688 to book in.

TUESDAY MAY 12TH— FREE Cupcake decorating with Julie from Cakes - Sweets in bloom 12pm— 2pm. Call 8742 3688 to book in.

WEDNESDAY MAY 13TH — FREE Bees wax wrap making 10am—12pm. Call 8742 3688 to book in limited places.

THURSDAY MAY 14TH — FREE Garden Workshop—Strawberry split 10am—12pm take home your own strawberry plant.

SPECIAL EVENTS

Biggest Morning Tea **May 28th** 10am-11.30am. Please RSVP to 8742 3688 for catering.

Building resilient communities

TRAINING

CPR & EPIPEN Tuesday 25th February 6pm - 7.30pm HLTAID001 refresher \$65

FIRST AID LEVEL II TRAINING
(includes CPR & Epipen training)

HLTAID003 Tuesday 25th February 6pm -10pm. Cost \$140. Includes homework to be done prior to the course.

Call 8742 3688 to book in.

Joanne Ryan MP *Federal Member for Lalor*

Shop 4, 203-205 Watton Street, Werribee, VIC, 3030

Office hours: 9.30am - 4.30pm, Monday to Friday

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