# ALTONA MEADOWS COMMUNITY CENTRE

## PROGRAM

# GET UP GET OUT GET ACTIVE

*It's Harvest Time...*

The centres edible garden is in full Autumn Harvest producing an abundance of vegetables. Thanks to our gardening guru Stephen Holt who's maintained the gardens through searing summer temperatures and ensured that the produce has been distributed in and around our community to those in need..

Altona Meadows Community Centre Inc.
28 Trafalgar Avenue Altona Meadows Vic 3028
T 9315 8244 | F 9315 8266
E info@altonameadowscc.com.au | www.altonameadowscc.com.au

HOBSONS BAY CITY COUNCIL
Neighbourhood Houses The heart of our community
State Government Victoria
FLOWERS in the MEADOWS
hunter french real estate

Support your local Not For Profit Café here at the Centre every Friday during school terms.

Come along and enjoy a delicious 3 course meal, share with new friends and get to know your local community.

Bookings are essential and we ask that you try to book by the Thursday of each week.

**When** Fridays
**Time** 12 noon
**Cost** $10 or $6 concession
**Contact** 8368 0177 For all bookings

# HEALTH & WELLBEING

## DWM STUDIOS LEARN TO DANCE

• Ballroom • Latin & Street Latin
You will learn dances such as the
• Waltz • Samba • Cha Cha
• Jive • Salsa • tango to name a few.

**When** Thursday evenings
**Time** 7:00pm – 9:00pm
**Contact** monique.a.savill@gmail.com
Phone 0427 288 085

## HATHA YOGA

Combines gentle stretching exercises, posture, breathing and relaxation techniques. Suitable for beginners or advanced students. BYO blanket and wear loose comfortable clothing.

**When** Monday mornings
**Time** 9.30am – 10.45am
**Cost** $130 per term ($120 con)
**Contact** Phone: 9315 8244

ZUMBA® fitness

## JOIN THE PARTY!

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness program that will blow you away! Please come 10-15 minutes early for Registration.

**When** Tuesday
**Time** 7:00pm – 8:00pm
**Contact** sabina71@y7mail.com

# PERFORMING ARTS

## ADAM TURNBULL ACTING SCHOOL

Performing arts for children and teens. Classes place emphasis on Self Development, building Self Esteem, Confidence and Professional Acting Skills.

**Time** 7-10 Yrs: 5:00pm – 6:00pm
10-12 Yrs: 6:00pm – 7:00pm
Teens: 7:00pm – 8:30pm
**Contact** Adam 0419 593 257

## BAY WEST MUSIC SCHOOL

Keyboard, Guitar, Piano, Modern Singing, Drums and music theory. Affordable classes for both children and adults, with qualified teachers.

**When** Fridays
**Time** Day & Evening classes available
**Contact** Helen 9395 1543

## SUPERSPEAK

Confidence, Communication Skills, Creativity. Weekly public speaking program for Children 6-15 years. Communication, quick thinking, expression, teamwork, friendships, confidence, leadership, persuasion, vocal variety, diction. Great teachers, loads of fun!

**When** Saturdays
**Time** 9:15am – 3:30pm
**Contact** Enrol now 9572 5249
info@SuperSpeak.com.au

# COMMUNITY

Hope CENTRAL

## A CHURCH FOR EVERYONE!

**Contemporary Worship**
**When** Sunday Services
**Time** at 10:00am
**Where** Altona Meadows Community Centre
• Relevant Messages
• Kidspace – for Children of all ages
• Men's and Women's Groups

**Youth Group**
**When** Every Friday Night
**Time** 7:00pm
**Contact** Pastor Stephen Holt
0425 797 390

## DANCE, MUSIC & MOVEMENT

**FOR PEOPLE WITH AN INTELLECTUAL DISABILITY**

This program is designed to enrich the lives of adults with an intellectual disability through dance and movement in a fun and caring environment. Participants improve their health with both visual stimulation and exercise, but its also just a great way for participants to let their hair down and move to their favourite music, new and old. Spaces are limited & bookings are essential. For more information & bookings

**Contact** 9315 8244
info@altonameadowscc.com.au
**Time** Tuesday 10.30am – 11.15am
**Cost** $2 per week

## CARDIO BOXING

Combines boxing techniques into a fun cardio workout. BYO Towel & Water. Caters to all fitness and experience levels. Gloves and pads supplied.

**When** Tuesday nights
**Time** 6:00pm – 6:45pm
**Contact** Karen 0418 551 067

# PRESCHOOL ACTIVITIES

## SUPPORTED PLAYGROUPS

Early Home Learning Study Weekly group sessions of fun and social activities for parents and pre school children.

**When** Wednesdays
**Time** 10:00am – 12noon
Funded by Department of Education and Training Supported Playgroup

**Contact** Team Leader Early Years
playgroups@hobsonsbay.vic.gov.au
9932 1000

## SUPPORTED PLAYGROUP FOR MIGRANT & REFUGEE FAMILIES

Our playgroups actively support local families through parents and children's bilingual language development and provide early learning experiences that promote positive pathways to kindergarten and primary school. Parents also benefit from social support and friendship, as well as practical information about health, nutrition child development and wellbeing.

**When** Tuesdays
**Time** 10:00am – 12noon
**Cost** $2 per week
Provides fruit and a snack for your child/children.
**Contact** Bookings are essential 9315 8244

## OCCASIONAL CHILD CARE

For infants and pre school children under 6 years old.

Professional, qualified and caring educators offer a range of activities & experiences for children. It provides parents with time to take a break or attend appointments while children have an opportunity to play and learn.

**When** Thursday and Friday
**Time** 8:45am – 12:45pm
**Contact** Phone 9932 1528
Bookings essential
Direct Line to Creche room on Thursdays & Fridays ONLY on 9315 8277

## BALLET BABIES

Learn balance, coordination, creativity and basic ballet technique in a fun and friendly environment.

**When** Saturdays
**Time** Ballet Babies
Ages 3-5 yrs 9:00am – 9:30am
Junior Classical:
Ages 6-8 yrs 9:30am – 10:00am
**Cost** $10 per session
**Contact** Stephanie 0433 700 347

## MAINLY MUSIC

A fun interactive music program for pre-schoolers 0-5 years.

**When** Thursdays
**Time** 10:00am – 11:30am
**Cost** $5 per family includes morning tea
**Contact** Helen 9395 1543

LCD Dance School Presents...

## LITTLE FEET

Dance and movement program
**When** Wednesday
**Time** 3 to 5 Yrs: 10:30am – 11:30am
5 to 9 Yrs: 4:15pm – 5:15pm
**Contact** Louise Chapman (Principal)
0413 789 538
louise.chapman10@gmail.com

## SATURDAY SHAPE UP

Exercise Class for everyone of all fitness levels. Come and check it out

**When** Saturday mornings
**Time** 8:00am – 9:00am
**Contact** Stephanie 0433 700 347

## DWM TINY TOTS

These classes are a great way to make new friends and introduce your child to dance in a fun environment. Jazz, ballet, contemporary and hip hop in a combined and creative class. whether it be in our 'mummy and me' or our tiny tots class, these classes are a great way to develop your child's coordination, motor skills, strength, self-esteem and musical appreciation

**When** Mondays
**Time** 1:15pm – 2:15pm
**Contact** Phone 0427 288 085
monique.a.savill@gmail.com

## FOR YOUNG PEOPLE

Activities, outings & much more!

**YOUNG CHILDREN** Primary School aged
**When** Meets once a month
Saturday evenings

**YOUTH GROUP** Secondary School age and above

**When** Friday nights
**Time** 7:00pm – 9:00pm
**Contact** Helen or Stephen 9395 1543

# ALTONA MEADOWS COMMUNITY CENTRE

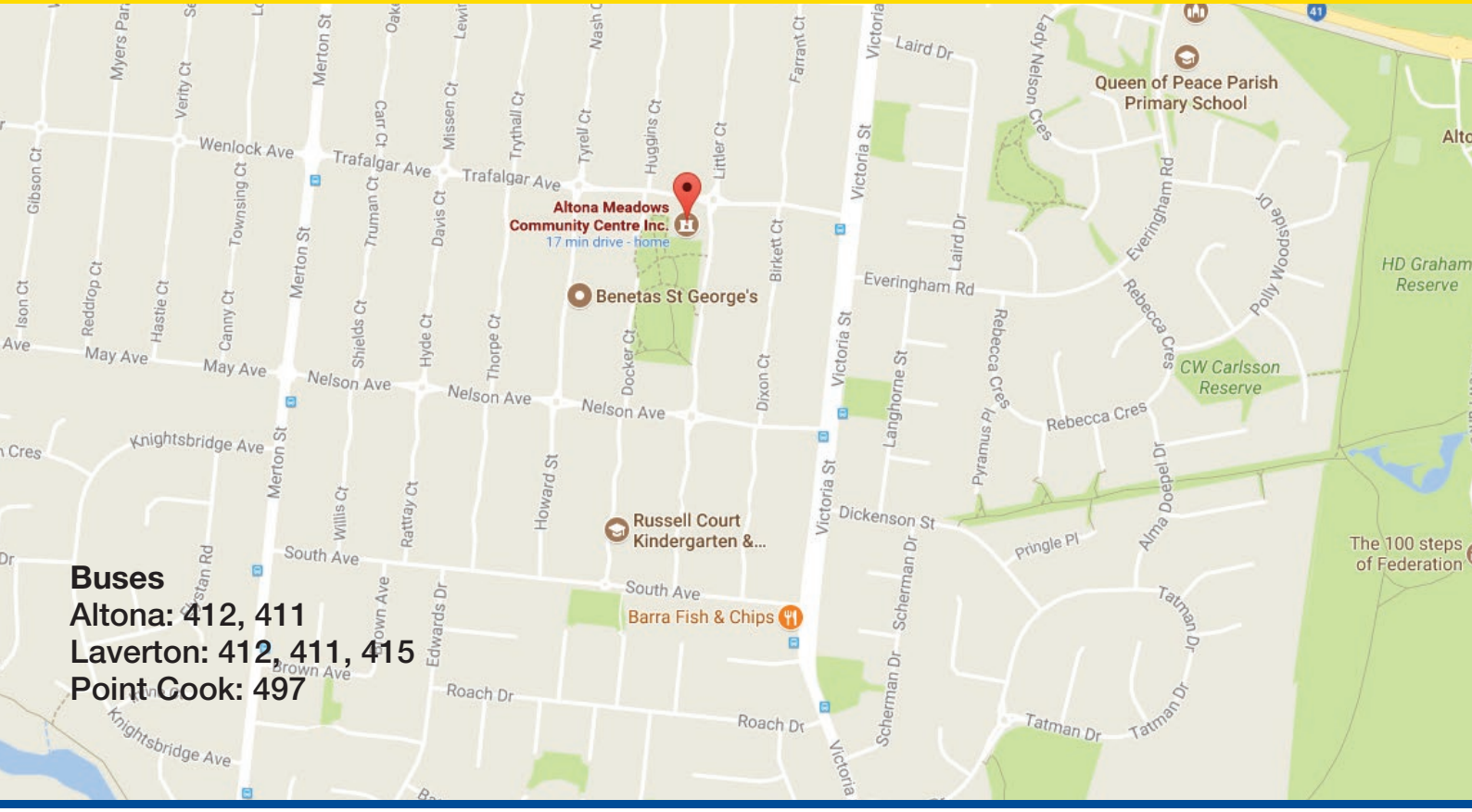
## CLUBS & SERVICES

**WESTERN SUBURBS WARGAMES ASSOCIATION**
Wargames is a strategy game that deals with military operations of various types, real or fictional. Competitions run throughout the year.
**When** Meets fortnightly at the Centre
**Contact** wswaclub@gmail.com

**AN OUTREACH OF HOPE CENTRAL**
Community Church.
**When** Every alternate Tuesday.
**Contact** Irene 0409 776 877

**GREEK SENIORS CLUB**
**When** Wednesdays
**Time** 10:00am – 3:00pm
**Contact** AMCC 9315 8244

**NEIGHBOURHOHOOD WATCH**
Get involved in your local community and join the Altona Meadows Neighbourhood Watch.
**When** Monthly at the centre on Monday from 6:30-7:30pm
**Contact** Shelley 0418 762 371




**Buses**
**Altona: 412, 411**
**Laverton: 412, 411, 415**
**Point Cook: 497**

**Altona Meadows Community Centre gratefully acknowledge the support of**

Neighbourhood Houses
The heart of our community

HOBSONS BAY CITY COUNCIL

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FLOWERS in the MEADOWS

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