



ALTONA MEADOWS COMMUNITY CENTRE

**TERM
PROGRAM**



Food For Thought

**Grow your own. Everyone has a Green thumb!!
Its Healthier keeps you active no matter big or
small places pots or tubs you can grow
anything you want.**

**The Altona Meadows Community Centre gratefully acknowledge the
support of Greater Western Water in funding this program.**



Altona Meadows Community Centre Inc.
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**HOBSONS
BAY CITY
COUNCIL**



Neighbourhood Houses
The Heart of Our Community™



State Government
Victoria

Downer

hunter french
real estate

WALK & TALK



There's a reason why walking is one of the most popular forms of activity in Australia. Walking helps to reduce stress be more alert, have a healthier body and build strong relationships.

Walking is suitable for people of all ages and fitness levels. It can be done anywhere and is FREE.

It's a great way to meet new people in the neighbourhood, helps you feel stronger, more energetic, happier and improves your overall health and quality of life.

When Tuesday during school terms (weather permitting)
Where Meets at the centre at 10am **FREE Activity**

HEALTH & WELLBEING



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 9315 8244



ZUMBA

How It Works
 We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits
 A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Time Monday 6:30pm – 7:30pm

Ph: Eddie on 0412 585 768



THE GREEK HUB

Its all Greek to me...

The Hub is open to everyone and we encourage people of all cultures and backgrounds to come and share experiences and their stories, from immigration to contemporary multicultural family life today and facing the challenges of holding on to customs, language and traditions in an ever changing world

An exciting social, cultural and educational series of classes and events that embrace the Greek language & culture!
 Come along and connect with the people, food, language and the music of Greece!

Check the Notice Board for upcoming dates & times



SKATE STUDIO

JOIN ROLLER SKATING CLASSES FOR FUN & FITNESS

The Skate Studio was created to encourage and promote roller skating within the local community. Classes are open to ALL ages, skills levels and abilities and we pride ourselves on providing a learning environment that is supportive and inclusive.

Contact skate_studio@outlook.com
Time Tuesdays 6:30pm – 8:30pm

KOUNELAKIA



Language, Education, Play based learning, Fun activities, Stories, Nursery Rhyme crafts...and more!

The only formal Greek Learning Centre Program in Melbournes West.

When Monday
Time 9:45am to 11:00am
Contact: Claire olympic_learning@outlook.com
 Phone 0434 380 148



Altona Meadows Community Centre gratefully acknowledges the support of Hobsons Bay City Council Make It Happens Grants for funding this program of events.

ALL ABILITIES DANCE FITNESS CLASSES



Working out doesn't have to be boring & doesn't need to be in a generic gym setting. Working out can be FUN & we have created programs that will ELECTRIFY YOUR SOUL & make you fall in love with moving your body!

The environment at every class is HIGH VIBE, we turn the music up LOUD & move/ Shake our booties to the HOTTEST MUSIC OUT!

Tuesdays: 10.30
 Contact Jenna for Bookings:
 BEATZFREAKFITNESS@YAHOO.COM

COMUMUNITY CAFE



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

SUPERSPEAK

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 Wednesdays 4:15pm – 8:15pm
Thursdays 4:15pm – 8:15pm

Contact Enrol now 9572 5249
info@SuperSpeak.com.au

ZENERGY K9 DOG & PUPPY TRAINING



At Zenergy K9 Training we believe that Positive First training delivers the best results and specialise our classes in:-

Puppy raising and aggression/Puppy kinder, basic and advance obedience tricks dog certificates. Loose leash workshops and agility courses.

Group and one on one Classes available

When Saturday 10:30 – 3:30pm

Find us www.zenergyk9.com.au
Facebook: zenergyk9

Contact Hailey Robertson
Head trainer/Owner
0497 538 665



SUPPORTED PLAYGROUPS



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

When Tuesdays

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

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
occasionalcare@hobsonsbay.vic.gov.au



PEER POWERED GAMING – GAMERS GUILD

NDIS Group. A casual non-structured session of various board games and video games selectively chosen to challenge you and other peers! This group is also run by a Peer Practitioner.

If you think this fits with your NDIS goals, please contact PeerPoweredGaming@gmail.com

Runs Tuesday 12.30-4.30pm



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



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 Stephen 0425 797 390

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



FOR YOUNG PEOPLE



Activities, outings & much more!

YOUNG CHILDREN

Primary School aged

When Meets once a month
Saturday evenings

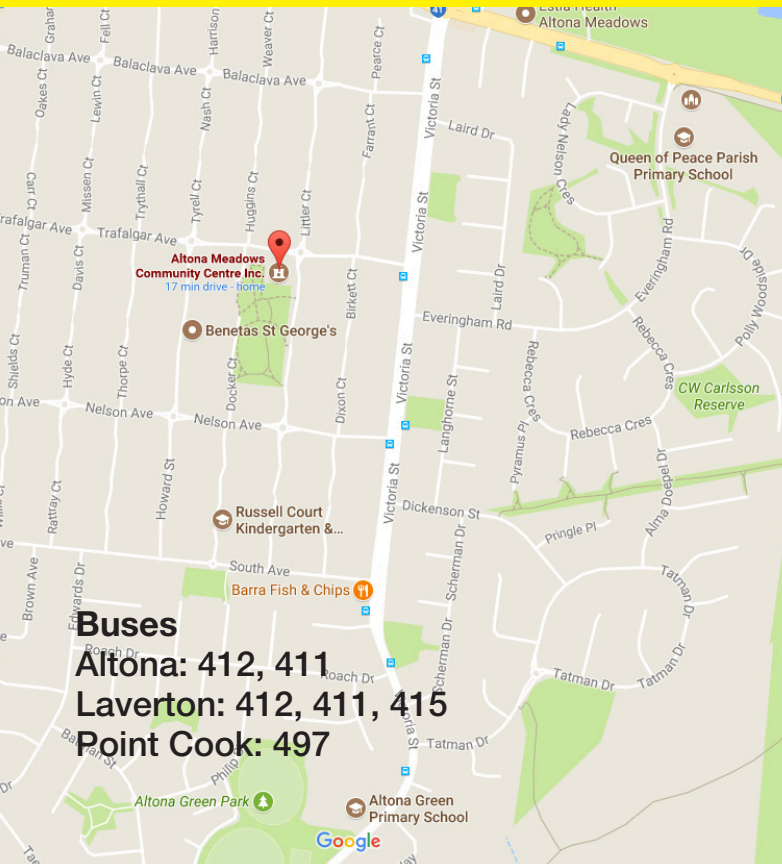
YOUTH GROUP

Secondary School age above

When Friday nights

Time 7:00pm – 9:00pm

Contact Stephen 0425 797 390



Buses

Altona: 412, 411

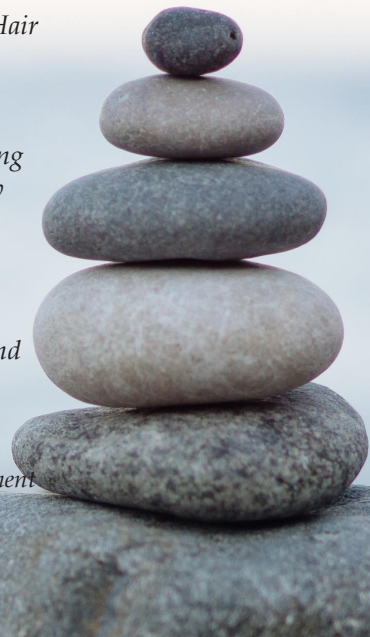
Laverton: 412, 411, 415

Point Cook: 497

Beauty and Brow Stiles

Specialising in,

- *Skin, Facials
 - *Brow Sculpture/waxing
 - *Cosmetic Brow Tattoo and Microblading
 - *Electrolysis, Permanent Hair Removal
 - *Diathermy, Red Vein Removal
 - *Full Body and Face Waxing
 - *Eyelash Tinting, Eyebrow Tinting
 - *Eyelash Lift
 - *Deluxe Manicure and Pedicures
 - *Swedish Body Massage and Exfoliation
 - *Ear Candling
 - *Indian Head Massage
- Call Kaylene for an Appointment
0425 730 752



Altona Meadows Community Centre gratefully acknowledge the support of

HOBSONS BAY CITY COUNCIL



Neighbourhood Houses
The Heart of Our Community™



hunter french real estate

Downer
Downer Gas Networks - Utilities

State Government
Victoria