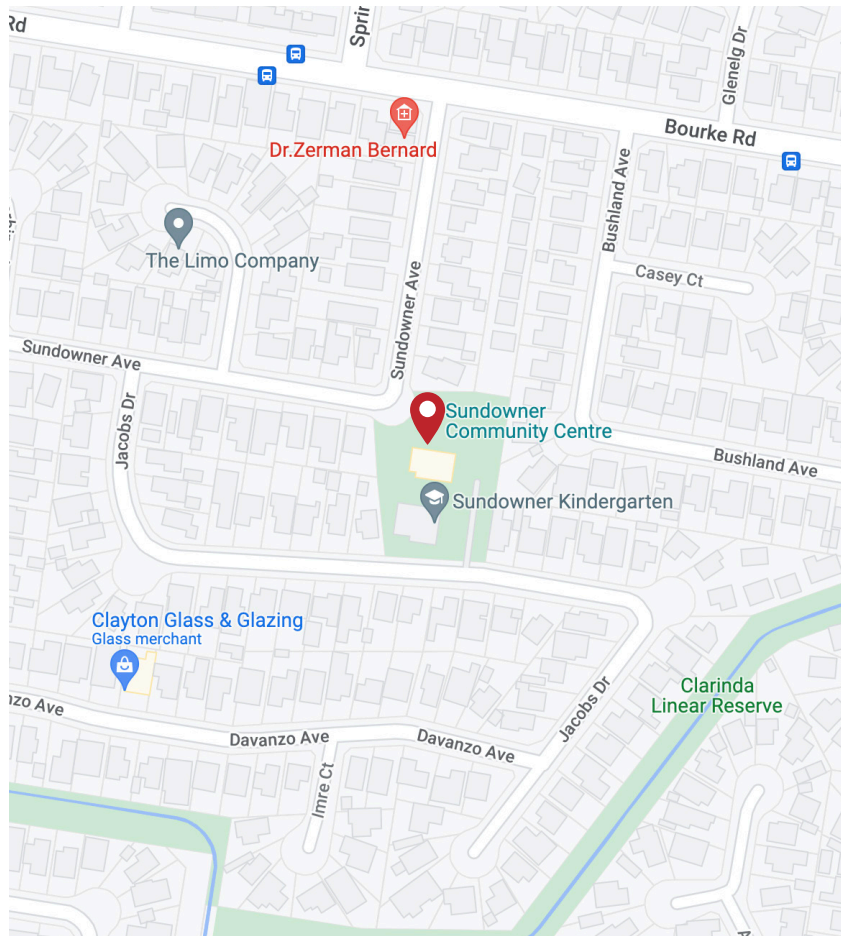


# 2022 ACTIVITY GUIDE

JANUARY - JUNE



## Sundowner Community Centre

24 Sundowner Ave, Clarinda, 3169 (Car Park entrance located off Jacobs Drive)

☎ 8551 1206    ✉ [sundownercc@kingston.vic.gov.au](mailto:sundownercc@kingston.vic.gov.au)

Office Hours: Mon - Fri 9:30am - 2:00pm



For interpreter services, please call



City of  
KINGSTON

**There's something for everyone.**



## MONDAY

### YOGA CLASSES

9.30am - 10.30am

**\$5.00**

Develop strength, improve flexibility, and increase balance in one of our relaxing Yoga classes run by Waves instructor Audrey.



**Every Monday during School Term**

**11.30am - 1.30pm**

**FREE**

Join our Chatty Cafe in a comfortable, safe environment for a cup of tea or coffee and biscuit to meet people in your community and share a chat.

Visit [chattycafeaustralia.org.au](http://chattycafeaustralia.org.au)

### AGEING WELL

**Stay stronger for longer | Move better | Live better**

**12.30am - 1.30pm | Every Monday during School Term**

**FREE**

Muscle strength declines 30% (on average) from age 50-70, with more dramatic losses after age 80.

Come and have a friendly chat with Tam, Movement Coach / Personal Trainer who can give you exercises to not only improve muscular strength but also improve other abilities such as balance, posture, co-ordination and movement.

No bookings required.

## SATURDAY

### INDIAN FRIENDS & FAMILY ASSOCIATION

5.00pm - 9.00pm

**Cost: \$6**

Family support meetings and learning the traditions and culture of India including the Indian language.

**Contact:** Sudha 0425 807 412 or Kauser 0432 154 524

## SUNDAY

### P.E.A.S.E.R.

1.00pm - 5.00pm

**Cost: \$16.00 per year**

Pilipino Elderly Association of South East Region meet every Sunday for a social afternoon of good food and good entertainment.

P.E.A.S.E.R.'s cultural arm 'Kultura Filipino' provides free folk dancing lessons for anyone interested.

**Contact:** Ofelia - 9558 2740

my  community life

find us here  
[mycommunitylife.com.au/Home](http://mycommunitylife.com.au/Home)

## FRIDAY

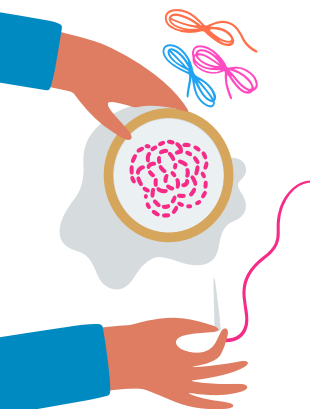
### TAI CHI CLASS

9.30am - 10.30am

Cost: \$6

A gentle Chinese martial art practiced for health benefits and meditation.

Contact: Sundowner Community Centre 8551-1206



### CRAFTY BUSINESS

10.30AM-12.30PM

FREE

Develop your creative talents and share your expertise. Join our experts to experience some crafty business.

Contact: Sundowner Community Centre 8551-1206

### LIFT FOR LIFE

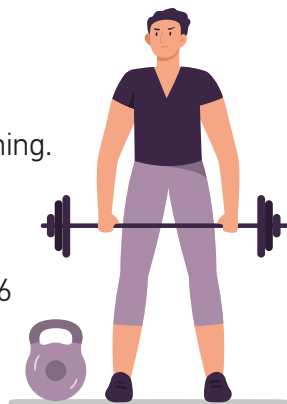
12.30pm - 1.30pm

FREE

Lift for life is a gentle introduction to strength training. This social exercise group is open to all ages.

No bookings required.

Contact: Sundowner Community Centre 8551-1206



## TUESDAY

### SAFE SEATS

10.00am - 2.00pm | Tuesday monthly on the 4th week of the month - starting Tuesday 24 May 2022

Local parents and carers are invited to book in for a free child car restraint fitting or safety check! The events are hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.

Visit [safeseatssafekids.com.au](https://safeseatssafekids.com.au)

FREE



IS YOUR CHILD TRAVELLING SAFELY?

FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS

► Sundowner Community Centre, 24 Sundowner Ave, Clarinda  
Tuesday, monthly on the 4th week of the month  
between 10am - 2 pm - starting Tuesday 24 May 2022



find out more at [safeseatssafekids.com.au](https://safeseatssafekids.com.au)



### COMMUNITY PARENTS GROUP

10.00am - 12.00pm

FREE

This is a community based parents group, designed for parents to come together with their child/children between 0-2yrs old. Great way to meet other parents in the area and make new friends.

Contact: Sundowner Community Centre 8551-1206

## WEDNESDAY

### GENTLE EXERCISE CLASS

11.00am - 12.00pm

FREE



Enjoy the benefits of regular exercise and help improve the symptoms of arthritis, heart disease, diabetes, osteoporosis & mental health issues. Classes tailored to suit all fitness levels. Classes are held during school terms.

**Contact:** Sundowner Community Centre 8551-1206

### PENGUIN CLUB OF AUSTRALIA

8.00pm - 10.00pm

1st & 3rd Wednesday of the month

FREE

Women's group aiming to build confidence through public speaking.

New members welcome!

**Contact:** Alison 0459 186 670



## THURSDAY

### LITTLE LEARNERS PLAYGROUP

10.00am - 12.00pm

FREE

Come and socialize with other parents and share your cultural stories.

Make new friends or renew old friendships with parents in similar circumstances.

Build you & your child's confidence with other parents & children in a friendly & safe environment.

Available to families who live in the 3169-postcode

