



HUME CITY COUNCIL
**Greenvale
 West
 Community
 Centre**

**Programs and events
 July 2024**



Bookings

All events and programs are **FREE** unless otherwise noted.

B Bookings required. Contact the organiser directly using the phone number on the listing.

NEW New events/program.

\$ Fees apply. Contact the organiser directly using the phone number on the listing.

Connect with us

Venue available for 7 days hire
 7 Ventura Way, Greenvale 3059

Monday to Friday 8.30am–5pm

 **9356 6880**

 **GreenvaleWestCC@hume.vic.gov.au**

 **hume.vic.gov.au/greenvalewest**



HumeLink

Multilingual telephone information service

Enquiries 9205 2200

للمعلومات باللغة العربية 9679 9815
 مبدعفة جعفنأ نههؤنأ 9679 9809
 Za informacije na bosanskom 9679 9816
 Za informacije na hrvatskom 9679 9817

Για πληροφορίες στα ελληνικά 9679 9818
 Per avere informazioni in Italiano 9679 9819
 За информације на српском 9679 9820
 Para información en español 9679 9821

Türkçe bilgi için 9679 9822
 Muốn biết thông tin tiếng Việt 9679 9823
 For other languages... 9679 9824




Programs

Birds of Hume Talk and Walk

Volunteers and Families are invited to a free planting day. Join us for an exciting and free event to learn all about diverse birdlife in the Hume region.

 **Wednesday 3 July**


 10.00am to 12.00pm



Garden Goodness

Join us as we plant seeds to propagate plants that you can take home or gift to a friend. Wear clothes that are weather appropriate and suitable for getting dirty.

 **Thursday 4 July**


 1.30pm to 2.30pm



Winter Wellness

Focus on some Winter Wellness practices that are especially useful for rainy days! Wear comfortable clothing as we will be doing some yoga.

 **Thursday 11 July**

 1.30pm to 2.30pm



Education

Meditation Workshops

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.

Scan QR Code to sign up.


After hours workshop:


 **Monthly**

Thursday 4 July

 11.00am – 11.45am

Thursday 11 July

 6.30pm - 7.15pm

 9356 6880




Children

Rhyme Time & Story Time


Listen to stories and complete craft activities with your child designed to help children develop a lifelong love of reading.

 **Monday 15, 22 & 29 July**

Rhyme Time: For children between the age of 0 to 3 years old.

 10am – 10.30am


Story Time : For children between the age of 3 to 5 years old.


 11am – 12pm


 9356 6880

Bella Star Studios

At Bella Star Studios we offer a range of classes from 2 years old to adults. We have a variety of dance styles. Check out our current timetable and book a FREE trial dance class! We look forward to hearing from you soon.

 **Wednesday 17, 24 & 31 July**


 4.30pm – 7pm


 bellastarstudios@gmail.com


 bellastarstudios.com.au

Baby Bounce

Enjoy gentle movements, songs and rhymes during this early language and literacy program. For babies between the age of 0 to 12 months and their parent/caregiver.

 **Thursday 18 & 25 July**

 1pm – 1.30pm

 9356 6880

Active

Pilates with Chantelle

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**


 6.30pm – 7.30pm

 0426 849 815

Yoga with Sagar

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

 **Saturday 20 & 27 July**

 9.30am – 10.30am


 0421 891 753


 yogawithsagar@gmail.com

RPA Studios

RPA offers affordable performing arts tuition to ensure a supportive environment for students of all ages to achieve their artistic ambitions with up-to-date techniques.

 **Saturday 20 & 27 July**

 10.45am – 12.15pm

 0439 820 035


Groups


Greenvale Over 55's Coffee Catch Up Group

Come and meet your neighbours for a cup of tea or coffee and some great conversation.

These are informal catch ups to help meet people within our community, socialise and build new friendships.

 **Tuesday 9 & 23 July**

 9.30am – 11.30am

 9356 6880


Services


Babies in Hume


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.

 **Mondays & Wednesdays**


 1.30pm – 4.30pm


 9205 2643

 babiesinhume@hume.vic.gov.au


Immunisation


Council conducts appointment only immunisation sessions for the public in line with the National Immunisation Program.

 **Friday 12 July**

 9.30am – 12.30pm

 **Tuesday 23 July**

 4pm – 7pm


 9356 6745

 immunisation@hume.vic.gov.au


Occupational Therapy


An expert team specialises in supporting 4 to 9-year olds' developmental needs. For personalised assistance, contact Chloe and Paulette below.

 **Fridays**

 8.30am – 4.30pm

 **Saturdays**

 8.30am – 12.30pm

 9010 6269

 admin@otsrus.com

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