# HUME CITY COUNCIL Greenvale West Community Centre

Programs and events August 2024

## Bookings

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

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

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



- @ GreenvaleWestCC@ hume.vic.gov.au
- hume.vic.gov.au/greenvalewest

HumeLink		Multilingual telephone information service		Enquiries 9205 2200	
للمعلومات باللغة العربية يَجْمَعُمَّ حَكْمَةً بِمَعْمَةً Za informacije na bosanskom Za informacije na hrvatskom	9679 9815 9679 9809 9679 9816 9679 9817	Гιа пληροφορίες στα <b>ελληνικά</b> Per avere informazioni in <b>italiano</b> За информације на <b>српском</b> Para información en <b>español</b>	9679 9818 9679 9819 9679 9820 9679 9821	Türkçe bilgi için Muốn biết thông tin tiếng Việt For other languages	9679 9822 9679 9823 9679 9824



## **Programs**

#### **Tablet and Devices**

Come along and learn how to use your iPhone or tablets as Suman from our Hume Library runs you through the basic settings. Please bring your own iPhone / tablet.

Tuesday 6 and 20 August

( 9.30am to 11.30am

#### Greenvale West Olympic **Board Game Challenge**

Join us for a themed day of board game fun! Compete in exciting games, enjoy hot drinks. and chat with friends.

#### Tuesday 13 and 27 August 12 pm - 2 pm

## Education

### Meditation Workshops

Want to learn how to improve your overall wellbeing, 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 1 August () 11am – 11.45am

#### **Thursday 8 August**

€.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.

### **Mondays**

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

**(**) 10am – 10.30am

Story Time : For children between the age of 3 to 5 vears old. N 11am – 12pm **9**356 6880

#### Bella Star Studios B 😣

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 FRFF trial dance class! We look forward to hearing from you soon.

### Wednesdays

(A) 4.30pm – 7pm

**@** bellastarstudios@gmail.

com Bellastarstudios.com.au

#### **Baby Bounce**

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

Thursdays ▶ 1pm – 1.30pm **9**356 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 **6** 0426 849 815

#### Yoga with Sagar B 😣

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

#### Saturdays

( 9.30am – 10.30am **6** 0421 891 753

@ vogawithsagar@gmail. com

#### RPA Studios B

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

#### **Saturdays**

N 10.45am – 12.15pm **6** 0439 820 035

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

## 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 6 and 20 August

9.30am – 11.30am **9**356 6880

∩ 1.30pm – 4.30pm

- 9205 2643
- @ babiesinhume@hume. vic.gov.au

#### Immunisation B

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

Tuesday 27 August

● 4pm – 7pm 9356 6745

@ immunisation@hume.vic. qov.au

#### Occupational Therapy B 📀

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

**R** 8.30am – 4.30pm

## Saturdays

- 8.30am 12.30pm
- **6**9010 6269

@ admin@otsrus.com

## 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

#### Friday 9 August

• 9.30am - 12.30pm

### Fridays