



Newsletter August 2024

Joan Kirner House Williamstown, Spotswood Community House,
and Altona North Community House.

What's Coming Up?

- Wednesday August 7, 14, 21, and 28. **FREE Willy Walking Group.** From 10.15 am to 11.00 am, starting at Joan Kirner House. Sponsored by Mobil.



- Wednesday August 7, 14, 21, and 28. **FREE Community Morning Tea** at Joan Kirner House, sponsored by Mobil, at 11.00 am.

- Wednesday August 21. 11.00 am. **IPC Health Care Finder Pop-Up.** In Joan Kirner House foyer. Details below.



- Thursday afternoons at Joan Kirner House. **Adam Turnbull Acting.** Call Adam on 0419 593 257 for details.



- Tuesday evenings at Joan Kirner House. **Book Club.** Once a month. Call Felicity on 0434 943 391.

- Monday evenings at Joan Kirner House. **Kali 3 Dimensional.** Details below. Call Nick on 0416 806 878.



- Monday afternoons at Joan Kirner House. **Art Therapy.** A NDIS program. Call Janine on 0412 152 507 for details.

- Tuesday afternoons at Spotswood Community House, and Saturdays at Joan Kirner House. **Australian Boating College.** Call Daniel on 0408 369 664 for more details.



- Wednesday and Thursday afternoons at Joan Kirner House. **Art Classes for Kids.** Call Shelley on 0478 074 075 for more details.


- Tuesday August 27. 10.00 am. **Coffee with a Cop.** Altona Gate Shopping Centre, Details below.



At Joan Kirner House. 

Kali 3 Dimensional

Kali 3D is a complete functional Filipino fighting system that teaches you how to transition effectively between Sticks, Blades & Empty Hands all with the same moves!



New Club starting 1st April, 2024
(Directly under the Founder Grandmaster Andy Elliott)
14 Thompson St Williamstown
Community & Education Centre
Mondays
6:00pm to 7:30pm
Contact: Nick Mann
M: 0416 806 878
E: nick.r.mann@gmail.com

To find out more about Kali 3D International
visit kali3d.com



IPC Health Care Finder Service

IPC Health's Care Finder Service helps older people without close support find the right aged care services.

Finding services that help you live independently can be confusing, especially if you don't have anyone to help you. Our care finders will talk to you about your needs and support you throughout the whole process of accessing aged care services, including My Aged Care.

We can help you find services like:

- Personal care
- Meal preparation
- Shopping
- Gardening and home maintenance
- Transport
- In home nursing or health care
- Allied health
- Community or social activities

Want to learn more? Come and meet our care finders!

Our care finders will be at:
Joan Kirner House
14 Thompson Street, Williamstown 3016

From 11am-12.30pm on:

- 21 August 2024
- 16 October 2024
- 18 December 2024

You can also contact the IPC Health Care Finder Service on **1300 895 589** or at carefinders@ipchealth.com.au



FREE!

 **Wednesday August 21, 11.00 am.**
Joan Kirner House foyer.

New!

'Programs' section page on our website.

Listing all programs, projects, classes and initiatives in one place, with days, times, locations and contact details.

Link is [HERE](#)



Programs List

Term Three, 2024

 ACQUIRE ACADEMY Kids tutoring at Altona North Community House. Mondays from 5pm to 7pm. Contact Sarah 0457 880 030.	 BONE BOOSTERS Gentle exercise for mature aged people at Joan Kimer House. Thursdays at 1pm. Contact Tahlia 03 9397 6168.
 ADAM TURNBULL ACTING Acting classes at Joan Kirner House. Thursdays from 5pm to 9pm. Contact Adam 0419 593 257.	 BOOK SISTERS Book Club at Joan Kirner House. Third Tuesday of the month from 7.00pm. Contact Felicity 0434 943 391.
 ART CLASSES FOR KIDS Kids art classes at Joan Kirner House. Wednesdays and Thursdays from 3.45pm. Contact Shelley 0478 074 075.	 DANCING IN THE DARK Fun dancing club at Joan Kirner House. Wednesdays from 6.30pm to 8.30pm. Contact Kerrilie 0413 606 592.
 ART OF LIVING YOGA Free yoga at Spotswood Community House. Saturdays from 9am to 11am. Contact Monica 0408 751 552.	 LIZA ROSE FLORISTRY Floristry arranging classes at Joan Kirner House. By appointment. Contact Liza 0416 268 959.
 ART THERAPY NDIS Registered program at Joan Kirner House. Mondays from 1pm. Contact Janine 0412 152 507.	 MYTIME PLAYGROUP Playgroup for children with disabilities at Spotswood Community House. Fridays from 9.30am. Contact Loan 0466 105 940.
 ARTFUL WARRIOR NDIS Registered program at Spotswood Community House. Wednesdays from 1pm. Contact Lee 0458 029 850.	 SUNRISE YOGA Early morning yoga classes at Joan Kirner House. Thursdays from 7am. Contact Ron 0411 723 669.
 BAHAI OF HOBSONS BAY Bahai youth group at Joan Kirner House. Saturdays at 11am. Contact Maria 0408 144 562.	 WILLY WARGAMING Gaming club at Joan Kirner House. Fridays from 5pm to 9pm. Contact Matthew 0438 054 740.
 BRAINWORKS TUTORING Kids tutoring at Altona North Community House. Saturdays at 9am. Contact Ashok 0434 518 247.	 WU TAO Dancing classes at Joan Kirner House. Third Saturday of the month from 1.30pm. Contact Jo 0438 414 331.
	 ZONTA CLUB Women's advocacy club at Joan Kirner House. Second Tuesday of the month. Contact Faye 0411 607 995.



FREE Programs

Term Three, 2024



MORNING TEA

Community morning tea every Wednesday at Joan Kirner House from 11.00am to 11.30am.



MONTHLY BBQ

Monthly community barbeques at Joan Kirner House. View our calendar of events for all BBQ dates!



WALKING GROUP

Walking group meets at Joan Kirner House each Wednesday at 10.15am for a 45 minute slow to medium paced walk.



PANTRY SWAP

Open access pantry for members in the community to give what they can and take what they need.



RECYCLING

Recycling Made Easy hub in the foyer of Joan Kirner House. Open to the community during business hours.



OPEN ACCESS COMPUTER

Two open access computers in the foyer of Joan Kirner House with printing facilities available to use.



COMMUNITY GARDEN

Community garden beds at rear of Joan Kirner House. Help yourself to some mint and basil and ask us how you can help!



BOOK SWAP

Book swap available in the foyer of Joan Kirner House. Take home something new and leave something for others to read.



FRESH PRODUCE SWAP

Bakery produce replenished daily. Leave any fresh fruit or vegetables from your garden and take what you need.



SEED SWAP

Donate seeds for others to take home or collect seeds for your gardens at home. Make sure to label the envelopes!



FREE CHARGE BAR

Charging station with multiple cables to cater for all devices. Available to all during business hours.



BOOMERANG BAGS

Tote bags available to borrow from the Joan Kirner House foyer. Free to use when you need and return when you can.



FREE WIFI

Free WiFi at Joan Kirner House. Anyone is welcome to use - just ask us at reception for the password.



FORM SUPPORT

We offer assistance to help you complete various forms. Contact Lara to book an appointment 03 9397 6168.



REFERRALS

We can inform you about and connect you to other organisations to help meet any additional needs.



ADDITIONAL ACTIVITIES

Email admin@wcec.com.au to join our newsletter list for updates on workshops and sessions running through the year.



Williamstown
Community
and Education
Centre Inc

Education Programs

To join any of our Pre-Accredited classes, call Lynne on 03 9397 6168.

Digital Skills



COMPUTER CLASSES

Learn the absolute basics of using a computer including using the internet, email, Microsoft programs and more.



SMARTPHONE CLASS

Introduction to using smartphones including useful apps, device features and much more. Tuesdays from 9.30am at Joan Kirner House.



COMPUTER EXTRA NEEDS

Basic computer class for people with additional barriers at Joan Kirner House. Tuesdays from 9.30am to 11.00am.



JOB READY

Improve your English and digital skills to help you find suitable employment. Fridays from 9.30am at Joan Kirner House.

English Classes



INTENSIVE EAL

English class for absolute beginners at Joan Kirner House. Mondays and Wednesdays from 9.30am to 12.00pm.



DRAMA AND LANGUAGE

Learn English through Drama for Language and Life at Joan Kirner House. Mondays from 12.45pm to 2.45pm.



BASIC CONVERSATION

Improve your conversational English skills at Joan Kirner House. Thursdays from 9.30am to 1.00pm.



HIGH SPEAKING

Improve your English communication skills at Joan Kirner House. Wednesdays from 12.30pm to 2.30pm.



BEGINNERS READING

Improve your reading and communication skills at Altona North Community House. Mondays at 9.30am.



READING AND WRITING

Improve your reading and writing skills at Altona North Community House. Tuesdays and Fridays from 9.30am.

Skills for Education and Employment and AMEP



SEE AND AMEP PROGRAM

Contact Laverton Community Education Centre on 03 9369 2726 to enrol in SEE and AMEP courses at Joan Kirner House.

Next session August 27 at Altona Gate shopping centre.





Coffee with a COP

BETTER PLACES

HOBSONS BAY CITY COUNCIL

Coffee with a Cop is an opportunity for you to ask questions, discuss issues and get to know your local police.

10AM TO 12PM

TUESDAY 25 JUNE
CHEEKY CHEWIES CAFE
18 Aviation Rd,
LAVERTON

TUESDAY 19 NOV
SPOTSWOOD

TUESDAY 27 AUG
ALTONA GATE SHOPPING CENTRE
Millers Road,
ALTONA NORTH



For more information, please scan QR code



Come along and join us for a FREE cuppa and a friendly chat



HOBSONS BAY LANGUAGE LINE **9932 1212**
9932 1212 (09) 932 1212
Your Council in your language



VICTORIA POLICE



FUTURES OF LEARNING INITIATIVE PROGRAM

Re-engage parents in education and get them ready for work

This FREE 3-week program is designed to help parents like yourself reflect on the reasons why you might be fearful to engage in education and learn strategies to overcome those barriers to learning. By the end our of program, you will have renewed confidence in your educational abilities and a pathway to other learning opportunities.

Commencing:

- + July 30th 2024 10.30am – 1.30pm
- + September 3rd 2024 10.30am – 1.30pm
- + November 12th 2024 10.30am – 1.30pm
- + March 4th 2025 10.30am – 1.30pm

We will provide:

- + Free morning tea
- + MYKI Cards
- + Childcare assistance
- + Free ESL support

Held at the South Kingsville Community Centre
43 Paxton Street, South Kingsville 3015

Spaces are limited. Email programs@skcc.net.au to secure a spot or scan to register.



Scan to register

Tel: 9399 3000 programs@skcc.net.au
43 Paxton Street, South Kingsville Vic 3015
www.skcc.net.au



HOBSONS BAY CITY COUNCIL DEPLORES MALE VIOLENCE AGAINST WOMEN



Seek help if
you need help



Support those
who need support



Respond in the
right way every time



Demand
change

Safe Steps 1800 015 188
1800RESPECT 1800 737 732
Men's Referral Service 1300 766 491
If you believe someone is in immediate
danger, call 000 ask for the police



Scan for more
information

or visit hobsonsbay.vic.gov.au/familyviolence

10.00 am, August, Friday 9
and 23, in Altona. 📍

Social Activity Group

FRIDAYS BY THE BAY

10am-1pm • Fortnightly

2024 dates-

12 + 26 July

9 + 23 August

6 + 20 September

4 + 18 October

1 + 15 + 29 November

13 + 20 December

For people 18 - 64,
living in Hobsons Bay
who are not
eligible for other
support programs.
Transport can
be provided.

Every second
Friday
with Amanda
Art + craft
Wellbeing activities
Outings
Guest speakers

Light lunch
included
\$6.50

5 Sargood Street, Altona

For more information

Phone 9398 2511

admin@ljac.com.au



LOUIS JOEL
ARTS & COMMUNITY

HOBSONS
BAY CITY
COUNCIL





Williamstown
Community
and Education
Centre Inc

Open Invitation



1974 – 2024

To the 50th Anniversary Celebration of Williamstown Community and Education Centre Inc.

Free community morning tea followed by the
premiere launch of our 50th Anniversary
Documentary.

**Joan Kirner House
14 Thompson Street, Williamstown
Wednesday 4th September 2024
11.00 am**

Note – This is an 'open invitation'. No individual invitations will be sent out. No RSVP required. Just turn up!



Free Social Group for Young Neurodiverse Women aged 11-17!



Creating a safe space for young
neurodiverse women to make
friends! Made by autistic women,
for autistic women!

Assist Ability Australia are proud to
announce that we will be hosting a free
social group for young neurodiverse women!
This group will run once a month and will
feature different activities and outings, all of
which will be completely free! There are only
10 places available so get in fast!



SAVE THE DATES!

Wednesday, 21st Aug 2024
Wednesday, 18th Sept 2024
Wednesday, 16th Oct 2024
Wednesday, 27th Nov 2024
Wednesday, 11th Dec 2024



lola@assistabilityaustralia.com.au



Do you play Ukulele? Then this invitation is exclusively for you.

The 2024 Victorian Seniors Festival will launch at Federation Square, Melbourne on **Sunday 6 October** - bringing thousands of older Victorians to town – and potentially for free, if you are a Seniors' Card Holder.

To make this day truly memorable, and maybe also make some ***history**, programming on the day will provide ukulele players from across the state with the opportunity to join a **Mass Ukulele Workshop** led by, **AJ Leonard – Australia's Uke Maestro.**

During this workshop – AJ Leonard will guide the ukulele loving crowd, from the mainstage, through a special arrangement of an iconic and beloved Australian classic hit, then have them creating ukulele magic '*en masse*' when they perform it, at around 3 pm.

Now, those who play know that practice is the key to perfection so to make sure you've had plenty of time to master the chords for this performance prior to the day, AJ Leonard has put together a **'Player's Toolkit'** which includes an instructional video, the chords, the song lyrics and a recording of the finished song for you to play along with.

If you would like to register to be a part of this Mass Ukulele Workshop follow the link below to register, then once we've received your registration, you'll be provided with **another link to connect you to the "Player's Toolkit"**.

Register here: <https://forms.office.com/r/5SM7L0sDSy>

Sunday 6 October starts the 8 days of Free Public Transport provided during the Festival for Seniors Card Holders - so why not use that to bring yourself into Fed Square, for free (if applicable).

When completing the registration form, you'll note that there are some specific questions about how you plan to travel to the event. This is because we want as many people as possible to join us, from across the state, so want to capture the right information to facilitate them easily being able to join us.

And, Metro Trains has committed to ensuring appropriate staff are there to support all attendees, especially those who may need additional assistance on the day, so the detail provided will help them manage this.

So register now or contact **Sally @ Seniors Festival** on 0457 189 803 for more information.

***History: Federation Square holds 10,000 people so let's aim to make history with the largest mass ukulele performance Australia has achieved.**



National Carer Strategy – looking for carer input.

The Department of Social Services has asked for voices to help shape the support offered to carers in Australia. They are arranging a community consultation across Australia co-develop the [National Carer Strategy](#) and gain a deeper understanding of the needs and experiences of Australia's unpaid family and friend carers.

Carers (or former carers) interested in participating, can register for [consultations](#), in Melbourne:

- @Deloitte Office | Monday, 29 July 2024 | 10am–1pm
| <https://www.eventbrite.com/e/national-carer-strategy-carer-consultation-melbourne-tickets-944719791327>
- @Deloitte Office | Thursday, 5 September 2024 | 10am – 1pm
| <https://www.eventbrite.com/e/national-carer-strategy-carer-consultation-melbourne-tickets-945971595507>
- or one of 4 online webinars listed here [DSS Engage](#)

Consultations involve a round table discussion of up to 12 participants for about 3 hours. They hope to capture a diverse range of perspectives and insights into the unpaid caring experience.

Vesna Dupor. Service Navigation Advisor. Community Support.
Hobsons Bay City Council. 9932 1530.

PILATES

BROOKLYN WINTER WORKSHOPS **FREE**

YOGA

BREATHWORK & MEDITATION

Workshop #1
Sat 3 August
8am - 9am

Workshop #2
Wed 7 August
7pm - 8pm

Workshop #1
Thur 15 August
9.30am - 10.30am




Workshop #2
Sat 17 August
9.30am - 10.30am

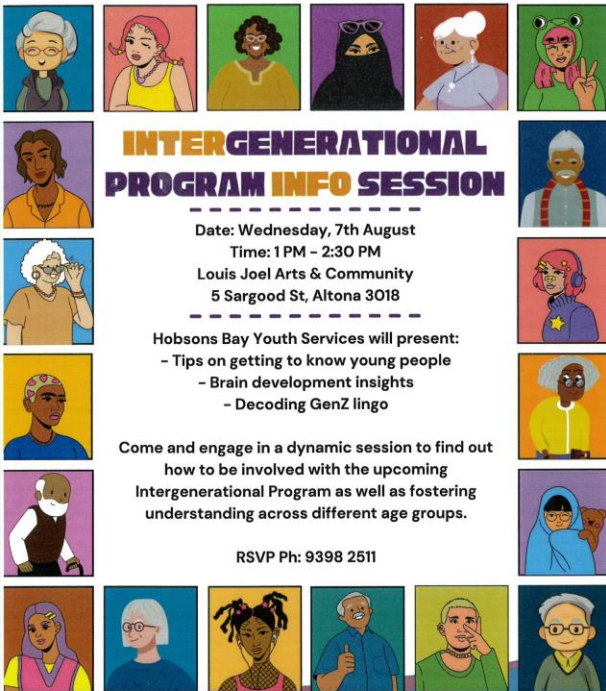
Workshop #1
Thur 29 August
9.30am - 10.30am

BROOKLYN COMMUNITY HALL
35 NOLAN AVE,
BROOKLYN

BYO MAT & TOWEL

HOBSONS BAY CITY COUNCIL


LOUIS JOEL ARTS & COMMUNITY

Hobsons Bay Youth Services

HOBSONS BAY CITY COUNCIL





INTERGENERATIONAL PROGRAM INFO SESSION

Date: Wednesday, 7th August
Time: 1 PM - 2:30 PM
Louis Joel Arts & Community
 5 Sargood St, Altona 3018

Hobsons Bay Youth Services will present:
 - Tips on getting to know young people
 - Brain development insights
 - Decoding GenZ lingo

Come and engage in a dynamic session to find out how to be involved with the upcoming Intergenerational Program as well as fostering understanding across different age groups.

RSVP Ph: 9398 2511

louisjoelartscommunity 
 www.ljac.com.au 

FITNESS FORHER

Dementia-cise!

A low-impact group class for individuals with dementia to maintain communication and social engagement.



Benefits Include:

- Strength
- Mobility
- Muscle tone
- Balance
- Flexibility

FREE 30 minute exercise classes for people living with dementia and their carers

EVERY THURSDAY @ 1.30PM

Please register your interest at:
www.fitnessforher.com.au
 or call: 93608000

Funded by the Hobsons Bay Community fund.
 Supported by The Lions Club of Altona and The Rotary Club of Altona City.
 On behalf of Hobsons Bay Dementia Soaring Falcons Alliance

Location:
 Central Square Shopping Centre
 Shop 46-47 Newham Way Altona Meadows




FREE SOCIAL GROUP FOR YOUNG NEURODIVERSE WOMEN AGED 11-17!

Calling young Neurodiverse women

BY AUTISTIC WOMEN, FOR AUTISTIC WOMEN!



6pm-9pm

SAVE THE DATES!
 WEDNESDAY, 21ST AUG 2024
 WEDNESDAY, 18TH SEPT 2024
 WEDNESDAY, 16TH OCT 2024
 WEDNESDAY, 27TH NOV 2024
 WEDNESDAY, 11TH DEC 2024

Assist Ability Australia are proud to announce that we will be hosting a free social group for young neurodiverse women! This group will run once a month from Brooklyn, and will feature different activities and outings, all of which will be completely free! There are only 10 places available so get in

 1300 091 016
 LOLA@ASSISTABILITYAUSTRALIA.COM

REGISTER NOW!

What's been happening?

Wednesday July 17. **Welcome to Semester Two BBQ,**



Monday July 22. Altona Library English Conversation Class celebrates its **10th Anniversary.** Congratulations!



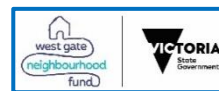
Thanks to **Mobil** for supporting our Walking Group, Morning Teas and BBQs!

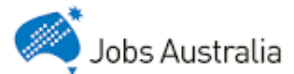


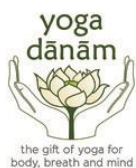
50th Anniversary – ‘Peep into the Past’



A big thanks to our many partners and sponsors over the many years.









Thanks.



Mark.

Dr Mark Brophy PhD
Manager / CEO.
Williamstown Community and Education Centre Inc.
manager@wcec.com.au