

Activity

GUIDE

SUNDOWNER
COMMUNITY
CENTRE

JULY - DECEMBER 2024



*There's something
for everyone!*



City of
KINGSTON

HELLO

Sundowner Community Centre is a Council-managed community centre located in Clarinda. The Centre offers facilities for the local community to meet, stay active, socialise, and volunteer. We aim to support and meet the needs of our culturally and linguistically diverse community by reducing isolation, providing access to social and inclusive activities, and supporting community groups to share and celebrate their individual cultures.

MONDAYS

YOGA

9:30am - 10:30am Practising yoga helps to promote your physical, mental and emotional balance. Our low-cost, relaxing yoga class is open to all ages, and various levels of fitness and flexibility. Bring your own mat and drink bottle.

LIFT FOR LIFE

1:30pm - 2:30pm Lift for Life is a gentle introduction to strength training, facilitated by a fully qualified fitness instructor. This class caters for all age groups and fitness levels. Focus is on fitness, strength, making friends and having fun.

LIFT FOR LIFE



WEDNESDAYS

HENAN PROVINCE HOMETOWN ASSOCIATION OF AUSTRALIA INC.

9am - 5pm
\$2 per session

A Chinese Seniors group that preserves Chinese heritage through Tai Chi and Dance. For more information contact:
Morning contact person (Tai Chi) - Jenny Zhang (0450 966 768)
Afternoon contact person (Dance) - Shen Rong (0423 046 806)
Email : auhenan@gmail.com

SPEAKING MADE EASY - PENGUIN CLUB OF AUSTRALIA

8pm - 10pm
FREE

1st & 3rd Wednesday of the month
Join a Women's group aiming to build confidence through public speaking. New members welcome!
Contact: Nora Fernandes ☎ 0459 186 670
✉ vic.membership@speakingmadeeasy.com.au

SPEAKING MADE EASY



THURSDAYS

LITTLE LEARNERS PLAYGROUP

10am - 12pm
FREE

We offer free playgroups for eligible families to learn and develop through play. We provide a safe, relaxed environment to have fun, build friendships and enjoy time with your children. It's also a great opportunity to build a support network to assist you in your parenting role. Eligible children must be with a parent, grandparent, or carer. Places are limited.

For more information, and to find out about eligibility, please call ☎ 0427 534 624 or email ✉ playgroups@kingston.vic.gov.au

FILM CLUB

12:30pm - 2:30pm
FREE

Join us for regular movies on the big screen! Calling all film buffs! Sundowner is starting a Film Club. Each week the group will watch a film and then discuss it afterwards over a cuppa. A great opportunity to make new friends and discover new films.

LITTLE LEARNERS PLAYGROUP



FRIDAYS

CRAFTY BUSINESS

10:30am - 12:30pm
\$2 per session

Enjoy a cup of tea with new friends while you work on your current craft project. All welcome!

LIFT FOR LIFE

11:45am - 12:45pm
\$5 per session

Lift for Life is a gentle introduction to strength training, facilitated by a fully qualified fitness instructor. This class caters for all age groups and fitness levels. Focus is on fitness, strength, making friends and having fun.

CRAFTY BUSINESS



SATURDAYS

MELBOURNE ZHIYIN CHOIR

12:45pm - 5pm

An amateur Mandarin speaking choir group brought together by a common goal of enriching their lives through high quality singing. New members welcome. Contact: Ling Huang ☎ 0431 143 266

INDIAN FRIENDS & FAMILY ASSOCIATION

5:30pm - 10:30pm

An Indian support group that celebrates their culture through social activities, language and dance classes. Contact: Sudha ☎ 0425 807 412 or Kausar ☎ 0432 154 524

SUNDAYS

CHINESE INTERNATIONAL CHEONGSAM ASSOCIATION

9:30am - 12:30pm

For more information contact Jenny Wang ☎ 0434 190 333

P.E.A.S.E.R. PHILIPINO ELDERLY ASSOCIATION OF SOUTH EAST REGION

1pm - 5pm

The group meet every week to socialise and enjoy entertainment and food. Kultura Filipino also provides free folk dancing lessons for those interested. Contact: Ofelia ☎ 9558 2740

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



VOLUNTEERING

*A little bit of time can
bring great rewards!*

Are you interested in volunteering?
Join one of our Kingston Community
Hubs Volunteer Teams at
Chelsea | Clarinda | Patterson Lakes
Sundowner | Westall

Give back and have a positive impact
on your local community. Apply online
at kingston.vic.gov.au or visit one of our
Community Hubs.



SCHOOL HOLIDAY ACTIVITIES

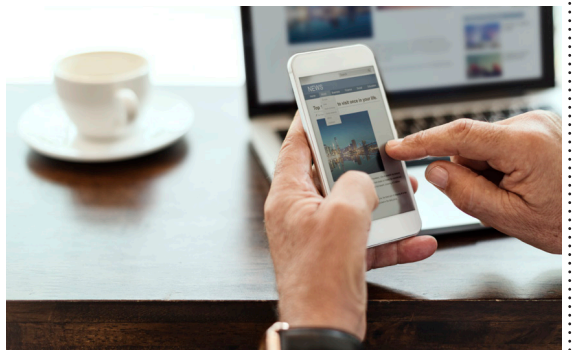
Kingston's Community Hubs offer a
range of FREE activities during the
school holidays. The program is
available for primary school children.

Find out what's happening during
the school holidays by signing up to
our e-newsletter, visiting one of our
Community Hubs, giving us a call
on 8551 1206 or emailing
sundownercc@kingston.vic.gov.au

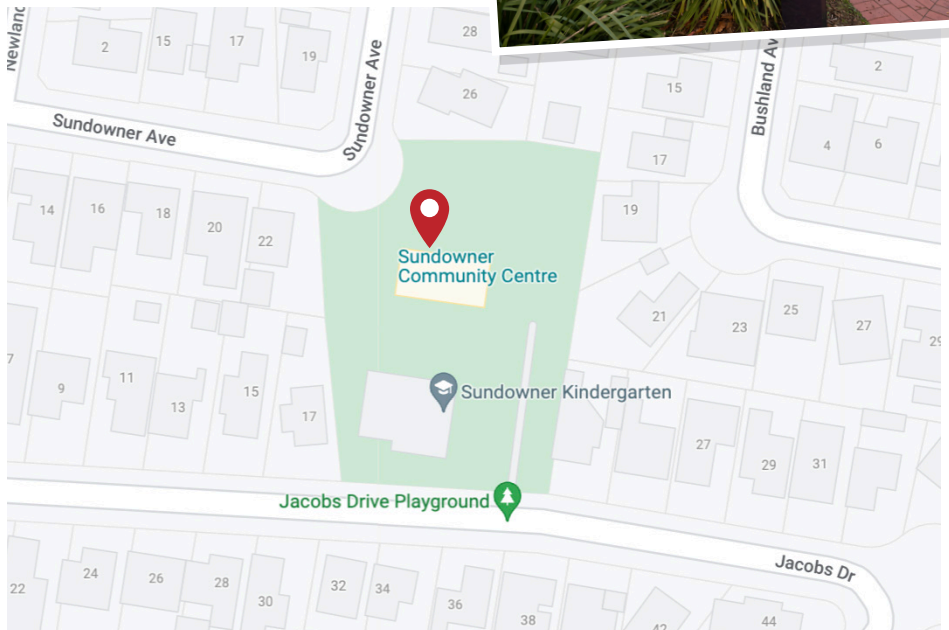


**Keep updated by signing up
to the Sundowner e-Newsletter.**

*Scan to
sign up!*



SUNDOWNER COMMUNITY CENTRE



Sundowner Community Centre

24 Sundowner Ave, Clarinda 3169

☎ 8551 1206 ✉ sundownercc@kingston.vic.gov.au

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

(Car park entrance located off Jacobs Drive)



For interpreter services,
please call

