

# Activity

# GUIDE

SUNDOWNER  
COMMUNITY  
CENTRE

JANUARY - JULY 2025



*A place to learn new  
skills, stay fit, have fun  
and meet new people*



City of  
KINGSTON

# HELLO

Sundowner Community Centre is a City of Kingston managed 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**  
**\$5 per session**

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**  
**\$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. Participants are welcome to stay after class for a cuppa.

#### LIFT FOR LIFE



## 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](http://kingston.vic.gov.au) or visit one of our Community Hubs.



## SCHOOL HOLIDAY ACTIVITIES

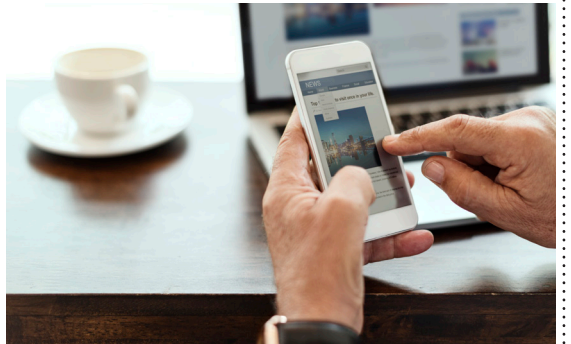
Kingston's Community Hubs offer a range of FREE activities during the school holidays. The program is available for primary school children!

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](mailto:sundownercc@kingston.vic.gov.au)



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

*Scan to sign up!*





## SATURDAYS

### MELBOURNE ZHIYIN CHOIR

**12:00pm - 5:00pm** An amateur Mandarin speaking choir group brought together by a common goal of enriching their lives through high quality singing. New members welcome. For further information regarding fees and activities, contact Ling Huang 0431 143 266

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## SUNDAYS

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

**12:00pm - 6:00pm** 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.



# WEDNESDAYS

## HENAN PROVINCE HOMETOWN ASSOCIATION OF AUSTRALIA INC.

**9:00am - 5:00pm** A Chinese Seniors group that preserves Chinese heritage through Tai Chi and Dance.

For further information regarding fees and activities, contact:

Morning contact person (Tai Chi) - Jenny Zhang (0450 966 768)

Afternoon contact person (Dance) - Shen Rong (0423 046 806)

Email : auhenan@gmail.com

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## SPEAKING MADE EASY - PENGUIN CLUB OF AUSTRALIA

**8:00pm - 10:00pm** 1st & 3rd Wednesday of the month

Join a Women's group aiming to build confidence through public speaking. New members welcome! For further information regarding fees, contact Ann Keys 0419 323 353

### SPEAKING MADE EASY



# THURSDAYS

## LITTLE LEARNERS PLAYGROUP

**10:00am - 12:00pm**  
**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](mailto:playgroups@kingston.vic.gov.au)

LITTLE LEARNERS PLAYGROUP





# FRIDAYS

## LINE DANCING

**10:00am - 11:00am**  
**\$5 per session**

Love music? Love to move?  
Then come along and try our line dancing class, a fun way to get your body moving!  
Easy to follow and entertaining, line dancing is perfect for any age.

## 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

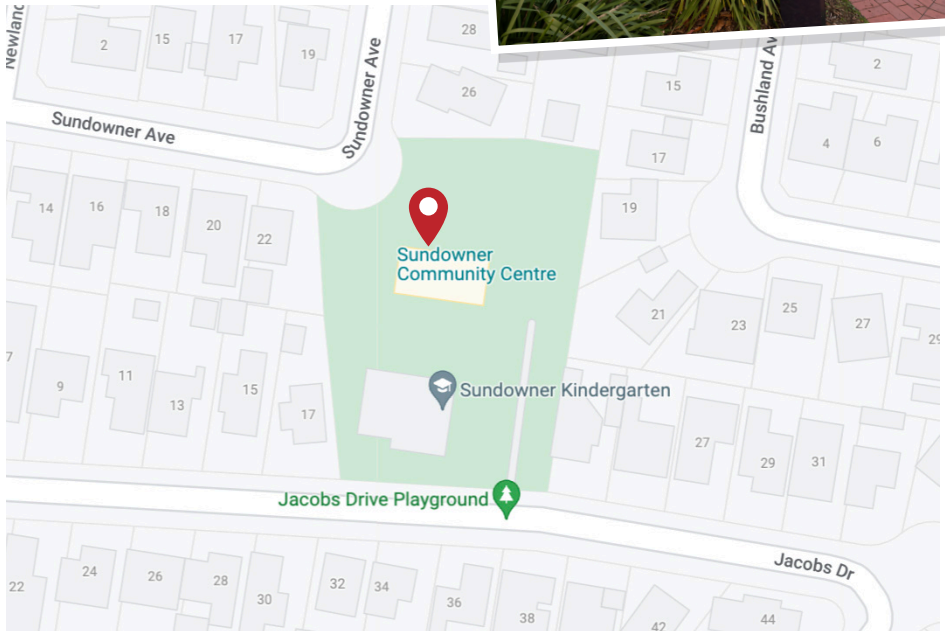
**11:45am - 12:45pm**  
**\$5 per session**

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### CRAFTY BUSINESS



# SUNDOWNER COMMUNITY CENTRE



## Sundowner Community Centre

24 Sundowner Ave, Clarinda 3169

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

Office Hours: Monday and Friday 9:30am – 2:30pm

(Car park entrance located off Jacobs Drive)



For interpreter services,  
please call

