

What's new at Delahey Community Centre Term 4 2025



Mental Health Awareness Month: Recognising Mental Health Challenges

Thursday, 9 October 10:30am – 11:30am
Increase awareness and support understanding of Depression and Anxiety. Learn the signs and symptoms and how to seek help.



The Beginner's Stitch Studio

Mondays, 27 October – 1 December
(6 sessions) 6:00-8:00pm – \$90
Want to pick up a new hobby? Join us in this beginner focused workshop where each week will cover a new topic. Sewing machine and tools provided. BYO fabrics.



Mental Health Awareness Month: Mindful Art

Monday, 13 October 10:00am-11:30am
Ease stress and release tension while exploring the world of therapeutic and meditative "Neurographic Art". All materials supplied and no drawing experience required.



Boot Scootin' Line Dancing

Mondays, 27 October – 1 December
(6 sessions) 6:00pm – 7:00pm – \$60
Howdy y'all! This beginner friendly Western Line Dancing class will have you scootin' and socialising in no time. Grab your cowboy boots, hat, and a water bottle, and join us some. Yeehaw!



Healthy Living Session

Friday, 24 October 10:30am - 11:15am
This session is a taster of the free *Life!* program, a prevention program for Victorians at risk of type 2 diabetes, heart disease and stroke.



Cake Decorating

Thursdays, 13 November – 27 November
(3 sessions) 1:00pm-3:00pm – \$90
Learn how to decorate a cake in this beginner-friendly workshop. Practice a wide range of techniques with buttercream and fondant. Some materials to be provided.



Ready, Set, Grow: Spring & Summer Edition

Friday, 31 October 10.30am - 12.00pm
Deepen your understanding of Spring and Summer garden preparations. Learn about garden maintenance, how to take care of crop, protect your seedlings from extreme heat, and more!



Gingerbread making demo and decoration for kids!

Thursday, 4 December
4:00pm – 5:30pm – \$7
Watch a fun-filled gingerbread making demonstration. Then put your creative minds to the test by planning and decorating your very own holiday themed gingerbread! Guardian supervision is required.



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Local call costs apply

For further information

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