

SUPPORTING LIFE LONG LEARNING

23 Alexandra Street, Mooroopna

Phone 5825 1774

Email admin@meac.com.au

Exercises & Well Being

Strength Training	Mondays	1.30 - 2.30	\$7.50 per class
Strength Training	Tuesdays	9.00 - 10.00	\$7.50 per class
Strength Training Extra	Wednesdays	1.00 - 2.00	\$7.50 per class
Advanced Strength	Thursdays	11.45 - 12.45	\$7.50 per class
Muscle Men	Mondays	11.00 - 12.00	\$7.50 per class
Tai Chi	Wednesdays	2.15 - 3.15	\$7.50 per class
Active Hearts	Fridays	11.30 - 12.30	\$7.50 per class
Gentle Yoga	Fridays	1.30 - 2.30	\$7.50 per class
Yoga with Katrina	Tuesdays	7.00am - 8.00am	\$7.50 per class
Yoga with Katrina	Thursdays	1.00 - 2.00	\$7.50 per class
Lungs in Action	Wednesdays	11.00 - 12.00	\$7.50 per class
Disability Movement	Mondays & Thursdays	9.45 - 10.45	\$7.50 per class
Line Dancing	Tuesdays	10.15 - 11.15	\$70 for 7 weeks, beginning 16th July
Boxfit (boxing)	If interested, please contact the Community Centre		

Programmes - fun, education, & interest

Mindfulness Meditation	Tuesday's	2.30 - 3.30	\$60 for 6 weeks
Music Lessons	Mondays	4.15 - 5.15 (Beginners)	\$120 for 8 weeks
		5.15 - 6.15 (Advanced)	
Photography	Mondays	5.30pm - 8.00 pm	\$100 for 6 weeks
Pearl Stringing	If interested, please contact the Community Centre		
Creative Art class	Thursdays	9.30 - 11.00	\$7.50 per class
Be Connected (Seniors & the internet)	If interested, please contact the Community Centre		
Malaysian cooking	If interested, please contact the Community Centre		
Finding Self Worth workshop	Mondays	6pm - 8pm, commencing July 22nd	\$120 for 6 weeks
Finding Self Worth workshop	Fridays	1pm - 3pm, commencing August 2nd	\$120 for 6 weeks
Computers for Beginners & One-on-One Computer Tutoring	Please call 5825 1774 for information/appointments.		

The Mooroopna Community Centre promotes wellbeing and community engagement in a friendly and welcoming environment where anyone from the community can drop in for a cuppa, have a chat, or participate in our many and varied programmes. We provide affordable courses, programs, and activities to the local community, and encourage social engagement and inclusion of all.

Community Connections

Our **Community Art Gallery** exhibits work from various local artists throughout the year, with the display changing every 6 weeks. Come in and view the talent of our local artists.

MEAC Art - a fun, inclusive art class where you can enjoy painting, drawing, pottery, or work on your own project with the help of our volunteer artists. \$5 Tuesday's 10.00 - 12.00

Group Meals on Monday's - for senior citizens and run in partnership with the Shepparton City Council. \$10 (3 courses). 12.00 - 1.30 (Transport available for those who meet specific criteria.

Phone 5825 1774 to book or for more information.

Tuesday Community Lunch - all welcome. Please book by calling in or phoning 5825 1774. \$7 (2 courses). 12.00 - 1.30.

AA Group Meetings - call the Community Centre on 5825 1774 for more information.

Grief and Trauma Counselling - in partnership with Rumbalara. Phone 5825 1774 for appointments.

Morrell Street Occasional Care - providing flexible childcare in a safe, caring, and nurturing environment. Our qualified childcare educators are more than happy to discuss your childcare requirements with you. Phone 5825 1774 or call in to book in or find out more.

Opening hours during school terms -
 Tuesday & Friday - 9.00 - 12.00
 Wednesday & Thursday - 9.00 - 1.30

Mooroopna Men's Shed - making a difference - with a difference in men's health and wellbeing, providing a sense of belonging and purpose.

Open Thursday afternoons and Saturday mornings. Phone 0498 713 769 .

Justice of the peace is available by appointment. Fax, photocopying, & computer facilities available.

Supported by

in partnership with



Community Connections



Room hire - personal/groups/organisations for casual, regular, or long term. We have projector screens, whiteboards, conference spaces and so much more, including a full commercial kitchen. Our costs are very competitive and our rooms are available for use in and out of office hours. Ph 5825 1774 for bookings or enquiries.

COMMENCING MONDAY, 15th JULY

Day / Time	7:00 am	9:00 am	9:45 am	10:15 am	11:00 am	11:30 am	11:45 am	1:00 pm	1:30 pm	2:15 pm
Monday			Disability Class-Movement		Muscle Men				Strength Training	
Tuesday	Yoga with Katrina	Strength Training		Line Dancing						
Wednesday					Lungs in Action			Strength Training Extra		Tai Chi
Thursday			Disability Class-Movement				Advanced Strength	Yoga with Katrina		
Friday						Active Hearts			Gentle Yoga	
Disability Class – Movement	These programs are suitable for people of all ages with a disability. The classes incorporate endurance, strength, flexibility, balance, gait and multisensory training through fun activities, games and a range of equipment. Carers and support workers most welcome. \$7.50 per class.									
Muscle Men	An exercise class suitable for all ages and fitness levels. Classes are designed to improve overall strength especially of the major muscle groups. Minimal coordination required. \$7.50 per class.									
Strength training	A gentle exercise class suitable for all ages and fitness levels. Classes are designed to improve strength especially of the major muscle groups. Suitable for chair-based participants. Minimal coordination required. \$7.50 per class.									
Strength Training Extra	Individual strength programs that are specifically tailored to the participants. Suitable for the absolute beginner looking for an introduction to Strength exercises through to the serious trainer. Individual programs are re evaluated every 6 weeks. \$7.50 per class.									
Advanced Strength	A more advanced strength class using free weights and resistance tubing in multiple movement planes. Incorporates larger ranges of movement and coordination. Focus on core and lower limb strength. Ideal for those seeking a little bit more of a challenge. Medium coordination required. \$7.50 per class.									
Line Dancing	Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. This is a fun interactive class and thoroughly enjoyed by all participants. \$60 per 6 week course.									
Lungs in Action	Lungs in Action is an exercise maintenance program designed for people with Chronic Obstructive Pulmonary Disease (COPD), or a stable chronic lung condition, who have completed a pulmonary rehabilitation program. COPD is an umbrella term that includes emphysema, chronic bronchitis and chronic asthma. The program is suitable for stable heart failure patients classified NYHA I or NYHA II. To be eligible clients will have completed a heart failure rehabilitation program. Lungs in Action classes are flexible, with an approved format determined by credentialing criteria. It provides an essential structure that enables clients to maintain an exercise routine critical to keeping them well, socially connected and out of hospital. \$7.50 per class.									
Tai Chi	Gentle relaxing exercise that is suitable for all abilities. Aims to improve balance, mobility and creating harmony in body and mind. \$7.50 per class.									
Active Hearts	Mild Aerobic class designed to increase and maintain an elevated heart rate and improve aerobic fitness. Suitable for all fitness levels. Participants are still able to carry on a conversation whilst completing this class. Minimal coordination required. \$7.50 per class.									
Gentle yoga	Gentle yoga is a style of yoga that is far less strenuous than other forms. It is less intense, so it can be very useful for people who are not capable of fulfilling the demands of other practices, such as seniors, women who are pregnant, practitioners who are recovering from injury, those who are in very poor physical condition, or even those who are simply looking for a more relaxed workout. This practice can also be beneficial to those who already are quite fit but who lack the overall flexibility to be able to do some of the more intense yoga poses. \$7.50 per class.									
Yoga with Katrina	An overall workout for strength & conditioning for the entire body. It gives you that sense of connection within to release stress and tension from the body to feel relaxed and rejuvenated while working out for your health and fitness. The instructor modifies to your level of fitness. BYO mats, (some can be supplied by the instructor). \$7.50 per class.									