

# Delahey Community Centre

70 Copperfield Drive, Delahey VIC 3037  
Phone: 9249 4900



## Term 3 2025 Program Guide

### Events & Workshops

#### Chain of Survival

Monday, 28 July

11:00am - 11:45am – No charge (1 session)

Run by a paramedic, please join us to learn about signs and symptoms of medical conditions such as a stroke, heart attack and cardiac arrest. Then dive into how to call 000, perform CPR, use an AED (defibrillator), learn what will happen when an ambulance arrives, what to expect in hospital. Facilitated by Ambulance Victoria.

#### Pay Your Bills

Tuesday, 26 August

10:00am – 2:00pm – No charge

Facilitated by Energy and Water Ombudsman Victoria (EWOV), bring along your recent electricity, gas and water bills and drop in for free personalised advice to understand your bills, check for good energy deals, access energy and water concessions, payment plans and relief grants, and more. Please contact EWOV directly for more information on 1800 500 509.

#### Soil Preparation and Composting

Friday, 15 August

10.30am - 12.00pm – No Charge

Learn the basics of building healthy soil, composting kitchen and garden waste, and simple tips to boost your garden's productivity. Perfect for beginners and green thumbs alike—let's grow together!

#### ATO Tax Help 2025

A trained volunteer supported by the Australian Taxation Office (ATO), will be available to offer Tax Help at Delahey Community Centre. Bookings are essential, please contact Delahey Community Centre on 9249 4900 to arrange a time.

#### Adult Learners Week:

##### Breadmaking Demonstration

Friday, 5 September

11:00am – 1:00pm – No charge

Learn how to make both white and multi grain bread from scratch with a professional. In this demonstration, you will learn essential techniques and tips to bake delicious bread from home. You will get the opportunity to taste the freshly baked bread at the end of the session.

#### Parents and Carers of Young Children and Call Push Shock

Monday, 8 September

11:00am – 12:00pm – No charge (1 session)

Calling parents and carers of young children! Join our paramedics to learn about common illnesses young children may experience during their early years and what to do in an emergency. Topics include recognising symptoms of an unwell child, understanding when to seek medical attention and offering guidance on basic first aid and preventative care. Facilitated by Ambulance Victoria.

#### Flipping Out Sturdy Cases **NEW**

Saturday, 27 September

10:00am – 4:00pm – \$55 (1 session)

Create your own large and unique by Annie Flipping Out bag that can store and organise pens & pencils, sewing & knitting tools, and more! Facilitated by Lesley Swallow. Soft and Stable will be provided. Other supplies and pattern at your own cost, list will be provided. Suitable for intermediate to advanced participants.

**\*Please note that this event takes place on Grand Final Day**

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## Arts, Craft & Books

### Delamates - Social Group

Tuesdays, 8 July – 16 September (11 sessions)  
10:00am – 12:00pm - No Charge  
Enjoy a cuppa, share your craft skills, and learn handy craft tips from others.

### Mahjong and more!

Tuesdays, 22 July – 16 September (9 sessions)  
1:00pm – 3:00pm - No Charge  
Learn and enjoy Mahjong and other classic board/card games from fellow players in a friendly environment!

### Quilting Teaching Group

Tuesdays, 29 July – 16 September (8 sessions)  
6:00pm – 9:00pm – \$24  
Learn to stitch and sew in this quilting teaching group facilitated by a volunteer. BYO materials. Sewing machines and quilting tools provided.

### Quilting Group Meetup

Wednesdays, 23 July – 17 September (9 sessions)  
9:30am – 12:30pm – \$27  
Share your quilting and cross-stitching skills with others. BYO materials. Sewing machines and quilting tools provided.

### Crafty Sewing Teaching Group

Thursdays, 24 July – 18 September (9 sessions)  
10:00am – 1:00pm – \$27  
Crafty Sewing Teaching Group is a program where you will learn how to create, stitch, and enhance your basic sewing and machine skills facilitated by a volunteer. Sewing machines and tools provided. BYO materials, list provided at registration.

### Community Library

Come visit our growing Community Library at Delahey Community Centre, there's a book for everyone!  
Want a book? Take a book,  
Have a book? Leave a book!

## Family & Children

### Sensory Explorers (18 months+) **NEW**

Mondays, 21 July – 25 August  
10:00am–11:00am – \$30 (6 sessions)  
Bond with your child with this fun-filled sensory play activity that would delight the little hands and minds. Sensory Explorers will help strengthen gross and fine motor skills, cognitive thinking, language skills and more.

### Parenting Programs

#### Tuning in to Kids

Fridays, 1 August – 5 September (6 sessions)  
10am – 12pm – No Charge  
A program for parents and carers of children aged 3 to 10 years. Learn to understand your child's emotions and guide their behaviour with appropriate limits. Delivered by Relationships Australia Victoria to register call 5337 9222.

## Health, Fitness & Wellbeing

### Chair Yoga

Mondays, 21 July – 15 September (9 sessions)  
12:15pm–1:00pm – \$45  
Enhance your strength, flexibility, and balance with medium-flow yoga movements using a chair.

### Walking Group

Tuesdays, 22 July – 16 September (9 sessions)  
9:15am – 10:00am – No Charge  
Enjoy a walk with our friendly group followed by a cuppa.

### Yoga

Thursdays, 24 July – 18 September (9 sessions)  
6:30pm – 7:30pm – \$81  
Improve your health and wellbeing through yoga stretches, postures and breathing exercises in a relaxing space. BYO Yoga Mat & drink bottle.

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## Gardening

### Social Gardening Group

Fridays, 11 July – 19 September  
10:00am – 12:00pm – No Charge (11 sessions)  
Garden and chat. Learn new garden tips and share some of your own. BYO garden gloves.

## Language

### Practice Your English

Tuesdays, 22 July – 16 September (9 sessions)  
11:00am – 12:30pm – No Charge  
Practice your English in an informal conversation class facilitated by a volunteer.

## Support Group

### Breast Cancer Support Group

Thursday 7 August and 4 September  
(first Thursday of each month)  
7:00pm – 8:00pm – No Charge  
Support group for women who have experienced breast cancer and those who have supported someone though.

## Skills Development

### Cake Decorating

Thursdays, 14 August – 28 August (3 sessions)  
1:00pm–3:00pm – \$90  
Learn how to decorate a cake like a professional. You will gain the skills to create cakes that impress using wide range of techniques for cake decorating and flavourful buttercream. Beginner-friendly.  
Some materials to be provided.

## Youth

### Youth Fest: VCE Study Spaces

Mondays – Thursday during September  
9:00am – 4:00pm – No Charge  
Study spaces are available for VCE students, with healthy snacks available and free Internet/WIFI.

## Computer and Technology

### Computers & Free Internet available

Computers are available for community use Monday to Thursday, and we also have free Internet/WiFi. Please contact Delahey Community Centre on 9249 4900 to arrange a time to use a computer.

### Beginners Computer Skills

Fridays, 8 August – 12 September (6 sessions)  
9:30am – 11:30am – \$30 \*  
Learn how to use the computer including navigating the internet safely, Microsoft word and email.

### Excel for Beginners

Fridays, 8 August – 12 September (6 sessions)  
11:45am–1:45pm – \$30 \*  
Learn how to make spreadsheets, organise data and more. This class will provide you with the skills and knowledge needed to become proficient in using Microsoft Excel.

**\* Due to high demand, registrations are limited to one computer program per person. For group enquiries please call the centre on 9249 4900**

## Expression of Interest

### Young @ Heart

Wednesdays, dates TBC  
10:00am–11:30am – No charge  
Seniors can get support from young people in learning how to use their mobile phones, Ipads, computers and everyday apps. Spots are limited, register now.

### What would you like to see happening?

Is there a program/activity you are interested in? please reach out to our friendly team and share your thoughts. We value your feedback.

**Bookings are essential.**

Scan the QR code or search  
<https://learning.brimbank.vic.gov.au/>

