

WHAT'S ON



VINES ROAD COMMUNITY CENTRE





WHERE ARE WE?

37-61 Vines Road, Hamlyn Heights VIC 3218

HOW CAN YOU CONTACT US?

(03) 52779027

info@vrcc.com.au

www.vinesroadcommunitycentre.org.au

<https://www.facebook.com/VinesRoadCC/>

HOW CAN VINES ROAD COMMUNITY CENTRE ASSIST YOU TODAY?

The Vines Road Community Centre is so much more than a venue for hire and a space for community-based activities. Our friendly, helpful staff and volunteers are tech-savvy and are very skilled at locating information so we can refer you on to other service providers and get you where you need to go.

OTHER SERVICES YOU MAY NOT KNOW WE OFFER:

- Photocopying – greyscale and colour (\$)
- Laminating – A4 & A3 (\$)
- Scan to email – greyscale and colour
- Maps and directions printing (\$)
- Basic assistance with popular computer software and internet browsers by Appointment
- Basic software assistance with smartphones, iPhones and tablet computers by Appointment
- Assistance with contacting government agencies such as Centrelink, Tax Office, Dept Health & Human Services, etc. by Appointment
- Assistance to get you in contact with any other agency we have referred you to.
- Wireless internet access **Network: VRCC Visitor / Key: VinesRdVisi**
- Resume and job seeking assistance by Appointment
- Coffee for \$1 and free for VRCC Members (Please ask the reception for a cup)

OUR CURRENT OFFICE HOURS ARE:

Monday – Friday 9.00am – 12:00noon

The Centre's office will be closed on all Victorian public holidays and observes the GEELONG CUP as its horse racing public holiday.

ALSO LOCATED NEARBY VINES ROAD COMMUNITY CENTRE:

Vines Road Senior Citizens Club (Welcomes Members Wednesday & Friday)

<https://www.geelongaustralia.com.au/directory/item/1619.aspx>

Western Heights College

www.whc.vic.edu.au/

Western Heights College Library (General public welcome)

www.grlc.vic.gov.au/locate/western-heights-college

Vines Road Guardian Pharmacy

<https://www.guardianpharmacies.com.au/store-locator/vic/vines-road-guardian-pharmacy>

Vines Road Post Office

<https://auspost.com.au/pol/app/locate/post-office/VIC/.../Vines-Road-LPO-346378>

WHAT'S ON AT VRCC?

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WHAT'S ON AT VRCC?

Cook

MEN'S KITCHEN

Join our lovely volunteer Bernard in our kitchen to cook up a simple meal then enjoy the food you have prepared together for lunch. Opportunity to learn, connect and socialise.

On every Tuesday 10.00am – 12.00 Noon (School terms only)

Just \$5 for ingredients!

Please register through VRCC Reception (03) 5277 9027 / info@vrcc.com.au (please note that this group has reached capacity, we can however add your name to our waiting list)

Create

GEELONG MACHINE EMBROIDERY CLUB

Machine Sewing with a likeminded, creative and friendly group.

Second Saturday of each month 10.00am – 3.00pm

Third Tuesday of each month 10.00am – 3.00pm

Beginners: Third Tuesday each month 10.00am – 12.00pm BYO machine and fabrics

Contact Maria to join jm_winiecki@bigpond.com

CREATIVE ART SPACE – THURSDAYS

(School Terms Only)

Thursday 09:30am - 12:00pm

Enjoy painting, learn and share tips with a friendly group of both experienced and novice artists. Group Facilitator, Maria, makes everyone feel so welcome.

VRCC Reception info@vrcc.com.au / (03) 5277 9027

CREATIVE CRAFT SPACE – WEDNESDAYS*(School Terms Only)***Wednesday 10.00am - 12:00pm**

There will be projects each week to learn, or bring your own craft to work on. An enjoyable social group for all.

VRCC Reception info@vrcc.com.au / (03) 5277 9027 or contact Anne 0480 134 999

PAPERCRAFT CLASS**7:00pm - 8:30pm – Monthly on a TUESDAY evening.**

Dabble in your papercraft project in this social and fun group.

2024 Tuesday evening dates:

13 February, 19 March, 16 April, 14 May, 18 June, 23 July, 20 August, 17 September, 15 October, 12 November & 10 December

Narelle Greig

nsgreig@aapt.net.au

U3A ART*(School terms only)***Tuesday's 9.30am – 11.45am**

Oil painting and other mediums from beginner to advanced skill level in a co-operative and friendly environment.

*Participants must be a member of U3A to join this group

U3A Geelong – 5244 5114

mail@u3ageelong.org.au / www.u3ageelong.org.au

SEWING FOR A CAUSE – KIWANIS

Join the ladies from Kiwanis Geelong as they turn used pillowcases into dresses and shorts for donation to girls and boys at orphanages all over the world. This year we are coming back with projects for St. John of God Hospital. Nurse Headscarves and equipment bags plus “Pockets of Hope” whereby pockets are made for young patients to put their dreams & wishes inside.

10.30am – 4.00pm

8 February, 22 February, 7 March, 21 March, 4 April, 18 April, 2 May, 16 May, 6 June, 20 June, 4 July, 18 July, 8 August, 22 August, 5 September, 19 September, 3 October, 17 October, 7 November & 21 November

New members welcome!

Carmen Chapman

cchapman@natpp.com.au

Kiwanis **SEEKING DONATIONS** for material but any fabric is appreciated to make head scarves & bags for nurses. Please **email Carmen directly** to arrange any donation drop offs. **Please do not bring to VRCC office, we have no space to store. SEWERS NEEDED TOO!!**

Defend

KYOKUSHIN KARATE – HAMLYN HEIGHTS DOJO

(School Terms Only)

Monday 5.30pm – 7.00pm

Thursday 6:30pm – 8:00pm

Opened October 1997 at Vines Road Community Centre. A style of karate based on mutual respect, discipline and self-improvement. Learn new skills, make friends and get fit with self-defence. Free introductory lessons, family discounts apply.

Sempai Stewart 0459 251 519 / stewart.marshall@geelongkyokushin.com.au
www.geelongkyokushin.com.au <https://www.facebook.com/gdgpkkyokushin/>

Faith

BAPS SWAMINARAYAN SANSTHA

BAPS Swaminarayan Sanstha is a spiritual, volunteer-driven faith dedicated to improving society through individual growth by fostering the Hindu ideals of faith, unity, and selfless service.

Saturday's 5.00pm – 8.30pm

FORWARD IN FAITH MINISTRIES

Forward in Faith Ministries is a ministry of God started in Zimbabwe by Ezekiel H Guti. Its teachings are Jesus Christ centred with song and praise; all are welcome.

Friday's 6.15pm – 8.15pm & Sunday 9.00am – 12.30pm

GEELONG CHRISTIAN ASSEMBLY

Sunday's 1.30pm – 4.00pm

Contact: Graham Higgerson / graham.higgerson@gmail.com

GOSPEL CHOIR

Sunday's 10.00am – 12 noon

Contact Name: Kaloko Kaite / kalokokaite@gmail.com

Fitness

BAYSIDE ACTIVE ADULT'S FITNESS

(School terms only)

Thursday 9:30am - 10.30am

Thursday 10.45am – 11.45am

Keep your strength and stamina up with this fun fitness class. All ages and fitness levels welcome. Enquiries: Lesia Dunn

baysideactiveadults@gmail.com

TAI CHI FOR HEALTH (TWO CLASSES – BEGINNER / INTERMEDIATE)

At Vines Rd Community Centre, we are pleased to offer two popular Tai Chi Classes suitable for Beginners and Intermediate students. Our Tai Chi programs suit people of all ages and fitness levels. Our instructor, Tracey Simic, has over 30 years of Tai Chi experience and uses the step-wise method of teaching.

What to bring? Please wear loose light clothing and comfortable flat shoes and bring a bottle of water. Arrive on your first day 10 minutes early to register and pay at the office.

BEGINNER'S TAI CHI

(School terms only)

Tuesday 9.45am – 10.45am

Tracey will introduce members to the basics of Tai Chi. Gradually building skills and movements using a step-by-step teaching method that gives the students confidence to learn at their own pace. You will learn various sets that can be practiced at home, with emphasis on teaching new skills in a friendly and supportive environment. We will incorporate breathing, movement and balance.

NEW PRICES FOR 2024 - \$80.00 per term or \$10.00 casual class

**If you're not sure about Tai Chi – try it on us – if you're a new participant in 2024, take advantage of 1 free session before you commit to a whole term. If you are facing financial difficulties, please speak to VRCC reception to arrange a reduced class price.*

See us at reception for more information VRCC Office 5277 9027 / info@vrcc.com.au

INTERMEDIATE TAI CHI

Tuesday 11.00am – 12.00 noon (school terms only)

Our Tai Chi programs have been running for many years, but new students are always welcome. It's a very friendly group. Styles that we practice are from Dr. Paul Lam's Tai Chi for Health Programs and include Tai Chi for Rehabilitation, Tai Chi for Arthritis and Beijing 24, which is suitable for all fitness levels. Movement can be modified for health or physical needs. If you have learnt other styles, you will quickly pick up these forms.

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New prices for 2024:

\$80.00 per term

\$10.00 casual class

**If you're not sure about Tai Chi – try it on us – if you're a new participant in 2024, take advantage of 1 free session before you commit to a whole term. If you are facing financial difficulties, please speak to VRCC reception to arrange a reduced class price.*

See us at reception for more information VRCC Office 5277 9027

info@vrcc.com.au

HEART FOUNDATION WALKING GROUP**Monday's meet 9.00am for 9:15am start**

Please contact organisers to join. The group end their walk at a local café for a bit of social time.

\$ FREE

1st Monday – Meet at Balyang Sanctuary, Marnock Road Newtown

2nd Monday – Meet at Botanical Gardens to left of entrance near pavilion toilets and play space

3rd Monday – Rippleside, carpark near No. 42 restaurant

4th Monday – Vines Road Community Centre, near library

5th Monday- Fyansford Hotel – meet in Fyansford Hotel carpark

Organiser: JULIE JARICK 0408 552 344 / Marlene Gladman 0428 526 287

PHYSIO CHI**Monday's 5:00pm - 6:00pm / \$12 per class**

Learn modified Tai Chi in a safe and relaxed environment under a Physiotherapist who is trained in observing and assessing movement, and in exercise prescription.

Enquiries: Janette Anderson 0419 567 518

janette_anderson@ymail.com

PILATES**Mondays 9.30am – 10.30am / Tuesdays 9.30am – 10.30am**

Fun and popular Pilates classes for all ages held in the VRCC Fitness Room.

Enquiries: Brenda 0402 300 062

RAK YOGA

Popular Hatha Yoga class delivered by an experienced teacher. Hatha yoga is a branch of yoga which uses physical techniques to try to preserve and channel the vital force or energy.

Tuesday 7.00pm – 8.00pm

Thursday 6.30pm – 7.30pm

Sunday 9.00am – 10.00am

✚ 'Fall into Sound Therapy' \$15 / 60 min classes are happening on various dates, contact Maggie for more information.

Enquiries: Maggie 0473 472 748 or follow Maggie RAK Yoga on Facebook or Instagram

WEST COAST CALISTHENICS (School Terms Only)

Wednesday's 7.00pm – 9.30pm

Master's recreational class (ages 26+). Calisthenics is an artistic sport which has an Australian wide competition base and combines aspects of dance, gymnastics, singing, apparatus manipulation and ballet. All items are choreographed, set to music and presented by teams and individuals on stage at competitions and concerts.

Please call Kate Hassett to join or for further info: **0408 541 596**

YOGA WITH SUZANNE DAVIES (School Terms Only)

All levels – Wednesday's 9:30am - 11:00am

Learn Triyoga with Suzanne. Classical Yoga, Relaxation & Meditation for Beginners. Bring your own mat. \$15.00 per class

Enquiries: Suzanne Davies 0417 146 422

THE JUNGLE BODY WITH K.MAC

Friday's 9.15am – 9.50am (35min) Burn class

The Jungle Body with K. Mac: Fun Dance Fitness class!

Fridays 9.15am 40min class, using light weight dumbbells (1-2kg) we move to the beat of great music, suitable for all ages, all dance and fitness abilities. This class will have you smiling and feeling strong! BYO dumbbells (or borrow some at class) and a yoga mat if you have one.

Contact Kate on Facebook or Instagram: @thejunglebodywithk.mac or 0424 580 440

ZUMBA GOLD – *Low impact dance class for all abilities!*

Monday 9.15am – 10.00am

\$12 per class

Zumba Gold is a gentle dance fitness class suitable for the individuals who are looking for a low impact, strength building Zumba Class. And it's FUN! Second class is **Free**. No bookings required, pay at VRCC reception. Zumba® Gold is perfect for beginners, active older participants, person with different needs (seated, wheel chair, different abilities...), persons who try to re-enter the world of fitness after an injury, it is for pregnant women as well as for women who only recently gave birth. More information or to register contact VRCC Office 5277 9027 / info@vrcc.com.au

Learn

AUSTRALIAN SCHOOL OF CULINARY AND MANAGEMENT

(School Terms Only)

Sunday & Monday, School Terms

ACCM is an accredited vocational education provider offering training in Hospitality and Commercial Cooking. Certificate IV in Kitchen Management, Diploma of Hospitality Management and Advanced Diploma of Hospitality Management are available through this quality education provider.

www.accm.vic.edu.au/

AUSTRALIAN SCHOOL OF REFLEXOLOGY

Courses include:

Hand Reflexology two-day course. Learn how to give and receive. The meridians of the heart and lungs run through the hands so it is the best treatment for grief, sadness, anxiety and insomnia.

Colour Reflexology 1 day course. How colour works with Chakras and Reflexes, gain a deeper understanding to help identify and heal energy blockages and open and cleanse the channels of the body.

Diploma in Reflexology for the Complementary Therapist over 12 months, one weekend per month. The ultimate personal development course to learn a skill to help others heal, learn about yourself at a soul level and have the opportunity to run your own business with mentoring and ongoing support included. Self-care, mindfulness, practical techniques, anatomy and physiology, communication skills, work health and safety, infection control, business skills and best practice.

Contact: Keri Wood info@asrr.com.au / 0411 857 058

INCLUSIVE LEARNING FOUNDATION - TUTORING

Wednesdays during term 2:15-3:15pm

HOME EDUCATION NUMERACY PROGRAM BY THE INCLUSIVE LEARNING FOUNDATION

Real life personalised numeracy lessons that are designed for increasing connection, self-mastery and resilience, centred around your child's learning style which also caters for learning difficulties and anxiety. Term One Numeracy Focus: Multiplication and Division - with organic flow on and extension into decimals and fractions. Each session includes a free choice problem solving activity and extra support time.

Age 7 years + (with the group splitting into a younger age and teen age with parent/guardian interest)

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Cost \$33 regular -\$37 casual booking

Bookings and enquiries- Text Ruth 0493 377 977 or email: inclusivelearningfoundation@gmail.com

MINDSET MATHS TUTORING BY THE INCLUSIVE LEARNING FOUNDATION

Wednesdays during term 3:40- 6:30pm

Maths + Mindset= EASY natural Improvement

In person 1:1 personalised unique lessons with registered expert Mathematics Teacher & Youth Mindset Coach with 17 years experience P-12 AKA named the Maths Anxiety Queen in Geelong. Designed around your child's learning style, which also caters for learning difficulties and anxiety. Built in Growth Mindset for greater resilience and confidence. NO cookie cutter lessons, programs or software.

Ages Yrs P-12

Cost \$72

Bookings and enquiries- Text Ruth 0493 377 977 or email: inclusivelearningfoundation@gmail.com

PUNJABI SWAG GEELONG

(School Terms Only)

Friday's 5.00pm – 6.30pm

Punjabi cultural dance to promote our language and culture to children, all welcome.

For enquiries, please contact Preet: 0430 924 250

U3A GENEALOGY

(School Terms Only)

Tuesday's 10.30am – 12.00 noon

Explore the means and ways of building your family history. Research, family history resources, breaking through brick walls, the use of family heirlooms, photographs and other archives to illuminate your family's past, the vast range of free (and paid for) resources and how you might maintain all those records.

Come share your journey with others or start your own adventure! This class is open to those who are just beginning, want help in taking their exploration to another level or simply want to break through a brick wall.

*Participants must be a member of U3A to join this group

U3A Geelong – 5244 5114

mail@u3ageelong.org.au / www.u3ageelong.org.au

Music & Theatre

AWKWARDSTRA GEELONG INC. (COMMUNITY ORCHESTRA)

(School Terms Only)

Come one come all to Awkwardstra Geelong Inc! All abilities welcome, 18 years and up, BYO instrument and join the fun of a big band. Just \$8 per session which includes membership to Vines Road Community Centre.

Monday's 7.15pm in the Hall.

www.awkwardstrageelong.com.au

CENTRESTAGE

Australia's largest amateur theatre company based in Geelong. CentreStage produces 9 -11 local musical productions each year in the Geelong region.

For upcoming auditions, productions and events please contact CentreStage on 5272 1775 / hello@centrestage.org.au

STAGE ARTS GEELONG

Stage Arts Kinder Stars!

Tuesday's 9.30am-10.15am

For ages 3-5yrs. Introduce your little one to the world of performing arts! Singing, movement and storytelling.

Singing Lessons

Private Vocal Tuition with Music Industry Professional Madeline Cain offering one-on-one, as well as small group lessons by request. Other singing services include audition preparation, role preparation, AMEB exams and Repertoire coaching. By appointment.

Stage Arts Acting and Theatre Classes

Tuesday & Thursday PM

info@stageartsgeelong.com.au or phone Madeline 0402 154 482

VIRASAT FOLK DANCE ACADEMY

Virasat Folk Dance Academy is a school where you can learn Traditional Dances of India. Bhangra is a fusion of music and dance which originates from the Punjab region of India and Pakistan. In its earliest form it was a celebratory folk dance that welcomed the coming of spring or Vaisakhi as it is known and it is from one of the major products of the harvest-bhang -that bhangra drew its name.

Now, Bhangra has evolved and in the past 30 years it has become integrated into popular Asian culture after being mixed with hip hop, house and reggae styles of music. Bhangra has come a long way from its humble beginnings in India and is now recognized and enjoyed the world over.

Sunday's 12.45pm – 1.45pm

For further information contact JJ - 0478 930 383

Play

CoGG SUPPORTED PLAYGROUP

(School Terms Only)

Wednesday's 9.30am – 11.30am

Do you have a Health Care card or Visa? If so, this playgroup is for you!

A supported playgroup, full of fun and learning opportunities for families with preschool children aged up to 5 years (please call us to talk about eligibility).

Supported Playgroups provide opportunities for children to engage in play activities with their parents / carers and other children.

Come and join us for fun, learning and friendship.

For more information, contact Michelle, Supported Playgroup Facilitator, City of Greater Geelong 0403 168 376.

THE EMPOWERMENT CHALLENGE - YOUNGER MUM'S & BUBS GROUP

Wednesday's 11.15am – 1.15pm

To provide younger mums with a safe space to feel empowered, connected, respected and valued. Offering long term accessibility to services providing mental health and well-being support, mentorship and community connection.

Enquires: Theresa 0475 453 411

keyworker@theempowermentchallenge.org.au

THE EMPOWERMENT CHALLENGE / BLUEBIRD FOUNDATION – YOUNGER MUM'S & BUBS MUSIC PROGRAM

Monday's 11.00am – 12.30pm

A music program designed exclusively for younger mothers and their babies, in collaboration with the renowned Bluebird Foundation, a fellow charitable organisation. Research touts the myriad benefits of early musical exposure for infants – it's not only conducive to brain development but also fosters a stronger parent-child bond. Our program aims to provide an avenue for younger mothers to embark on this musical journey with their babies, regardless of their personal musical inclinations.

Enquires: Theresa 0475 453 411

keyworker@theempowermentchallenge.org.au

VRCC LITTLE STARS PLAYGROUP*(School Terms Only)***Friday's 10.30am – 12 Noon / \$5 per class or \$45 per Term**

Our lovely facilitator, Christine, brings fun, craft, song and story each week for your little ones. Playgroups are valuable to families with young children and the local community. They provide opportunities for babies, toddlers and pre-schoolers to socialise and learn as they play. They give parents and caregivers the opportunity to meet new people and gain support and ideas. **Registration is essential, there is currently a waiting list as numbers are limited!**

Vines Road Community Centre 5277 9027 / info@vrcc.com.au

STORYTIME WITH SUE!**FREE CHILDRENS ACTIVITY!****10.00am – 11.00am Wednesday's (school terms)**

Enjoy the wonderful world of books in our Preschool Storytime. Presented weekly by experienced Thespian, Jazz singer (and loving Grandma!), Susan Blizzard-Allen. Listen to stories and some weeks sing a song in this interactive hour of fun

Please register at VRCC reception, on the day is ok, and the program is free! Children ages 0-5 are welcome.

For more information or enquiries about the program and to register, please email info@vrcc.com.au or call 52 779 027.

Support / Wellbeing

DRUG AND ALCOHOL FAMILY SUPPORT GROUP*(School Terms Only)*

Non-religious, open meetings for family members affected by drugs and alcohol. Open to anyone and providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Tuesday's 10.30am – 12.00 noon

To register, please contact: Kay Callander / kaycallander.1960@gmail.com

EMOTION 21**Wednesday's 5.30pm – 7.30pm**

To enhance lives and change perceptions of Down syndrome within society through dance, fitness and performance.

03 9854 7100 / info@emotion21.org.au

GENU – MS SUPPORT GROUP**Wednesday's 9.30am – 2.30pm**

MS Support Group helps alleviate isolation and promote connection, enabling you to become involved with the local community through lots of different activities.

PODIATRY SERVICES**Friday's 10:00am – 3.00pm**

Podiatry services delivered in the community by a friendly, experienced professional.

Roma Kljajic 0408 373 413 / r-kljajic@hotmail.com.au

GROW AUSTRALIA - COMMUNITY MENTAL HEALTH**Friday 12:30pm – 3:00pm****\$ FREE**

Grow is a community-based organisation that has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development. There are no assessments, no need for a diagnosis and no strict eligibility criteria. Each Grow group is run by seasoned 'Growers' who have taken a voluntary leadership role within the Group. The group is anonymous and confidential. Referrals are not required and you can have a support person for up to 3 meetings.

Program Worker, Robert Turnour 0448 050 789

Grow Victoria/Tasmania 1800 558 268

vic@grow.org.au

www.grow.org.au

REFLEXOLOGY SERVICES – THE ART OF PRESENCE - POP UP CLINIC

Enjoy and a relaxing and therapeutic reflexology treatment by an accredited and experienced practitioner here at VRCC. SO good!

Bookings essential between 9.00am – 4.00pm, please call or text Nonie: 0409 994 528

Tuesday 2024 Dates

13 February, 12 March, 9 April, 14 May, 11 June, 9 July, 13 August, 10 September, 8 October, 12 November, 10 December

THE POWER IN YOU PROJECT:**COOKING PROGRAM – COMMUNITY VERACITY****Friday, every 2 weeks: 10:00am – 1.30pm**

Inspiring and empowering people affected by alcohol and other drugs to achieve lasting change in their lives.

Kane Nuttall 0477074007

poweru@comv.org.au

WCIG - TRANSITION TO WORK

Thursday's 1.00pm – 5.00pm

WCIG is a community-based not-for-profit dedicated to improving lives through unemployment and disadvantage. Our mission is to empower individuals and transform communities through a range of practical programs focusing on employment, disability support (NDIS), youth development, and training initiatives. We've cultivated relationships with local employers, allied health services, local business, and community organisations. Our network enables us to offer a holistic approach designed to assist individuals to achieve their goals. Our 'Transition to Work' service assists young people, aged 15 to 24, to step into the world of work, including apprenticeships and traineeships, and further education. WCIG's 'Disability Employment Service' aims to create equal opportunities and empower individuals with disabilities to achieve their career aspirations. It's about providing local job seekers with intensive pre-employment support to develop practical skills, connect with education and training resources, discover local job opportunities, and tap into essential community services. WCIG's training services isn't just about learning; it's about creating positive futures. We offer dynamic training, from short courses to nationally accredited qualifications that align with industry needs – and your pathway to success!

At WCIG, it's not about us; it's about you. If you are a young person looking for work or have a disability, injury or illness or a NDIS plan, we're here to empower you to make choices, take control of the services you engage with, and reach your goals. Our priority is you!"

For more information, please visit www.wcig.org.au or contact:

Community Engagement Coordinator (Transition to Work): Sally Merryfull - sallym@wcig.org.au / 0422 472 071; Business & Community Development Officer (WCIG & DES): Amy Bellia – amyb@wcig.org.au / 0448 100 565

Vines Road Senior Citizens Club

**VRSCC WELCOMES WALK INS, COME IN AND SAY HELLO ON WEDNESDAY
OVER 55'S CLUB!!**

VINES ROAD SENIOR CITIZEN'S CLUB (VRSCC) MAIN PROGRAM DAY

Wednesday 9:00am - 3:00pm

- × Lunch cooked in VRCC Community Kitchen (separate cost to membership)
- × Indoor lawn bowls
- × Rummikub 1.00pm – 3.00pm (Hall)
- × Bingo
- × Participants must be a member of VRSCC to participate (VRSCC membership \$20 per year)

For more information, phone Ron Dunbar
President, Vines Road Senior Citizens Club 0409 400 857
vrseiorcitizens@gmail.com

VINES ROAD SENIOR CITIZEN'S ACTIVITY PROGRAM

Wednesday and Friday

- Pool/Billiards (Wed 1.00pm – 3.00pm & Fri 11.00am – 3.00pm)
Participants must be a member of VRSCC to play (VRSCC membership \$20 per year)

Ron Dunbar, President
Vines Road Senior Citizens Club 0409 400 857
vrseiorcitizens@gmail.com

- × *Friday Line Dancing is cancelled until further notice as we search for a new teacher / activity for this space. Please contact Ron Dunbar, VRSCC President, if you are interested in facilitating an activity / class!*

Join the Club! Your local Seniors Club provide a relaxed environment where you can enjoy the company of others and participate in a wide range of activities. Just \$20 per year!