

# Activity

# GUIDE

SUNDOWNER  
COMMUNITY  
CENTRE

JANUARY - JUNE 2024



*There's something  
for everyone!*



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** Develop strength, improve flexibility and increase balance in one of our relaxing Yoga classes run by Waves instructor Audrey.  
**\$5 per session** Bring your own mat and drink bottle.

### TABLE TENNIS

**11am - 1pm** Looking for a fun way to increase your physical activity? Table tennis is not only a full-body work out, it can also improve mental health, sharpen reaction times and hugely improve hand-eye coordination.  
**\$2 per session** Players of all skill levels, ages and abilities welcome to join.

### LIFT FOR LIFE

**1:30pm - 2:30pm** 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.  
**\$5 per session**

### TABLE TENNIS



# WEDNESDAYS

## HENAN PROVINCE HOMETOWN ASSOCIATION OF AUSTRALIA INC.

9am - 5pm  
\$2 per session

A Chinese Seniors group that preserves Chinese heritage through Tai Chi and Dance. For more information 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

8pm - 10pm  
FREE

### 1st & 3rd Wednesday of the month

Join a Women's group aiming to build confidence through public speaking. New members welcome!

Contact: Nora Fernandes ☎ 0459 186 670

✉ vic.membership@speakingmadeeasy.com.au

### SPEAKING MADE EASY





# THURSDAYS

## LITTLE LEARNERS PLAYGROUP

10am - 12pm  
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)

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## FILM CLUB

12:30pm - 2:30pm  
FREE

Join us for regular movies on the big screen! Calling all film buffs! Sundowner is starting a Film Club. Each week the group will watch a film and then discuss it afterwards over a cuppa. A great opportunity to make new friends and discover new films.

### LITTLE LEARNERS PLAYGROUP



# FRIDAYS

## 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**

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.

### CRAFTY BUSINESS



## SATURDAYS

### MELBOURNE ZHIYIN CHOIR

12:45pm - 5pm

An amateur Mandarin speaking choir group brought together by a common goal of enriching their lives through high quality singing. New members welcome. Contact: Ling Huang ☎ 0431 143 266

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### INDIAN FRIENDS & FAMILY ASSOCIATION

5:30pm - 10:30pm

An Indian support group that celebrates their culture through social activities, language and dance classes. Contact: Sudha ☎ 0425 807 412 or Kauser ☎ 0432 154 524

## SUNDAYS

### CHINESE INTERNATIONAL CHEONGSAM ASSOCIATION

9:30am - 12:30pm

For more information contact Jenny Wang ☎ 0434 190 333

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

1pm - 5pm

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.





## 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)

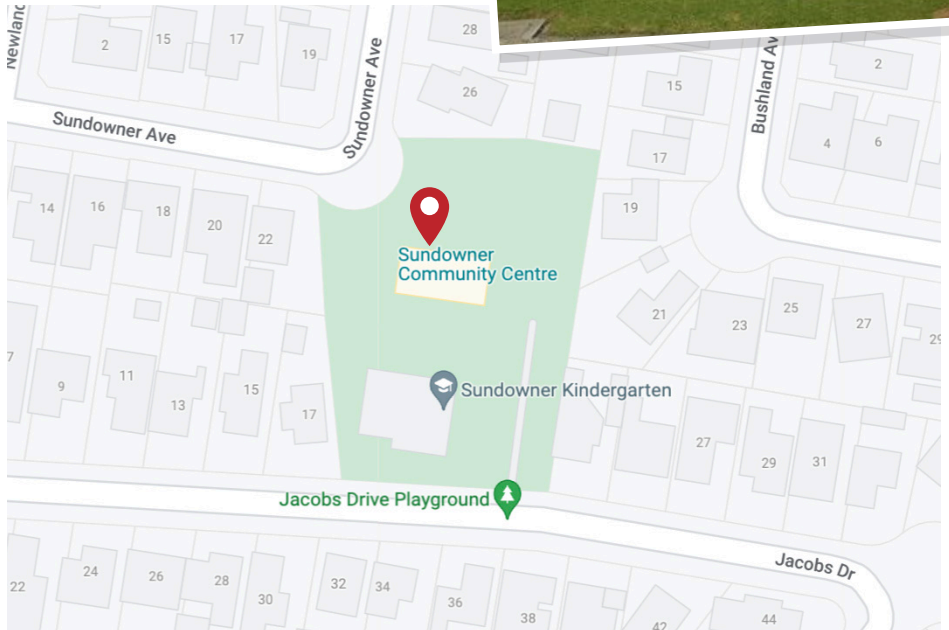


**Keep updated by signing up  
to the Sundowner e-Newsletter.**

*Scan to  
sign up!*



# 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: Mon - Fri 9:30am - 2:30pm

(Car park entrance located off Jacobs Drive)



For interpreter services,  
please call

