



THE AMAROO OP-SHOP



"Melbourne's 'Best Value' Op Shop"

Amaroo Neighbourhood Centre's Op Shop has a huge range of quality Clothing, Manchester, Furniture, Crockery, Glassware, Jewellery, Collectables and hidden treasures. With low prices, regular specials, new stock arriving daily and a stringent sorting process, only the best goes on display at Amaroo. The experienced team of lovely, dedicated volunteers at the Amaroo Op Shop ensure that you will find great bargains and a friendly shopping experience. Delivery is available (fee applies) and EFTPOS is available for your convenience.

Collection of Furniture or large items can be arranged, please contact Amaroo on Ph: 9807 0570 or Email: office@amaroonc.org.au

OPENING HOURS:

Monday to Friday: 9:00 am – 4:00 pm

Saturday: 9:00 am – 12 noon

(Closed Sunday and Public Holidays)

34 Amaroo St, Chadstone
Phone Op-Shop: 9807 0570



AMAROO NEIGHBOURHOOD CENTRE INC.
Inc No A000 9864N

12 July - 17 Sept 2021

TERM 3 PROGRAM

Amaroo Neighbourhood Centre Inc.

34 Amaroo Street

CHADSTONE Vic 3148

Office: 9807 2625

Op-Shop: 9807 0570

ABN: 27 950 105 846

Email: coordinator@amaroonc.org.au

Website: www.amaroonc.org.au

Facebook: Amaroo Neighbourhood Centre Inc.

Like us on Facebook 

Amaroo means a happy place to be!

**Get to know your local
community at Amaroo .
Join a class or volunteer**

Introduction:

The Amaroo Neighbourhood Centre and Opportunity Shop is located on Amaroo Street, just off Waverley Road, Chadstone.

We liaise closely with the City of Monash, Link Health, the Community and other local agencies. If we can't help you, we may know someone who can.

'This is your Centre - it belongs to the Community. We welcome everyone and we listen to your ideas and suggestions.'

Amaroo provides a wide range of programs for the community to enjoy. Our programs offer educational, recreational and health related activities open to all members of the public. If you have a great idea for a class or an activity, please let us know. If it is possible, we will do our best to add it to the Amaroo program.

Committee of Management:

The Committee of Management consists of volunteers who meet on the last Wednesday of the month at 4pm to support the governance of the Centre.

Volunteers:



Amaroo's success is due to the incredible volunteers who generously offer their time and care to the Centre.

If you would like to volunteer and be part of this very special Centre please contact us on **9807 2625** or **9807 0570**

Our Mission:

We are a not-for-profit Neighbourhood Centre for the benefit of all people living in the area. Our goal is to provide innovative programs and services that meet the changing needs of the diverse population. Encouraging community participation to enable individuals to enhance their lives and strengthen their community.

Hours of operation:

Monday to Friday: 9:00 am - 4:00 pm

Saturday: 9.00am - 12.00 noon

SUPPORTING THE COMMUNITY !

COVID-19 INFORMATION

Victorian Coronavirus Hotline - 1800 675 398

Victorian Department of Health and Human

Services: 1300 650 172

Monash Health COVID-19 Screening Clinic 1800 675 398

BREAD - WEDNESDAYS AND FRIDAYS

On Wednesday and Friday mornings, free bread is distributed from the Op Shop from 10.00am until it is all gone. This is kindly sponsored by Bakers Delight at Ashburton

We can help!

Please let us know if you are experiencing difficulty and need assistance, we can refer you to the appropriate agency for help. All enquires are treated in the strictest of confidence.



Room Hire:

Amaroo has rooms available for community groups and/or organisations to hire. If you are interested in holding your next event at Amaroo or you have an enquiry, please contact the Office on **9807 2625**, email: coordinator@amaroonc.org.au or visit www.amaroonc.org.au



Transport:

Bus 624 Oakleigh is located within walking distance to the Centre.

Amaroo Committee of Management:

Chairman: Margaret Taylor **Vice Chair:** Jeanette Wakeham
Secretary/PO: Lindsey Castle **Treasurer:** Kerrie Atkinson

“Our promise is to provide a safe, happy, and friendly environment for EVERYONE to enjoy WITH NO EXCEPTIONS!”

We are accessible and wheelchair friendly  and our programs are integrated where appropriate.

We follow DHHS COVID safe guidelines

PLEASE NOTE: THE CENTRE RESPECTS YOUR RIGHT TO CONFIDENTIALITY OF INFORMATION. ANY INFORMATION WE MAY COLLECT AND HOLD IS KEPT IN ACCORDANCE WITH INFORMATION PRIVACY LAWS.

AMAROO NEIGHBOURHOOD CENTRE

Term 3 2021 Program at a glance :

Community Lunch - served hot at 12:00 noon -Last Monday of the month

ACV GARDS and Metro Support Group for Asbestos - 2nd Monday of the Month
1.30pm-3.30pm

Indian Dance - Monday 6.30pm - 7.30pm

Curries Haircuts - Tuesdays (fortnightly) 10.00am - 12noon

Safe Seats, Safe Kids Program between 10am – 2pm –
(2nd and 4th Tuesday of every month), starting Tuesday 9 March

Billabong Boardgames — Tuesday 6.30pm

Free Bread available in the Op Shop – Wednesday and Friday from 10.00am - until it is
all gone

Art Therapy Group —Wednesday 10.00am -12.00 noon

Joyful Young Adults—Wednesday 10.30am—2.30pm

Chair Yoga—Wednesday 2.00pm - 3.00pm

Circle of Natural Aid in Life - Wednesday 6.30pm - 10pm

Senior Strength Class - Thursday - 10.30am - 11.30am

Community Art—Thursday - 1.30pm - 3.00pm

National Spiritual Assembly of the Baha'is of Australia - Thursday 7.00pm - 10.30pm

Beading - Friday 12.30pm-3.00pm

Learn to play Ukulele - Friday 1.00pm - 2.00pm

Call on **9807 2625** or email coordinator@amaroonc.org.au for details



MONDAY timetable

Community Lunch - served hot at 12:00 noon -Last Monday of the month

Come and enjoy a nourishing 2 course lunch(No Takeaway)

Cost: Gold Coin Donation.

Booking Essential contact the Centre on 9807 2625

ACV GARDS and Metro Support Group for Asbestos (2nd Monday of the month 1:30pm-3.30pm

A support group for people diagnosed with the respiratory conditions Mesothelioma/Asbestosis and Silicosis who meet once a Month. Anyone is welcome to attend.

Contact: Maitea on Ph: **0420 313 876**

Indian Dance with Shikha every Monday - 6.30—7.30pm

This class teaches classical Indian dance form “Kathak” for students from basic to graduation level. For details contact Shikha on **0450 228 954** or Coordinator at Amaroo 9807 2625

SATURDAY timetable

Card Making & Scrapbooking - 1:00pm - 3:00pm

On the **second** Saturday of every month. Come along and learn techniques to make beautiful cards or scrapbooking pages. At each class you will complete a set of three or more cards or scrapbooking double pages. Beginners welcome. Cost: \$20 to \$30 depending on projects.

Contact: Jenni on **0410 110 773** or email kaszazzwithjenni@gmail.com

Young Women’s Arthritis Support Group - 4:30pm - 6.00pm

This is a support group for working age women with arthritis that meets on the On line and in person at Amaroo every second month

It is a safe environment to share experiences and challenges.

Contact: Rosemary on **0400 447 624**. Visit: ywasg.com and facebook.com/ywasg

SUNDAY—Timetable

Room Hire available Contact Amaroo Coordinator on 9807 2625

FRIDAY timetable



Free Bread available in the Op Shop – from **10.00am**. Come in for a bag of free bread while it lasts. We thank Bakers' Delight Ashburton for their on-going generous support.

Beading Class - 12:30 - 3:00pm

Create jewellery and ornamental pieces with our friendly beading teacher.

Cost: \$5.00 to have materials supplied

Contact: Jean on **0415 165 236**

Ukulele Class 1.00 - 2.00pm Learn to play the ukulele - guaranteed. Our teacher Margaret Crichton will have you from the very first lesson.

Cost \$10 per class

For enquiries please contact the **Centre on 9807 2625**

Fun Friday afternoons are playing and singing along



TUESDAY timetable

Currie's Cuts— 10.00—12:00 ✂

Fortnightly on a Tuesday morning . Tom will cuts , ladies, men's and children's hair .
Children \$8, Trim \$10 Bookings are essential! Please contact **Tom on 0407 956 321 or Amaroo Coordinator on 9807 2625 to make a booking**

Safe Seats, Safe Kids Program between 10am – 2pm.

on the 2nd and 4th Tuesday of every month, starting Tuesday 9 March

Free Child Car Restraint fittings and safety checks—see separate flier for details or the website

<https://safeseatssafekids.com.au/venues-mec/>

Billabong Board Gamers - 6.30pm - 11:00pm

New and stimulating board games. Give your mental capacity a stretch and workout with thought-provoking games. **Contact Andrea on 0428 860 008**

Volunteers for Bread Collection on Tuesdays wanted

Contact Amaroo Coordinator on **9807 2625** for more details.



WEDNESDAY timetable

Free Bread available in the Op Shop – from **10.00am**. Come in for a bag of free bread while it lasts. We thank Baker's Delight Ashburton for their on-going generous support.

Art Therapy Group—from 10.00am to 12.00noon with Kay Salehi

This class provides participants a creative and enjoyable session exploring different materials and styles of expression.

Joyful Group—10.30am to 12.30pm

Inclusive Social friendship group for young adults of all abilities. The session includes art and craft , cooking lunch and play therapy.

Enquiries to **Amaroo Coordinator 9807 2625** or email joyful.aged.ability@gmail.com

Chair Yoga - 2.00pm —3.00pm This class is an excellent way to improve mobility and reduce pain in both the lower body and upper body. The exercises can be modified to suit a variety of fit-ness levels Contact **Amaroo Coordinator on 9807 2625** or **Tutor Maree 0429 443 589**

Activate Youth Program 4.00pm—6.00pm

Activate is a free weekly program for young people aged 10-17 years living in the City of Monash. It runs every week during school terms and offers games and activities in a supportive, supervised and safe environment where young people can have fun, learn skills and make friends. Enquiries to **Amanda at Monash Youth Services** (03) 9518 3900



Circle for Natural Aid in Life – 6:30pm – 10:00pm

Meets every 3 weeks. “The Bruno Groening Circle of Friends is for those people who in our modern day are searching for help and healing in a natural way.

Cost: Free. Contact: Stephanie **0411 407 500** or perfecthealth@optusnet.com.au

THURSDAY timetable

Seniors Strength Training with Angela - 10:30am - 11:30am

This inclusive hour of exercise and laughter will lift your arms, legs and spirits too . Improved Strength and balance are a bonus. Angela is fabulous.

Cost \$10 per class, for enquiries please contact the Centre on **9807 2625**

Community Art - 1.30pm - 3:00pm

Have fun with a variety of hands-on activities to suit your mood.

Our artist offers a range of options for you to try and each time there will be a little piece of magic for you to take home

Cost: \$20 per class


Contact the Centre on **9807 2625**.

National Spiritual Assembly of the Baha'is of Australia - 7.00pm - 10.30pm

Spiritual Assembly meeting

Volunteers for Bread Collection on Thursdays wanted

Contact Amaroo Coordinator on **9807 2625** for more details.



Amaroo is a happy place to meet friends, join classes or volunteer. We welcome feedback and suggestions for new activities.

We would love to see you soon.