

# Community Connections Term 1

## Timetable 2026

### MONDAY

Places of Interest  
**Melba kitchen**  
**(new in 2026)**  
Swimming  
Out and About  
Community Lunch  
Pamphlet run  
Lawn Bowls  
BBQ crew  
Hiking  
Morning Melodies  
Paint, Draw,  
Create, Explore  
Coffee Club

### TUESDAY

Fruit Bunch  
Hands On  
ECOSS  
Grooving in the  
Pool  
Table Tennis  
Bowling League  
Coffee, Cake and  
Bingo  
Newspaper  
Round

### WEDNESDAY

Art  
Morning Melodies  
Cooking  
Swimming  
Community  
Lunch  
Eggs on Legs  
Newspaper  
Round

### THURSDAY

Art  
Yarra Ranges in a  
box  
Dance Fit  
Community  
Lunch  
Mowing  
Sustainability

### FRIDAY

**Melba kitchen**  
**(new in 2026)**  
Swimming  
Ball Sports  
Making music

See more below for a detailed description of all programs

Program	Description	Program	Description
<b>Places of interest</b>	Explore your community and enjoy a range of local activities with a supportive group. Develop skills in planning outings, managing money, and navigating new environments while socialising and discovering new places.	<b>Lawn bowls</b>	Based at Yarra Glen Bowls Club, this relaxed and social sport encourages teamwork, focus, and gentle movement. Whether you're a beginner or experienced, it's a great way to have fun and socialise.
<b>Melba kitchen</b>	Our newest program – learn a range of skills needed for a hospitality environment, including making great coffee, food safety and hygiene, customer service and money handling.	<b>BBQ crew</b>	A relaxed social gathering featuring a classic BBQ lunch and good conversation. It's a perfect way to unwind, meet new people, and enjoy time together in a casual setting.
<b>Swimming/ Grooving in the pool</b>	Spend some time in the water building both confidence and fitness at your own pace.	<b>Hiking</b>	Take in the beauty of nature and explore different walking trails while keeping fit and socialising. Enjoy the benefits of the great outdoors.
<b>Out and about</b>	A fun, flexible program that explores local parks, shops, community events, and interesting places. It's all about getting outdoors, trying new things, and connecting with the community.	<b>Morning melodies</b>	Get together with others while you sing, dance and enjoy a range of music.
<b>Community lunch</b>	Build friendships through a shared meal where everyone comes together to chat and enjoy good food.	<b>Paint, draw, create, explore</b>	A creative program where you can experiment with painting, drawing, craft, and different art materials. It's a welcoming space to express yourself, learn new skills, and make something unique.
<b>Pamphlet run</b>	Working together to collate and prepare pamphlets and catalogues followed by hitting the streets for delivery.	<b>Coffee club</b>	Expand your social network by enjoying coffee or tea with others. Share conversations about your passions and hobbies while exploring different venues together. Write and share reviews of places you visit.

Program	Description	Program	Description
<b>Fruit brunch</b>	An apple a day keeps the doctor away! Take orders for fresh apples before going to get great fresh produce and delivering it to your customers.	<b>Yarra Ranges in a box</b>	Play a part in fresh produce distribution. Take orders for boxes before selecting, packing and delivering quality fruits and vegetables from fresh produce outlets.
<b>Hands on</b>	A supportive, social space where people can come together to work on practical projects, share skills, and connect. It encourages friendship, hands on learning, and meaningful contribution.	<b>Dance fit</b>	An energetic movement program that blends simple dance routines with low impact fitness. It's a great way to get active, boost confidence, and enjoy music with friends.
<b>Table tennis</b>	A fast, fun activity that helps build coordination, confidence, and friendly competition. You can play casually or challenge yourself to improve their skills over time.	<b>Mowing</b>	Gain practical experience in lawn care, including mowing, brush cutting, pruning, and weeding. Develop skills in writing quotes, handling money, customer service, and machine maintenance.
<b>Bowling League</b>	A weekly bowling session where you can join a friendly league, celebrate personal milestones, and enjoy some healthy competition. It's a great way to be active and social in a fun community environment.	<b>Sustainability</b>	Explore the principles of sustainability through hands on learning about recycling and waste management. You'll engage in activities such as sorting and recycling various materials, collecting cans, and discovering what happens to them next.
<b>Coffee, cake and bingo</b>	A relaxed social group that enjoys coffee, sweet treats, and a playful version of bingo designed for laughs. It's all about connection, conversation, and having fun together.	<b>Ball sports</b>	Ball sports are a popular and fun way to stay active. Enjoy the lively atmosphere and socialise in this group activity.
<b>Eggs on Legs</b>	Start the day taking order for fresh eggs before heading off to source and deliver them.	<b>Making music</b>	Explore the joy of music and engage in activities like playing instruments, singing, and rhythmic exercises to improve your wellbeing in a supportive environment. Discover the benefits of music with us.

## Program

## Description

### ECOSS

Immerse yourself in the sustainable practices and vibrant community life of ECOSS in Yarra Valley. Take part in hands on learning about eco-friendly living, including organic farming, renewable energy, and environmental conservation. Engage in activities such as gardening, permaculture, and workshops on sustainability, fostering a deep connection with nature and community.

### Art

Explore the joy and benefits of art in a supportive environment. Choose from a range of arts and creative activities to express yourself, manage stress, and enhance your wellbeing. This program focuses on using art as a tool for self discovery and personal growth.

### Cooking

Learn to cook by working together as a group to create your own meals. Develop skills in cooking, food handling, and kitchen safety. Experience the entire cooking process, including planning, recipe development, shopping, budgeting, meal planning and cleaning.

### Sustainability

Explore the principles of sustainability through hands on learning about recycling and waste management. You'll engage in activities such as sorting and recycling various materials, collecting cans, and discovering what happens to them next.

