THINGS TO DO

GREATER DANDENONG
Want to get involved in your community and meet new people? This is your guide to hobbies, learning and meeting people around Greater Dandenong.

Click on a category below, to find what's on near you!

__ART & PERFORMANCE__

__HOBBIES, HISTORY & YOUR LOCAL AREA__

__HEALTH, WELLBEING & THE ENVIRONMENT__

__LEARNING FOR WORK, LIFE & PLEASURE__

__SPORT & PHYSICAL RECREATION__

__FOR CHILDREN, YOUNG, OLDER, DISABLED AND LGBTI PEOPLE, WOMEN, MEN & PARENTS__

There are also many wonderful local events to be part of in Greater Dandenong. Visit GreaterDandenong.com/events to see what is happening near you.

Every effort has been made to ensure that the information is correct and up-to-date.
Art Facilities

WALKER STREET GALLERY
AND ARTS CENTRE

Each month the Walker Street Gallery and Arts Centre presents a range of thought-provoking and inspiring exhibitions from established and emerging artists.
9706 8441
Cnr Walker & Robinson Streets, Dandenong

CLICK HERE TO FIND OUT MORE >

HERITAGE HILL

Heritage Hill is a unique historic precinct featuring three beautifully preserved buildings on two acres of landscaped gardens in the heart of Dandenong. Visitors can enjoy a range of unique possibilities and experiences including art exhibitions, musical events, picnics in the magnificent gardens, facility hire, adult and school holiday workshops and much more.
9793 4511
66 McCrae St, Dandenong

CLICK HERE TO FIND OUT MORE >

DRUM THEATRE

Drum Theatre is a vibrant, inclusive and entertaining performing arts venue that is celebrated for its role in arts development and engagement with our community.
8571 1666
226 Lonsdale Street, Dandenong

CLICK HERE TO FIND OUT MORE >
Sewing, Crochet, Knitting & Quilting

SEWING FOR BEGINNERS - WELLSPRINGS FOR WOMEN
Learn to follow simple patterns, repair clothes and practice new stitches
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

MULTICULTURAL SEWING - SPRINGVALE NEIGHBOURHOOD HOUSE
Learn how to make basic garments for yourself, friends and family while improving your English skills.
9548 3972
6-50 Queens Avenue, Springvale
CLICK HERE TO FIND OUT MORE >

THE SOCIAL KNITWORK - DANDENONG LIBRARY
If you enjoy knitting or have always wanted to learn how, join the Social Knitwork at Dandenong Library. Make new friends while developing new skills, sharing patterns, stories and good times. All welcome.
Dandenong Library, Level 2
225 Lonsdale Street, Dandenong
CLICK HERE TO FIND OUT MORE >

CROCHET AND KNITTING CLUB - WELLSPRINGS FOR WOMEN
Social knitting group - bring along your wool and needles to create something beautiful with colour and texture. Beginners and advanced. Occasional guest tutors.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

SEWING CIRCLE AT THE OPEN DOOR
Spend time sewing and enjoy a joke or two every Tuesday.
9791 8664
110 Ann Street, Dandenong

KNITTING AND CROCHET - U3A
Learn about the science of human behaviour - for older residents
9546 2997
CLICK HERE TO FIND OUT MORE >

PATCHWORK, QUILTING AND SOFT FURNISHINGS - KEYSBOROUGH LEARNING CENTRE
Join this fun class and learn ways of using these in various forms of patchwork, quilting and appliqué. Together with embroidery techniques, you can produce numerous items with little outlay
9798 7005
402 Corrigan Road, Keysborough
CLICK HERE TO FIND OUT MORE >
Ceramics

CLAYWORKS DANDENONG
Provides lessons in ceramics and pottery, as well as supplying potters with clay, raw materials and equipment.
9791 6749
6 Johnson Court, Dandenong
CLICK HERE TO FIND OUT MORE >

General Craft

EMBROIDERY AND CRAFT U3A DANDENONG
9546 2997
Paddy O'Donoghue Centre, Noble Park
CLICK HERE TO FIND OUT MORE >

CRAFT - WELLSPRINGS FOR WOMEN
Social crafting group undertaking a wide range of craft activities.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >
**General Craft**

**CRAFT - CAE SHORT COURSES**

Learn a wide range of craft skills including ceramics, craft (paper sculpture, collage, basket weaving, crochet, fashion styling, purses, knitting, macramé, felting, rug making, silversmithing), glass, jewellery, mosaic, paper, picture framing and welding.

9651 0611

[CLICK HERE TO FIND OUT MORE >](#)

**CRAF TY CONNECTIONS - WELLSPRINGS FOR WOMEN**

A social self help group for women from all backgrounds to connect through craft, make new friendships and share creative talents. This is a fun, supportive self directed group.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

**PARCHMENT CRAFT - U3A**

Learn about the science of human behaviour - for older residents

9546 2997

[CLICK HERE TO FIND OUT MORE >](#)

**PATCHWORK CANDLEWICKING - U3A**

Learn about the science of human behaviour - for older residents

9546 2997

[CLICK HERE TO FIND OUT MORE >](#)
**Dance**

**LINE DANCING CLASSES - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

Line dancing is a great way to stay fit, have fun and make friends!

9547 2647
1 Osborne Avenue, (PO Box 277) Springvale

[CLICK HERE TO FIND OUT MORE >](#)

**LINE DANCING - U3A DANDENONG**

9547 2997
Paddy O'Donoghue Centre
18 Buckley Street, Noble Park

[CLICK HERE TO FIND OUT MORE >](#)

**SPRINGVALE BALLROOM DANCING CLUB - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

Meet weekly in the evening to learn ballroom dancing and modern dancing and meet new people.

9547 2647
1 Osborne Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >](#)

**VIETNAMESE PERFORMING ARTS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

9547 2647
1 Osborne Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >](#)

**AUSTRALIAN ZHONG HUA QUN YI LION DANCE ASSOCIATION**

Chinese Lion Dance and Kung Fu Performance.

0412 693 174 | 0411 568 318
2 Victoria Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >](#)

**SING AND DANCE - NOBLE PARK COMMUNITY CENTRE**

Combined singing & dance classes. Female only classes

9547 5801
Ross Reserve, Memorial Drive, Noble Park

[CLICK HERE TO FIND OUT MORE >](#)
DANDEMONG THEATRE COMPANY
Offers an opportunity to meet new people and develop skills in acting and other theatre skills.
9584 7982
CLICK HERE TO FIND OUT MORE >

FUSION THEATRE
Fusion Theatre is a company of performers of different abilities based in Dandenong in the south east of Melbourne. We are committed to developing the skills and talents of its members in a caring, inclusive and accepting environment as they work together to create and present original and captivating theatre.
0407 301 378
Walker Street Gallery and Arts Centre
Cnr Walker and Robinson Streets, Dandenong
CLICK HERE TO FIND OUT MORE >

PUBLIC SPEAKING - DANDEMONG TOASTMASTERS CLUB
Visiting a club is an exciting first step in reaching your goals. There's no need to feel pressure to participate at your first club meeting – you can simply observe if you wish. And since every club is unique, it’s OK to visit several clubs before you decide to join the right club for you. Have a great first meeting.
0419 871 661
Dandenong North Senior Citizens Club.,
Menzies Reserve, Latham Crescent
Dandenong North
CLICK HERE TO FIND OUT MORE >

PERFORMING ARTS COURSES - CAE SHORT COURSES
including acting, juggling, stand up comedy, magic, ballet, contemporary dance, music appreciation, song writing, lessons in guitar, ukulele, harmonica and piano.
CLICK HERE TO FIND OUT MORE >
Drawing and Painting

**PAINTING AND SKETCHING - KEYSBOROUGH LEARNING CENTRE**

Learn about materials, colour and develop techniques using various mediums. Pencil, acrylic, water colour and pastels and develop your portfolio.

9798 7005
402 Corrigan Road, Keysborough

CLICK HERE TO FIND OUT MORE >

**THE HIVE CREATIVE NETWORK**

The Hive Creative Network is the place to go to for all things creative in Greater Dandenong. If you are an artist or creative individual, group or organisation living or working in Melbourne’s south east then The Hive is for you. Be a part of an engaging and collaborative community - network with other talented artist, discover new opportunities to promote your work and stay up to date with our vibrant calendar of arts and cultural events, including exhibitions, performance and festivals.

8571 1000
art@cgd.vic.gov.au

CLICK HERE TO FIND OUT MORE >

**DRAWING FOR ADULTS - NOBLE PARK COMMUNITY CENTRE**

9547 5801
Ross Reserve, Memorial Drive, Noble Park

CLICK HERE TO FIND OUT MORE >

**DRAWING CLASSES - U3A DANDEDONG**

9546 2997
Paddy O’Donoghue Centre
18 Buckley Street, Noble Park

CLICK HERE TO FIND OUT MORE >

**ART FOR THE LOVE OF IT - WELSPRINGS FOR WOMEN**

Discover hiddent talents. Learn about the many different mediums and how to paint, mix colours and other art techniques to create your own individual art work. (Materials not included).

9701 3740
79 Langhorne Street, Dandenong

CLICK HERE TO FIND OUT MORE >
Singing

CHOIR - WELLSPRINGS FOR WOMEN
If you enjoy music and are happy to sing along and have some fun then you will fit in with our choir. We sing all types of songs, have a gifted choir leader, a talented pianist and a group of singers. No experience or talent is required to join this group – come along and join us for a session of relaxation, laughter, happiness and a feeling of achievement.
9701 3740
79 Langhorne Street, Dandenong

CHOIR - DANDENONG SINGS
Dandenong sings is a great place to find your voice, find friends and mentors, de-stress, learn English, build your wellbeing and confidence, learn new skills and find work.
8679 6088
Paddy O’Donoghue Centre, 18 Buckley Street Noble Park

CHOIR - SOUTHERN VOICES
Southern Voices caters for female and male singers, providing broad musical experience encompassing theoretical and aural training, as well as vocal and performance technique. Southern Voices aims to contribute to the musical and personal development of each chorister, and to foster their sense of worth as an individual and a member of a team.
9574 9945
PO Box 5104, Brandon Park

Music Lessons

MUSIC TEACHERS ONLINE
Like to learn a musical instrument? This website lists a wide range of teachers and musical instruments, available throughout Melbourne.

MUSIC - CAE SHORT COURSES
Learn skills including music appreciation, song writing, lessons in guitar, ukulele, harmonica and piano.

KARAOKE - U3A
9546 2997
BERWICK VIEWFINDERS CAMERA CLUB

An active camera/photographic club based in Berwick. Club nights include internal photographic competitions, practical workshops, speakers, special outings, etc. There are also occasional field trips at the weekends and extended trips on long weekends. Members also arrange informal outings at other times.

CLICK HERE TO FIND OUT MORE >

WAVERLEY CAMERA CLUB

Waverley Camera Club meet every Tuesday evening, and on the fourth Wednesday of each month from February through to December. In addition they have regular monthly photographic excursions where members meet to put into practice their learnings. Visitors are very welcome, as of course are new members.

CLICK HERE TO FIND OUT MORE >

FRANKSTON PHOTOGRAPHIC CLUB

Our members include people of all age ranges with skills levels through novice level for those just starting out with a digital camera to members who are semi professional photographers.

5971 3500 | 0414 304 522
26 High Street Frankston

CLICK HERE TO FIND OUT MORE >

PHOTOGRAPHY AND FILM - CAE SHORT COURSES

Including digital photography and Photoshop, filmmaking and editing, point and shoot photography, SLR photography

CLICK HERE TO FIND OUT MORE >
PHOTOGRAPHY CLASSES - U3A DANDENONG
9546 2997
Paddy O'Donoghue Centre
18 Buckley Street, Noble Park
CLICK HERE TO FIND OUT MORE >

PHOTOGRAPHY WITH AN SLR CAMERA - DANDENONG NEIGHBOURHOOD HOUSE
Enhance your knowledge of SLR cameras.
9792 5298
34 King Street, Dandenong
CLICK HERE TO FIND OUT MORE >
HOBBIES, HISTORY & YOUR LOCAL AREA

- ASTRONOMY
- CHESS & OTHER BOARD GAMES
- EXCITEMENT
- FAMILY HISTORY
- LOCAL HISTORY AND CULTURE
- MODEL CARS, PLANES & TRAINS
- STAMP & COIN COLLECTING
ASTRONOMICAL SOCIETY OF VICTORIA

The Society attracts people with a wide range of astronomical interests, ages, abilities and experience, and is the largest such organisation in the southern hemisphere. Membership is open to all with an interest in astronomy. The ASV runs a large number of events to cater for a broad range of astronomy related interests.

0414 562 631

CLICK HERE TO FIND OUT MORE >

ASTRONOMICAL SOCIETY OF MELBOURNE

Major events include monthly Club Night - at our Club Rooms in Melbourne, shallow Sky Viewing Nights (Bi weekly) - at our Shallow Sky Site in Melbourne and dark Sky Viewing Nights (Monthly) - at our Premier Dark Sky Site in Gippsland.

0412 318 125

CLICK HERE TO FIND OUT MORE >

ASTRONOMICAL SOCIETY OF MORNINGTON PENINSULA

The Club’s aim is to promote an interest in Amateur Astronomy through meetings, social outings as well as viewing nights for schools, community groups and the general public.

0419 253 252

CLICK HERE TO FIND OUT MORE >
### DANDENONG CHESS CLUB

All abilities catered for. All welcome.
0417 394 116 | 9791 3541
Jan Wilson Community Centre, Halton Road
Noble Park

### NOBLE PARK CHESS CLUB

We are a welcoming club which caters for every level - so whether you are a beginner or a grandmaster, young or old, casual or serious, you will be able to enjoy chess at their club.
0421 896 365
Paddy O’Donoghue Centre, 18 Buckley Street
Noble Park

### BACKGAMMON – MELBOURNE BACKGAMMON CLUB

All players welcome. They meet at the Arcadia Hotel, South Yarra. Meals, bar, great atmosphere. Near South Yarra station and trams.
9546 2997

### SCRABBLE CLUB OF NOBLE PARK

Enjoy a friendly game of scrabble and meet new people.
9247 3652 | 0418 539 800
129 Harold Road, Noble Park

### MAHJONG AND SCRABBLE - U3A DANDENONG

9546 2997

### BRIDGE – FRANKSTON BRIDGE CLUB

Players who have completed a Beginners Class may like to join this group to improve their play and gain confidence.
9787 1208
Excitement

**Le Mans Go Karts**
Le Mans Go Karts Melbourne is Victoria’s biggest outdoor go-karting complex. Stretching over 23 acres, the massive 4 track complex has been built to be Australia’s premier go karting track.

87 87 87 41
5 Waterview Close, Dandenong

**Le Mans Laser Tag and Paintball**
Le Mans Laser Zone is Victoria’s biggest indoor double-story laser tag centre. Over 40 people can battle at once in the massive arena consisting of 4 massive towers, 4 bases, 8 ramps, maze and 24ft ceilings.

87 87 87 41
5 Waterview Close, Dandenong

**Springvale Diving Club**
Offers a full range of Scuba related services.
9546 0905
131 Springvale Road, Springvale

**Race a Car at a Local Raceway**
Before you settle into the drivers’ seat, your instructor will demonstrate a few of the key manoeuvres such as late braking, overtaking and proper acceleration that will make your experiences that much safer and equally incredible! Once you’re all set, you’ll don a jumpsuit and helmet and settle in behind the wheel!

**Gliding – Gliding Club of Victoria**
Joy flights are available, as well as training.
5762 1058
Samaria Road, Benalla

**A Wide Range of Exciting Experiences - ‘Red Balloon’**
Exciting experiences, ranging from skydiving, rally car driving, diving with sharks, ballooning, surfing, flying a plane helicopter or biplane and other experiences.
Family History

GENEALOGY - U3A DANDENONG
Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Activities may include genealogy.
9546 2997

CLICK HERE TO FIND OUT MORE >

DANDENONG LIBRARIES HISTORICAL COLLECTION
Greater Dandenong Libraries offer a wide range of reading, educational and leisure experiences with two branches, Springvale and Dandenong and now a third virtual location - The Vault. It is free to join the library and membership is open to everyone.
Whether you’re looking for the latest novel or children’s book, ebooks, online resources, materials in over 20 community languages, DVDs, newspapers, language or literacy assistance, internet access or some fun and educational activities, the friendly staff at the library are here to help.
1300 630 920
Levels 2 & 3, 225 Lonsdale Street, Dandenong
411 Springvale Road, Springvale

CLICK HERE TO FIND OUT MORE >
Local History and Culture

CULTURAL AND FOOD TOURS - CITY OF GREATER DANDENONG

The City of Greater Dandenong hosts a number of tours and events available for those who want to explore the area in the company of an expert. These include a Polish Food Tour, the Afghan Bazaar Food Tour, Little India Tour, Food Lovers Tours and the Sensational Springvale Tour.

8571 1000

CLICK HERE TO FIND OUT MORE >

INTERFAITH TOURS - INTERFAITH NETWORK

Would you like an opportunity to visit local places of worship, including an opportunity to be welcomed by a member/leader of each faith and to learn something of their belief, practices and community here in Australia?

9546 8441

CLICK HERE TO FIND OUT MORE >
HOBBIES, HISTORY & YOUR LOCAL AREA

Model Cars, Planes & Trains

RADIO-CONTROLLED CARS - SOUTH EASTERN RADIO CONTROLLED CAR CLUB

The club caters for people of all ages who are interested in radio controlled vehicles

0438 533 429

CLICK HERE TO FIND OUT MORE >

RADIO-CONTROLLED AEROPLANES - PAKENHAM & DISTRICT AIRCRAFT RADIO CONTROL CLUB SOCIETY

Its facilities make it unique amongst radio controlled model aircraft clubs in this part of Australia. These, and the camaraderie of the club, make a few hours at the field a comfortable, civilized, relaxed, and enjoyable break.

30 Fowler Road, Cardinia

CLICK HERE TO FIND OUT MORE >

MINIATURE RAILWAY AT ALEX WILKIE RESERVE:

Springvale live steamers operates a miniature railway open to the public from midday to 4pm on the third Sunday of each month February to November.

Mackay Street, Springvale South

CLICK HERE TO FIND OUT MORE >

MODEL RAILWAYS - AUSTRALIAN MODEL / TOY TRAIN COLLECTORS SOCIETY

9795 3646
Stamp & Coin Collecting

**DANDENONG PHILATELIC SOCIETY**
9793 4663
PO Box 247, Dandenong

**NOBLE PARK STAMP CLUB**
9711 7085
PO Box 14, Noble Park

**GUIDE TO STAMP CLUBS IN VICTORIA**
This website lists a range of stamp clubs throughout Victoria, providing contact details and internet links to each.

[CLICK HERE TO FIND OUT MORE >](#)

**COIN COLLECTING CLUBS IN VICTORIA**
This website lists coin collecting clubs and societies throughout the state, with contact details to each.

[CLICK HERE TO FIND OUT MORE >](#)
HEALTH, WELLBEING & THE ENVIRONMENT

ANIMALS & DOG TRAINING

ENJOYING THE OUTDOORS

ENVIRONMENT & SUSTAINABILITY

FLOWER ARRANGING

FOOD AND COOKING

GARDENING

MEDITATION, YOGA & MASSAGE

PERSONAL SUPPORT & DEVELOPMENT

VOLUNTEERING & COMMUNITY SERVICE
MYUNA FARM

Myuna Farm is a public community farm in the south-east area of Melbourne. It is an excellent example of farming life with lots to do for the whole family. Come and visit them for a fun day out! The farm lets everyone of all ages and abilities, experience hands on contact with a variety of animals.
9706 9944
182 Kidds Road, Doveton

ADOPT A PET – KEYSBOROUGH ANIMAL SHELTER

9798 8044
10 Homeleigh Road, Keysborough

SOUTHERN DOG OBEDIENCE CLUB

Southern Obedience Dog Club is a not-for-profit organisation, established by a small group in June 1958. The Club originally operated at a local football field in Springvale before making the decision to purchase their own land here in Bangholme Vic. The 5 acre complex offers fully fenced training areas, a recently refurbished Clubrooms with full kitchen facilities
9772 2152
56 Soden Road, Bangholme

VOLUNTEERING – AUSTRALIAN ANIMAL PROTECTION SOCIETY

Become a volunteer at the Keysborough Animal Shelter helping to feed and care for our animals
9798 8044
10 Homeleigh Road, Keysborough

MORNINGTON PENINSULA AVICULTURAL SOCIETY

For the study, keeping and conservation of birds.
New Peninsula Baptist Church Lounge
370 Craigie Road, Mt Martha
Enjoying the Outdoors

GREATER DANDENONG PARKS AND RESERVES

The City of Greater Dandenong has over 100 parks, sports reserves and playgrounds, as well as four bushland areas and open space corridors, totalling over 600 hectares. Owned and managed by Council, these open spaces offer a wide range of activities and things to see and do, including bushwalking, playgrounds, cycling, recreational areas, picnic and BBQ areas, local flora and fauna and more.

SPRINGVALE BOTANICAL CEMETERY

Springvale Botanical Cemetery are proud of their historic grounds and the very special areas in which to honour and celebrate life. Their skilled maintenance teams, arborists and horticulturists work year round to keep their grounds in pristine condition.

8558 8278
600 Princes Highway, Springvale

BUSHWALKING THROUGHOUT VICTORIA – BUSHWALKING VICTORIA

88464131

PARKS THROUGHOUT VICTORIA – PARKS VICTORIA

Information about parks throughout the state and things to do at each park.

8627 4704

CAVE EXPLORING – VICTORIAN SPELEOLOGICAL ASSOCIATION

Conducts cave exploring trips to locations throughout Australia and promotes safe cave exploration.

vsa.contact@gmail.com

ROW OR PADDLE A BOAT ON THE YARRA – STUDLEY PARK BOATHOUSE

Hire row boats, canoes and kayaks from the oldest operating boathouse in Australia.

9853 8707 Boathouse Cafe
Boathouse Road, Kew

CLICK HERE TO FIND OUT MORE >
CUBS

Cubs is for boys and girls aged between 8-10 years. They generally meet once a week as well as going on weekend activities. They go on fun camps all over the state, including Cuboree, with over 2500 other Cubs. They play fun games, learn new activities, and make new friends.

CLICK HERE TO FIND OUT MORE >
**COMPOSTING AND WORM FARMS – CITY OF GREATER DANDENONG**

On average, 40 per cent of rubbish sent to landfill is food waste. You can make a difference by composting your food scraps or by using a worm farm. Find out how you can start a compost or worm farm and make a difference to the environment.

8571 1000

**CERES COMMUNITY ENVIRONMENT PARK – SUPPORTING SUSTAINABLE LIVING**

CERES is a not for profit educational organisation located on 4 hectares of rehabilitated landfill in East Brunswick, Melbourne. At CERES you can wander the grounds; stop by our nursery, market, and cafe; take a guided tour; attend a workshop about the environment, and so much more.

**GREATER DANDENONG ENVIRONMENT GROUP**

This group aims to increase local awareness about environmental issues, and conducts meetings, talks, walks and some social events.

9795 7423
1601 Heatherton Road Dandenong North

**SUSTAINABILITY AND THE ENVIRONMENT - CITY OF GREATER DANDENONG**

The start of our natural environment impacts greatly on almost every aspect of our daily lives. The environment is not just trees and animals – it is the very air we breathe, the water we drink, our weather, the buildings we live in and much more. Our vision is for the City of Greater Dandenong to be one of the most sustainable cities in Australia by 2030. We’re working together with our local community to achieve this and create a cleaner, greener Greater Dandenong - today and for generations to come.

8571 5100
Lonsdale Street, Dandenong

**WASTE EDUCATION – CITY OF GREATER DANDENONG**

Have you ever sat and wondered what happens to your recycling, household rubbish and garden waste once it leaves your bin? Learn more about reducing your waste going to landfill and how to become a better recycler.

8571 1000
The Alternative Technology Association (ATA) is a not-for-profit organisation that exists to connect, inspire and assist people to make sustainable choices in their homes and communities. Established in 1980, the ATA provides expert, independent advice on sustainable solutions for the home to households, government and industry.  

The Australian Conservation Foundation (ACF) stands for ecological sustainability. They get to the heart of environmental problems by tackling the underlying social and economic causes. We work across society to influence urgent, transformative action to deliver lasting change on the scale required to secure a sustainable environment.

Sustainability Victoria's statutory objective is to facilitate and promote environmental sustainability in the use of resources. Established under the Sustainability Victoria Act 2005, SV is a statutory authority with a board appointed by the Minister for Environment and Climate Change.
WAVERLEY FLORAL ART

A friendly group with a common love of flowers, plants and gardens. Together they rejoice in floral beauty and take pleasure in creative and artistic flower arranging. Join them each month to learn the techniques of flower arranging by participating in our workshops, entering monthly competitions and watching demonstrations by award winning floral artists.

9877 2010
45 Miller Crescent, Mt Waverley

CLICK HERE TO FIND OUT MORE >

FLORAL ART SOCIETY OF VICTORIA

The Floral Art Society of Victoria (FASV) is a not-for-profit organization active in the State of Victoria (Australia) since 1978. The Society has more than 200 individual members and affiliated Floral Art Clubs who share in the aim to promote floral art and flower arranging as an art form. Members have the opportunity to develop their skills and keep up to date with current trends and techniques through teaching demonstrations, workshops, displays and seminars; all in a non-competitive environment and in a spirit of friendship.

0401 762 672
Horticultural Centre Jolimont Road, Nunawading

CLICK HERE TO FIND OUT MORE >
Food and Cooking

COMMUNITY KITCHEN - DANDENONG NEIGHBOURHOOD HOUSE

Community Kitchens groups are individuals who come together on a regular basis to socialise and cook affordable and nutritious meals. They make all the decisions about the running of the group including how often the group meets and what they will be cooking. Community Kitchens are for everybody in the community and people from many different walks of life attend.

9792 5298
34 King Street, Dandenong

CLICK HERE TO FIND OUT MORE >

CULTURAL AND FOOD TOURS - CITY OF GREATER DANDENONG

Greater Dandenong has become a must-go destination for people who love food and culture. There are a number of tours and events available for those who want to explore the area in the company of an expert. Tours include a Polish Food Tour, the Afghan Bazaar Food Tour, Little India Tour, Food Lovers Tours and the Sensational Springvale Tour.

8571 1377

CLICK HERE TO FIND OUT MORE >

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9792 5298
34 King Street, Dandenong

CLICK HERE TO FIND OUT MORE >

COOKING ACTIVITIES - U3A DANDENONG

Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Activities include cooking.

9546 2997

CLICK HERE TO FIND OUT MORE >

WINE COFFEE AND CIDER - CAE SHORT COURSES

Including coffee, cider, alcohol and cooking.

9652 0611

CLICK HERE TO FIND OUT MORE >

COURSES IN COOKING – WILLIAM ANGLISS INSTITUTE

Courses for fun, such as cake making and decorating, bread making, French pastry, dumplings, pie, macaroons, cupcakes, pastry, coffee, chocolate, wine appreciation and others.

9606 2111
555 La Trobe Street, Melbourne

CLICK HERE TO FIND OUT MORE >

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8571 1377

CLICK HERE TO FIND OUT MORE >

CULTURAL COOKING CLUB - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

Cultural cooking club meets weekly to share and learn new cultural recipes, cook and have lunch together.

9547 2647
1 Osborne Avenue, Springvale

CLICK HERE TO FIND OUT MORE >

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9652 0611

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CAKE DECORATING – LUST FOR CAKE

Cake decorating classes with a qualified cake decorator with 15 years experience. Group and individual classes available. cake decorating classes (group and/or private) that will suit your time.

9798 7005

CLICK HERE TO FIND OUT MORE >
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<th><strong>GARDENING AND HOME – CAE SHORT COURSES</strong></th>
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<tbody>
<tr>
<td>Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Activities may include gardening. 9546 2997 Paddy O’Donoghue Centre 18 Buckley Street, Noble Park</td>
<td>Includes plant care and recognition, pest control and irrigation 1300244746 121 Stud Road Dandenong</td>
<td>Including home maintenance, vegetables and herbs, beekeeping, wood fired ovens, landscape design. 9652 0611</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>COMPOSTING AND WORM FARMS – CITY OF GREATER DANDENONG</strong></th>
<th><strong>COMMUNITY GARDEN CLUB – NOBLE PARK COMMUNITY CENTRE</strong></th>
<th><strong>COMMUNITY GARDEN – DANDENONG NEIGHBOURHOOD HOUSE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>On average, 40 per cent of rubbish sent to landfill is food waste. You can make a difference by composting your food scraps or by using a worm farm. Find out how you can start a compost or worm farm and make a difference to the environment.</td>
<td>The Noble Park Community Centre is always looking for help with their Community Garden on a volunteer basis. The volunteers maintain and develop the garden and participate in programs and events throughout the year. Our Garden Club meets monthly and has a range of activities from garden shows, garden planning, organising guest presenters, and special gardening workshops. 9547 5801 Memorial Drive, Ross Reserve, Noble Park</td>
<td>This community garden is open to all residents. The garden offers everyone a great opportunity to combine healthy activity with great healthy food. Lease a bed and then plant whatever you like in the bed and pick your own produce. 9792 5298 34 King Street, Dandeong</td>
</tr>
</tbody>
</table>

**CLICK HERE TO FIND OUT MORE >**
<table>
<thead>
<tr>
<th><strong>A GUIDE TO COMMUNITY GARDENS IN GREATER DANDENONG</strong></th>
<th><strong>SPRINGVALE GARDEN CLUB</strong></th>
<th><strong>COMMUNITY GARDEN – SPRINGVALE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A community garden is a piece of land where people can grow their own food and share ideas about gardening.</td>
<td>Meets monthly on Wednesday evening activities include trading talk speakers and bus trips.</td>
<td>At the community garden people grow their own food and share ideas about gardening.</td>
</tr>
<tr>
<td>9213 2500 Railway Parade, Dandenong</td>
<td>9798 7416 Springvale Senior Citizen Centre, The Cresent Springvale</td>
<td>9540 8618 1-7 Morwell Parade, Springvale</td>
</tr>
</tbody>
</table>

[CLICK HERE TO FIND OUT MORE >](#)
**PILATES/YOGA - JAN WILSON COMMUNITY CENTRE**

Pilates combines with the best of several yoga disciplines to improve your strength, flexibility and energy levels as well as posture, self confidence and tone muscles. Excellent for improving bone density.

9795 9279
Halton Road, Noble Park North

CLICK HERE TO FIND OUT MORE >

**YOGA - JAN WILSON COMMUNITY CENTRE**

Flow yoga is suitable for all levels of practice and is great for beginners. Flowing sequence can assist weight loss, strengthening the body and developing a calm clear mind.

9795 9279
Halton Road, Noble Park North

CLICK HERE TO FIND OUT MORE >

**YOGA AND MEDITATION - NOBLE PARK COMMUNITY CENTRE**

Regular yoga classes for people of all abilities and experience.

9547 5801
Ross Reserve, Memorial Drive, Noble Park

CLICK HERE TO FIND OUT MORE >

**YOGA - HERITAGE HILL**

Enjoy yoga classes amidst the tranquil surroundings of Heritage Hill. Classes are small and tailored to suit individual needs.

9793 4511 66
McCrae Street, Dandenong

CLICK HERE TO FIND OUT MORE >

**YOGA - SPRINGERS LEISURE CENTRE**

Yoga classes for people of all abilities and experience.

9701 5900
Springers Leisure, 400 Cheltenham Road
Keysborough

CLICK HERE TO FIND OUT MORE >

**MEDITATION - U3A**

Learn mediation - for older residents

9546 2997

CLICK HERE TO FIND OUT MORE >
MASSAGE THERAPY BASICS - DANDENONG NEIGHBOURHOOD HOUSE

Learn the skills required to help find employment in the industry, do a course or just learn a new skill.
9792 5298
34 King Street, Dandenong

CLICK HERE TO FIND OUT MORE >

YOGA - NOBLE PARK COMMUNITY CENTRE

For all groups and abilities. Mats provided. Wear loose comfortable clothing.
9547 5801
Ross Reserve, Memorial Drive, Noble Park

CLICK HERE TO FIND OUT MORE >

YOGA - KEYSBOROUGH LEARNING CENTRE

9798 7005
402 Corrigan Road, Keysborough

CLICK HERE TO FIND OUT MORE >
CARER SUPPORT: GROW-BETTER TOGETHER CARERS GROUP

For friends and family of those affected by mental health issues. Free and confidential meetings held twice a month in Dandenong, Scoresby and Frankston.
1800 558 268

RAINBOWS GRIEF AND LOSS SUPPORT - KEYSBOROUGH LEARNING CENTRE

The program provides a 12 week, non-denominational, small group support program for grieving children. Groups are for children aged from 4-6 years; 7-12 years and 13-15 years.
9798 7005
402 Corrigan Road, Keyborough

WOMEN’S MENTORING PROGRAM - WELSPRINGS FOR WOMEN

Connects isolated women to the wider community, including opportunities for further education. Delivered Volunteers, who have excellent experience of the CALD communities.
9701 3740
79 Langhorne Street, Dandenong

SUPPORT FOR CARERS PROGRAM - SOUTHERN MIGRANT AND REFUGEE CENTRE

Provides support to carers from a culturally and linguistically diverse background.
9767 1965
39 Clow St, Dandenong

BREAST CANCER SUPPORT GROUP - KEYSBOROUGH LEARNING CENTRE

Get together, support each other, have fun and join in other activities. The Breast Nurse usually attends each session.
9798 7005
402 Corrigan Road, Keyborough

CLICK HERE TO FIND OUT MORE >
### Personal Support & Development

<table>
<thead>
<tr>
<th><strong>GAMBLING COUNSELLING - GAMBLER’S HELP</strong></th>
<th><strong>YOUTH COUNSELLING AND SUPPORT - GREATER DANDENONG COUNCIL</strong></th>
<th><strong>MEN’S SHED PROGRAM - DANDENONG NEIGHBOURHOOD HOUSE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Many people just like you have resolved their gambling problems by seeking help through our support services. Gambler’s Help know that taking the first step can be hard. But once you decide to get help, the rest is easier than you might think. Find the support that's right for you</td>
<td>Youth Services provides free and confidential counselling and support services to young people aged 12 - 25 who live, work or study within the City of Greater Dandenong, and their families.</td>
<td>Come and join for some fun, activity, conversations and work on your own project.</td>
</tr>
</tbody>
</table>
| 1800 858 858 | **8571 5300**  
**YStop, Clow Street, Dandenong** | **9792 5298**  
**34 King Street, Dandenong** |

<table>
<thead>
<tr>
<th><strong>GAMBLERS ANONYMOUS</strong></th>
<th><strong>BEREAVEMENT SUPPORT GROUPS - AUSTRALIAN CENTRE FOR GRIEF AND BEREAVEMENT</strong></th>
<th><strong>ANXIETY SUPPORT GROUP - GLEN WAVERLEY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. Their primary purpose is to stop our gambling and to help other compulsive gamblers do the same. Dandenong North branch meets 8:00 to 9:30 pm, Tuesdays.</td>
<td>Provides intervention training and education to assist individuals and organisations to deal with grief and loss.</td>
<td>Meet on the second Monday of each month at 7.30pm.</td>
</tr>
</tbody>
</table>
| Lyndale Uniting Church  
Cnr Holly & Birch Avenues Dandenong North | **1800 642 066**  
**253 Wellington Road, Mulgrave** | **9830 0566**  
**Mount Street Neighbourhood House**  
**6 Mount Street, Glen Waverley** |

[CLICK HERE TO FIND OUT MORE >](#)
**GROW - COMMUNITY BASED MENTAL HEALTH SUPPORT NOBLE PARK COMMUNITY CENTRE**

Groups meet weekly to provide mutual support to help in the recovery from mental illness.

9547 5801
Ross Reserve Memorial Drive, Noble Park

[CLICK HERE TO FIND OUT MORE >](#)

**ALCOHOLICS ANONYMOUS**

Having trouble with alcohol? Does your drinking worry you? Is it causing you to get into unpleasant or dangerous situations? Are family members complaining about your drinking? See if the AA program of recovery is what you need. Meeting dates and venues include several locations in Dandenong and Springvale.

9547 5801
Ross Reserve Memorial Drive, Noble Park

[CLICK HERE TO FIND OUT MORE >](#)

**NATIONAL DEMENTIA HOTLINE**

For information about dementia, carer support, medical, counselling or support services. Talk through your emotional, practical and family issues in confidence, with one of their professional counsellors.

1800 100 500

[CLICK HERE TO FIND OUT MORE >](#)

**NARCOTICS ANONYMOUS**

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a problem. They’re recovering addicts who meet regularly to help each other stay clean and build a new way of life. There is only one requirement for membership, the desire to stop using. Meetings are held several times a week at venues in Dandenong.

9798 7005

[CLICK HERE TO FIND OUT MORE >](#)

**CARER SUPPORT GROUP – EASTERN REGION MENTAL HEALTH ASSOCIATION**

Workshops for carers of people with a mental illness.

1300 376 421
Narre Warren Library Overland Drive, Narre Warren

[CLICK HERE TO FIND OUT MORE >](#)

**A GUIDE TO MENTAL HEALTH CARE – EASTERN REGION MENTAL HEALTH ASSOCIATION**

Mental illness affects all of us in some way. Compass is designed to help consumers and carers navigate Victoria’s mental health service system. Compass was developed with the help of mental health consumers and carers who feel that informed involvement in treatment, as well as supported recovery can mean better results faster.

[CLICK HERE TO FIND OUT MORE >](#)
Volunteering & Community Service

GREATER DANDENONG VOLUNTEER RESOURCE SERVICE
The Greater Dandenong Volunteer Resource Service screens and trains volunteers for placement within local community organisations, creating a strong community sector as well as delivering training to managers who work with volunteers so that volunteers receive strong support.
9562 0414
39 Clow Street, Dandenong

Volunteering includes opportunities to become a council ambassador at public events; support elderly residents; help with administration and office jobs; support our children; help organise youth events; guide and support young people; host tours at Heritage Hill or catalogue heritage items.
8571 1000
225 Lonsdale Street, Dandenong

VOLUNTEERING – KEYSBOROUGH LEARNING CENTRE
Volunteers assist with English tuition, computer training, community visiting administration and the operation of the food bank.
9798 7005
402 Corrigan Road, Keyborough

VOLUNTEERING – SOUTH-EAST COMMUNITY LINKS
Volunteers help provide administration support, assess request for emergency relief, provide information and referral to members of community.
9546 5255
5 Osborne Avenue, Springvale

VOLUNTEERING – CITY OF GREATER DANDENONG
Volunteering includes opportunities to become a council ambassador at public events; support elderly residents; help with administration and office jobs; support our children; help organise youth events; guide and support young people; host tours at Heritage Hill or catalogue heritage items.

VOLUNTEERING – AUSTRALIAN ANIMAL PROTECTION SOCIETY
Volunteer is an integral part of Wellsprings for Women. Volunteers contribute so much to the wellbeing of women who come to Wellsprings. In return volunteers receive involvement in a lively community, new experiences, opportunities for personal and professional development, support and the chance to build fruitful relationships.
9701 3740
79 Langhorne Street, Dandenong

VOLUNTEERING – WELSPRINGS FOR WOMEN
Volunteering includes opportunities to become a council ambassador at public events; support elderly residents; help with administration and office jobs; support our children; help organise youth events; guide and support young people; host tours at Heritage Hill or catalogue heritage items.

VOLUNTEERING – AUSTRALIAN ANIMAL PROTECTION SOCIETY
Become a volunteer at the Keysborough Animal Shelter. Helping to feed, walk and care for the animals.
9798 8044
10 Homeleigh Road, Keyborough

CLICK HERE TO FIND OUT MORE >
Volunteering & Community Service

VOLUNTEERING – DANDENONG NEIGHBOURHOOD HOUSE

Volunteers are the backbone of our organisation and without them our centre could not function. Funnily enough, most volunteers believe they are the ones who gain from their involvement. Volunteering can be both rewarding and challenging work; the basis for new friendships and a sense of contributing to the community.

9792 5298
34 King Street, Dandenong

CLICK HERE TO FIND OUT MORE >

VOLUNTEERING – SOUTHERN MIGRANT AND REFUGEE CENTRE

The Southern Migrant and Refugee Centre (SMRC) values the skills of volunteers provides them programs. We provide training and support to all our volunteers. Volunteering opportunities may exist in social support for elderly migrants, homework support, settlement support and bi-lingual migration advice.

9767 1965
39 Clow St, Dandenong

CLICK HERE TO FIND OUT MORE >

VOLUNTEERING – DANDENONG SOUTH-EAST COMMUNITY LINKS

Volunteering is a great way to become involved in your local community, to meet people, to learn new skills or use the ones you already have. Our volunteers have all participated in a training program where they learn more about their community and the services available, communication skills and how to access information resources and they continue to participate in staff development training.

9791 8344
186 Foster Street East, Dandenong

CLICK HERE TO FIND OUT MORE >

BECOME A VOLUNTEER ENGLISH TUTOR – KEYSBOROUGH LEARNING CENTRE

You can help someone to improve their English. This is a program where the volunteer tutor is paired with their student and they meet at the Keysborough Learning Centre to help them learn English. No previous teaching experience nor a second language is required. Tutoring generally takes place during the day.

9798 7005
402 Corrigan Rd, Keysborough

CLICK HERE TO FIND OUT MORE >

LIONS CLUBS

Members of Lions Australia experience a number of personal benefits including leadership skills, a sense of self worth and purpose, business skills, networking opportunities and lifelong friendships, all while helping the local community.

To locate your local Lions Club, click on the link below.

CLICK HERE TO FIND OUT MORE >
Volunteering and Community Service

**ROTARY CLUBS**

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts. To locate your local Lions Club, click on the link below.

[CLICK HERE TO FIND OUT MORE >](#)

**APEX CLUB OF DANDENONG VALLEY**

Apex Australia is a vibrant and energetic volunteer service organisation focused on harnessing the ideas, ideals and intelligence of younger Australians aged 18 to 45. They have helped more than 200,000 younger Australians make a difference to their community, learn valued skills and make great friends.

9796 7132

[CLICK HERE TO FIND OUT MORE >](#)

**VOLUNTEERING - WOMEN'S HEALTH IN THE SOUTHEAST**

Volunteering is a great way to get involved in making a real difference in the community and such involvement can enhance your own work experience while helping the community. Volunteers are currently involved in Home visiting program for refugee women, Administration/Reception and Health Promotion.

9794 8677
2/31 Princes Highway, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)
LEARNING FOR WORK, LIFE & PLEASURE
Basic Computer Skills

**COMPUTERS FOR THE CONFUSED, INTERMEDIATE COMPUTER SKILLS, BASIC IPAD USE - JAN WILSON COMMUNITY CENTRE**

These courses are for people with low level computer skills who want to feel more confident using computers in their own homes for practical purposes. The Intermediate Computer Skills course builds on the things that are taught in the Computers for the Confused course.

9795 9279
Halton Road, Noble Park North

[CLICK HERE TO FIND OUT MORE >]

**DIGITAL LITERACY FOR SENIORS - WELLSPRINGS FOR WOMEN**

Are you getting the most from your gadgets, tablets or laptops? Whether you are a complete novice or an experienced technology user who wants to go a little bit further, this digital literacy program is for you.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >]

**COMPUTER SKILLS - DANDENONG NEIGHBOURHOOD HOUSE**

Learn a wide range of basic computer skills including Excel, iPads and tablets, computer drop-in and computers for seniors.

9792 5298
34 King Street, Dandenong

[CLICK HERE TO FIND OUT MORE >]

**INTERMEDIATE COMPUTERS - WELLSPRINGS FOR WOMEN**

If you have used a computer before and want to refresh your digital literacy, come and join our intermediate group to advance your knowledge on Microsoft Word, Powerpoint, get to know Excel and set your foot in social media.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >]

**COMPUTERS FOR BEGINNERS - WELLSPRINGS FOR WOMEN**

Using a computer for the first time? Join our beginners group on Mondays and Tuesdays to learn how to use Microsoft Word, open a website, find information online and get yourself familiar with computer technology.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >]

**COMPUTER PROGRAMS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

A selection of programs including digital literacy, basic, intermediate and advanced computer skills. Contact us to find out more, or check the website link below.

9547 2647
1 Osborne Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >]
Basic Computer Skills

COMPUTER CLASSES, POWER POINT - MOVIE MAKER - U3A DANDENONG

9546 2997

CLICK HERE TO FIND OUT MORE >
Computing for Business and Design

COMPUTER SKILLS BASIC, INTERMEDIATE AND ADVANCED - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

This course aims to assist students to develop skills and confidence in using computers to prepare them for office work.
9547 2647
1 Osborne Avenue, (PO Box 277) Springvale

CLICK HERE TO FIND OUT MORE >

COMPUTER SKILLS - BEGINNER TO ADVANCED - KEYSBOROUGH LEARNING CENTRE

May include basic computer skills, PowerPoint, Word, Excel, MYOB
9798 7005
402 Corrigan Rd, Keysborough

CLICK HERE TO FIND OUT MORE >

COMPUTING AND DIGITAL DESIGN - CAE SHORT COURSES

Including Adobe suite, desktop publishing, digital design and multimedia
96520611
Level 2, 253 Flinders Lane Melbourne

CLICK HERE TO FIND OUT MORE >

INFORMATION TECHNOLOGY, INTERACTIVE GAMING & SCREEN/MEDIA CHISHOLM TAFE - SHORT COURSES

Courses in a variety of computer digital and media career are available 121 Stud Road, Dandenong
1300 244 746

CLICK HERE TO FIND OUT MORE >
Computer Clubs

MELBOURNE PC USER GROUP

You can join the Melbourne PC User Group whose motto is “members helping members” - you can contact fellow members and attend specialist meetings and learn from each other.

9276 4000
Level 1, Suite 26479 Warrigal Road, Moorabin

CLICK HERE TO FIND OUT MORE >
AMES provides a comprehensive range of settlement services for refugees and migrants. These include on-arrival settlement support, English language and literacy training, vocational training and employment services.

**ADULT MIGRATION EDUCATION SERVICE (AMES) - DANDENONG**

8791 2401
Levels 2-5, 280 Thomas St., Dandenong

**ADULT MIGRATION EDUCATION SERVICE (AMES) - NOBLE PARK**

8558 8870
60 Douglas St., Noble Park

**ADULT MIGRATION EDUCATION SERVICE (AMES) - SPRINGVALE**

9546 0099
Cnr Boulton Street and Springvale Road, Springvale

Language and Literacy advice is a free community service provided by the Springvale and Dandenong Libraries. This includes the Mercy Connect Tutoring Program, to help people improve their English, and conversations circles which help to strengthen skills in spoken English.

**LANGUAGE AND LITERACY AT THE LIBRARIES**

1300 630 920

This course is designed to build on and develop learners’ skills in speaking, listening, reading, writing and computing. It aims to build skills and confidence for use in practical situations in the community and potentially the workplace.

**ENGLISH IN THE COMMUNITY AND WORKPLACE - JAN WILSON CENTRE**

9795 9279
Halton Road, Noble Park North

Practice your English with a friendly group (groups converse at various levels).

**CONVERSATION CLASSES - SPRINGVALE NEIGHBOURHOOD HOUSE**

9548 3972
6-50 Queens Avenue, Springvale

CLICK HERE TO FIND OUT MORE >
LEARNING FOR WORK, LIFE & PLEASURE

Learning English

ENGLISH LANGUAGE CLASSES INCLUDING BASIC SPOKEN AND WRITTEN ENGLISH - SPRINGVALE NEIGHBOURHOOD HOUSE

Help for parents to develop their English skills to improve day-to-day communication with the school.
9548 3972
6-50 Queens Avenue, Springvale
CLICK HERE TO FIND OUT MORE >

ADVANCED WRITING SKILLS COURSE - TO ADVANCE YOUR CAREER IN THE COMMUNITY SECTOR - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

This course for adult learners who feel that English language grammar and writing stop them from being able to get the most of their studies, get a job, or improve their career.
9547 2647
1 Osborne Avenue, Springvale
CLICK HERE TO FIND OUT MORE >

BASIC LITERACY, ENGLISH LEVELS 1 TO 4, LITERACY AND NUMERACY - KEYSBOROUGH LEARNING CENTRE

Speaking, reading, writing and listening for people from non-English backgrounds and those wanting to improve their English skills.
9798 7005
402 Corrigan Rd, Keysborough
CLICK HERE TO FIND OUT MORE >

CERTIFICATE IN SPOKEN AND WRITTEN ENGLISH - NOBLE PARK COMMUNITY CENTRE

Self-paced learning for people of non-English speaking backgrounds who wish to improve their writing, spelling, reading and listening skills.
9547 5801
Ross Reserve, Memorial Drive, Noble Park
CLICK HERE TO FIND OUT MORE >

ENGLISH SKILLS - DANDENONG NEIGHBOURHOOD HOUSE

Including everyday English and advanced English. Improve your communications skills. Classes to accommodate all levels of written and spoken English including courses in conversational English, EAL, advanced literacy and workplace English for migrants.
9792 5298
34 King Street, Dandenong
CLICK HERE TO FIND OUT MORE >

ENGLISH - OCCUPATIONAL ENGLISH TEST PREPARATION COURSES - CAE CERTIFICATES AND DIPLOMAS

This training is provided to eligible individuals with funds made available by the Victorian and Commonwealth Governments. This intensive exam preparation course will assist you to develop English proficiency in speaking, listening, reading and writing in relation to the Occupational English Test.
CLICK HERE TO FIND OUT MORE >
LEARNING FOR WORK, LIFE & PLEASURE

Learning English

**ENGLISH CONVERSATION - WELSPRINGS FOR WOMEN**

English Conversation helps women who want to improve their spoken English through discussion and activities on a variety of topics in a child friendly environment.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

**CONVERSATIONAL CIRCLE - GREATER DANDENONG LIBRARIES**

Join the conversation circles at the libraries and make new friends whilst practising English in a friendly, relaxed and safe environment.

1300 630 920

[CLICK HERE TO FIND OUT MORE >](#)

**ENGLISH LANGUAGE CLASSES - NEIGHBOURHOOD HOUSES AND COMMUNITY CENTRES OF GREATER DANDENONG**

This brochure outlines the range of courses in written and conversational English, available at local community centres and neighbourhood house, including dates, times and fees.

[CLICK HERE TO FIND OUT MORE >](#)

**ENGLISH FOR MIGRANT WOMEN LEVEL 1 - WELSPRINGS FOR WOMEN**

English language classes for women who have very little or no English skills.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

**ENGLISH FOR MIGRANT WOMEN LEVEL 2 - WELSPRINGS FOR WOMEN**

Basic English classes for women who want to improve their spoken and written English skills.

9701 3740
79 Langhorne Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

**MUMS WITH BUBS ENGLISH LANGUAGE CLASSES**

Free sessions for mums in basic spoken and written English. Childcare provided for preschool children only.

9792 3726
Handley.deborah.j@edumail.vic.gov.au
Courses to Help You Find Work or Prepare for Further Study

**LOOKING FOR WORK - DANDENONG NEIGHBOURHOOD HOUSE**

Including how to prepare for employment, office skills, landscaping, furniture making, hospitality, disability aged and child care, furniture making and bookkeeping.

9792 5298
34 King Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

**PATHWAYS TO EMPLOYMENT**

CAE's pre-accredited programs deliver a tailored plan to help you achieve your goals.

9652 0611

[CLICK HERE TO FIND OUT MORE >](#)

**RECONNECT PROGRAM - CAE**

Are you 15-24, left school without finishing Year 12? Have you finished Year 12 but have been out of work more than a year? The Reconnect Program can provide you with:

- Personal support for up to 18 months
- Tailored pre-accredited training to increase your skills and support your goals
- Work experience opportunities
- Support with costs for accredited study and additional needs
- Learning assistance with study Assisted pathways to accredited courses or work

9652 0611

[CLICK HERE TO FIND OUT MORE >](#)

**WORK SKILLS - CAE**

Course which help you enter various fields of work or higher levels of vocational study. These course cover topics such as animal studies, automotive, trade, hospitality, real estate, police entry, computing, business, fashion, jewellery, floristry, interior design, health, business, community service, visual arts, yoga teaching and others

9652 0611

[CLICK HERE TO FIND OUT MORE >](#)

**ADVICE ON GETTING A JOB - SPRINGVALE LEARNING AND ACTIVITY CENTRE**

9547 2847
1 Osborne Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >](#)
Courses to Help You Get a Job

**TRADES, HOSPITALITY, BEAUTY, SPORT AND FITNESS, COMPUTERS, BUSINESS SKILLS AND COMMUNITY SERVICES - CHISHOLM TAFE: DANDENONG, FRANKSTON, BERWICK - SHORT COURSES**

Courses in a variety of trades, business skills and hospitality, beauty and community services.

*Full guide to courses offered at Chisholm*

[CLICK HERE TO FIND OUT MORE >](#)

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**SHORT VOCATIONAL COURSES - KEYSBOROUGH LEARNING CENTRE**

These include a variety of vocational courses in the fields of relating to customer service office skills, medical reception, bookkeeping, children’s services, aged care and first aid.

**9798 7005**

402 Corrigan Rd, Keysborough

[CLICK HERE TO FIND OUT MORE >](#)

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**BUSINESS SKILLS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

Courses vary, but may include training and assessment, computer skills, customer service, financials and OHS, small business management.

**9547 2647**

1 Osborne Avenue, Springvale

[CLICK HERE TO FIND OUT MORE >](#)

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**BASIC BUSINESS SKILLS CAE, MELBOURNE**

A supportive introduction for women who want to set up a small online or home-based business.

[CLICK HERE TO FIND OUT MORE >](#)

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**SHORT COURSES - CAE**

Including arts, computers, fitness, food and beverage, health, interior design, travel, fitness, computing, writing, business, floristry and fashion.

**9652 00611**

[CLICK HERE TO FIND OUT MORE >](#)

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**BUSINESS ADVICE AND TRAINING - DANDENONG NEIGHBOURHOOD HOUSE**

Learn financial business training tailored to the needs of your workforce.

**9792 5298**

34 King Street, Dandenong

[CLICK HERE TO FIND OUT MORE >](#)

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**LEARNING HELP FOR ADULTS (WRITING LETTERS, RESUMES, JOB SEARCHING AND OTHERS) - GREATER DANDENONG LIBRARIES**

Come along to free drop-in sessions for on the spot help with resumes, job searching, writing letters, using government websites, filling in forms, the Hazard Driving test, internet and computers and also English online practice.

**1300 630 92**

Dandenong Library, 225 Lonsdale Street, Dandenong

Springvale Library, 411 Springvale Road, Springvale

[CLICK HERE TO FIND OUT MORE >](#)
Courses to Help You Get a Job

TRAINING WORKSHOPS FOR COMMUNITY GROUPS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

We developed a series of two-hour training workshops for local community groups interested in continuous improvement in their governance, management and community development practices. The groups can request one workshop, the full series of workshops or a combination of two or workshops. Mentoring assistance will be provided to community groups willing to implement relevant continuous improvement plans.

9547 2647
1 Osborne Avenue, Springvale

CLICK HERE TO FIND OUT MORE >

COURSES IN FOOD, TOURISM, HOSPITALITY AND EVENTS - WILLIAM ANGLISS INSTITUTE

Careers in food, cooking, hospitality, tourism and others.

9606 2111
555 La Trobe St, Melbourne

CLICK HERE TO FIND OUT MORE >

GUIDE TO COURSES THROUGHOUT AUSTRALIA

StudyNow, a website dedicated to the advertisement of online and distance education courses. At StudyNow provides a searchable database of courses that can be studied in Australia or from around the world.

CLICK HERE TO FIND OUT MORE >

LEARNING FOR WORK - DIPLOMA OF COMMUNITY DEVELOPMENT - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

Equivalent full time, Centrelink approved course. Job pathways - Community Development Officer in non-profit sector or government, Community Centre manager, Community Projects manager. Ongoing enrolments.

9547 2647
1 Osborne Avenue, Springvale

CLICK HERE TO FIND OUT MORE >

FIRST AID COURSES - KEYSBOROUGH LEARNING CENTRE

Includes courses in basic and advanced first aid, emergency anaphylaxis management, CPR and emergency epipen.

9798 7005
402 Corrigan Road, Keysborough

CLICK HERE TO FIND OUT MORE >

PREPARING FOR A WORK ONLINE-DANDENONG NEIGHBOURHOOD HOUSE

Courses to help you gain the workplace skills, literacy and numeracy to help you find work.

9792 5298
34 King Street, Dandenong

CLICK HERE TO FIND OUT MORE >
Courses to Help You Get a Job

**PRODUCTIVE LEARNING IN AUSTRALIA - WELLSPRINGS FOR WOMEN**

Education for women about how to sell their goods and run their own business.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**ADVANCED WRITING SKILLS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

9547 2647
1 Osborne Avenue, Springvale
[CLICK HERE TO FIND OUT MORE >](#)

**SHORT COURSES - WILLIAM ANGLISS INSTITUTE**

Short courses in food handling, service of alcohol, coffee-making and related fields.
9606 2111
555 La Trobe Street, Melbourne
[CLICK HERE TO FIND OUT MORE >](#)

**BRIDGING COURSE TO COMMUNITY WORK - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**

9547 2647
1 Osborne Avenue, Springvale
[CLICK HERE TO FIND OUT MORE >](#)

**BASIC LANDSCAPING SKILLS - DANDENONG NEIGHBOURHOOD HOUSE**

Suitable for anyone who wants to gain the basic skills and knowledge to assist with finding employment in the industry and/or before moving into a horticultural landscape apprenticeship or just another skill to add to your list.
9792 5298
34 King Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**BASICS IN FURNITURE MAKING, HOSPITALITY, DISABILITY, AGED CARE & MASSAGE THERAPY - DANDENONG NEIGHBOURHOOD HOUSE**

Suitable for anyone who wants to gain the basic skills and knowledge to assist with finding employment in the industry and/or before moving into a horticultural landscape apprenticeship or just another skill to add to your list.
9792 5298
34 King Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)
LEARNING FOR WORK, LIFE & PLEASURE

Learning for Pleasure

U3A DANDENONG

Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Study topics include writing, current affairs, philosophy, art history, human behaviour, computers, ancient history and more.
9546 29971
CLICK HERE TO FIND OUT MORE>

FURNITURE MAKING - DANDENONG NEIGHBOURHOOD HOUSE

Learn to work with wood and basic tools and complete your own project.
9792 5298
34 King Street, Dandenong
CLICK HERE TO FIND OUT MORE>

PUBLIC SPEAKING - DANDENONG TOASTMASTERS CLUB

Visiting a club is an exciting first step in reaching your goals. There’s no need to feel pressure to participate at your first club meeting - you can simply observe if you wish. And since every club is unique, it’s OK to visit several clubs before you decide to join the right club for you. Have a great first meeting.
0419 871 661
Dandenong North Senior Citizens Club., Menzies Reserve, Latham Crescent Dandenong North
CLICK HERE TO FIND OUT MORE>

BEHAVIOURAL SCIENCE - U3A

Learn about the science of human behaviour - for older residents.
9546 2997
CLICK HERE TO FIND OUT MORE>

SHORT COURSES - CAE

Including arts, computers, fitness, food and beverage, health, interior design, travel, fitness, computing, writing, business, floristry and fashion.
965200611
CLICK HERE TO FIND OUT MORE>

TRAINING COURSES FOR COMMUNITY GROUPS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

9547 2647
1 Osborne Avenue, Springvale
CLICK HERE TO FIND OUT MORE>
Learning Other Languages

LEARN A NEW LANGUAGE - CAE SHORT COURSES

Courses are available in a range of languages, such as Arabic, Chinese, Danish, Dutch, French, German, Greek, Hindi, Italian, Indonesian, Japanese, Korean, Portuguese, Russian, Spanish, Swedish, Turkish and Vietnamese. To find out about how you can learn a new language at the CAE, proceed to the website below and select a language.

CLICK HERE TO FIND OUT MORE >

ITALIAN AND SPANISH CLASSES - U3A DANDENONG

Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Study topics may include Italian language.

9546 2997

CLICK HERE TO FIND OUT MORE >
Greater Dandenong Libraries offer a wide range of reading, educational and leisure experiences with two branches, Springvale and Dandenong and now a third virtual location - www.greaterdandenonglibraries.com.au/thevault The Vault. It is free to join the library and membership is open to everyone.

1300 630 920

CLICK HERE TO FIND OUT MORE >
GROUP FITNESS, LIGHT-PACED
AEROBICS, CLASSES FOR OLDER PEOPLE - DANDENONG OASIS
Gym, cycle and circuit
9767 3100
Cnr Heatherton & Cleeland Streets, Dandenong
CLICK HERE TO FIND OUT MORE >

WEIGHT CONTROL SUPPORT GROUP - KEYSBOROUGH LEARNING CENTRE
Weight control support group. Meets weekly for mutual support, diet and exercise information available. Manage your weight in a friendly environment.
9798 7005
402 Corrigan Road, Keysborough
CLICK HERE TO FIND OUT MORE >

FITNESS AND ZUMBA CLASSES - JAN WILSON CENTRE
Aerobic exercise classes, yoga, pilates, zumba and other activities.
9795 9279
Halton Road, Noble Park North
CLICK HERE TO FIND OUT MORE >

FITNESS CLASSES - U3A DANDENONG
9546 2997
CLICK HERE TO FIND OUT MORE >

AEROBICS & FITNESS - ADULT EXERCISE GROUP (AEROBIC BASED) + FITNESS & STRENGTH TRAINING GROUPS
Adult exercise groups is a self-paced, gentle aerobics class suitable for all levels. Designed to improve fitness and energy levels for good health and wellbeing. Strength training enhances fitness, wellbeing and improves balance using gentle resistance techniques. Suitable for any level of fitness, including rehabilitation and arthritis.
9795 9279
Halton Road, Noble Park North
CLICK HERE TO FIND OUT MORE >
PRIME MOVERS - DANDENONG OASIS
9767 3100
Cnr Heatherton & Cleeland Streets, Dandenong
CLICK HERE TO FIND OUT MORE >

HEALTH AND FITNESS CLASSES - SPRINGERS LEISURE CENTRE
Family fitness and classes for older adults.
9701 5900
Springers Leisure, 400 Cheltenham Road
Keysborough
CLICK HERE TO FIND OUT MORE >

CALISTHENICS - NOBLE PARK COMMUNITY CENTRE
For confidence, friendship, fun and fitness
9547 5801
Ross Reserve, Memorial Drive
Noble Park
CLICK HERE TO FIND OUT MORE >
ARCHERY – WAVERLEY CITY ARCHERS

Archers old and young, experienced and beginners are all welcome at WCA. They are a diverse and social club with a membership that includes people of all ages and from different walks of life.

secretary@waverleycityarchers.org.au

CLICK HERE TO FIND OUT MORE >
GREATER DANDENONG ATHLETICS
0409 591 442
Memorial Drive, Noble Park

SPRINGVALE LITTLE ATHLETICS CLUB
9548 5400 or 0434 070 101
Ross Reserve, Memorial Drive, Noble Park

VICTORIAN MASTERS ATHLETICS CLUB
Offers fitness, fun and fellowship across a range of athletic activity. Coaching and competition in sporting, long distance events, hurdles, jumping, throwing, rolcwaking
0428 990 873
Ross Reserve, Memorial Drive, Noble Park

DANDENONG DISTRICTS LITTLE ATHLETICS CENTRE
Includes four regional clubs which conducts weekly competition, throughout most of the year in women's track and field events.
0417 744 992
Robert Booth Reserve, Clow Street, Dandenong

CLICK HERE TO FIND OUT MORE >
SOUTH-EAST JUNIOR FOOTBALL LEAGUE

Lists junior football clubs in the southern metropolitan region, including links to their websites.

9553 5985
Second Floor, Junior Development Pavilion, Moorabbin Recreation Reserve
Linton Street, Moorabbin

CLICK HERE TO FIND OUT MORE >

SOUTHERN FOOTBALL LEAGUE

Provides a listing of football clubs in the southern region, with links to their websites.

9553 5644
Second Floor, Junior Development Pavilion, Moorabbin Recreation Reserve
Linton Street, Moorabbin

CLICK HERE TO FIND OUT MORE >

AFL VICTORIA

Provides information about local football associations.

8341 6000

CLICK HERE TO FIND OUT MORE >
SOUTH EAST BADMINTON ASSOCIATION – SPRINGERS LEISURE CENTRE LEAGUE

Coaching, court hire, junior and senior competition, social games.
9706 3892 | 9701 5900
Springers Leisure, 400 Cheltenham Road Keysborough

CLICK HERE TO FIND OUT MORE >

BADMINTON NOBLE PARK COMMUNITY CENTRE

Badminton played is an informal social engagement. Beginners and advanced player welcome.
9547 5801
Ross Reserve, Memorial Drive, Noble Park

CLICK HERE TO FIND OUT MORE >

BADMINTON - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

Groups of players get together twice a week to play advanced level of badminton. The group has been associated with SLAC for the last 30 years
9547 2647
1 Osborne Avenue, Springvale

CLICK HERE TO FIND OUT MORE >
DANDENONG BASEBALL ASSOCIATION

Basketball is available as well as coaching, court hire, junior and senior, competition.

9794 5291 (Club Rooms)
dandenong.baseball@live.com.au
Robert Booth Reserve, Clow Street
Dandenong

CLICK HERE TO FIND OUT MORE >
DANDENONG BASKETBALL STADIUM
Dandenong Stadium is located at 270 Stud Road Dandenong North and has 10 Basketball courts, a stadium, a cafe and large function area.
9794 7192
270 Stud Road, Dandenong
CLICK HERE TO FIND OUT MORE >

DANDENONG BASKETBALL ASSOCIATION
The Dandenong Basketball Association hosts 390 senior teams and 340 junior teams. Competitions range from Under 8's through to Open Age divisions.
9794 7192
270 Stud Road, Dandenong
CLICK HERE TO FIND OUT MORE >

BASKETBALL FOR CHILDREN & YOUNG PEOPLE - HELPING HOOPS
Social basketball skills training. For more information contact the Helping Hoops on 1300 851 810 or info@helpinghoops.com.au
9547 5801
Ross Reserve, Memorial Drive, Noble Park
CLICK HERE TO FIND OUT MORE >

BASKETBALL - DROP IN NOBLE PARK COMMUNITY CENTRE
Social group for beginners and advanced.
9547 5801
Ross Reserve, Memorial Drive, Noble Park
CLICK HERE TO FIND OUT MORE >

BASKETBALL - SPRINGERS LEISURE CENTRE
Coaching, court hire, junior and senior competition, social games.
9701 5900
Springers Leisure, 400 Cheltenham Road Keysborough
CLICK HERE TO FIND OUT MORE >

NEW STARS BASKETBALL - SPRINGVALE LEARNING AND ACTIVITIES CENTRE
The group plays basketball and includes up to 500 young people aged 12-25. The group is also a social outlet for many of the boys and girls who develop new friendships and social networks.
9547 2647
1 Osborne Avenue, Springvale
CLICK HERE TO FIND OUT MORE >

BASKETBALL FOR CHILDREN - NOBLE PARK COMMUNITY CENTRE
Basketball skills and training a competition for children in a fun social environment
9547 5801
Ross Reserve, Memorial Drive, Noble Park
CLICK HERE TO FIND OUT MORE >
The Bali Billiards Club would like to welcome all visitors to our club and facilities. This site aims to keep people informed of the club program and of upcoming special events.

9558 5716
7 Lightwood Road, Springvale

DANDENONG SNOOKER CENTRE

9791 5739
16 Walker Street, Dandenong

CLICK HERE TO FIND OUT MORE >
KEYSBOROUGH BOWLS CLUB
Bowling competitions, coaching and social function for people of all ages and levels of experience, new members welcome
9798 2097 | 9551 7268
Keysborough Reserve, 356 Cheltenham Road
Keysborough
CLICK HERE TO FIND OUT MORE >

PETANQUE – STELLA CLAVISTA CLUB
Would you like to learn to play Pétanque, have an occasional game or practice? Join the club at the Lois Twohig Reserve in Nth Dandenong
9799 6953
Lois Twohig Reserve, Carlton Road
North Dandenong
CLICK HERE TO FIND OUT MORE >
Canoeing, Rowing & Sailing

**CANOEING – KANANOOK CANOE CLUB**
Hidden away so close to Melbourne, the Kananook Creek offers paddling along flat, sheltered, slow moving water: glimpses of fish, various birds as well as the locals who live along the bank.

[CLICK HERE TO FIND OUT MORE >](#)

**CARRUM ROWING CLUB**
Beginners, intermediate and senior level rowing, for all ages and levels of experience.

9776 0413
5 Riverend Road, Bangholme

[CLICK HERE TO FIND OUT MORE >](#)

**SAILING – CARRUM SAILING CLUB**
Sail and meet others interested in power boating, located on the sandy beaches of south east Port Phillip Bay, just south of the Patterson River. People of all ages and experience are welcome. You don’t have to sail or own a boat to be a member at the club.

[CLICK HERE TO FIND OUT MORE >](#)

**ROW OR PADDLE A BOAT OR CANOE ON THE YARRA – STUDLEY PARK BOATHOUSE**
Ten minutes from the city centre the boardwalk offers visitors the opportunity to dine, also hire row boats, canoes and kayaks from the oldest operating boathouse in Australia.

9853 8707
Boathouse Cafe - Boathouse Road, Kew

[CLICK HERE TO FIND OUT MORE >](#)

**YACHTING VICTORIA**
Clubs look forward to welcoming people of all ages and abilities to the sport of sailing. There are over 90 clubs in Victoria of different sizes offering the opportunity to participate, volunteer, or become a social member. Click on the link below, to find a yachting club near you.

[CLICK HERE TO FIND OUT MORE >](#)
CRICKET VICTORIA

Provides an extensive guide to opportunities to participate in cricket in Victoria.
9653 1100
86 Jolimont Street, Jolimont

CLICK HERE TO FIND OUT MORE >
**CYCLING FOR FUN - PENINSULA PEDDLERS**

Peninsula Peddlers is a club for recreational cyclists. Members gather regularly to enjoy a range of rides in a friendly and supportive group. A quarterly Ride Calendar schedules rides for every Sunday. Members occasionally enjoy weekends away combining riding with social activities. Mid week rides are also held. Distances range from 30km to 80km and average around 60km.

0409 525 283

**U3A DANDENONG**

We are able to provide stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Activities may include a cycling group

9546 2997

**CYCLING RACES - CYCLING VICTORIA**

There are many reasons why people race. They race for fitness, the challenge and the sense of achievement obtained from finishing a race. It isn’t about winning at all costs or the prize money. Mostly people simply race for the pure enjoyment of it.

**SPRINGVALE DANDENONG UNITED BICYCLE USERS GROUP**

9701 6065
9 Narrabeen Court, Noble Park
MOUNTAIN DISTRICT DARTS ASSOCIATION

MDDA is a premium darts centre with over 20+ dart boards.

9792 2911
10-12 Elliott Road, Dandenong South
Fioretto Fencing Club

Fioretto is happy to welcome fencers to the club. Newcomers find themselves in a competitive but friendly and supportive club.

0431 744 906
Fioretto Hall, F.E. Hunt Reserve
(access off Turnbull Avenue)
Oakleigh East

CLICK HERE TO FIND OUT MORE >
KEYZPARK CALLISTHENICS CLUB – NOBLE PARK COMMUNITY CENTRE

Combines gymnastics, dance, singing and stage performance in a fun and friendly atmosphere.
9547 1305
Ross Reserve, Memorial Drive, Noble Park

KOALA GYMNASTIC CLUB

Artistic women’s and men’s, rhythmic gymnastics, gym for all, rainbow cubs, gym mix, fun gym, gym skills, strength flex & tumble class, displays, competitions, community days, school fete displays, club competition, Gymnastics Victoria special events and End of Year Display.
0449 844 249
Paddy O’Donoghue Centre
18-34 Buckley Street, Noble Park
THE SKATE VICTORIA RINK
Conduct roller and in-line hockey competitions
5182 6816
Dandenong Showgrounds, Greaves Reserve
Bennet Street, Dandenong South

DANDENONG HOCKEY CLUB
9792 2358
Mills Reserve, Cleenland Street, Dandenong South

MILLS RESERVE HOCKEY GROUP
9794 2314 | 0411 062 705
JC Mills Reserve, Cleenland Road, Dandenong
ICE SKATING - OLYMPIC ICE SKATING CENTRE

Come down and enjoy public skating sessions with ample free parking and free skate hire. Olympic Ice Skating Centre also offers a range of programs for people of any age and skating ability to learn figure skating, ice hockey and speed skating.
9579 3755
1080 Centre Road, Oakleigh South

CLICK HERE TO FIND OUT MORE >

SKATEWORLD MORDIALLOC

Skateworld Mordialloc provides a safe, comfortable family environment for enjoying all forms of roller sports, including roller hockey.
9580 8908
209 Boundary Road, Mordialloc

CLICK HERE TO FIND OUT MORE >

DANDY DEVILS INLINE HOCKEY CLUB

0414 987 716
41 Princes Highway, Dandenong

CLICK HERE TO FIND OUT MORE >
Martial Arts

THE PLANET TAEKWONDO SCHOOL - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

Taekwondo classes for children and adults. Children from 6 years of age with parents are welcome to join. The group takes part in competitions and community events.
9547 2647
1 Osborne Avenue, Springvale

LIFESTYLE MARTIAL ARTS

Boxing, Kung Fu, Brazilian Ju jitsu, fitness and kids classes.
9791 2700
111 Lonsdale Street, Dandenong

JAPAN KARATE SCHOOL - NOBLE PARK COMMUNITY CENTRE

Learn from Australia’s champion karate instructors in these classes for all ages.
9547 5801
Ross Reserve, Memorial Drive, Noble Park
DANDENONG MOTORCYCLE CLUB
9758 2181 | 0408 372 627
9/5 Paul Court, Dandenong
CLICK HERE TO FIND OUT MORE >

RACE A CAR AT SANDOWN RACEWAY

Before you settle into the drivers’ seat, your instructor will demonstrate a few of the key manoeuvres such as late braking, overtaking and proper acceleration that will make your experiences that much safer and equally incredible! Once you’re all set, you’ll don a jumpsuit and helmet and settle in behind the wheel!

9518 1362
591-659 Princes Hwy, Springvale
CLICK HERE TO FIND OUT MORE >
DANDENONG AND DISTRICT NETBALL ASSOCIATION
9794 6168
Greaves Reserve (Bennet Street)
Dandenong
CLICK HERE TO FIND OUT MORE >

SPRINGVALE INDOOR SPORTS CENTRE: INDOOR NETBALL
9547 2555
546 Springvale Road, Springvale South
CLICK HERE TO FIND OUT MORE >

NETBALL – SPRINGERS LEISURE CENTRE
9701 5900
400 Cheltenham Road, Keysborough
CLICK HERE TO FIND OUT MORE >
INDOOR ROCK CLIMBING - HARDROCK

Casual climbing, events, courses and club activities.

9894 4183
6-18 Varman Court, Nunawading

CLICK HERE TO FIND OUT MORE >
SOUTH EASTERN TITANS RUGBY LEAGUE

Features teams for males and females ranging from under 6 to seniors

0415 521 978
potikiwilson@msn.com
18 Bennet Street, Dandenong

CLICK HERE TO FIND OUT MORE >
SHOOTING – CRANBOURNE
DANDENONG PISTOL CLUB

The Cranbourne Dandenong Pistol Club Inc., formerly Dandenong Pistol Club Inc. is an incorporated body which has been in existence since 1956. It is the oldest pistol club in Victoria and was formed so that a team could be fielded in the Melbourne Olympic Games.

0421 659 266
Cemetery Road, Cranbourne

SPORTING SHOOTERS ASSOCIATION
OF AUSTRALIA

Shooting range open daily
9547 0007
714-716 Prince Hwy Springvale

CLICK HERE TO FIND OUT MORE >
Soccer

FUTSAL - SPRINGERS LEISURE CENTRE

Indoor soccer activities include team competitions training and casual hire. 9701 5900 400 Cheltenham Road, Keysborough. CLICK HERE TO FIND OUT MORE >

SPRINGVALE INDOOR SPORTS CENTRE

For teams of 5-7 players and qualified referees, people of all skill levels welcome. If you are looking for a team they can help you find one. 9547 2555 546 Springvale Road, Springvale South. CLICK HERE TO FIND OUT MORE >

FOOTBALL FEDERATION OF VICTORIA

Presents information about soccer activities and clubs throughout the State. CLICK HERE TO FIND OUT MORE >

BUBBLE SOCCER - MELBOURNE

0421 711 641 33 Aughtie Drive, Albert Park. CLICK HERE TO FIND OUT MORE >
DANDENONG SOFTBALL ASSOCIATION

Caters for males and females of all ages and skill levels from 5 years.

0438 569 906
Police Paddocks Reserve,
Brady Road, Dandenong North

CLICK HERE TO FIND OUT MORE >
SQUASH AND RACQUETBALL - DANDENONG OASIS

9767 3100
Cnr Heatherton and Cleeland Streets,
Dandenong

CLICK HERE TO FIND OUT MORE >
**NOBLE PARK AQUATIC CENTRE**

The Noble Park Aquatic Centre features a 50 meter heated outdoor pool with ramp access, water features and a boom to enable conversion into two 25 metre pools. This includes Melbourne’s largest water slide a heated indoor pool and a water splash play area with fountains and tipping buckets. A range of group fitness program are available at the centre.

9546 7955
9 Memorial Drive (near cnr Heatherton Road)
Noble Park

**SWIMMING POOL - DANDENONG OASIS**

Swimming lessons for infants, preschool, school age, teenagers, adults, access and inclusion CALD
Features include a lap pool, toddler pool spa, sauna, also includes a fully equipped fitness area with group classes and individual training available

9767 3100
Cnr Heatherton and Cleeland Streets, Dandenong
The Greater Dandenong Table Tennis Association Inc. (GDTTA) is an affiliated member of Table Tennis Victoria Inc. (TTV). The Association is located in the Exhibition Hall at the Dandenong Oasis Complex. There are 16 tables available for competition, public hire and coaching.

9793 5921
Cnr Heatherton Road & Cleeland Street, Dandenong

Table Tennis - Greater Dandenong Table Tennis Association

TABLE TENNIS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

9547 2647
1 Osborne Avenue, Springvale

CLICK HERE TO FIND OUT MORE >
Tai Chi

TAI CHI - NOBLE PARK COMMUNITY CENTRE

Uninstructed practise sessions for those with previous Tai Chi experience

9547 5801
Ross Reserve, Memorial Drive,
Noble Park

CLICK HERE TO FIND OUT MORE >
AMF CLAYTON

Casual bowling or participate in our competitions.

1300 368 067
1866 Princes Hwy, Clayton

CLICK HERE TO FIND OUT MORE >
Volleyball

Sepak Takraw is a popular Cambodian game, which has some similarity to volleyball. In Victoria it is played on occasions when intentional sides come to visit and exhibit the game of Sepak Takraw/Footvolley or played just between friends.

The peak body for volleyball in the state, provides information about opportunities to play beach and indoor volleyball throughout Victoria.

Volleyball courts for hire for team competition or informal group

9701 5900
400 Cheltenham Road, Keysborough

Springers Leisure Centre

Volleyball Victoria

State Volleyball Centre, 270 Stud Road, Dandenong North

Sepak Takraw
Walking

**Walking Group - U3A Dandenong**

Provides stimulating social and learning environment for senior members sharing knowledge, ideas and skills, to keep our minds and bodies active. Activities include cycling and a walking group.

9546 2997

[CLICK HERE TO FIND OUT MORE >](#)

**Walking Paths - Map**

[CLICK HERE TO FIND OUT MORE >](#)

**Walking Groups - Keysborough Learning Centre**

Are you looking for a fun, social way to get fit. Join a walking group today. Groups can be formed to suit all ages, fitness levels, days and times.

9798 7005
402 Corrigan Rd, Keysborough

[CLICK HERE TO FIND OUT MORE >](#)

**Ramblers Walking Group - Noble Park Community Centre**

Friendly social group that meet at the Community Centre and walk around the local area. Excursions are organised every 4th Tuesday of the month to different locations.

9547 5801
Ross Reserve, Memorial Drive, Noble Park

[CLICK HERE TO FIND OUT MORE >](#)

**Walking Groups in Greater Dandenong - City of Greater Dandenong**

There are a variety of walking groups in the Greater Dandenong area. Whether your interest is social or for fitness there is a walk to suit you. The walks take place at different times throughout the week, at a number of locations, both indoors and outdoors.

9546 3514

[CLICK HERE TO FIND OUT MORE >](#)
FOR CHILDREN, YOUNG, OLDER, DISABLED AND LGBTI PEOPLE, WOMEN, MEN & PARENTS
Greater Dandenong is a Child Friendly City in which all children are valued, respected and celebrated.

For local children's activities visit dandenongkids.com.au
Also check out greaterdandenong.com/events for lots of local events suitable for children and families.

**KIDS DRAWING CLASSES - NOBLE PARK COMMUNITY CENTRE**
This drawing class is aimed at students or children with little to no previous drawing experience
9547 5801
Ross Reserve, Memorial Drive, Noble Park
[CLICK HERE TO FIND OUT MORE >](#)

**BASKETBALL FOR CHILDREN & YOUNG PEOPLE - HELPING HOOPS**
Social basketball skills training. For more information contact the Helping Hoops on 1300 851 810 or info@helpinghoops.com.au
9547 5801
Ross Reserve, Memorial Drive, Noble Park
[CLICK HERE TO FIND OUT MORE >](#)

**TINY DANCERS - NOBLE PARK COMMUNITY CENTRE**
Children (aged 1-5) have fun learning simple movements to rhythms and participate in group activities that involves singing and dancing.
9547 5801
Ross Reserve, Memorial Drive, Noble Park
[CLICK HERE TO FIND OUT MORE >](#)
FOR CHILDREN, YOUNG, OLDER, DISABLED AND LGBTI PEOPLE, WOMEN, MEN & PARENTS

For Parents

PLAYGROUPS - CITY OF GREATER DANDENONG

Playgroups provide a social opportunity for both parents and children to get together with other parents and children. The children play together with a range of activities set up by the parents, while the adults share their ideas and experiences, and make new friends. Parents or anyone caring for children under five years can attend.

8571 1826

CLICK HERE TO FIND OUT MORE >

BALNARRING FAMILY CENTRE - WELSPRINGS FOR WOMEN

Presentation Family Centre Balnarring Beach was established by the Presentation Sisters of Victoria to provide a place of respite and recreation for families and individuals in difficult circumstances due to poverty, sickness, distress, misfortune or disability.

9701 3740
79 Langhorne Street, Dandenong

CLICK HERE TO FIND OUT MORE >

LEARNING TO LIVE IN AUSTRALIA - WELSPRINGS FOR WOMEN

A cross cultural learning group keen to learn the basic English language and about Australian society, in a child friendly environment.

9701 3740
79 Langhorne Street, Dandenong

CLICK HERE TO FIND OUT MORE >

RAINFOWS GRIEF AND LOSS SUPPORT - KEYSBOROUGH LEARNING CENTRE

The program provides a 12 week, non-denominational, small group support program for grieving children. Groups are for children aged from 4-6 years; 7-12 years and 13-15 years.

9798 7005
402 Corrigan Road, Keysborough

CLICK HERE TO FIND OUT MORE >

AUSTRALIAN BREASTFEEDING ASSOCIATION DANDENONG

The group meets regularly to discuss different aspects of breastfeeding and parenting and to also support each other and make friends with other mothers in the area. Whatever the age or stage of your baby, you will find friendship and support in their group.

abadandenonggroup@gmail.com

CLICK HERE TO FIND OUT MORE >
For Young People

The City of Greater Dandenong Youth Services works with young people and their families aged 12-25 who live, work, study or have a significant connection to the municipality. Youth Services seeks to support the healthy physical, social and emotional development of all young people in our community. Youth Services runs a wide range of programs and events, as well as offering counselling and support. For more information on current programs and services go to greaterdandenong.com/youth

**SOUTHERN MIGRANT AND REFUGEE CENTRE - GIRLSPACE**

For young women aged between 15-25 years. For more information please contact the Youth Engagement Worker on 03 9767 1965.

**9767 1965**

39 Clow St, Dandenong

[CLICK HERE TO FIND OUT MORE >]

**YOUTH DROP-IN SUPPORT - SOUTH EAST COMMUNITY LINKS**

Youth Links is a place where young people are always welcome. We offer a wide range of services and help for young people aged 25 and under. Drop In is open every afternoon for young people to see a worker, talk about what’s happening and find out how we can help.

**9547 0511**

Shops 2-4 49 Douglas Street, Noble Park

[CLICK HERE TO FIND OUT MORE >]
While the information presented on this page is about activities specifically for women, any of the other activities featured in this website may also be of interest.

<table>
<thead>
<tr>
<th>LOTOS - JAN WILSON CENTRE</th>
<th>MULTICULTURAL SEWING - SPRINGVALE NEIGHBOURHOOD HOUSE</th>
<th>WOMEN’S CRAFT AND FRIENDSHIP CIRCLE - KEYSBOROUGH LEARNING CENTRE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A friendly group for women over 50 wanting to enjoy a wide range of social and special interest activities. If you are new to the group, please contact the office for details of activities and outings. 9795 9279 Halton Road, Noble Park North</td>
<td>Learn how to make basic garments for yourself, friends and family while improving your English skills. 9548 3972 6-50 Queens Avenue, Springvale</td>
<td>Learn and share skills, pop in for a cuppa and chat while you work on your knitting or craft project or help with one of our charity projects. Meet new friends and share afternoon tea together. All welcome! $2 donation per week covers the purchase of materials. 9798 7005 402 Corrigan Rd, Keysborough</td>
</tr>
<tr>
<td>ACTIVITIES FOR WOMEN - WELLSPRINGS FOR WOMEN</td>
<td>MENTOR PROGRAM - WELLSPRINGS FOR WOMEN</td>
<td>SEWING FOR BEGINNERS - WELLSPRINGS FOR WOMEN</td>
</tr>
<tr>
<td>We offer a range of activities for women, including personal support, social activities, art and craft, knitting, choir, English lessons and computer courses 9701 3740 79 Langhorne Street, Dandenong</td>
<td>The aim of this program is to support socially isolated women and connect them to their local community. 9701 3740 79 Langhorne Street, Dandenong</td>
<td>Learn to follow simple patterns, repair clothes and practice new stitches. 9701 3740 79 Langhorne Street, Dandenong</td>
</tr>
</tbody>
</table>
While the information presented on this page is about activities specifically for women, any of the other activities featured in this website may also be of interest.

<table>
<thead>
<tr>
<th><strong>COUNTRY WOMEN’S ASSOCIATION</strong></th>
<th><strong>SENIOR WOMEN’S GROUP - DANDEMONG NEIGHBOURHOOD HOUSE</strong></th>
<th><strong>HEALTH AND FITNESS CLASSES BOOT CAMP - JAN WILSON CENTRE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeks to improve the living conditions for women and children and help to make a better life for families. If you would like to join or require further information please contact the Noble Park or Dandenong branches on the numbers below. Noble Park branch: 9547 7261; Dandenong branch: 9795 3457</td>
<td>A mature aged women’s group, which meets weekly for social activities, friendship, outings and connections with the local community. 9792 5298 34 King Street, Dandenong</td>
<td>Fun and challenging indoor workout 9547 5801 Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park</td>
</tr>
<tr>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>VOLUNTEERING - WOMEN’S HEALTH IN THE SOUTHEAST</strong></th>
<th><strong>CROCHET AND KNITTING CLUB - WELLSPRINGS FOR WOMEN</strong></th>
<th><strong>CRAFT - WELLSPRINGS FOR WOMEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteering is a great way to get involved in making a real difference in the community and such involvement can enhance your own work experience while helping the community. Volunteers are currently involved in Home visiting program for refugee women, Administration/Reception and Health Promotion 9794 8677 2/31 Princes Highway, Dandenong</td>
<td>Social knitting group – bring along your wool and needles to create something beautiful with colour and texture. Beginners and advanced. Occasional guest tutors. 9701 3740 79 Langhorne Street, Dandenong</td>
<td>Social crafting group undertaking a wide range of craft activities. 9701 3740 79 Langhorne Street, Dandenong</td>
</tr>
<tr>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
</tr>
</tbody>
</table>
For Women

While the information presented on this page is about activities specifically for women, any of the other activities featured in this website may also be of interest.

**CRAFTY CONNECTIONS - WELLSPRINGS FOR WOMEN**
A social self help group for women from all backgrounds to connect through craft, make new friendships and share creative talents. This is a fun, supportive self directed group.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**ART FOR THE LOVE OF IT - WELLSPRINGS FOR WOMEN**
Discover hidden talents. Learn about the many different mediums and how to paint, mix colours and other art techniques to create your own individual art work. (Materials not included).
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**ENGLISH CONVERSATION - WELLSPRINGS FOR WOMEN**
English Conversation helps women who want to improve their spoken English through discussion and activities on a variety of topics in a child friendly environment.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**LEARNING TO LIVE IN AUSTRALIA - WELLSPRINGS FOR WOMEN**
A cross cultural learning group keen to learn the basic English language and about Australian society, in a child friendly environment.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**CHOIR - WELLSPRINGS FOR WOMEN**
If you enjoy music and are happy to sing along and have some fun then you will fit in with our choir. We sing all types of songs, have a gifted choir leader, a talented pianist and a group of singers. No experience or talent is required to join this group - come along and join us for a session of relaxation, laughter, happiness and a feeling of achievement.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)

**BALNARRING FAMILY CENTRE - WELLSPRINGS FOR WOMEN**
Presentation Family Centre Balnarring Beach was established by the Presentation Sisters of Victoria to provide a place of respite and recreation for families and individuals in difficult circumstances due to poverty, sickness, distress, misfortune or disability.
9701 3740
79 Langhorne Street, Dandenong
[CLICK HERE TO FIND OUT MORE >](#)
For Women

While the information presented on this page is about activities specifically for women, any of the other activities featured in this website may also be of interest.

PRODUCTIVE LEARNING IN AUSTRALIA - WELSPRINGS FOR WOMEN
Education for women about how to sell their goods and run their own business
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

VOLUNTEERING - WELSPRINGS FOR WOMEN
CLICK HERE TO FIND OUT MORE >

WOMEN’S MENTORING PROGRAM - WELSPRINGS FOR WOMEN
Connects isolated women to the wider community, including opportunities for further education. Delivered Volunteers, who have excellent experience of the CALD communities.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

COMPUTERS FOR BEGINNERS - WELSPRINGS FOR WOMEN
Using a computer for the first time? Join our beginners group on Mondays and Tuesdays to learn how to use Microsoft Word, open a website, find information online and get yourself familiar with computer technology.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

DIGITAL LITERACY FOR SENIORS - WELSPRINGS FOR WOMEN
Are you getting the most from your gadgets, tablets or laptops? Whether you are a complete novice or an experienced technology user who wants to go a little bit further, this digital literacy program is for you.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >

INTERMEDIATE COMPUTERS - WELSPRINGS FOR WOMEN
If you have used a computer before and want to refresh your digital literacy, come and join our intermediate group to advance your knowledge on Microsoft Word, Powerpoint, get to know Excel and set your foot in social media.
9701 3740
79 Langhorne Street, Dandenong
CLICK HERE TO FIND OUT MORE >
### For Men

While the information presented on this page is about activities specifically for men, any of the other activities featured in this website may also be of interest.

<table>
<thead>
<tr>
<th>KEYSMEN SHED- KEYSBOROUGH LEARNING CENTRE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Keysmen Shed is the men's shed for the suburb of Keysborough. The men become involved in community projects and/or pursue personal interests and projects. All men are very welcome.</td>
</tr>
<tr>
<td>9798 7005</td>
</tr>
<tr>
<td>402 Corrigan Rd, Keysborough</td>
</tr>
<tr>
<td><a href="#">CLICK HERE TO FIND OUT MORE &gt;</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ARABIC MEN’S SENIOR GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>9798 5227</td>
</tr>
<tr>
<td>148 Darren Road, Keysborough</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEN’S SHED PROGRAM - DANDENONG NEIGHBOURHOOD HOUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Join us for fun, activity, chats and to work on your own projects.</td>
</tr>
<tr>
<td>9792 5298</td>
</tr>
<tr>
<td>34 King Street, Dandenong</td>
</tr>
<tr>
<td><a href="#">CLICK HERE TO FIND OUT MORE &gt;</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRINGVALE MULTICULTURAL MEN’S SHED</th>
</tr>
</thead>
<tbody>
<tr>
<td>9235 7762</td>
</tr>
<tr>
<td>Balmoral Avenue, Springvale</td>
</tr>
</tbody>
</table>

[CLICK HERE TO FIND OUT MORE >](#)
While the information presented on this page is about activities specifically for people who may be lesbians, gay, bisexual, transgender or intersex, any of the other activities featured in this website may also be of interest.

**UNITE ALLIANCE - CITY OF GREATER DANDENONG**

Action based group that meet to develop awareness campaigns and other programs related to LGBTI youth issues. Young people can be linked to personal support in a group setting.

9793 2155

[CLICK HERE TO FIND OUT MORE >](#)

**PENINSULA PRIDE**

Peninsula Pride is Queer Straight Alliance youth project. Provide social groups, support groups, camps and events

9769 6419

[CLICK HERE TO FIND OUT MORE >](#)

**SAME-SEX ATTRACTED AND GENDER DIVERSE**

Free 2 Be Me Knox’, a support group that runs each fortnight for young people 14 - 18 years who may identify as same sex attracted, gay, lesbian, bisexual, transgender, unstraight, unsure, pansexual or gender questioning. Groups are run in a safe, supportive, confidential environment.

0400 097 506

[CLICK HERE TO FIND OUT MORE >](#)
While the information presented on this page is about activities specifically for people living with a disability, many other activities featured elsewhere in this website may also be suitable.

**PAINTING WITH PARKINSON’S**

Painting with Parkinson’s gives people living with Parkinson’s an opportunity to participate in a program of creativity, exercise and social activity.
0409 188 317
The Old Cheese Factory, Homestead Road, Berwick

[CLICK HERE TO FIND OUT MORE >](#)

**DOVETON SPECIAL SOCCER SCHOOL**

Doveton Special Soccer School provides an opportunity for people with an intellectual disability to participate in soccer, physical fitness and share the experience of friendship with other athletes and their families.
9591 6400

[CLICK HERE TO FIND OUT MORE >](#)

**RIDEABILITY VICTORIA**

Enables people with a disability to develop independence and a sense of freedom through adaptive coaching techniques and equipment.
0432 869 215
Myuna Farm, 182 Kidds Road, Doveton

[CLICK HERE TO FIND OUT MORE >](#)

**RECLINK AUSTRALIA**

Provides sport and art program for people experiencing disadvantage including those with a disability.
9419 6672
115B Ferrars Street, Melbourne

[CLICK HERE TO FIND OUT MORE >](#)
For People Living with a Disability

While the information presented on this page is about activities specifically for people living with a disability, many other activities featured elsewhere in this website may also be suitable.

**OUTDOORS**
A non-profit mental health organisation that uses the outdoor environment as the means of delivering a range of adventure, recreation and respite programs to people living with a mental illness.
9417 2111
231 Napier Street, Fitzroy

**SAILABILITY PROGRAM**
Provides opportunities for people with a disability to sail at Lyserfield Park
9546 6508
Lysterfield Lake Park

**MELBOURNE TANDEM BIKE CYCLING**
Provides an opportunity for people who are blind or have low vision to experience the enjoyment of riding on a tandem bike.
0407 848 181

**WESLEY DO CARE - SOCIAL SUPPORT AND VISITATION PROGRAM**
Wesley Do Care encourages older people and adults with a disability to be socially active by enjoying shared interest and making new friendships. Their friendly volunteer visitors, activity groups and special interest programs are focused on keeping people connected to the community. Includes group outings, social groups and computer classes
9794 3000
280 Thomas Street, Dandenong

**STAYING CONNECTED WITH YOUR COMMUNITY - SOUTH EAST ACCESS AND SUPPORT**
If you are an elderly person, a person with a disability or a carer who needs support to continue providing care, South East Access and Support can help you stay connected with your community.
9792 7579
Monash Health Community. Level 1/55 Buckingham Avenue, Springvale

**FUSION THEATRE**
A company of performers of different abilities, committed to developing the talents of its members in a caring, inclusive and accepting environment.
9706 8441
Dandenong Community Arts centre, Cnr. Walker and Robinson Streets, Dandenong
YOUTH GROUP – DANDENONG AND DISTRICT ABORIGINAL CO-OPERATIVE

The youth group provide one-on-one support for young people including listening up to what they want, working with them on their goals, speaking up on their behalf to others and helping with educational and career pathways when and if they want it.

9794 5973
3 Carrol Avenue, Dandenong

CLICK HERE TO FIND OUT MORE >

SPIRITUAL EMOTIONAL WELL BEING – DANDENONG AND DISTRICT ABORIGINAL CO-OPERATIVE

Supports community members with mental health issues. They empower service users to enjoy a better quality of life through learning how to better manage their illness rather than have their illness manage them. They also offer support through Bringing Them Home (Stolen Generations Program) as well as visit clients. Their aim is to provide a friendly service that is empowering and helps provide stability and a good quality of life for all community members.

9794 5973
3 Carrol Avenue, Dandenong

CLICK HERE TO FIND OUT MORE >
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<table>
<thead>
<tr>
<th>For Older People</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARABIC MEN SENIOR GROUP</strong></td>
</tr>
<tr>
<td>9798 5227</td>
</tr>
<tr>
<td>148 Darren Road, Keysborough</td>
</tr>
<tr>
<td><strong>Cambodian Elderly Citizens Association</strong></td>
</tr>
<tr>
<td>Voluntary community based, non-profit, non-political and non-sectarian. Includes a seniors group which goes on outings as well as to the Sportings Leisure Centre for exercise programs.</td>
</tr>
<tr>
<td>9546 3466</td>
</tr>
<tr>
<td>52 Queens Avenue, Springvale</td>
</tr>
<tr>
<td><strong>Combined Probus Club of Waverley Gardens</strong></td>
</tr>
<tr>
<td>Provides fun, friendship &amp; fellowship to retirees &amp; part-time retire.</td>
</tr>
<tr>
<td>9560 6046</td>
</tr>
<tr>
<td>Waverley Gardens Shopping Centre, Police Rd., Mulgrave</td>
</tr>
<tr>
<td><strong>Arabic Women’s Group</strong></td>
</tr>
<tr>
<td>Meet weekly on a Friday, for social support and activities.</td>
</tr>
<tr>
<td>9795 9279</td>
</tr>
<tr>
<td>0421 990 216</td>
</tr>
<tr>
<td>Jan Wilson Community Centre, Halton Road, Dandenong North</td>
</tr>
<tr>
<td><strong>Armenian Senior Citizens’ Club</strong></td>
</tr>
<tr>
<td>Please contact the club for meeting place, dates and times.</td>
</tr>
<tr>
<td>9512 5470 or 9886 5962</td>
</tr>
<tr>
<td>8 -14 Police Road, Springvale</td>
</tr>
<tr>
<td><strong>Chinese Xinjiang Senior Citizens Association</strong></td>
</tr>
<tr>
<td>Services to all senior citizens of all languages, abilities and interests.</td>
</tr>
<tr>
<td>9798 3784</td>
</tr>
<tr>
<td>0430 040 322</td>
</tr>
<tr>
<td>78 Power Road, Doveton</td>
</tr>
<tr>
<td><strong>Croatian Senior Citizens Club</strong></td>
</tr>
<tr>
<td>Please contact the club for meeting dates and times.</td>
</tr>
<tr>
<td>9769 1966</td>
</tr>
<tr>
<td>Croatian catholic Centre, 798-808 Springvale Road, Braeside</td>
</tr>
<tr>
<td><strong>Dandenong North Senior Citizens’ Club</strong></td>
</tr>
<tr>
<td>Contact the club for meeting dates and times.</td>
</tr>
<tr>
<td>9793 3080</td>
</tr>
<tr>
<td>Latham Crescent Centre, Latham Crescent, Dandenong North</td>
</tr>
</tbody>
</table>
## For Older People

While the information presented on this page is about activities specifically for older residents, any of the other activities featured in this website may also be of interest.

<table>
<thead>
<tr>
<th>ETHNIC CHINESE SENIOR CITIZENS</th>
<th>FRIENDLY VISITING PROGRAM - SOUTHERN MIGRANT AND REFUGEE CENTRE</th>
<th>GREEK COMMUNITY OF SPRINGVALE AND DISTRICTS SENIOR CITIZEN’S CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>9546 8254</td>
<td>Friendly visiting program for the older and frail person from culturally and linguistically diverse backgrounds. Clients are matched with a volunteer appropriate to their culture, gender and age. Volunteers visit the client for social interaction.</td>
<td>9548 1566</td>
</tr>
<tr>
<td>2 Victoria Avenue, Springvale</td>
<td>9767 1965</td>
<td>11-13 Warwick Avenue, Springvale</td>
</tr>
<tr>
<td></td>
<td>39 Clow St, Dandenong</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GREEK ELDERLY CITIZENS CLUB OF DANDENONG AND DISTRICTS</th>
<th>HUNGARIAN SENIOR CITIZENS CLUB OF GREATER DANDENONG</th>
<th>INDO-CHINESE SENIOR CITIZEN’S CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>9791 1353</td>
<td>9791 6910</td>
<td>9706 2151</td>
</tr>
<tr>
<td>17 - 19 Herbert Street, Dandenong</td>
<td>Noble Park Community Centre, Ross Reserve, Memorial Drive, Noble Park</td>
<td>Springvale Senior Citizens Centre, 1a The Crescent, Springvale</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KEYSBOROUGH &amp; DISTRICT SENIOR CITIZENS CLUB</th>
<th>KEYSBOROUGH SENIOR CITIZENS CLUB</th>
<th>LAKHANDA ELDERLY GROUP (SRI LANKAN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9798 6502 (Club)</td>
<td>9798 6503</td>
<td>9799 6308</td>
</tr>
<tr>
<td>352 Cheltenham Road, Keysborough</td>
<td>352 Cheltenham Road, Keysborough</td>
<td>Springvale Neighbourhood House, 46-50 Queens Ave., Springvale</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>LOTOS - JAN WILSON CENTRE</th>
<th>MACEDONIAN PENSIONERS</th>
<th>MALTESE SENIORS SENIOR CITIZENS’ CLUB - SOUTH EASTERN SUBURBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A friendly group for women over 50 wanting to enjoy a wide range of social and special interest activities.</td>
<td>9798 5027</td>
<td>9547 5272</td>
</tr>
<tr>
<td>9795 9279</td>
<td>1 Edinburgh Road, Springvale</td>
<td>1A The Crescent, Springvale</td>
</tr>
<tr>
<td>Halton Road, Noble Park North</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAURITIAN GOLDEN AGE CLUB</th>
<th>MULTICULTURAL SEWING - SPRINGVALE NEIGHBOURHOOD HOUSE</th>
<th>NAPOLI FAMILY CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>The club meets every Tuesday 10am at the Menzies Hall. Activities include line dancing, strength training, lunches,</td>
<td>Learn how to make basic garments for yourself, friends and</td>
<td>An Italian group with emphasis upon social functions, bowls,</td>
</tr>
<tr>
<td>entertainment, information, support, cards and bowls.</td>
<td>family while improving your English skills.</td>
<td>dancing, outings and card games.</td>
</tr>
<tr>
<td>9701 1002</td>
<td>9548 3972</td>
<td>9795 7168</td>
</tr>
<tr>
<td>Menzies Hall, Menzies Ave., Dandenong North</td>
<td>6-50 Queens Avenue, Springvale</td>
<td></td>
</tr>
</tbody>
</table>

CLICK HERE TO FIND OUT MORE >
## For Older People

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<table>
<thead>
<tr>
<th>Club Name</th>
<th>Address</th>
<th>Contact Number</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noble Park Italian Senior Citizens Club</td>
<td>Jan Wilson Community Centre, Halton Road, Noble Park North</td>
<td>9547 5801</td>
<td>Social activities including cards, bocce, meals, tea/coffee and dancing.</td>
</tr>
<tr>
<td>Noble Park North Multicultural Elderly Citizens' Club</td>
<td>Jan Wilson Community Centre, Halton Road, Noble Park North</td>
<td>9795 9279</td>
<td>Activities include: cards, chat, carpet bowls, line dancing and sing alongs.</td>
</tr>
<tr>
<td>Polish Senior Citizens Club</td>
<td>Noble Park Community Centre, Memorial Drive Noble Park</td>
<td>9546 9512</td>
<td>Activities include carpet bowls, bingo, cards, lunch, dining out occasionally, day trips and interstate trips.</td>
</tr>
<tr>
<td>Springvale Senior Citizens Multicultural Club</td>
<td>Paddy O'Donoghue Hall 18-34 Buckley St., Noble Park</td>
<td>9791 7270</td>
<td>Activities include: cards, chat, carpet bowls, line dancing and sing alongs.</td>
</tr>
<tr>
<td>Coffee Club - Dandenong and Springvale Libraries</td>
<td>Council’s specialised community transport will pick you up from home, take you to the Dandenong or Springvale library where you can enjoy a ‘cuppa’ or a chat, borrow books and be driven back home again.</td>
<td>8571 5502</td>
<td>Activities include: cards, chat, carpet bowls, line dancing and sing alongs.</td>
</tr>
</tbody>
</table>
While the information presented on this page is about activities specifically for older residents, any of the other activities featured in this website may also be of interest.

<table>
<thead>
<tr>
<th>SENIOR'S EVERGREEN GROUP - KEYSBOROUGH LEARNING CENTRE</th>
</tr>
</thead>
<tbody>
<tr>
<td>This group meets in the Meeting Room of the Resurrection Parish Centre on the third Friday of every month. Join in the fun and take part in various activities and outings.</td>
</tr>
<tr>
<td>9798 7005</td>
</tr>
<tr>
<td>CLICK HERE TO FIND OUT MORE &gt;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RUSSIAN SENIOR CITIZENS’ CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>8571 5502</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SERBIAN AUSTRALIAN PENSIONERS ASSOCIATION OF KEYSBOROUGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>9769 0057</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEWING CIRCLE AT THE OPEN DOOR - SALVATION ARMY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spend time sewing and enjoy a joke or two every Tuesday</td>
</tr>
<tr>
<td>9791 8664</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRINGVALE ETHNIC CHINESE ELDERLY CARING FRIENDSHIP ASSOCIATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9546 8254</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SPRINGVALE INDO-CHINESE ELDERLY CITIZENS CLUB</th>
</tr>
</thead>
<tbody>
<tr>
<td>9547 7939</td>
</tr>
</tbody>
</table>
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**SPRINGVALE ITALIAN SENIOR CITIZENS’ CLUB**
Meetings take place on Wednesday and Friday.
9547 2647
Springvale Learning & Activities Centre, 1 Osborne Avenue, Springvale

**SPRINGVALE SENIOR CITIZENS’ MULTICULTURAL CLUB**
9546 9512
1A The Crescent, Springvale

**SRI Lankan SENIORS’ GROUP**
Education, information, lunch, social groups supported by local Sri Lankan residents
9547 2647
Springvale Neighbourhood House, 46-50 Queens Ave., Springvale

**TAMIL SENIOR CITIZENS FELLOWSHIP**
Provides a forum for members to socialize exchange ideas and discuss relevant issues.
9354 6169

**SPRINGVALE BALLROOM DANCING CLUB - SPRINGVALE LEARNING AND ACTIVITIES CENTRE**
The group meets weekly in the evening to learn and practice ballroom and modern style dancing, socialise and meet new people. Special dancing parties are organised during the year.
9547 2647
1 Osborne Avenue, Springvale
CLICK HERE TO FIND OUT MORE >
<table>
<thead>
<tr>
<th>For Older People</th>
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<tbody>
<tr>
<td>While the information presented on this page is about activities specifically for older residents, any of the other activities featured in this website may also be of interest.</td>
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</tbody>
</table>

### UKRAINIAN ELDERLY PEOPLE’S CLUB

- **9547 4308 or 9546 6127**
- **26 Chandler Road, Noble Park**

### UNITED FILIPINO ELDERLY GROUP

- **9706 3271**
- **Springvale Neighbourhood House, 46-50 Queens Avenue Springvale**

### U3A DANDELONG

- Classes include topics and activities such as philosophy, history, writing, drawing, dancing, computers, craft, cooking and more.
- **9546 2997**
- [CLICK HERE TO FIND OUT MORE >](#)

### VIETNAMESE AUSTRALIAN SENIOR ASSOCIATION VICTORIA

- Activities include singing, dancing, tai chi, lunches, information, education and holidays.
- **0414 604 180 | 9547 9180**
- luckythai@optusnet.com.au
- **Senior Citizens’ Centre 3 The Crescent, Springvale**

### VIETNAMESE PERFORMING ARTS - SPRINGVALE LEARNING AND ACTIVITIES CENTRE

- The group is run by volunteers who organise weekly evening sessions and special events during the year. Participants practice traditional Vietnamese and modern ballroom dancing. The main focus of the program is on socialising, making new friendships and active life-style.
- **9547 2647**
- **1 Osborne Avenue, Springvale**
- [CLICK HERE TO FIND OUT MORE >](#)

### ITALO-SPANISH CLUB

- Social groups, outings and lunches
- **9700 3612**

### MULTICULTURAL SENIORS TABLE TENNIS - SPRINGVALE LEARNING AND ACTIVITY CENTRE

- **9547 2647**
- **1 Osborne Avenue Springvale**