

## Community use

The centre is available for use by registered community groups and not for profits that prioritise the needs of older people. Priority access is given to groups and organisations offering services for older people and not for profit organisations that have limited capacity to generate income in the City of Melbourne.

Current groups meeting at the centre include culturally and linguistically diverse groups from African, Chinese, Mandarin, Polish, Somali, Slavic and Spanish speaking backgrounds.

**Bookable spaces:** Main Hall with seating capacity for up to 100 people, three smaller meeting rooms, a commercial kitchen and two kitchenettes.



**How to book:** Hours and availabilities vary. Please contact City of Melbourne on 9658 9190 to determine availability and to request a copy of the application form and conditions of use.

## Community groups

- African Communities Elderly Association
- Australian Somali Women's Healthcare Community Foundation
- Australian Multicultural Community Services, Chinese Planned Activity Group
- Chinese Arts Association of Melbourne
- Melrose Art Group, North and West Senior Citizens
- Polish Senior Citizens Club
- Slavic Women's Group 'Nase Zene'
- Spanish Speaking Elderly Group of North Melbourne
- The Victorian Iris Society.

Contact us on 9658 9190 for assistance connecting with a group or activity which meets your needs and interests.

For more information, contact City of Melbourne on 9658 9190 or email [healthyageing@melbourne.vic.gov.au](mailto:healthyageing@melbourne.vic.gov.au)



# HEALTHY AGEING ACTIVITIES

Jean McKendry  
Neighbourhood Centre

## Jean McKendry Neighbourhood Centre

The centre is located near various public transport options including the 402 bus which stops at Melrose Street / Canning Street, Macaulay train station and tram routes 57 or 59 to stop #20 Melrose St / Flemington Road.

Residents can enjoy a range of free and low cost activities including an affordable social lunch, gentle Yoga classes and art-based activities. In addition, various culturally and linguistically diverse groups meet regularly throughout the week and enjoy activities including community meals and cultural celebrations, dancing, singing, sewing and more.

**Jean McKendry Neighbourhood Centre, 91-111 Melrose Street, North Melbourne.**

**Phone: 9328 1665.**



## Meal program

### Social lunch | \$8.10 | Mondays | Midday

Enjoy an affordable lunch in a relaxed and social environment. Meal orders are placed one week in advance. Please contact the centre directly on 9328 1665 to place your order.

## Activity program

### Art group and mentoring | Free | Mondays | 10.30am

Build skills, learn different techniques at various workshops or join the Melrose Art Group. The group is self-directed and welcoming with a focus on painting. Bring your own materials or use the centre's supply of basic art materials such as acrylic paint, brushes, markers, pencils, paper and collage materials.



### Gentle Yoga | \$3 | Mondays | 1.30pm

Experience an hour of gentle stretching suitable for all levels. Enjoy breathing and relaxation guided by our experienced instructor. Please wear comfortable clothing.

### Line dancing | \$3 | Tuesdays | 2.15pm

Move to music and enjoy learning new steps each week in a fun and welcoming atmosphere. Improve your physical and mental well-being and enjoy meeting new people. No prior experience necessary.

### Do you have an activity idea?

Share your ideas and interests by speaking with a member of our Healthy Ageing team on 9658 9190.

