



WEEKLY ACTIVITY & EVENTS TIMETABLE

Term 1 27 Jan-2 April 2026

MONDAY

INTERNATIONAL WOMEN'S DAY

Monday 9 March

Details to follow— Save the Date

MONDAY MUFFINS (fortnightly)

10am-12 noon Gold Coin
2, 16 Feb & 2, 16 March

Come along and bake a batch of muffins, then enjoy with others over a cuppa!

BAKING GROUP (fortnightly)

10am-12noon

9, 23 Feb & 9, 23 March

Join in with others to bake for our events and pantry! Kindly led by Karen and Olga. Would you like to help out?

SCRABBLE GROUP \$2

1-4pm (Currently off-site)

CARDMAKING (FULL)

1-3pm \$31.50 term OR Casual \$5 session
2 Feb—30 March (9 weeks)

Materials supplied *Waiting list applies

CHARITY CARDMAKING (FULL)

1-3pm FREE!

Cardmaking, Creating Postcards for Charity & fundraising

CHARITY CRAFTERS (FREE)

1-3pm 2 Feb—30 March

Sewing for charity and fundraising
Join our group of volunteers!

SEE OVER FOR SOME OF OUR TERM'S ACTIVITY FLYERS

TUESDAY

TUESDAY CROCHET & KNITTING

10-12 noon Beginners Welcome!
27 Jan—31 March

\$31.50 (9 weeks) Casual \$5 session

BENTLEIGH EAST NEIGHBOURHOOD STRIDERS WALKING GROUP (NEW)

10 – 11am TBD

Let us know if you are interested!

'CONNECT CAFÉ' \$3 (NEW)

(formerly Chatty Café)

(NB all our sessions are open to both men and women to attend) 10.30am—12 noon

3 Feb Barista Coffee & Tea

10 Feb Trivia –fun for all

17 Feb Chai, Chat & Cappuccino

24 Feb Singing for Fun

3 March Bingo

10 March Games Morning & Cuppa

17 March 'Hidden Talents'—for any Moongala members or wider community Showcase your talent, let us know if you would like to be involved!

24 March Neighbour Day Community Lunch
12-2pm \$5

31 March Chai, Chat & Cappuccino – enjoy chai tea or barista coffee

WEDNESDAY

WED CROCHET (FULL)

28 Jan-1 April 10 -12 noon
\$35 per term (10 weeks)
Casual \$5 per session

WALKING GROUP (FREE)

10-11am (Newbies welcome!)

CHATTY CAFÉ 10.30am-12noon \$2

SPINNERS/KNITTERS 1-3pm \$2

KNIT FOR KINDNESS 1-3pm \$2

Make adult & baby beanies and other projects for charity and health organisations. Yarn & needles supplied + friendly company and afternoon tea!

EXERCISE CLASSES with Ange

8 Oct—10 Dec (see below)
\$100 (10 weeks)
Casual \$17 per session

STRETCH, STRENGTH & BALANCE FOR WOMEN

With Ange
1.15-2.15pm

MEDITATION & CHAIR YOGA With Ange

2.30-3.30pm
Open for all

THURSDAY

COOKING FOR COMMUNITY

10-12.30pm 26 Feb

Join us as we cook to make meals to fill our freezer for those in need

H'ART SPACE 1-3pm

(Currently full)

Self—lead art group who meet to work on their own paintings & sketches in a friendly supportive environment.

NAVIGATING MY AGED CARE

fortnightly 10-1.30pm
5 & 19 March

Book a 30min appointment to receive assistance registering, home care package provider support and exploring at-home support options

\$100 POWER SAVING BONUS

We can claim on your behalf—
Appointments essential
Monday and Wednesdays 10am-12 noon
(In addition to you receiving \$100, we also receive \$12 for each claim we process! So you are helping us too!)

ROOM HIRE

If you are looking for a space for an event, workshop or meeting we have spaces available after hours.
(NB Public Liability Insurance required)

Please contact the office

FRIDAY

THRIVE PROGRAM -NEW (FREE)

27 Feb—27 March 10am-12.30pm

A 5 week program for women (60+)women to clarify purpose, gain confidence, develop tools to cultivate a positive mindset, build confidence, motivation and a renewed sense of purpose, and reconnect with your community.

INTRODUCTION TO PATCHWORK QUILTING

Friday 6 –27 March (4 sessions)
10am—12 noon \$27.50 (NEW)

Using donated materials you will be introduced to the art of quilting! Learn techniques, terminology and equipment used to make a square.

COMMUNITY SUPPORT

*Internet Cafe M, T, W & T 10am-3pm-free use
WIFI & laptops

*VIC ROCKS—rock-hiding/painting facebook group

*Community Library & Jigsaw Lending

Library—books and jigsaws available to loan

EVENTS—SEE OVER & Details on website

VOLUNTEER OPPORTUNITIES

Receptionist/s general all-rounder includes answering telephone & welcoming people.
M—Th 9.30-1pm & 1pm-4pm

Event & Activity Support—assist with hosting and being a helpful support.

Connect Café facilitator (Tuesdays) social connector and activities—games, quizzes etc

**For more information call Jules & Jude at office or email your interest.

**\$15 annual affiliation fee payable

**Bookings required for all our sessions. For more info check out our website, call, or email

Classes that require payment will not be refunded for non attendance.



92 Bignell Road, Bentleigh East



www.moongala.org.au



admin@moongala.org.au



9570 3468

TERM 1 EVENTS, WORKSHOPS & NEW ACTIVITIES

Free! Navigating My Aged Care

Moongala

Thursdays 10am - 1.30pm
Term 1 5 & 19 March

Book your 30 minute support session and receive one-on-one assistance

*Assistance with contacting My Aged Care
*Exploring at-home support options
*Home care package provider support
*Residential care services support
*Connecting to social activities



-Available to all members of the community

www.moongala.org.au
proudly supported by Community Bank Murumbeena

'Monday Muffins'

Mondays 10am - 12 noon fortnightly
Gold Coin - All welcome 2, 16 Feb and 2, 16 March

Join us for a cuppa and muffins! Help us bake them if you like or just enjoy the company! All welcome!

Come for the baking - stay for the conversations!

Moongala Community House 9570 3468 or e: admin@moongala.org.au

Moongala Women's Community House

Starts 28 January - 1 April \$100 term or \$17 a class

Stretch, Strength and Balance with Ange

A fun, safe exercise program focusing on balance, strength, mobility and flexibility



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92 Bignell Rd, East Bentleigh

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Starts 28 January - 1 April \$100 term or \$17 a class

Chair Yoga with Ange

A supportive class to improve your strength and flexibility using a chair for extra support



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Cooking for Community

THURSDAY 26 FEB 2026 10 AM - 12.30 PM

Join with us to make meals for the freezer so we can assist those in need
Would you like to be involved? Let us know at the office





Bentleigh East Neighbourhood Striders (New)

Would you like to join others for a walk around our local neighbourhood?

We are keen to start once we have a group formed! Let us know!

ENQUIRE NOW!

TUESDAYS 9.30-10.30AM FREE

Open to everyone - All ages, all welcome! If you've been putting it off - now is your chance to take the plunge! You can join us after for a cuppa at our Connect Cafe

*Regular walkers will be required to be members of Moongala \$15 per year

Moongala Women's Community House

THRIVE COURSE **FREE**

5 week course to build self-awareness, clarity and confidence.

- ✓ Clarity on values and purpose
- ✓ Tools for a positive mindset
- ✓ Deeper self-compassion and connection

MORE INFO :
admin@moongala.org.au
03 9570 3468
www.moongala.org.au



Connect Cafe on Tuesdays




A new program for 2026 offering fun activities for anyone who wants to join in, connect and have a cuppa!

Trivia, chai tea, barista coffee, games, bingo, singing and more!! Come each week, or whichever session appeals, you will have fun and enjoy the company of others.

\$3 a session - Starts 3 Feb, drop in or call for a program 10.30am-12 noon

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Moorellah Community Village, 92 Bignell Rd East Bentleigh

NED **Moongala**
Belonging Every Day
NeighboursEveryDay.org

Join us for a community lunch to celebrate Neighbour Day Tuesday 24 March 12-2pm



Please RSVP by calling 9570 3468 or email admin@moongala.org.au www.moongala.org.au

Kindly supported by Yarra Yarra Golf Club
f/ NeighboursEveryDay @ NeighboursEveryDay
Neighbours Every Day | Relationships AUSTRALIA

Introduction to Patchwork Quilting

6 - 27 March 10am - 12 noon \$27.50 All materials supplied

Learn techniques, terminology and equipment used to create

9570 3468

