



MOOROPNA



EDUCATION & ACTIVITY CENTRE

MEAC Program Guide January—June 2026

Community

Movie Afternoon

In partnership with Mooroopna Library
Tuesdays at 1pm. Please book

Tuesday Community Lunch

Please book by visiting us or phoning 5825 1774.

\$10 (2 courses) 12pm to 1.30pm. All welcome

SoCoMo

(Social Connections Mooroopna)
A fun and interactive social activity for all. NDIS participants welcome. SoCoMo is a small group with centre based activities developed to meet the needs of the participants.
Wednesday 12noon-3pm

Playgroup

A fun, all inclusive, supervised playgroup. Parents with young children welcome.
Thursdays 9.30am to 11.30am.

Chatty Cafe

Meet, greet, friendly conversation and have fun keeping the community connected.
Last Friday of the month.
10am—11.30am

Living Blind

MEAC is working to evolve and establish grassroots supports services that respond to the needs of people living with low or no vision.

Community Art Gallery

Exhibition of work from various local artists throughout the year. With the display changing every 6-8 weeks, come in and view the talent of our local artists.

Community assistance and resource.
If you are in need of some general advise we will do our best to help you

MEAC is also a Resource Centre for local community referral information.

Health & Wellbeing

Tuesday Exercise Class

Tuesday 9.30am –10.30am
\$7.50 per session

Mahjong

Learn the American version of Mahjong. No experience needed.
Wednesday 10am—12.30

Ukelele

Wednesday 5pm—7pm
Gold coin donation

Fab Fit Friday

Friday 9.30am-10.30am
\$5 per session.

Expression of interest

Please let our lovely volunteer receptionists know your interests.

All ability movement class

This class is a fun active low impact exercise class NDIS participants welcome.

Lets talk about it!

Dr Peter Eastaugh is providing mentoring for parents and professional on all things relating to Children

Monday Movement Class

Walking Group, T'ai Chi
Men's Group Social Exercise with Chris, Table Tennis
Mental Health First Aid
First Aid (including CPR)
Line Dancing

Volunteers

We love and value our volunteers. MEAC encourages anyone who would like to give back to their community to come in and become a volunteer.

We are also looking to start up social crafts, textiles, crocheting, board and/or card playing groups. If interested, please come in to the Community Centre or call us on 5825 1774.

We also have many classes and courses run by external groups after hours:- rock and roll dance classes on Tuesday and Wednesday nights.

Courses & Skills

Craft and Sewing Group

Monday 10.00am-2.00pm. \$5 per session

MEAC Art

A fun and inclusive class where you can enjoy painting, drawing, pottery or work on your own project with the help of our volunteer artists.
Tuesday 9.30am-12pm.
\$5 per class

Literacy with Liz

Based around the reading writing hotline. Literacy and numeracy at your own pace.
Monday 9.30am—11.30am

Computer Connections

Chris and a team of volunteers can help you with your computer and device needs Wednesdays 10-12

Conversational French

A French class anyone could love.
Wednesdays 2pm-3pm

Carol's Creative Art Class

Varied artistic activities for all levels.
Thursday 9.30am-11.30am
\$7.50 per class.

Expression of interest

Please let our lovely volunteer receptionists know your interests.

One-on-One Computer Lessons

\$60 per hour. Please call 5825 1774 to book.

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Food Handling Certificates

Please contact GV Food Services
Phone 5821 7474



M O O R O O P N A



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Community Connections

Mooroopna Men's Shed

Making a Difference - with a difference in men's health and wellbeing. Men's Shed provides a place for participants to have a chat, learn new skills, give back to the community, and have a sense of belonging and purpose.

Thursday 9am to 4pm and Saturdays 9am to 12pm. Phone 0408 166 123.

Grow

Safe and confidential peer support for those involved with mental health.

Mooroopna Community Plan Steering Group

1st Wednesday of the month. 6pm to 7pm.

mooropnacommunityplan@gmail.com

Grief and Trauma Counselling

In partnership with Rumbalara

Rights Information & Advocacy Centre (RIAC)

Free service which advocates for people with a disability. Helping to uphold the rights of those with a disability, support decision making, and helping to build self-advocacy skills.

Upcycling and repair

Do you have a skill to help us get creative whilst helping the environment?

Photocopying and computer facilities available

Got an idea?

Give us a call if you would like to help start a community activity or be a part of one!

For the following Community Connections, please call the centre on 5825 1774

Auslan

Shepparton Sings

Liz Powell Literacy

Di's Dancers

Relationship Australia

Galnya Yenbena—First Nations Dance

GV Pipes and Drums

GV Complete Care

Probus

Philatelic Society

GV Railway Club

Rug Cutters Dance group

Cultural cooking

One off work shops

Justice of the peace is available by appointment.

Please join us on Facebook and Instagram for further information and updates.