



Balla Balla
community centre

Program Guide

Term 1: 27 January to 2 April 2026



Balla Balla Community Centre
7-9 Selandra Blvd, Clyde North VIC 3978
www.ballaballa.com.au

About Balla Balla

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About Balla Balla






Balla Balla Community Centre aims to provide a positive friendly environment, where we listen to and support people. Our activities connect and strengthen the community to move forward through learning.

Everyone is welcome at the Centre, so please come in and talk to our friendly staff and volunteers to find out what programs and activities we offer, and find out how you might get involved.

Office Hours

Monday to Friday 9.00am - 3.00pm
(Excluding Public Holidays)

Contact Us

-  5990 0900
-  admin@ballaballa.com.au
-  www.ballaballa.com.au
-  [7-9 Selandra Blvd, Clyde North](#) 

Balla Balla Community Centre acknowledges the Traditional Owners and Custodians of the land, the Bunurong/Boonwurrung people, and pays respect to their Elders, past, present, and future, recognising their enduring connection to the land.

Balla Balla Community Centre is committed to Child Safety and has zero tolerance for child abuse. We want all children and young people to be safe, happy and empowered.

Balla Balla Community Centre Inc. is supported by the City of Casey and the Victorian State Government. We are a proud member of Casey Connect and Learn.



Enrolment Info

How to Enrol

- QR Code:** Scan or click on QR code to book
- In Person:** Visit the Community Centre
- Phone:** 5990 0900 (Payment via EFTPOS)
- Online:** www.ballaballa.com.au/programs
- Email:** admin@ballaballa.com.au



[Browse All Programs](#)

Book early to avoid disappointment for all our programs and events.

Membership Fee

Balla Balla Community Centre is an Incorporated Association. All participants involved in programs/activities and events are required to be members of the Centre.

The Annual Membership of \$8.00 per person or \$10.00 for families assists with the day-to-day running costs of the Centre and is non-refundable. For membership enquiries, phone us on 5990 0900.

Course Fees

Full course fees are due when enrolling. Please contact the Program Coordinator if you are experiencing financial hardship or disadvantage and wish to join any programs that we are offering. No refunds of discounts for missed classes.

Cancellations

The Centre may at times cancel a class if the minimum class numbers are not achieved. If this occurs, you will be contacted in advance, and all fees paid will be refunded.

Scan or click on the QR code next to the program for easy online booking!

Venue Hire

Supporting Clyde North's growing community, our multi-use spaces and amenities aim to provide a vibrant and inclusive hub that supports programs and services for all genders, ages and cultures.

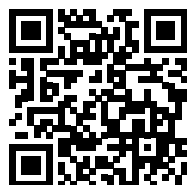
We provide a number of options for venue hire, including meeting room hire and venue hire in Clyde North.

These spaces are available for community groups, community and government agencies and business use.

We do not hire space for private functions/parties eg; birthdays, weddings, engagements.



We offer flexible room hire options—from large presentation spaces to private meeting rooms. Scan or click on the QR code for space details and to make an enquiry.



Community Events

Balla Balla Open Day

Join us for a vibrant Open Day as we celebrate Harmony Week and the message that Everyone Belongs at Balla Balla Community Centre.

Experience a day that showcases our community at its best and what Balla Balla does – children's activities including a balloon artist, animal farm, craft, and face painting, along with music, cultural performances, delicious free food, market stalls, and much more to explore.

Bring your family, bring your friends – it's set to be a wonderful celebration of diversity, connection, and community spirit at Balla Balla.

Saturday 21st March

11.30am - 3.00pm

FREE

If you are interested applying to perform on the day, provide an activity or a market stall, please visit our website via the QR code, download the Expression of Interest form, and email to admin@ballaballa.com.au.



Harmony Day Lunch

Bring a Plate to Share

Celebrate Harmony Week with us by embracing diversity, community spirit, and great food. Bring a plate of your favourite dish to share, and let's create a memorable celebration of unity, culture, and connection.

Together, we'll make it a day to remember.

Tuesday 17th March

12.00pm - 1.30pm

FREE



We are new to the community. This has helped me and my toddler meet new people and feel a part of our new home.

What's New

Senior Women's Circle

Are you a senior woman looking to connect, share, and unwind in good company?

Join us for a relaxing afternoon of tea, conversation, and community. This new group is a welcoming space for friendship, storytelling, and meaningful connection.

- Share your life skills and cultural traditions
- Explore art therapy and mindfulness activities
- Enjoy a warm cup of tea or coffee with new friends
- Simply come as you are – there's a place for everyone

Women from all cultural and language backgrounds are warmly welcome.

No bookings required—just drop in and feel at home.

Thursdays 1.00pm - 2.00pm

Starting 22nd January
for 11 weeks

FREE



*It's a place to feel
welcomed and safe.
– Shannon*



Complimentary fresh fruit for members and visitors, thanks to our new Victorian Government Food Relief funding.

This operates on a 'take what you need' basis to support accessible, healthy food choices. More exciting programs coming soon.

FREE Come & Try Tai Chi

Join us these school holidays for a gentle and welcoming Tai Chi session – perfect for beginners!

- Kids welcome with an accompanying adult
- Slow, flowing movements to strengthen muscles and support joints
- Great for balance, relaxation, and overall wellbeing

Our friendly beginners class will guide you through Tai Chi in an easy, gentle way.

Just wear loose, comfy clothes and runners.

Wednesday 21st January

11.30am - 12.30pm

FREE



Living at Home Longer Drop-In Sessions

Looking for aged care support?

Join our monthly Living at Home Longer drop-in sessions at Balla Balla Community Centre!

Get help navigating My Aged Care, ask questions, and receive personalised guidance – no appointments needed.

Everyone is welcome, including those who may need additional support.

Tuesdays 10.00am - 12.00pm

27th January, 24th February
and 24th March

FREE



Wiser Driving Program

Free Refresher Course for Older Drivers

Stay safe, confident, and informed on the road. The Wiser Driver Program is a free, four-week course designed for older drivers who want to update their knowledge – not take a test.

Learn about changing road rules, car safety features, and how aging can impact driving. Join relaxed, classroom-style sessions with others in your community.

No driving required. Just practical info, discussions, and useful resources to help you stay on the road safely and independently.

Bookings essential.

Tuesdays 10.00am - 12.00pm

Starting 17th February
for 4 weeks

FREE



Health & Wellbeing

Walking Group

Walk & Talk is a free weekly walking group that meets at Balla Balla. Enjoy great self-paced walks, meet new people in your area and get fit. Stay on after to enjoy a coffee and a chat. Bring along a water bottle and jacket.

Tuesdays 9.30am - 11.00am

Starting 3rd February
for 9 weeks
FREE



Mindfulness Meditation and Compassion

These sessions provide an introduction, or a refresher, to the practices of mindfulness meditation and compassion for profound self-care and insight. We will aim to embed these practices into daily life as well as learn how to spend time specifically in meditation practice. We will work with the postures of sitting, standing, walking and reclining with the techniques of mindfulness of breathing, body scan, awareness of the whole body, awareness of feeling tones and their impact, choiceless awareness and loving kindness. This term, our special focus will be on grounding practice in body awareness and developing concentration.

Mondays 7.00pm - 8.00pm

Starting 2nd February
for 4 weeks
\$60.00



Pilates

Do you want to improve your posture, increase your core strength, increase your energy, improve your flexibility and mobility and decrease stress? If you answer yes to any of these questions please join us on your mat for Pilates. Pilates focuses on increasing core strength and tone of abdominal muscles, lower back, hips and buttocks. Wear loose, comfortable clothing. Bring your own mat.

Mondays 6.30pm - 7.15pm

Starting 2nd February
for 8 weeks
No class 9th March
\$80.00



Yoga

Experience gentle exercises, breath mastery, and meditation. Discover a healthier you: lower blood pressure, boost posture, and enhance circulation. Embrace the journey to improved wellbeing with yoga.

Bring your own blanket and yoga mat

Thursdays 5.30pm - 6.45pm

Starting 5th February
for 9 weeks
\$90.00



Thursdays 7.00pm – 8.15pm

Starting 5th February
for 9 weeks
\$90.00



Tai Chi

A gentle, low-energy exercise that strengthens and conditions the body.

Our social beginners class will gently introduce you to the Tai Chi movement. Wear loose, comfortable clothing and runners.

Beginners

Wednesdays 11.30am - 12.30pm

Starting 4th February
for 9 weeks
\$75.00



Intermediate

Wednesdays 9.30am - 11.00am

Starting 4 February
for 9 weeks
\$85.00



Strength & Stretch Training – Living Longer, Living Stronger

Guided by a Casey RACE qualified instructor - each session you will go through seated and standing exercises to help improve overall strength, endurance and core strength, using body weight, exercises and resistance bands. Develop balance, flexibility and coordination and assistance in activities for everyday life. Great opportunity to meet new people.

Mondays 1.00pm - 2.00pm

Starting 2nd February
for 8 weeks
\$48.00



Wednesdays 1.00pm - 2.00pm

Starting 4th February
for 9 weeks
\$54.00



Zumba

This class is guided by a qualified Zumba instructor. Have fun and get fit at the same time. Do you want to de-stress, improve your co-ordination, boost your heart health and meet others wanting to improve their fitness levels? Zumba is aimed at all ages and fitness levels.

Tuesdays 6.00pm – 6.45pm

Starting 3rd February
for 9 weeks
\$70.00



The Arts

Knitters & Natters

Come and join this social group to knit or crochet in a friendly space. Meet some fellow knitters for a chat and a cuppa, while making a real difference in a practical way for our community. All items are donated to local support services for those in the community who are experiencing tough times.

Wednesdays 1.00pm - 3.00pm

Starting 4th February
for 9 weeks
FREE



Mosaics Magic

This experienced Mosaics group meet each week and bring their own materials, share ideas and produce intricate and beautiful Mosaic pieces.

Tuesdays 10.30am - 12.30pm

Starting 3rd February
for 9 weeks
\$3 per session



Art

Do you want to unleash your inner artist but don't know how to begin? Let local artist, Payam teach you the basic skills and learn all the techniques you require for Watercolour painting or Drawing. You will be taught methods and approaches to assist you to express your artistic side.

Materials list will be provided

Wednesdays 5.00pm - 7.00pm

Starting 4th February
for 9 weeks
\$115.00



Love the classes and friendships you make. – Carol

BYO Casual Craft Time

Do you enjoy knitting, crocheting working on craft projects? This self-run craft group enjoy working on their individual projects in the company of others. They exchange ideas, learn new skills and form friendships. If you enjoy crafting and want to share your crafting skills and ideas please bring along your current project and join us.

Thursdays 10.00am - 11.30am

Starting 5th February
for 9 weeks

FREE



Boomerang Bags

Boomerang Bags is a grassroots, community driven movement tackling plastic pollution at its source. Join us on a weekly basis to make these sustainable bags and assorted household items that we can then donate on to local support organisations who would normally use plastic bags.

All materials will be supplied. Bring a sewing machine if you have one.

Tuesdays 10.00am - 12.00pm

Starting 3rd February
for 9 weeks

FREE



Morning Melodies

Are you young at heart, looking for some company, or just want to enjoy a lovely morning out? Join us at Morning Melodies for a heartwarming performance filled with the songs you know and love!

Enjoy live entertainment, a cuppa, and a delicious fresh scone with jam and cream - all while making new friends along the way.

Book early to secure your spot! You won't want to miss this uplifting morning of music and connection.

Tuesday 10th February

10.30am - 11.45am

Alex Matthews
\$7.00



Tuesday 10th March

10.30am - 11.45am

Ron Kingston
\$7.00



Tuesday 14th April

10.30am - 11.45am

Chris Newman
\$7.00



Education & Employment

Conversational English

Improve your confidence in reading, writing and speaking English in this small friendly class during school terms.

This course is Learn Local endorsed and delivered in partnership with Foundation Learning Centre.

Mondays 10.30am - 12.30pm

Starting 2nd February
for 8 weeks
No session 9th March
\$5.00



Tuesdays 11.30am - 1.30pm

Starting 3rd February
for 9 weeks
\$5.00



Children & Youth

Children's Art – School Holiday Fun!

6-12 years

Led by a qualified art teacher, this creative program helps kids grow in confidence while having fun with painting, printing, mixed media, colour theory and more.

All materials provided – just bring your imagination!

Tuesday 20th January

10.30am - 12.30pm
\$15.00



Tuesdays 7th April

10.30am - 11.45am
\$15.00



Tuesdays 14th April

10.30am - 11.45am
\$15.00



Facilitated Playgroup

0-5 years

Balla Balla Playgroup is led by an Early Learning Educator and each week presents a new, engaging learning opportunity, including craft activities, singing and dancing, sensory play, story time and more. A great group for you to meet and form friendships with others in the community.

Suitable for ages up to 5 years old.

Thursdays 9.30am -11.00am

Starting 5th February
for 9 weeks
\$55.00



Social & Support Groups



Men's Discussion Group

A relaxed and informal gathering for men. It's a group of blokes over 50 who meet for a coffee and a chat, discussing issues of interest and concern, with plenty of laughs. New men always welcome.

Tuesdays 9.30am - 11.30am

Starting 10th February, continuing every second and fourth Tuesday of the month
\$5.00 per session



Cuppa & Chat

Join our friendly and informal group for a weekly cuppa and chat. Keep up to date with the activities, groups and events at Balla Balla Community Centre. Form friendships and connections with local community members. All welcome.

Tuesdays 10.00am - 11.00am

Starting 3rd February for 9 weeks
FREE



Men's Card Group

Join a relaxed, welcoming space where men come together over cards and conversation. Many in the group share a South Asian background, with English as the common language, but everyone is welcome. Whether you're a seasoned player or just stopping by for a chat and a few rounds, you're welcome to join in.

Daily 11.00am - 12.30pm

Starting 13th January, continuing on weekdays throughout the term
Free to attend with a \$8 annual community centre membership

Writing Group 'The Scribe Tribe'

Join a vibrant community of writers at all levels, ready to inspire and motivate you. You'll have the opportunity to share your work for open review and gain valuable feedback to enhance your writing skills.

Tuesdays 1.00pm - 3.00pm

Starting 3rd February, continuing every first and third Tuesday of the month
\$4.00 per session



Community Services



The Power Saving Bonus

Call 5990 0900 to make an appointment for us to assist you to claim your Power Saving Bonus.



Balla Balla Community Centre E-Waste Bin

Easily dispose of your e-waste, such as tablets, phones and smart devices, loose cables, accessories and small tech, at our centre.



City of Casey Immunisation

A free service for children, adolescents and adults eligible for vaccines under the National Immunisation Program.

First Wednesday of the month
3.30pm - 7.30pm

Third Thursday of the month
9.30am - 1.00pm

Book online: casey.vic.gov.au/immunisation-dates-times

Vaccinations are free for those eligible.

For more information about immunisation contact City of Casey Customer Service on (03) 9705 5200, your Maternal & Child Health Nurse, or visit: www.casey.vic.gov.au/immunisation-dates-times

Justice of the Peace Service

Monday to Friday 12.00pm - 3.00pm
and Tuesdays 12.00pm - 6.00pm

It's a warm and welcoming place to come and do exercise classes. – Janet

Other Programs

These programs are run at Balla Balla Community Centre by other groups. For further information or to book, please contact these groups directly.

Children & Youth

Ace Learners **Year 1 - 12** : Small group maths, science, english, NAPLAN tuition.
📅 Mondays, Thursdays, Fridays 📞 0433 993 592

Chess 6–Chess Classes **5-12 years** : Children's chess lessons will help improve confidence, imagination and critical thinking. End of term tournaments and Annual Awards Ceremony. 📅 Saturdays 2.30pm-4.30pm 📞 Vineetha 0430 666 727

KHSM Vrindavan Academy - Malayalam Language School: Your child will learn and explore the colourful traditions, stories and values of Hindu culture.
📅 Sundays 10am - 1pm ✉ admin@khs.org.au

Sparkz Tutoring **Prep - Grade 6** : Small class size. Improve reading, spelling, writing, numeracy, grammar, NAPLAN preparation and goal setting to advance your child.
📅 Saturdays 9.30am - 3.30pm 📞 Savi 0426 078 423

Studywise Learning Centre **Year 1 - 12** : Tutoring by qualified teachers. VCE subjects: Methods, Further, Specialist, Chem, Bio, Physics. 📅 Mondays 5.30pm - 8.30pm
📞 (03) 8774 7303 or 0430 095 076 ✉ studywise.learning@gmail.com

Community Services

Sterling Care: Sterling Care is a registered NDIS provider caring for participants with a disability from 7 - 65 years. 📅 Saturdays 📞 Sri 0433 044 853
✉ sri@sterlingcare.com.au

Umbrella Support: NDIS Programs for young adults. Communication, confidence building and stepping out of your comfort zone can open up the entire world!
✉ cindy@umbrellasupport.com.au 🌐 www.umbrellasupport.com.au

Education & Employment

Accredited First Aid Courses: Practical hands-on courses, set in an enjoyable and relaxed environment. 📅 Weekly, Thursday or Saturday 📞 (03) 9850 6665
✉ info@accreditedfirstaidcourses.com.au 🌐 www.accreditedfirstaidcourses.com.au.

CoAct Connect + BUSY Ability: Support for people with disability, injury, or illness to achieve employment goals. 📞 1800 761 561 ✉ info@busyability.org.au
🌐 www.busyability.org.au

Education & Employment

Mission Australia – Parent Pathways: Free, personalised support to help parents and carers build skills, access training or employment, connect with local services, and receive assistance with cost-of-living and essential supports. 📞 Vatsal Mehta 0491 147 262

Faith-Based Groups

Ahmadiyya Muslim Association: 📞 Ali Kalim 0424 844 113

Dinka Anglican Congregation of Casey: 📞 Samuel Maler 0469 810 844

Clyde Connect: 📞 Jezreel Locop 0452 511 204

Guruji Sangat SE Melbourne: 📞 0430 219 661

Dandenong Gospel - Friday Youth Sessions: 📞 Shejin Antony 0403 614 824

Lifespring: 📞 Pastor. Wills Thomas 0436 102 376

Rise Oasis Youth: 📞 0413 740 541

Noor Cultural and Education Centre: 📞 Saiful Azam 0432 438 217

The Wisdom Institute: 📞 Manzour Ashraf 0403 659 339

Health & Wellbeing

Folk Lovers Academy Bhangra Classes: Punjabi Folk Bhangra and Instruments classes for all age groups. 📅 Every Sunday 6.30pm - 7.30pm
📞 Sukhjinder Singh 0431 927 863

Fusion Beat Bollywood: Classes blend culture, rhythm, and fun to experience the high energy of Bollywood. 📞 0403 774 029 ✉️ saishasethi2603@gmail.com

Illuminate Dance Studio: Family-friendly dance school offering ballet, hip hop, for pre-schoolers and school aged children. 📅 Thursdays 4pm - 5pm, Fridays 4.30pm - 6pm
✉️ Eloise illuminatedancestudio@gmail.com

Social & Support Groups

Cranbourne Toastmasters Club: Build your self-confidence and learn public speaking skills with a very relaxed and supportive group. 📅 Second and fourth Wednesday of the month, 7pm - 10pm 📞 Sheldon 0430 051 919

Q-Lit Writing Group: A community of queer writers across Victoria connecting through in-person groups, bi-monthly online webinars with professional authors, and bickies.
📅 Second Wednesday of the month, 6.30pm - 8.30pm ✉️ hello@q-lit.com.au