

CHELSEA ACTIVITY HUB

Our hub provides a wide range of programs and activities with something to suit everyone so come along and join in.

Chelsea Activity Hub

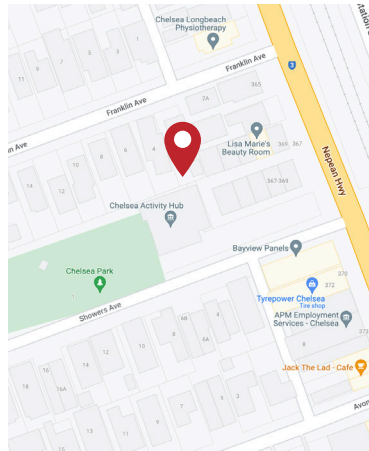
3-5 Showers Ave, Chelsea 3196

☎ 9581 3045

✉ chelseaactivityhub@kingston.vic.gov.au

Office Hours: Mon, Tues, Thurs, Fri 9am - 2pm

An easy walk from Chelsea Station.



VOLUNTEERING

A little bit of time can bring great rewards!

Are you interested in volunteering? Join one of our Kingston Community Hubs Volunteer Teams at Chelsea | Clarinda | Patterson Lakes Sundowner | Westall

Give back and have a positive impact on your local community. Apply online at kingston.vic.gov.au or visit one of our Community Hubs.

SCHOOL HOLIDAY ACTIVITIES

Kingston's Community Hubs offer a range of FREE activities during the school holidays. The program is available for primary school children!

Find out what's happening during the school holidays by signing up to our e-newsletter, visiting one of our Community Hubs, giving us a call on 9581 3045 or emailing chelseaactivityhub@kingston.vic.gov.au



Activity GUIDE

CHELSEA ACTIVITY HUB

JULY - DECEMBER 2024



MONDAYS

MOVE AND CONNECT

10am - 11am
\$5 per session A moment to connect with your mind and body using various activities from relaxation to expression through movement from a place of ability. No prior experience required. BYO water bottle and wear closed shoes.

MAHJONG

10am - 1pm
\$2 per session Ongoing tuition available so come along and learn how to play the ancient game of Mahjong. Tea & coffee provided.

POWER HOUR

12pm - 1pm
\$5 per session A class that aims to maintain and increase your strength with cardio fitness and functional training. BYO yoga mat.

BEGINNERS TAI CHI FOR HEALTH

1:30pm - 2:30pm
\$5 per session
Follows school terms Join in this class to relax, build physical and mental balance and wellbeing. Studies show practice helps to prevent and improve chronic conditions. Can be practiced seated or standing and modified to suit most people. BYO water bottle.

BETWEEN THE PAGES BOOK GROUP

1pm - 3pm
4th Monday of Month | FREE Come along and chat with others about a book you've recently read. Tea and coffee provided.

TUESDAYS

CHATTY CAFE

10am - 11:30am
1st & 3rd Tuesday of month | FREE Come along for a free cuppa and a chat for as long or as little as you choose and the interaction may brighten your day and combat social isolation and loneliness. Tea & coffee provided.

CHELSEA PROBUS CLUB

10am - 12pm Every 2nd Tuesday of the month.
Phone Margaret on 0450 535 891 for details.

CARDS AND A CUPPA

12:30pm - 4pm
\$2 per session Crazy Whist - experience players and beginners welcome. Tea and coffee provided.

POSTURE FIT

1:30pm - 2:30pm
\$5 per session A mat based exercise class that builds strength, stability and endurance in the muscles that support your core. Great music and supportive atmosphere. BYO yoga mat. All ages and fitness levels welcome.

WEDNESDAYS

HATHA YOGA

10am - 11am
\$5 per session
CASH ONLY Class will start with breathing practices and will focus on a series of movements that will help improve balance, flexibility, strength, all while creating a feeling of calm. BYO yoga mat and drink bottle.

THURSDAYS

TAI CHI

9:45am - 11am
\$5 per session
Follows school terms A Slow paced relaxation, balance and inner strength class, building each week on moves previously introduced.

CRAFTY CRAFTERS

11am - 1pm
\$2 per session The group may work on small projects together, while some members may bring along their own projects. Tea and coffee provided.

THURSDAY MOVIES

1pm onwards
FREE Enjoy a weekly movie.
Contact the Hub for upcoming sessions. Tea and coffee provided.

FRIDAYS

GENTLE EXERCISE

10am - 11am
\$5 per session Chair based exercises include gentle cardio, core work, balance and light strength training.

MAHJONG

9:30am - 12:30pm
\$2 per session Ongoing tuition available so come along and learn how to play the ancient game of Mahjong. Tea & coffee provided.

INDOOR BOWLS

12:30pm - 3pm
FREE Socialise and have fun, suitable for all ages and abilities. Tea and coffee provided.

CANASTA

1pm - 4pm
Every Friday except 3rd Friday of Month
\$2 per session Come and join us for a friendly game. Tea and coffee provided.

Scan to sign up!



Keep updated by signing up to the Chelsea Hub e-Newsletter.