

# Activity GUIDE

CHELSEA  
ACTIVITY  
HUB

JANUARY - JUNE 2024



*There's something  
for everyone!*



City of  
KINGSTON

# 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.

## BETWEEN THE PAGES BOOK GROUP

**1pm - 3pm**  
**FREE**

Come along and chat with others about a book you've recently read. 4th Monday of the Month. Tea and coffee provided.

# TUESDAYS

## CHATTY CAFE

**10am - 11:30am**  
**1<sup>st</sup> & 3<sup>rd</sup> 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 John on 9772 6524 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**

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**  
**\$2 per session**

Every Friday except 3rd Friday of the month.  
Come and join us for a friendly game. Tea and coffee provided.

## CRAFTY CRAFTERS



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

*Scan to  
sign up!*



## 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](mailto:chelseaactivityhub@kingston.vic.gov.au)

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

An easy walk from Chelsea Station.

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### 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](http://kingston.vic.gov.au) or visit one of our Community Hubs.

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### 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 8551 1200 or emailing [chelseaactivityhub@kingston.vic.gov.au](mailto:chelseaactivityhub@kingston.vic.gov.au)

