

Activity GUIDE

CHELSEA
ACTIVITY
HUB



JULY 2026

A place to learn new skills, stay healthy,
have fun and meet new people.



**Sign up for
our eNews**

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

3-5 Showers Ave, Chelsea 3196 (An easy walk from Chelsea Station.)

Office Hours: Mon, Tues, Thurs, Fri 9:00am - 2:00pm

📍 kingston.vic.gov.au/chelsea-hub

✉ chelseaactivityhub@kingston.vic.gov.au

☎ 9581 3045 🧑🧑🧑 131 450



Mondays

Move and connect

10:00am – 11:00am

\$6 per session

Join our low-impact, partially chair-based exercise class designed to support your body and mind and connection with self and others

Each session includes a gentle warm-up, light cardio, balance and cognitive exercises, relaxing movements, and some dancing—no experience needed, just a willingness to have fun. All activities can be done seated.

Mahjong

10:00am – 1:00pm

\$3 per session

Join our group to play this fun and engaging game in a relaxed atmosphere. All levels of knowledge welcome. Tea and coffee provided.

Power Hour

12:00pm – 1:00pm

\$6 per session

A class that aims to maintain and increase your strength with cardio fitness and functional training. BYO yoga mat.

Tai Chi & Qigong

1:15pm – 2:15pm

\$6 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. Beginners welcome.

Between the pages book group

1:00pm – 3:00pm

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

10:00am – 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.

Friendly Fellas

10:00am – 11:30am

4th Tuesday of month

\$6 per session

Come and connect with men in your community in a relaxed and friendly environment over a cuppa, light lunch and games.

Cards and a cuppa

12.30pm – 3.30pm

\$6 per session

Crazy Whist – experienced players and beginners welcome. Tea and coffee provided.

Posture Fit

1.30 – 2.30pm

\$6 per session

A balanced class that mixes upright posture training with some floor exercises to reinforce strength and alignment from all angles – great for preventing aches, improving movement quality, and supporting everyday activities.

Wednesdays

Hatha Yoga

10:00am – 11:00am

\$6 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 – 11:00am

\$6 per session

Follows school terms

Sessions include learning and practising Tai Chi movement sets, joint mobilisation and gentle stretching exercises, and Qigong traditional Chinese exercises with a focus on breathing and relaxation. Lift your mood, reduce stress. Improve your balance, flexibility and mind/body coordination. BYO water bottle & please wear closed flexible shoes.

Crafty Crafters

11:00am – 1:00pm

\$3 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

1:00pm onwards

FREE

Enjoy a weekly movie. Contact the Hub for upcoming sessions. Tea and coffee provided.

Fridays

Gentle exercise

10:00am – 11:00am

\$6 per session

Chair based exercises include gentle cardio, core work, balance and light strength training. First time? Please call before attending.

Mahjong

9:30am – 12:30pm

\$3 per session

Join our group to play this fun and engaging game in a relaxed atmosphere. All levels of knowledge welcome. Tea and coffee provided.

Indoor bowls

1:00pm – 3:00pm

\$3 per session

Socialise and have fun, suitable for all ages and abilities. Tea and coffee provided.

Canasta

1:00pm – 4:00pm

\$3 per session

Come and join us for a friendly game. Tea and coffee provided.

Prefer not to carry coins?



Prepay your class passes with a MultiPass.
Visit reception to find out more

*Terms and conditions apply