

Activity GUIDE

CHELSEA
ACTIVITY
HUB

JANUARY - JUNE 2025



*There's something
for everyone!*



City of
KINGSTON

MONDAYS

MOVE AND CONNECT

10:00am - 11:00am
\$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

10:00am - 1:00pm
\$2 per session

Ongoing tuition available so come along and learn how to play the ancient game of Mahjong. Tea & coffee provided.

POWER HOUR

12:00pm - 1:00pm
\$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

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.

CHELSEA PROBUS CLUB

10:00am - 12:00pm
Every 2nd Tuesday of the month

Giving you the opportunity to keep your mind active and expand your interests. Phone Margaret on 0450 535 891 for details.

CARDS AND A CUPPA

12:30pm - 4:00pm
\$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

10:00am - 11:00am 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.
\$5 per session
CASH ONLY

THURSDAYS

TAI CHI

9:45am - 11:00am 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.
\$5 per session
Follows school terms

CRAFTY CRAFTERS

11:00am - 1:00pm The group may work on small projects together, while some members may bring along their own projects. Tea and coffee provided.
\$2 per session

THURSDAY MOVIES

1:00pm onwards Enjoy a weekly movie.
FREE Contact the Hub for upcoming sessions. Tea and coffee provided.

FRIDAYS

GENTLE EXERCISE

10:00am - 11:00am Chair based exercises include gentle cardio, core work, balance and light strength training.
\$5 per session

MAHJONG

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

INDOOR BOWLS

1:00pm - 3:00pm Socialise and have fun, suitable for all ages and abilities.
\$2 per session Tea and coffee provided.

CANASTA

1:00pm - 4:00pm Come and join us for a friendly game.
\$2 per session Tea and coffee provided.

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

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

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

