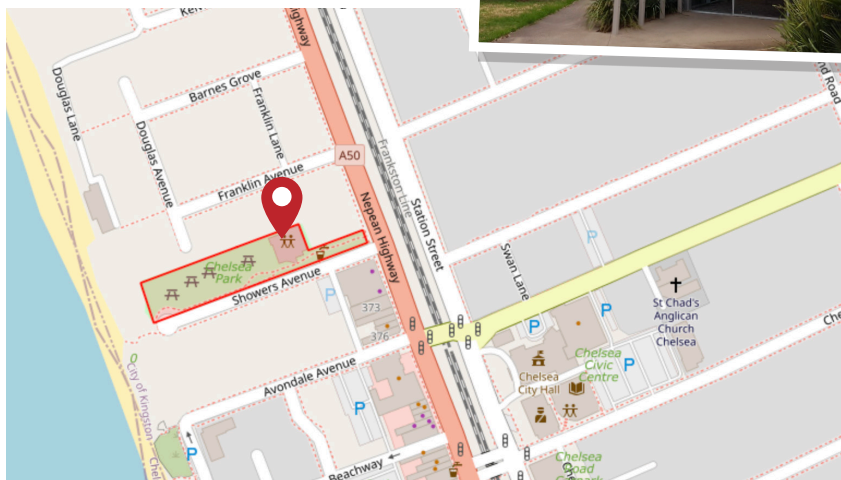


Chelsea Activity Hub provides a wide range of programs and activities with something to suit everyone so come along and join in.



Chelsea Activity Hub

3-5 Showers Ave, Chelsea 3196

☎ 9581 3045 ✉ chelseaactivityhub@kingston.vic.gov.au

Office Hours: Mon, Tues, Thurs, Fri 9:30am - 2:00pm

An easy walk from Chelsea Station

2022 ACTIVITY GUIDE

JULY - DECEMBER

my  community life

find us here
mycommunitylife.com.au/Home



For interpreter services, please call



There's something for everyone.



MONDAY

- 9.30am - 11.00am BodyFit - Exercise to Music \$5.00**
A low impact go at your own pace exercise class including balance and relaxation to music for all ages.
- 10.00am - 1.00pm Mahjong FREE**
Ongoing tuition available so come along and learn how to play the ancient game of Mahjong. Tea & coffee provided.
- 12.00pm - 1.30pm Power Bar \$5.00**
A class that alternates between high intensity, core balance and muscle group work to music using exercise balls, weights and bars.

TUESDAY

CHATTY CAFÉ

- 10.00am - 11.30am Every 1st and 3rd Tuesday 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.
- 10.00am - 12.00pm Chelsea Probus Club**
Every 2nd Tuesday of the Month
Phone John on 9772 6524 for details
- 12.30pm - 4.00pm Cards and a Cuppa FREE**
Crazy Whist—experienced players and beginners welcome. Tea & coffee provided



THURSDAY



- 9.45am - 11.00am Tai Chi \$5.00**
Slow paced relaxation, balance and inner strength class, building each week on moves previously introduced.
- 11.00am - 1.00pm Crafty Crafters FREE**
The group may work on small projects together, while some members may bring along their own projects. Tea & coffee provided.



THURSDAY MOVIES

- 1.00pm onwards Weekly Movie FREE**
Contact the Hub for upcoming sessions. Tea & coffee provided.

FRIDAY

- 10.00am - 11.00am Gentle Exercise \$5.00**
Exercises include gentle cardio, core work, balance and light strength training.
- 10.00am - 1.00pm Mahjong FREE**
Ongoing tuition available so come along and learn how to play the ancient game of Mahjong. Tea & coffee provided.
- 12.30pm - 4.00pm Indoor Bowls FREE**
Socialise and have fun, suitable for all ages and abilities. Tea & coffee provided.
- 1.00pm - 3.00pm "Get Between the Pages" Book Group FREE**
First Friday of the Month - Contact Hub for Book List. Tea & coffee provided.