

REGULAR ACTIVITIES AND GROUPS AT SEABROOK COMMUNITY CENTRE – 2021



SEABROOK COMMUNITY CENTRE

Terms 3 and 4 2021

PROGRAMS AND EVENTS

GROUP / CLASS	FOR	WHEN	CONTACT
ARTea Art School After school sessions and school holiday program-develop your child's creativity-drawing, painting and sculptural processes	Children 5 to 12 years FREE trial first session available	Monday Cottage After School Sessions	Helen M: 0415 039 791 E: artea.studio.cafe@gmail.com W: artea.com.au
Balagokulam Hindu Dharma for children and parents. Enables children to appreciate their culture and learn Hindu values in a fun space.	Parents and children	Sunday 3.30pm CR 1 and 2	Abhijit M: 0402 081 193
Colour Wheel Arts Children's Drawing Classes	School aged Children	Thursday afternoon	Ella P: 0424 777 272 E: chiqiong@126.com
Gentle exercise for 55+ All welcome	Adults 55+/those wishing to improve their flexibility	Tuesday 10am to 10.45am \$3 per session	P: 9932 3010 E: seabrook@hobsonsabay.vic.gov.au
Kounelakia- Little Bunnies Greek play-based learning program. Fun activities	Ages 1-4	Monday 9.45 to 11 am	P: 0434 380 148 E: Olympic_learning@outlook.com
Life Quality Fitness High Intensity 30 minute interval workout. Brigitte is a qualified personal trainer for all ages	Adults-tailored to all fitness levels	Friday 9.15am to 9.45am	Brigitte P: 0421 647 414 E: brigitte@lqhub.com.au
Melbourne West Korean Church Presbyterian Church	All welcome	Fellowship for young people Bible Studies Sundays and other sessions	P: 0467 836 246 E: web.melwest@gmail.com W: melwest.org
Mums Matter Psychology Mental health care for pregnant and new mums	Pregnant and New mums with children aged 0-4yrs	Tele-appointments	mumsmatterpsychology.com for online bookings or P: 9079 6930
Planetshakers Church Urban Life bible group	Adults and Children church members	Friday evenings fortnightly	P: 9896 7999 E: urbanlife@planetshakers.com W: planetshakers.com
Seabrook Girl Guides Fun, activities and friendship for girls	Girls from 6 to 17 years of age are welcome to join this youth led program	Wednesday 5pm to 6.30pm	Leigh M: 0415 174 103 E: seabrookguides@gmail.com
Spanish Speaking Playgroup Meets weekly	For parents/carers and friends with preschool children	Thursdays 10am to 12pm	Call the centre on 9932 3010 for more information.
Stay and Play playgroup A weekly group for parents/carers to meet and provide play and social activities for young children	Free for parents and carers of babies and young children	Group 1: 12 months and under 9.30am to 10.45am Group 2: Toddlers over one year 11.00am to 12.15pm	P: 9932 3010 E: seabrook@hobsonsabay.vic.gov.au
The Skate Studio Roller Skating Lessons- group or individual	All ages Beginners to Advanced	School Holiday sessions Book now	P: 0402 971 530 E: skate_studio@outlook.com W: theskatestudio.as.me
Westside Pilates Inhale. Exhale. Repeat and enjoy your pilates happy hour Mat classes have resumed face to face.	Adults of all ages/abilities BYO mat and towel	Monday 7.30pm to 8.30pm Wednesday 7pm to 8pm	E: info@westsidepilates.com.au W: westsidepilates.com.au
Wyndham Twins Plus Inc. All new members welcome. For friendship, support and activities.	For members only	Friday morning	P: 0490 021 336 E: membership@wyndhamtwinsplus.org.au W: wyndhamtwinsplus.org.au
Yoshin Kai Jujitsu Introductory sessions available. Yoshin Kai is a carefully structured form of Martial Arts (Jujitsu) that anyone can try.	Suitable for all ages. 7yrs to adult	Tuesday and Thursday 6.30pm classes	Stephen M: 0438 156 647 jujitsuweb.com



WELCOME TO TERMS 3 AND 4

Winter and Spring in Seabrook brings the last of the Autumn colours, soups and curries, and thoughts of the Spring sunshine to come. Time to look at our events and new programs and save the date for our end of year celebration event.

Hobsons Bay community centres are proudly supported by the Council

WHAT'S NEW?



SCHOOL HOLIDAY FUN

Local Author Claire Saxby will present her new children's book 'Treasure' and children can make their very own treasure chest.

When: Wednesday 22 September 10am to 11.30am

Book via the library's website



KOUNELAKIA (Little Bunnies) is the only Greek early learning program in Melbourne's west and provides a fun environment where children aged 1-4 can learn Greek, socialise with other children and be stimulated through activities and play-based learning!

When: Mondays 9.45 to 11.00am during school terms

Contact:
Claire on 0434 380 148
Olympic_Learning@outlook.com



NEW WEBSITE

See what's on in the Neighbourhood Houses and Community Centres in Hobsons Bay.

A new website will link you to all the centres and their programs and services.

www.hobsonsbaycommscentres.com.au

COFFEE AND CHAT WITH US

Want to meet new people? Have a place to sit, relax, share a drink and chat, away from the cool weather?

Join us on a Monday afternoon to share ideas and interests, a little about yourself and what brings you to the centre.

When: Mondays 1.00pm to 2.30pm All Welcome

WHAT'S ON?



END OF YEAR EVENT CELEBRATION EVENT

All welcome to join us for a light lunch to wrap up our 20th celebration year.

When: Thursday 9 December 12 noon to 2.00pm Children's entertainment

Free All welcome



RECYCLE AT SEABROOK COMMUNITY CENTRE

Our community recycling hub in the foyer can take light globes, batteries, mobile phones, cameras, printer cartridges, CD's/Dvd.s, radios and Xrays. Remember us when you want to consider a safe way to discard these items.



GENTLE EXERCISE FOR 55+

Improve your physical and mental health with our experienced group trainer in a small and friendly group setting. Seated or standing options.

When Tuesday
Time 10am to 10.45am
Cost \$3

FOR PARENTS AND CHILDREN



MATERNAL AND CHILD HEALTH CENTRE

The Council's Maternal and Child Health Service is a family-centered, primary health service to improve health and development outcomes for young children and their families.

The service is available to all families within the municipality who have children aged from birth to school age. There is no cost for this service.

Nurse Catherine

Consulting hours
Wednesday, Thursday, and Friday by appointment only

Contact
9932 1300 for central booking appointments

IMMUNISATION PROGRAM

All community immunisation sessions need to be **booked online** so we can reduce the number of people congregating in one space. If you have more than one child/person to be immunised you will need to book separate appointments, ideally one after another.

For any questions, please contact our Immunisation team on **9932 1533** or email **immunisation@hobsonsbay.vic.gov.au**



PAEDIATRIC FIRST AID

Valuable two hour course for parents and carers of babies and young children. Bookings essential Conducted by accredited First aid provider Emergcare. Register now.

When Saturday 3 July or 2 October 9.15 for a 9.30am to 11.30am class

Where Seabrook Community Centre

Cost \$50 per person



STAY AND PLAY CENTRE BASED PLAYGROUPS

Looking to make new friends? Wanting to get together with others and provide play and social interaction for your young children?

Come along to one of our welcoming centre based sessions:

Wednesday 9.30 to 10.45am
Bubs 12mths & under
Wednesday 11.00-12.15pm
Toddlers over 1

Thursday 10am to 12pm
Spanish Speaking playgroup

All welcome. Sessions run during school terms only.



SEABROOK KINDERGARTEN

3 year old activity group:
Direct application via Hobsons Bay City Council central enrolment program from aged one

4 year old kindergarten:
apply via Hobsons Bay City Council central enrolment program from aged two.

Phone: 9395 3012
seabrookkindergarten.org.au

Parent Information evening and AGM will be held on Wednesday 17 November at 7.30pm