



SEABROOK COMMUNITY CENTRE

Terms 1 and 2 2021

PROGRAMS AND EVENTS



WELCOME TO 2021

We are thrilled to have opened the doors at the centre on Thursday 18 February, our 20th Birthday and welcome everyone back into the centre. Most of our regular groups have returned, and we have some exciting new activities and programs too.

The new addition of a large hand sculptured Pelican to acknowledge our 20 years sits proudly in the back yard, with thanks to the Seabrook Kindergarten.

WHAT'S NEW?

THE SKATE STUDIO

Learn or improve your skills in the art of roller skating with an accredited coach in a safe indoor environment. Classes offered from beginners to advanced, from children to adults. It's never too early or too late to learn a new skill.

Book online for a private or group lesson. Skate hire coming soon.

Phone: Victoria on 0402 971 530
Email: skate_studio@outlook.com

theskatestudio.as.me



WHAT'S ON?

CELEBRATE CULTURAL DIVERSITY AND HARMONY DAY I'LL TAKE HARMONY WITH THAT

Join us for a morning tea to celebrate our diverse community at Seabrook. Our community has families from China, Spain, Vietnam, Korea, India, New Zealand, Africa, Sri Lanka, Lebanon and many more countries.

When Thursday 18 March

Time 11am to 12pm

All welcome.

See the full cultural diversity week program of events across Hobsons Bay at hobsonsbay.vic.gov.au

FREE
EVENT



CELEBRATE NEIGHBOURHOOD HOUSE WEEK

Join us for a Biggest Morning Tea to raise money for the Cancer Council and celebrate Neighbourhood Houses and all that they offer.

When Wednesday 12 May

Time 10.30am to 11.30am

Cost Gold coin donation to charity

MUMS MATTER PSYCHOLOGY

Providing affordable quality mental health care for pregnant and new mums with children 0 to 4 years in the west.

Individual and group sessions can assist with:

- Emotional distress around pregnancy/birth
- Relationship difficulties
- Pregnancy and postnatal depression or anxiety
- Fertility issues
- Adjusting to parenthood
- Pregnancy or baby grief/loss

Bulk billed appointments available at Seabrook on Tuesdays and Wednesdays.

mumsmatterpsychology.com



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



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 10 April or
Saturday 3 July
9.15 for a 9.30am to
11.30am class

Where Seabrook Community
Centre

Cost \$50



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 12 months and under

Wednesday 10am to 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

REGULAR ACTIVITIES AND GROUPS AT SEABROOK COMMUNITY CENTRE – 2021

| 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 |
| 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 7.30 to 8.30pm Wednesday 7am to 8pm Saturday 9.30am to 10.30am | E: info@westsidepilates.com.au W: westsidepilates.com.au |
| 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+ Resuming Tuesday 23 March | Adults 55+/those wishing to improve their flexibility | Tuesday 10am to 10.45am \$3 per session 23 March free session | P: 9932 3010 E: seabrook@hobsonsabay.vic.gov.au |
| 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 |
| Mums Matter Psychology Mental health care for pregnant and new mums | Pregnant and New mums with children aged 0-4yrs | Tuesday and Wednesday by appointment | 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 |
| Scholarship Assessment Training Tutoring | Primary school and up to year 8 children | Student tutoring in preparation for selective and scholarship programs | Iqbal M: 0403 652 455 |
| 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 | Tuesday sessions | P: 0402 971 530 E: skate_studio@outlook.com W: theskatestudio.as.me |
| 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. Gain confidence and get into shape | Suitable for all ages. Primary school (from seven years) to adult | Tuesday and Thursday CR 1 and 2 6.30pm and 7.30pm classes Come along and have a go | Stephen M: 0438 156 647 jujitsuweb.com |

Hobsons Bay community centres are proudly supported by the Council