

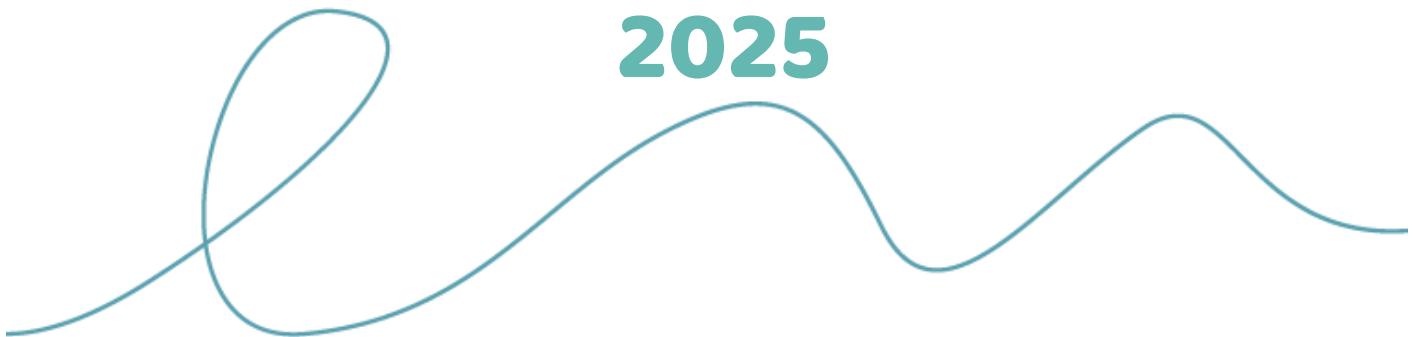


LONGBEACH LEARNING AND ACTIVITY CENTRE



Program October-December

2025



15 Chelsea Rd, Chelsea 3196

9776 1386

www.longbeachcentre.org.au

reception@longbeachcentre.org.au

Office Hours

Monday to Friday – 9am to 3pm

What's on October- December 2025

Exercise



Line Dancing

Get ready to boot-scoot and boogie in our Beginner Line Dancing class! No partner required—just bring your energy and a smile as you groove to country beats. It's a fun way to improve coordination, build confidence, and get an energetic workout without knowing it.

Mondays 9:30am-10:30am

Cost: \$10 per session

Tai Chi

Whether you are a beginner or experienced, this is a fantastic way to improve your balance, flexibility, and overall wellbeing.

Mondays 11am-12noon (NB: not running 27 Oct - 17 Nov) Cost: \$10

Mid-Morning Yoga with Jo

Come and enjoy a relaxing and calming yoga and relaxation class. Stretch, breathe, and soothe your soul. Please bring your own mat and water bottle.

Thursdays 10:45am-11:45am

Cost: \$10 per session

Chair-Based Exercise

If our standing exercises are not for you come, join our chair based exercise class. The movements will help increase blood flow and keep your joints active and lubricated as well as strengthening your muscles.

Wednesdays 9:30am-10:20am

Cost: \$8 per session

Balance & Stretch

Our Body Balance class focuses on improving strength, stability, and coordination to reduce the risk of falls. Participants learn exercises to enhance posture, flexibility, and balance in a supportive environment. The class is designed for all ages groups.

Wednesdays 10:30am-11:20am

Cost: \$8 per session

Zumba Gold (low-impact)

This is a fitness program that is Latin inspired, combining music with dance moves. Zumba classes assist with calorie burning and help to improve cardiovascular fitness—and they're great fun too!

Thursdays 9:30am-10:20am

Cost: \$8 per session

Fridays 9:30am-10:20am

Cost: \$8 per session

Social



Chelbara Singers

This group is for anyone who loves to sing and share their voice with the wider community. Enjoy learning to use your voice – whether you're an Alto, Soprano, Tenor or Baritone. Beginners are always welcome, and no audition is required.

Mondays 10am-12 noon.

Cost: \$8 per session

Chatty Cafe

On the 2nd Tuesday of each month, we host a Chatty Cafe morning tea for all! We encourage you to come along and enjoy the amazing morning tea supplied by the very generous Bakers Delight-Chelsea. It's a chance to connect and socialise with people from all over Chelsea and beyond.

Term 4 - Tuesday, October 14th & November 11th

10am-11:30am

Gold coin donation

PC Support Group-Chelsea

A group for all ages. Meet monthly to share knowledge, ideas and problem solve computer issues. Many topics are discussed, together with regular presentations and demonstrations.

1pm-3:00pm

Term 4 - December 6th

Email: chelseapcsupport@gmail.com

Cost: \$5 per session

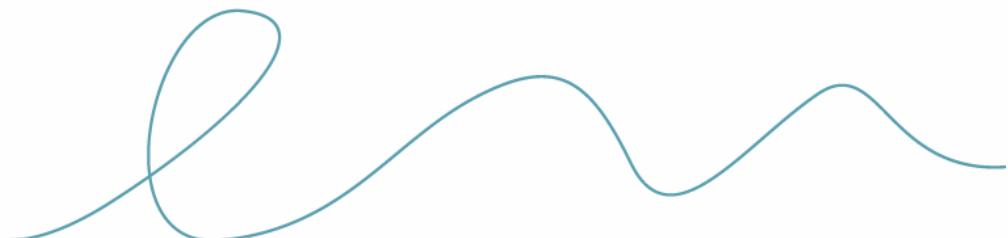
The Vintage Reel- Cinema Club

Meet monthly to watch an old film in great company. Free morning tea provided.

Tuesday October 28th, November 25th

11am-1pm

Gold Coin Donation



Book Club



This friendly group welcomes new members and gives an opportunity for book lovers to get together to discuss books and make social contacts. This group also enjoys a meal together afterward at a local restaurant/pub.

Every 1st Saturday of each month 4pm-6pm. **Cost: \$3 per session**

Please contact Lorraine Harris 0459 503 434 for further information

Creative Writing



In this inspiring course, published author Dr Anne M. Carson will guide you on a creative journey, unlocking your full writing potential.

Wednesday 10:30 - 12 noon (2 Tuesday sessions Nov 11 & Dec 2 - 1-2:30pm)

Cost: \$150 for 10 week course or \$20 per session

Art Innovations



Join our vibrant art class, where you'll explore sketching and watercolour painting under the expert guidance of artist Alex! Whether you're a beginner or looking to enhance your skills, Alex will help you unleash your creativity and develop your unique style.

Tuesdays 10am-12 noon

Term 4: \$135 (9 lessons) or \$20 per session

All Abilities Groups



MoveAbility - For People with Additional Needs

A qualified instructor of the Love to Live program, to deliver MoveAbility — an exercise program designed specifically for individuals with mobility and cognitive challenges. The goal of the program is to create moments of fun, social interaction, and enjoyable movement, while providing audience-appropriate exercises through engaging music. We also aim to enhance the physical and emotional well-being of participants.

Mondays 1:30pm-2:15pm (During school terms) Cost: \$15 per session (Invoice per term) \$150 per term (10 weeks)

All Abilities Music Group - For People with Additional Needs

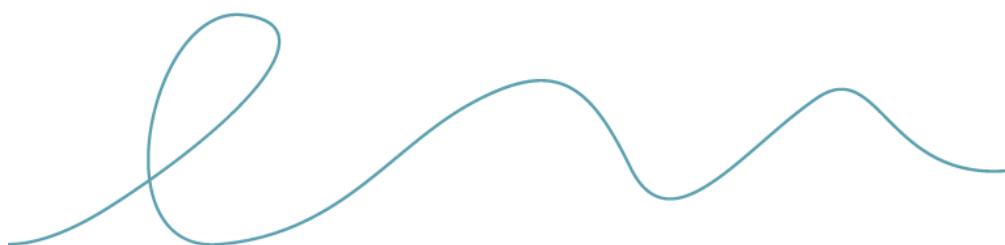
These sessions will include singing, playing instruments and dancing (all optional) and providing an encouraging and interactive experience for all participants. We will create real engagement with the music in an environment which both encourages sensory stimulation and is lots of fun!

Fridays 10:30am-11:30am (During school terms) Cost: \$10 per session (Invoice per term) \$100 per term (10 weeks)

All Abilities Art Group - For People with Additional Needs

Join us for a creative and imaginative play-based session of creating through art. Our facilitator will guide you through your art, using a range of artistic tools including painting, drawing, and sketching.

Fridays 11:45am-12:45pm during school terms Cost: \$15 per session (Invoice per term) \$150 per term (10 weeks)



ACFE (Adult, Community and Further Education)



English as an Additional Language (EAL) Beginner to Intermediate Levels

Friendly and supportive English classes utilising blended learning to develop communication skills for everyday life or the workplace. Classes include practice in reading, writing, speaking, and listening.

Available at 2 locations.

Longbeach Learning and Activity Centre - 15 Chelsea Rd, Chelsea

Mondays and Fridays

Mondays 9:30am-1pm Fridays 11am-1:30pm

Westall Community Hub - 35 Fairbank Rd, Clayton South

Intermediate - Mondays 10am-1pm

Beginner - Wednesdays 10am-1pm

Cost: Free - Eligibility Criteria applies to ACFE funded courses

ACFE

(Adult, Community and Further Education)



Beginner to Lower-Intermediate levels

Topics include: Getting Started, Building Email Skills, Creating in Word, Day-to-day Technology, and so much more!

Thursdays 10am-1pm

Starts 9 October

Cost: \$50 for 10 Sessions

Eligibility criteria apply to ACFE-funded courses.

Be Connected - Digital Skills



Free Group and Individual Sessions for people 50+ to help you gain basic digital skills

Want to feel more confident using the internet? Our Be Connected Group Sessions, for the 50+ age group, cover the essentials.

This free initiative is proudly funded by Be Connected, and it's perfect for beginners or anyone looking to upskill.

Learn smart. Stay safe. Go online with confidence.

Thursdays 1pm-3pm 9 Oct & 16 Oct

Wednesdays 11am-1pm 22,29 Oct - 5,12,19,26 Nov

FREE one-on-one sessions available on Wednesdays too. Limited availability

Bookings Essential


Save the Date



Funding Acknowledgements
We would like to acknowledge the financial support from the following:

Department of Family, Fairness and Housing
City of Kingston
ACFE

The Department of Jobs, Skills, Industry and Regions (DJSIR)

Longbeach Learning and Activity Centre would also like to acknowledge **Bakers Delight in Chelsea** for their support for the Longbeach Learning and Activity Centre Chatty Cafe



Proudly Supported By



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