

2022 Castlefield Community Centre Timetable



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:00 -1:00 Childcare	9:00-1:00 Childcare	6:30-7:30 AA Sunrise	9:00-1:00 Childcare	9:00-1:00 Childcare	7:00-8:00 AA Sunrise	7:00-8:00 AA Sunrise
	9:30-12:30 Quilting/Patchwork		9:30-12:45 Mini Maestros	10:00-11:30 Chatty Cafe	8:15 - 9:00 Pilates with Claudia	9:00-10:30 AL-ANON
9.15 - 10.30 Sportzbuzz	ROOM 2 9:30-12:30 Art Therapy (1st Tuesday)	9:00 -1:00 Childcare	1:00-3:00 Garden Club (1st Thursday)	10:30-11:15 Strength and Balance (Remote)	9.15 - 11.15 Sportzbuzz	
1:00-4.00 Social Bridge Group	1:30-3:30 Art For All Abilities	9:45-11:30 Playgroup	12:50pm- 5:30 F/N Expressive Art Therapy			11:00-12:30 AA Sunday
ROOM 2 9:00 - 5:00 Monash Health ASPREE	ROOM 2 1:00 - 3:00 Building Blocks Computer literacy		6:00 - 7:00 Pilates with Claudia		ROOM 2 9:00 - 5:00 Sing, Move, Drum, Groove	From 1pm Room 1 available for party hire
	4:30-5:15 BusyFeet Bayside	6:30 - 8:30 Pilates with Claudia	7:30-8:45 One World Voices Choir	6:00- 7:30 AA Friday Night		
	7:00-9:30 Mosaic Bliss					

**Rooms available to hire
From \$20 an hour/ \$50 for 3 hours**



505 Bluff Road, Hampton VIC



castlefield.org.au



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Occasional Child Care: Our program is small, nurturing and fun. Children have the opportunity to engage in planned activities and free play, where their imaginations lead the way!

Social Bridge Group: A weekly program for bridge players with some experience. Games are played in sets of four with two competing teams.

Quilting/Patchwork: Learn new skills and enjoy the company of others who are passionate about fabric and textiles. All levels of experience welcome. Classes are run on alternate fortnights.

Art Therapy: Run by MOIRA Disability and Youth Services, this group provides parents of children with disabilities the opportunity for mutual support through art guided by a qualified art therapist.

Art for All Abilities: This class will help you discover your inner artist with a range of activities using different materials. The group is supportive and great for people of all abilities.

Busyfeet: Designed to create a special play through dance and music for children with disabilities aged 6-16. Provides the opportunity for parents to develop friendships and discuss issues with others in similar circumstances.

Mosaic Bliss: Keen to try mosaic? Come along and get started in our art class for casuals and beginners. You will learn how to cut glass with a mosaic cutter to create shapes, directional and non-directional techniques for laying tiles and glass and grouting.

Playgroup: Our playgroup provides an opportunity for the parents and carers of young children to develop networks with other families in the area. Monika (our playgroup facilitator) ensures there are a range of activities to suit babies and toddlers, including outside play in our playground.

Kinesiology: In this 60 minute well-being and sound healing, you will be supported and guided by Kathleen with tools to reset, recharge and rebalance your emotional wellbeing and energy.

Room hire: Two rooms available for hire during the week and on weekends. The rooms can be hired for one off events or for long term programs and support groups. Our Centre is wheelchair accessible and there is a kitchen area available for use.

Building Blocks: Learn and develop your computer literacy skills in a supported environment. Free afternoon team

Sportbuzz: Sport, physical fitness and life lesson coaching for kids. We motivate children aged 2 to 5 years old to be active, healthy, fit and focused.

Link Up: A support group to assist people who are experiencing social anxiety and assisting them to form relationships and reconnect with their community.

Mini Maestros: A fun and educational program for babies, toddlers and pre-school children. This program stimulates young minds, builds confidence and fosters a love of music.

Garden Club: Our monthly group share gardening knowledge and stories. Guest speakers and workshops are held monthly. Garden visits are included in the program.

Expressive Art Therapy: A creative group session for people with disabilities. A qualified counsellor facilitates personalised activities including cooking, art and gardening.

One World Voices Choir: Our choir is led by professional musicians and lots of fun. The music is dynamic, joyful and uplifting. No experience is necessary. Everyone is welcome.

Strength and Balance: An online exercise class run via zoom. The sessions involve a range of gentle activities that are fun to do using the concepts found in the Pilates method.

AA Sunrise/ AA Friday Night/ AA Sunday: A confidential program for those who have the desire to stop drinking alcohol.

Al Anon: A confidential group that supports the families and friends of people with an alcohol addiction

If you have a program idea or interest please contact Sally to discuss. Our Centre values the thoughts of our local community and prioritises these when developing our program.



Families,
Fairness
and Housing

