

# 2023 Castlefield Community Centre Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 1:00 Childcare	9:00-1:00 Childcare	9:00 - 1:00 Childcare	9:00-1:00 Childcare	9:00-1:00 Childcare	7:00-8:00 AA Sunrise	7:00-8:00 AA Sunrise
9.15 - 10.30 Sportzbuzz	9:30-12:30 Quilting/Patchwork		9-12.45 Mini Maestros	9:00-12:00 Hartbeeps <sup>2</sup>	9.15 - 11.15 Sportzbuzz	9:00-10:30 AL-ANON
10.45 - 11.45 VALiD Advocacy Network (4th Monday)	9:30-12:30 MOIRA Art Therapy (1st Tuesday) <sup>2</sup>	9:00-12:00 Hartbeeps <sup>2</sup>	9:00-12:00 Hartbeeps <sup>2</sup>	9:05-10am KPTY Pilates		
12.30 - 4.00 Social Bridge Group	1:30-3:30 The Art Studio	9:30-11:30 Playgroup	1:00-3:00 Garden Club (1st Thursday)	11-11:45 Strength and Balance (Remote)	From 11.30am Room 1 available for Party Hire	11:00-12:30 AA Sunday
4.30 - 7.30 (f/n) Scribble Cat Art Group	1:00 - 2:00 <sup>2</sup> Building Blocks Computer literacy	5.15 - 7.30 Pilates with Claudia	12:50 - 3:50 Expressive Art Therapy fortnightly	11:30 - 1pm Chatty Cafe		From 1pm Room 1 available for Party Hire
9:00 - 5:00 Monash Health ASPREE <sup>2</sup>	4:15-5:15 BusyFeet Bayside	8pm - 9pm Sound Healing (2nd Wed)	7:30-8:45 One World Voices Choir	6:00- 7:30 AA Friday Night	<b>Rooms available to hire From \$20 an hour/ \$50 for 3 hours</b>	
	6:30-9:30 Mosaic Bliss					



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**Occasional Childcare:** 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.

**The Art Studio:** 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 Wednesday playgroup is for children aged 0 - 5years. It provides an opportunity for parents and carers to develop networks with other families in the area. Christie (our playgroup facilitator) ensures there are a range of activities to suit babies and toddlers, including outside play in our playground.

**KPTY Pilates:** *Kirsti Pilates To You* is here at Castlefield for Term 2 & 3. Mat based pilates dedicated to helping clients feel stronger, fitter, and more confident in their bodies. A fun, modifiable class for beginners to advance.

**Hartbeeps:** Hartbeeps take you and your little one on a different sound journey every week....exploring real life from the safety of our beautiful sets....we set the scene, tell the story and make magic happen

**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.

**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.

Our Centre also has a community garden that is open between 10am - 2pm during the week

**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

**VALiD:** A support network for people with an intellectual disability. The group assists people to develop their advocacy skills and assists members to learn new things and gain information.

**Sound Healing:** Come and enjoy this powerful hour of Sound & Meditation. An Energy Reset for the Mind & Body. A holistic treatment & rebalance for all your senses.

***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