



LONG BEACH LEARNING AND ACTIVITY CENTRE



Program July-September 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 July-September2025

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

Cost: \$10 per session

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

Body Balance

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

Exercise

Moovin' & Groovin'

Movement that feels amazing. These sessions combine effort with rest, yin with yang, and support healthy breath management, and reduced joint inflammation.

Fridays 11am-12noon

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.

Gold coin donation

Term 3 - Tuesday August 12th, September 9th

10am-11:30am

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 3 - Saturday August 2nd, October 4th, December 6th

Email: chelseapcsupport@gmail.com

Cost: \$5 per session

Creative Writing



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

Wednesdays 10:30am-12 noon Cost: \$20 per session or \$135 (9 weeks) if paid per term. Starts 23rd July

Book Club



Bayside 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

Art



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 3: \$135 (9 lessons) or \$20 per session

Starts 22nd July

Kids



Splatter!-Music & Art

A welcoming and inclusive space where children of all abilities, aged 4-6, can engage in joyful, play-based activities through music, movement, art, and storytelling.

Tuesdays 1:30pm - 2:30pm

Cost: \$5 per session/child

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) \$135 per term (9 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) \$90 per term (9 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) \$135 per term (9 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 Starts Monday 21st July

Westall Community Hub - 35 Fairbank Rd, Clayton South

Intermediate - Mondays 10am-1pm

Starts Monday 21st July

Beginner - Wednesdays 10am-1pm

Starts Wednesday 23rd July

Cost: Free - Eligibility Criteria applies to ACFE funded courses



Digital Literacy **NEW**

This course is designed to improve your confidence in performing basic tasks on a computer. The course includes activities such as creating Microsoft Power Point presentations, Word documents, Excel spreadsheets, creating files and folders and saving them in correct locations, and using Google Maps.

9 Week Course. Thursdays 10:30am - 1:30 pm Starts Thursday, July 24th

Eligibility criteria apply to ACFE-funded courses

Cost \$50

HOW TO BOOK

Call 9776 1386 or email reception@longbeachcentre.org.au to register your interest for any of these activities or as otherwise directed in this brochure.

Friends of Longbeach Learning and Activity Centre

Would you like to volunteer at Longbeach Learning and Activity Centre but don't have the time to regularly commit? Then why not become a Friends of LLAC member to help us with the following -

- Letterboxing our brochure
- Gardening
- Helping at events
- Potting up plants for our fundraisers
- Working Bees

Contact us today if you would like some further information!

HELP US BUILD SOMETHING AWESOME!

Longbeach Learning and Activity Centre is launching a **youth LEGO group** - and we need your help with **LEGO donations (or Woolies Bricks)** to get started! If you've got any LEGO bricks, sets, mini-figures, or random pieces gathering dust at home we'd love to give them a second life!



*All LEGO stays on site

*Clean and safe builds for local young people

*We'll happily collect in the Bayside/Kingston area
Drop off your donations at Longbeach

15 Chelsea Road, Chelsea

or arrange a pick-up.

Thank you for helping us to build community - brick by brick!

ph:9776 1386

reception@longbeachcentre.org.au



**LONGBEACH
LEARNING AND
ACTIVITY CENTRE**

PROUDLY
SUPPORTED BY



Neighbourhood Houses
The Heart of Our Community™



YOUR CENTRE NEEDS YOU



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**Contribute
Make a Difference
Be Involved**



**Community-minded
volunteers with
backgrounds in Finance,
Marketing, and HR
Management would be
highly valued additions to
our Governance Committee
at Longbeach Learning and
Activity Centre.**

**For more information please
contact Rebecca Harvison at
manager@longbeachcentre.org.au**



**LONGBEACH
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Funding Acknowledgements

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

Department of Family, Fairness and Housing
Department of Education & Training
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
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