



SEATON COMMUNITY CENTRE PROGRAM Term 3 2026

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Monday:

- **Zumba with Andy & Lino:** A Latin-inspired dance workout class. Weekly 7-8pm. \$13 per session. Contact Andy on 0421 652 456.

Tuesday:

- **Nunga Playgroup:** Nunga Playgroup is a welcoming and culturally safe space for families to connect, play and learn together. All families are welcome, with activities that celebrate Aboriginal culture, community and connection. We also connect families with visiting services and supports, with some opportunities specifically for Aboriginal and Torres Strait Islander children and families. 9:30am – 11am. Contact Lisa on 043889272.
- **Seaton North Over 50s:** A social group for people aged over 50 years. Activities include indoor bowls, cards, eight ball games. Weekly 12pm - 3pm. \$2 per session. Drop in.
- **Seaton Simplicity AA:** Available to anyone interested in the Alcoholics Anonymous program of recovery from alcoholism. Weekly 4.30pm - 6pm.

Wednesday:

- **Stitchin' Sisters Group:** A social group for people with an interest in patchwork, quilting and other crafts. Bring along a craft project and join us for a cuppa. Weekly 10.30am - 3pm. \$5 per session.
- **Connection Club (Commonwealth Home Support Program Social Group):** Join the Connection Club, a CHSP funded social group for seniors, meeting weekly on Wednesdays from 9.30am to 1.30pm. Enjoy gentle exercise, bingo, companionship and a light lunch in a friendly setting. Cost is \$15 per week. Contact ACH Group on 1300224477.

Thursday:

- **La Estacion Jueves – Spanish-speaking Playgroup:** Weekly playgroup for Spanish-speaking young people 5-12 yrs old. Weekly 4-5pm. Contact Nina on 0451191771

Friday:

- **Seaton Art / Craft Group:** A women's social art/craft group. Work on your own art/craft while having a friendly cuppa. Weekly 9.30am – 12pm. \$2 per session.
- **Seaton Garden Group:** A social gardening group where everyone is welcome. Drop in for a dig and a chat. Weekly 10:30am – 12:30pm.
- **Skylight Mental Health Activity Groups:** Skylight Mental Health promotes wellbeing in a supportive environment where people can build skills, develop friendships, be accepted and connect with the community. Activity programs provide the opportunity for participants to restore confidence, connection and hope throughout their recovery journey. Access via NDIS plan or limited non-NDIS spots available. Contact Skylight Mental Health on 08 8378 4100.
 - **Games and Social Group:** Enhance your social skills and enjoy catching up and interacting with others while playing 8 ball and an assortment of games in a fun environment. Weekly 1:30pm – 4pm.
 - **Cooking for one:** Learn to cook healthy low-cost meals portioned for one while developing friendships and socialising within a group. Weekly 2pm – 4pm.
 - **Basic Guitar:** Learn basic guitar skills in a supportive group environment while developing friendships and increasing your community participation. Weekly 2pm – 4pm.

Saturday:

- **La Estacion Sabados – Spanish-speaking Playgroup:** Weekly playgroup for Spanish-speaking young people 2-5 yrs old. Weekly 11am – 12pm. Contact Nina on 0451191771.
- **Kabudu Men's Club:** Catch-ups for men from multicultural backgrounds for wellbeing conversations, games and social interactions. Fortnightly on Saturdays 7pm – 10pm. For more information contact Amos on 0434 439 125.

For further information on programs and events at Seaton North Neighbourhood Centre please contact us via the details at the top of the program. Please note Seaton North Neighbourhood Centre is only staffed part time by a Community Development Officer.

Are you looking for space for a community program?

Check us out on the SpaceToCo website: [Book The Black and White Room | SpacetoCo](#)