



SEATON NORTH NEIGHBOURHOOD CENTRE PROGRAM (January– April 2024)

Tuesday:

- **Seaton North Over 50's:** A social group for local residents. Activities include indoor bowls, cards, eight ball games. Weekly program 12pm-3pm. \$2 per session. Drop in.
- **Seaton Simplicity AA:** Available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Weekly 4.30pm-6pm.

Wednesday:

- **Stitchin' Sisters Quilting Group:** A social group for people with an interest in patchwork and quilting. Weekly 11am - 3pm. \$2 per session. A public come and try day is offered on the first and third Wednesday of the month 12-3pm, \$5, Bookings required.

Thursday:

- **City of Charles Sturt Ageing Well** - Weekly 9.30am-12pm
A variety of exercise and fitness options are offered across several sites including Arch Paterson Centre, Seaton North Neighbourhood Centre and Henley & Grange Community Centre. Activities can be standing or seated and include Tai Chi, Yoga and Functional Fitness classes. Classes are designed to assist participants maintain everyday function and mobility, while providing valuable socialisation opportunities. For more Information, please phone 8408 1529.

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-11.30am. \$2 per session.

Sunday:

- **C3 Henley Church Service** – A community family-based church service, all welcome. Weekly Drop in from 11am.

For further information on programs and events at Seaton North Neighbourhood Centre please contact us via the details at the bottom of the page or follow us on Facebook. 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 under - Black and White Room Seaton [Book The Black and White Room | SpacetoCo](#)

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