

# 2025 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
9:30-11:30 Grandparents' Playgroup	9:30-12:30 Quilting/Patchwork	9:00-5:00 Hartbeeps <span style="color: green; font-weight: bold;">2</span>	9:00 - 2:00 Mini Maestros	9:00-12:00 Hartbeeps <span style="color: green; font-weight: bold;">2</span>	9:00-12:00 Hartbeeps	9:00-10:30 AL-ANON
	9:30-12:30 <span style="color: green; font-weight: bold;">2</span> MOIRA Art Therapy (1st Tuesday)					
12:30 - 4:00 Social Bridge Group	1:30-3:30 The Art Studio	9:30-11:30 Playgroup	9:00-12:00 <span style="color: green; font-weight: bold;">2</span> Hartbeeps	10:30 - 12pm Movement, Music & Morning tea	From 1pm Room 1 available for Party Hire	11:00-12:30 AA Sunday
	1:00 - 3:00 <span style="color: green; font-weight: bold;">2</span> Building Blocks Computer literacy					
6.30-8.30pm Sound Healing (1st Monday)	2 - 7pm Lego club Speech therapy	1.30-2.30pm Chair Yoga	Room 1 available (2.30 pm onwards)	2:30-4:30 Multiples Playgroup	From 1pm Room 1 available for Party Hire	From 1pm Room 1 available for Party Hire
	6:00 - 8:00pm Scribble Cat Art					
	6:30-9:30 Mosaic Bliss	5.15 - 7.35 Pilates with Claudia	7:30-8:45 One World Voices Choir	6:00- 7:30 AA Friday Night	<b>Rooms available to hire From \$25 an hour/ \$60 for 3 hours</b>	

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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.

**Chair Yoga & Relaxation:** An ancient practice that involves physical poses, concentration and deep breathing. This class contains a combination of many styles and traditions of yoga that are designed for health and longevity.

**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 playgroups are for children aged 0 - 5years. They provide an opportunity for parents and carers to develop networks with other families in the area. Lindy (our playgroup facilitator) ensures there are a range of activities to suit babies and toddlers, including outside play in our playground.

**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

**Sound Healing:** A transformative and deeply relaxing evening designed to rejuvenate your mind, body, and spirit. Held once a month, our 2-hour sessions combine the ancient healing practices of a Sound Bath with the profound benefits of iRest Yoga Nidra meditation.

**Bend, Stretch & Connect:** Join Annie for a gentle exercise, stretch and balance class. Connect with fellow community members and discover the joy of staying active together.

**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.

**Movement, Music & Morning tea:** A free group for people of all abilities. Join us for a cuppa, chat and sing along every Friday morning during the school term.

**Move & Connect:** Connect with fellow community members and discover the joy of staying active together. Sessions include a cuppa, chat, and the occasional mystery outdoor walk

**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.

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

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

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

**Party Hire:** Our Centre features a light and bright party room with a kitchen area. The room has direct access to a fully enclosed, sun-shaded children's play area, complete with a mud kitchen and sandpit.

**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.