

# Seabrook Community Centre

15 Truganina Ave Seabrook

Ph/Fax: 9395-3010

Website: [www.seabrookcc.com.au](http://www.seabrookcc.com.au) Email: [seabrook@hobsonsby.vic.gov.au](mailto:seabrook@hobsonsby.vic.gov.au)

Centre Coordinator available on Monday, Tuesday & Thursday

TERM 1 2010

PROGRAMS AND EVENTS

New  
activities and  
courses

## SNAPSHOT

- ◆ **FREE State Government funded home energy audits can be booked with accredited agents who will service the Seabrook area. Find out where you can save money, energy and the environment by making simple changes in your home**
- ◆ **The rear yard at the centre has had an upgrade, so come and see the new design and plantings**
- ◆ **Roving Library in the foyer provides informal borrowing of books and magazines**
- ◆ **Register for our next Paediatric First Aid course for parents and carers of young children and babies**
- ◆ **Recycle Batteries, cartridges and mobile phones**

## NEW COURSES FOR 2010

### Resume and Interview Skills Workshops

Create or update your resume for job success. Improve your interview skills

- ◆ Resumes - Thursday 11th February 1.30-3.00pm
- ◆ Interview Skills - Thursday 4th March 1.30-3.00pm



Conversational English Classes

### AMES English Classes:

Are you from a non-English speaking background?

Register your interest now to improve your English in relaxed classes in your local area.

**Environment Workshops** Find out more by contacting the centre  
Practical based hands on workshops to improve home efficiency, grow your own food, food preservation and keeping chickens.



### Pakistani and Indian Cooking

Learn to cook authentic curries, breads and snacks in a small friendly group  
Saturdays 11.00 am—1.00 pm Register your place now.  
Phone Rabia on 0431 572 489

## Certificate II in Retail Operations

Get a head start for local retail opportunities

Register now for **Information Session Monday 12th April**

Course Dates: 12th April-14th June

When: Monday & Wednesday  
9:30 am - 2:30 pm

Cost: \$100 for concession card holders  
\$220.00 Full fee for Service Cost



### PAEDIATRIC FIRST AID

Register Now: for our next Saturday morning  
2 hour course for parents and carers of babies and  
young children .

Only \$45.00 Limited places available



Join the  
Seabrook Pram Walkers  
Walk with friends  
weekly  
Exercise and chat at the  
same time  
Meet at the centre 10:30 am



Neighbourhood Watch welcomes interested community members to join them in making the local area a safe place. For further information please contact Brian on 0411 406 753, or via email: [brian.smith3@defence.gov.au](mailto:brian.smith3@defence.gov.au)



REPORT HOON DRIVING TO  
CRIMESTOPPERS ON 1800 333 000



Our brochure is  
printed on recycled  
paper

# Classes & Groups at Seabrook

Dance & Movement

Fitness & Sport

Wellbeing

Group / Class	For	When	Contact
<b>Brooks School Of Dance</b> - Ballet class offering a rewarding experience of creative expression and development of fine motor skills. Ballet themed, fun movement class for the little ones. <b>Free trial lesson offered for new 3-4 year old enrolments</b>	Four classes 3yrs- Primary School aged	Wednesdays 3.15pm 4.00pm 4.45pm 5.45pm	Ayelet 9395 9114 0417 385 513 Website: www.brooksschoolofdance.com
<b>Hey Dee Ho Music</b> <i>Designed for pre-school aged children</i> , this rhythm, song and dance program will give your child an early appreciation of music art and stimulate motor skills. Enrolments ongoing	Pre-school aged	Term One starts early February Thurs 9:30 am-11.45 am	Sandee 9394 8622 0437 115 933 www.heydeehomusic.com.au
<b>Tennis Coaching by Next Generation Sports</b> <i>Tailored lessons to your individual needs</i> by an accredited and Tennis Aus qualified tennis coach. Children's coaches have WWC check	Youth to Adult	Sat. am Individual or group	Jed Gould 0411 775 945 Email: ngs_sports@optusnet.com.au
<b>Yoshin Kai Jujitsu</b> <i>Gain confidence and get into shape.</i> Yoshin Kai is a carefully structured form of Martial Arts (Jujitsu) that anyone can try, come along and have a go!	Primary aged from 7+ to Adult	Tuesdays & Thursdays 6:30-8:30pm	Stephen 0438 156 647 www.jujitsuweb.com
<b>Seabrook Netball Club</b> Interested in playing netball?	Interested in netball and fitness		Melinda 0432 213 306
<b>Weight Watchers</b> New Members: 6:30pm Join, register and Introduction to satisfaction Plan Regular weekly members weigh-in 6.30-7.00pm Meeting 7pm-7.20 pm Personal one-on-one with leader 7.20-7.30 pm	Adults	Mondays 6.30pm Join and weigh in 7.00pm meeting	Website: www.weightwatchers.com.au Phone: 13 19 97
<b>Shekinah Church</b> Sunday Church service. Website: www.shekinahmelbourne.org	All Welcome	Sundays 9:00am	Harry 0430467288
<b>Pakistani and Indian Cooking Demonstration Classes</b> Learn to cook delicious, quick and easy authentic curries, breads and snacks	All Welcome	Saturdays 11.00am-1.00pm Register now	Rabia 0431 572 489 Email: rabi19@gmail.com
<b>French Scrapbooking</b> Discover a new style of scrapbooking and the pleasure of making a photo album with our unique French-style scrapbooking class	Adults Bookings required	Dates 19th Feb- 26th March 10.00am-12.30pm	Juliette 0450 608070 www.lartduscrap.com

## PARENTS and CHILDREN

### SEABROOK KINDERGARTEN



**Enrolments:** Both 3 & 4 year old programs are taken from the child's SECOND BIRTHDAY.

Please contact the Kindergarten Manager on 9395-3012 or email: seabrook.kin@kindergarten.vic.gov.au for further information.

Please note enrolments to the 4 year old program is required via the Hobsons Bay City Council 9932-1000.

More Information available on the centre website.



Seabrook Playgroup

[www.seabrookplaygroup.org.au](http://www.seabrookplaygroup.org.au)

Playgroup has a great atmosphere and welcomes parents/guardians and children from birth to pre-school age. We offer 8 two-hour sessions per week, Tuesday - Friday. We welcome new families with children from birth to school age to join our Playgroup. Want

**MATERNAL AND CHILD HEALTH CENTRE**

**M&CH Nurse**

**Catherine Hutchison**

**Centre consulting hours:** Monday, Tuesday and Wednesday.

For information or appointments phone 9395 3069

**SUNSHINE HOSPITAL ANTE - NATAL CLINIC**

**Appointments available** weekly on Tuesday & Thursday. Bookings via the Hospital on 8345-1727 or 8345-1728

**IMMUNISATION PROGRAM** Thursdays 12.30- 1.00pm (no appointment required)

**Term 1 Dates:** 4th & 18th February 4th & 18th March 1st & 5th April 6th & 20th May



**Hobsons Bay**  
CITY COUNCIL

Hobsons Bay's community centres are proudly supported by the Council