

### Contact Selandra Community Hub

7–9 Selandra Boulevard, Clyde North VIC 3978  
03 9709 9615  
selandrach@casey.vic.gov.au

 facebook.com/selandracommunityhub

 [casey.vic.gov.au/selandracommunityhub](http://casey.vic.gov.au/selandracommunityhub)

### Office Hours

9.00 am – 5.00 pm, Monday – Friday  
10.00 am – 4.00 pm, Saturday and Sunday

### Contact City of Casey

03 9705 5200

**NRS:** 133 677 (for the deaf,  
hearing or speech impaired)

**TIS:** 131 450 (Translating and  
Interpreting Service)

caseycc@casey.vic.gov.au

### casey.vic.gov.au

 facebook.com/CityOfCasey

 @CityOfCasey

PO Box 1000  
Narre Warren VIC 3805

# Selandra Community Hub Program

TERM 1 – January to March 2019



Community is at the heart of everything we do to  
create a welcoming, engaging facility that allows  
people to connect, belong, learn and play.

**Visit** [casey.vic.gov.au/selandracommunityhub](http://casey.vic.gov.au/selandracommunityhub)

**Email** [selandrach@casey.vic.gov.au](mailto:selandrach@casey.vic.gov.au) **or Phone:** 03 9709 9615



## Community Life

### Cuppa and Chat

Drop into this friendly and informal group for a cup of tea, cake and chat. Everyone welcome.

**Every Tuesday: 10.00 am – 11.00 am**

### Mosaic Magic

An art form that involves fitting small pieces of rock, tile, or glass together creating a pattern that may be abstract or representational. Making a mosaic can be fun – all welcome!

**Every Tuesday: 11.00 am – 1.00 pm**

**Cost:** \$2 per week and any material costs as determined by the group. Book through SCH reception.

### Casey Bookworms

We come together to discuss, express our opinions and be inspired by a 'great' book. We choose old, new and interesting books from a range of genres. You are welcome to join us.

**Last Wednesday of every month  
7.00 pm – 9.00 pm**

**Cost: FREE**

Enquire at SCH reception.

### Steps Performing Arts

Provides dance classes for pre-schoolers to adults, fostering community, creativity and a strong sense of fun. With age-appropriate music, costuming, choreography, and an approachable, family-friendly atmosphere, our emphasis is on providing holistic dance education. Styles offered: RAD Classical Ballet, Jazz, Tap, Contemporary, Hip Hop.

**Every Saturday**

**Contact:** Rachele 0405 846 668  
info@stepsp Performingarts.com.au.

### Selandra Community Garden Meetings

Become a member to share our harvest for FREE. Free workshops on the third Saturday of the month.

**Third Saturday of every month  
9.00 am – 10.00 am**

**Cost:** Membership fees

**Contact:** For more information, email  
selandracommunitygarden@gmail.com

### Aspire Church

Aspire is a vibrant, contemporary church affiliated with the Australian Christian Churches. Offering a great kids program and refreshments afterwards.

**Services every Sunday: 11.00 am**

**For details:** [www.aspire.church](http://www.aspire.church).

### Authorised Anglican Dinka Congregation

We are a Christian Anglican congregation aiming to educate and ground our children in Christian values and Dinka culture.

**Every Friday: 6.00 pm – 8.00 pm  
(youth program)**

**Every Saturday: 10.00 am – 12.00 pm  
(childrens' programs)**

**Every Sunday: 2.00 pm – 5.00 pm  
(church service)**

**Contact:** Yuoang Alier 0470 216 914.

### Bhangra and Gidda Dance

Join Casey Cultural Club for children and adults Bhangra and Gidda classes.

**Every Saturday: 5.30 pm – 7.30 pm**

**Cost:** \$60 for term

**Contact:** Jurg at  
caseyculturalclubofficial@gmail.com

### Dance Starz Performing Arts

Kinder gym classes incorporating jazz, ballet and singing. There is also a popular acrobatics after-school class!

**Every Thursday: 11.00 am – 12.00 pm  
and 4.00 pm to 5.00 pm**

**Contact:** Alicia Beriman 0400 877 368.

### Tiya's Dance Group

Our qualified dance instructors offer different dance styles including Srilankan, Bollywood, Western free style, Hip Hop and more. We offer classes for both kids and adults.

**Every Saturday: 1.00 pm – 3.00 pm**

**Contact:** 0420 971 988  
[www.tiyadance.com.au](http://www.tiyadance.com.au).

### Toastmasters

Cranbourne Toastmasters club provides an enjoyable and supportive environment where members help each other to develop communication and leadership skills. Our club can help you reach your goals to become better at public speaking, to communicate more effectively, develop your leadership skills and increase your self-confidence.

**Second and fourth Wednesdays  
of the month: Arrive 7.15 pm  
for 7.30 pm – 9.30 pm meeting**

**Cost:** First 3 meetings **FREE**,  
membership fees then apply.

**Contact:** Francine 0427 328 494  
vppr-6684@toastmastersclubs.org.







## Children & Family

### Wednesday Playgroup – Parent Run

Come along to our fun group for preschool children, parents and carers. This playgroup is run by the parents who participate, making it affordable and diverse. BYO snacks.

**Every Wednesday**  
**10.00 am – 11.30 am**

**Cost:** \$2 per session  
Bookings at SCH reception.

### Thursday Playgroup – Facilitated

A facilitator will prepare the activities, set up the room and run the story time as well as provide resources for the group. Parents will help pack up and input for the group would be very welcome.

**Every Thursday**  
**10.00 am – 11.30 am**

**Cost:** \$7 per session,  
or \$50 per term (\$5 per session).  
Bookings at SCH reception.

### Pram Posse – New Parents Playgroup

Are you a new parent? Come and meet with other parents and hang out in our baby friendly lounge area. Suitable for children 0 – 12 months old.

**Every Monday: 10.30 am**

**Contact:** SCH reception for more information.

### Shukokai Karate Clyde

Accredited instructors running karate classes for children in a fun and safe environment. Develop your child's confidence, discipline and overall fitness in a class where they will gain skills that will benefit them now and as they grow into young adults.

**Every Tuesday and Thursday**  
**4.00 pm – 6.30 pm**

**Contact:** 0419 875 732 for more details.

### School Holiday Programs

Selandra Community Hub has affordable and fun activities for your family during each School Holidays. Grab a copy of the program on our website.

[casey.vic.gov.au/selandracommunityhub](http://casey.vic.gov.au/selandracommunityhub).

## Health & Wellbeing

### Yoga

**NEW**

Join us Thursday nights as we explore ways to effortlessly use elements of meditation, mindfulness and mindset to live your best life. First class is **FREE**.

**Every Tuesday: 7.30 pm – 8.30 pm**

**Contact:** Beata 0433 281 875  
esoterichealthandfitness@gmail.com

### Casey U3A – Qi-Gong

Slow gentle exercises practised in China for thousands of years for meditation, balance and concentration. The exercises range from breathing techniques through gentle repetitive movements to more difficult sequences involving concentration, balance and flexibility.

**Every Thursday: 10.00 am – 11.00 am**

**Contact:** 03 9669 9732.

### Zumba

ZUMBA® Fitness is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It is fun, easy, a great calorie burner and suitable for all ages and levels. First class is **FREE**.

**Every Monday: 10.30 am – 11.30 am**

**Every Wednesday: 6.30 pm – 7.30 pm**

**Every Thursday: 7.30 pm – 8.30 pm**

**Every Saturday: 8.30 am – 9.30 am**

**Contact:** Beata 0433 281 875  
esoterichealthandfitness@gmail.com.

### STRONG by ZUMBA

**NEW**

STRONG by ZUMBA® is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.

**Every Monday: 6.30 pm – 7.00 pm**

**Contact:** Beata 0433 281 875  
esoterichealthandfitness@gmail.com

### Metafit

Metafit™ combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! First class is **FREE**.

**Every Monday: 11.30 am – 12.00 pm**

**Every Wednesday: 7.30 pm – 8.00 pm**

**Every Saturday: 9.30 am – 10.00 am**

**Contact:** Beata 0433 281 875  
esoterichealthandfitness@gmail.com.

### Friends of Clyde North Walking Group

Get involved in a walk with the Friends of Clyde North around the neighbourhood of Selandra Rise to see the local parks, paths and shopping area. All abilities welcome. A leisurely stroll through our surrounding areas with a coffee stop at the Volt Cafe.

**Every second Sunday of the month**  
**2.00 pm**

**Contact:** Gerard Ferron 0407 655 868.

### Selandra BUGS (Bicycle User Group)

Want to get back on a bike? Love riding but want company? We welcome all riders to join us in a safe, social riding group for all levels.

**Every Saturday: 8.00 am**  
**(start from the Hub)**

Enquire at SCH reception for ride details.

## Learning

### The Learning Space – Southern Migrant Resource Centre

The Learning Space provides participants with a welcoming, safe space to learn and develop their skills at their own pace. Each term the Learning Space will provide a variety of activities, including Conversational English, Sewing, Diet and Exercise and Employment skills training. Participants meet new people, whilst developing stronger links to the community. The program also builds participants' capacity in a vibrant social environment.

**Every Tuesday (during school term) 10.00 am and 2.00 pm**

**Cost:** \$3 per week, child supervision available.

**Contact:** Sharon 0432 101 415.

### Ideal Learning

Quality education by qualified teachers – we are committed to providing a safe, positive learning environment for our students to achieve their full potential. Tutoring available from Grade one to Year 12 (VCE), NAPLAN (Grade three, five, seven and nine), Scholarship Coaching, SEAL program (Grade five and six).

**Every Sunday: 2.00 pm – 6.00 pm**

**Contact:** Ravi 03 9704 7135 or 0402 656 271  
ravikallunkal12@gmail.com.

### Studywise Learning Centre

Tutoring Primary and Secondary students in English, Mathematics, Physics, Chemistry and Biology. Specialised in preparation of Scholarship tests and Selective Entry School tests. Teachers are registered with VIT.

**Every Monday: 5.30 pm – 8.30 pm**

**Contact:** 0430 095 076  
studywise.learning@gmail.com  
www.studywiselearning.com.

### Paul & Sa Education

As an educational institution, our aim is to ensure learning of the highest standard for our students. We strive to provide high quality, tailored and targeted coaching by being supportive and understanding that each child needs varying levels of attention and motivation. Offers tuition for children in Primary and Secondary schools by qualified and experienced teachers.

**Every Thursday: 5.30 pm – 8.30 pm**

**Contact:** 0455 444 403  
info@paulandsa.com.au

### Casey U3A – Computer Forums

A discussion / lecture around pending issues in computers and computer technology with demonstrations of solutions. Possible topics include; computer attacks (malware, ransomware or viruses), security dangers and how to avoid them, what and when to backup and why, and other issues as they arise.

**Every Thursday: 10.00 am – 11.30 am**

**Contact:** 03 9669 9732 for more information.

### U3A Mystery Places

This 7-week class is designed for those who like to challenge their brain, work with others and have fun! People work in small groups to identify a natural or man-made landmark and then write 9 clues to describe it. Groups swap clues and try to identify each other's landmarks. Bring along your smartphone, tablet, etc to assist.

**Each Wednesday between 6 February to 20 March: 1.00 pm – 2.30 pm**

**Contact:** 03 9669 9732 for more information

## Youth

### Get Around It

Get Around It is a community-based program for young people and their families to participate in a variety of fun activities. Come along and Get Around It! BBQ included.

**Selandra Rise Youth Park**

**Every Wednesday: 2.30 pm – 4.30 pm**

**Cost: FREE.** Enquire at SCH reception for more information.



## Events

### Family Scavenger Hunt

Want to get to know your local area? Join our Family Scavenger Hunt to explore our streets, parks, wetlands, shops, and sights at Selandra. Bring your mum, dad, aunts, uncles, grandparents, young friends, old friends and your neighbour... Actually, you may meet some new neighbours! With prizes and sausage sizzle to follow this event is sure to be a winner! All ages.

**Friday 18 January**

**6.30 pm – 7.30 pm (hunting time), then back to Selandra Community Hub for winners announced at 8.00 pm**

**Cost: FREE** entry. Market prices for food and drink.

### International Women's Day

Selandra will be joining Lynbrook Community Centre to celebrate IWD 'Balance for Better' world. Guest speaker and morning tea. Bus will be leaving Selandra at 9.30 am

**Friday 8 March: 10.00 am**

**Cost: FREE.** Bookings essential at [www.trybooking.com/BAEQR](http://www.trybooking.com/BAEQR)

### Libraries – not just books!

Want to further your education? Need Homework Help? What to develop your creative skills? Come and listen to Casey Cardinia Library about what the library can offer you from your own home, local Community Centre or Library!

**Tuesday 19 February: 6.30 pm – 7.30 pm**

**Cost: FREE.**