

Newsletter - Spring 2022

'Creating a confident and connected community'



Healthy Futures Hub update – our new home in 2023!

Building work has finally started at the Healthy Futures Hub! Formally Linen House at 151 East Road, renovations have commenced which will transform the former St Kilda Football Club training complex into a vibrant fit for purpose health and wellbeing centre.

We will be co-located with an amazing array of organisations with a health and wellbeing focus, such as: St Kilda Football Club, Monash University, Wallara, Peninsula Health, Everyday Independence and more! We continue to use rooms at the Davey Richardson Pavilion (across the car park from the Healthy Futures Hub and home to the Seaford Tigers Junior Football Club and Seaford Cricket Club) to run our exercise classes and playgroups and will continue to utilise this space in an ongoing capacity, even when we relocate our office and the remainder of our programs to the Healthy Futures Hub.

We anticipate we will be relocating Belvedere Community Centre in term 1 2023. We will keep you updated!



Leave your details to go into the draw to win one of two \$30 Coles Myer Vouchers!

Now taking bookings for our Seniors Week activities



Now taking bookings for our Get Online Week activities



Have you heard about Virtual Reality? Virtual Reality (VR) is a computer-generated environment with scenes and objects that appear to be real, making you feel you are immersed in their surroundings. Wearing a specially designed headset, you can visit galleries, museums, take a world tour with Google Earth without leaving the comfort of your seat.

At this free workshop we will also show you free apps on your phone or tablet to help keep your mind, memory, brain and body active.

You will also have a delicious morning tea and receive a goody bag to take home with you.

Bookings are essential as places are limited.

Term 4 art, craft and Christmas workshops

In term 4 we will be running a series of art, craft and Christmas workshops. Details are still being finalised but we hope to bring you workshops such as:

- Candle making
- Christmas wreaths
- Edible Christmas treats
- Macrame gifts
- Christmas table decorations
- Learn to crochet

Our term 4 brochure will be available from October 3 with all the details.