

Eastwood

Community Centre



95 Glen Osmond Road Eastwood 5063

WEB: eastwood.asn.au

E: eastwood@eastwood.asn.au

PH: (08) 8373 2225

COMING EVENTS

My Gov – Workshop 4th April 2018

Good, Better, Best – Health & Wellbeing –
commencing 9th April – 28th May

NEW PROGRAMS – REGISTER YOUR INTEREST

- Gentle Exercise
- Playgroup
- Coffee & Chat
- Walking

VOLUNTEER AT EASTWOOD

If you are considering volunteering Eastwood has a range of opportunities for people in the following areas:

- Bus Driver
- Community Garden
- School Holiday Program



CONTENTS

ADULT LEARNING

Adelaide Retro Computing Group
Coffee & Chat
English as a Second Language
IELTS
One-on-one Computer Help

ARTS & CRAFTS

Art i& Craft for Everyone
Class Act Collective
Drawing & Painting
Life Drawing
Patchwork & Quilting

COMMUNITY CONNECTIONS

3 R's
Community Garden
Morning Melodies
N.E.N Cooking

DANCE & MUSIC

ARPA Bush Band
Children's Ballet Class
Dancers Co-operative
Italian Ensemble
Jazz & Tap
Siempre Tango

HEALTH & FITNESS

Yoga
Gentle Exercise
Kung Fu
Laughter Workshop
Massage
Tai Chi

HERITAGE & HISTORY

Adelaide Historical Bottle Club Inc
Police Firearms

PARENTS & FAMILIES

Abacus For Kids
Australian Breast Feeding Assoc.
Fame Train★
Kid's Connect - Social Skills
Let's Talk About Children
SEMAS Academy for kids

PROGRAMS FOR PEOPLE WITH A DISABILITY

Art & Ability
Big Screen DVD Night
Digital Photography Multimedia

SUPPORT GROUPS

Adult Children of Alcoholics
Eastwood Recovery (AA Support)
Family Law
Gambler's Anonymous
Revival Centres Church
Sands SA
The Compassionate Friends SA
Wills on Wheels
Women's Step (AA Support)

★ Contact ECC for further
Information – 8373 2225

ADULT LEARNING

ADELAIDE RETRO COMPUTING GROUP

Monthly: Second Friday 7.00pm-11.30pm
Contact: George
Tel: 0477 176 837 Email: makis@adam.com.au
Retro computing and console enthusiasts. All welcome.

COFFEE & CHAT

Monthly: First Wednesday 10.00am-11.30am
A diverse range of topics with excellent speakers.

ENGLISH AS A SECOND LANGUAGE

Weekly: Friday 1-3pm
Tutor: Val Lynch
Cost: \$5 per lesson
Practise listening and speaking skills in a friendly informal group.

IELTS – ENGLISH STUDY CLASS

Weekly : Sat 10.00am-1.00pm
Tutor: Karen Barnett
Tel: 8270 8796
This class prepares students to undertake the IELTS test.

ONE-ON-ONE COMPUTER HELP

Weekly: Thursday 9.15am 10.30am 11.15am
Cost: \$5 per person
Book your individual 45 min session (tablet, laptop, smartphone, PC.)



ARTS & CRAFT

ART & CRAFT FOR EVERYONE

1st & 3rd Tues of the month 1-4.00pm

Tutor: Helen Rodriquez

Tel: 8364 0796 or 8232 0580

Cost: \$5 per session

Art is for everyone, join those who share an interest in art

CLASS ACT COLLECTIVE

2nd & 4th Tues of the month 10.0am-2.00pm

Contact: Pam Kelly

Tel: 0418 821 826

Email: pam.kelly@bigpond.com

Cost: \$20 per year plus \$4 per session

A contemporary textile group

DRAWING & PAINTING

Weekly: Mon 1-4.00pm - (beginners painting)

Tutor: Sophie Dunlop

Tel: 0403 688 077

Cost: \$240 for 8 week course. Payable at first class

A structured drawing and painting course.

LIFE DRAWING

Weekly: Wed 7.00-10.00pm

Tutor: Harry Slaghekke

Tel: 0411 474 273

Cost: \$10 per class

For beginners or experienced artists. Develop or refine your life art skills.

Models are provided.

PATCHWORK & QUILTIING

Weekly: Friday 9.30am-11.30am

Cost: \$5

Come along and bring your own quilting, share your ideas, skills and abilities with other likeminded quilters.

COMMUNITY CONNECTIONS

3R'S

Weekly: Monday (except 2nd Monday) 10.00am-2.00pm

Tutor: Matthew Moody

Tel: 8366 4144 (City of Burnside)

Email: 3rs@burnside.sa.gov.au

Cost: \$5 per session

Respite, Recreation and Revitalisation

COMMUNITY GARDEN

Come along and enjoy the Centre community garden. Volunteers required for regular working bees.

MORNING MELODIES

Twice Monthly 2nd & 4th Fourth Wednesday 10-12pm

Cost: \$5 for morning tea

Primarily for the frail-aged. Feeling "shut-in" & would like to make new friends and be entertained by a variety of performers. Community Bus can be arranged.

N.E.N. COOKING

Monthly: 3rd Wednesday 11.30am-2.30pm

Tutor: Therase Wehbe Northeast Networks Coordinator

Social Inclusion - Uniting Communities

Tel: 0408 466 107

MORNING MELODIES – TREATS FOR SENIORS 2018

2nd and 4th Wednesday of the month 10am - 12.00 noon.

For catering purposes please contact the office the week before with the numbers attending.

Date/Month	Artists
28 th February	Sing Australia
14 th March	Evergreen
28 th March	Sandi Mac
11 th April	Some x 8
25th April 2018 ANZAC DAY	
9 th May	German Fun Band
23 rd May	Young at Heart
13 th June	Barry Hall & Harry Hewson
27 th June	ARPA Choir
11 th July	Some x 8
25 th July	ARPA Bush Band
8 th August	Sandi Mac
22 nd August	David Scott
12 th September	Mitcham Orchestra
26 th September	Village Band
10 th October	Encounter Singers
24 th October	Good Time Entertainers
14 th November	CWA Choir
28 th November	Show Time Trio
12 th December	Sing Australia

Morning Tea is served first with a cost of \$5 per person. We look forward to seeing you in 2018.



DANCE & MUSIC

ARPA BUSH BAND

Monthly: 2nd & 4th Tuesday (Band practice)

Contact: Jo Ryan

Tel: 8261 9056

New members welcome. Easy listening Bush Songs.

CHILDRENS BALLET CLASS

Weekly: Fri 4.00-5.00pm

Tutor: Eng Looi

Tel: 0422 612 853

DANCERS CO-OPERATIVE

Weekly: Sat 10-12pm

Contact: Amanda Kimber

Cost: \$8 per lesson

Modern dance and jazz dance with guest teachers.

ITALIAN FOLK ENSEMBLE

Monthly: Sat 4-6.00pm

Contact: Dino Porcaro

Tel: 8271 1929

An acapella group singing traditional Italian folk music.

JAZZ & TAP

Weekly: Tues 11-12.30pm (school terms only)

Tutor: Valerie McDowall

Tel: 8298 5936

Cost: \$12 per class

It's a fun class for fitness and uses our brain as well. All ages welcome.

SIEMPRE TANGO

Weekly: Sun 3.30-9.00pm & Mon 7.30-10pm

Tel: 0400 257 027 www.seimpretango.net.au

Discover the powerful, sensuous dance of Argentina, beginner's class every 4 weeks

HEALTH & FITNESS

EARTH SHANTI YOGA WITH LAURA

Weekly: Mon 5.45-7.00pm

Tutor: Laura

Tel: 0403 817 489

Cost: \$10 per class

Vinyasa Flow yoga class suitable for all levels. All equipment provided.
Invigorate your body, calm your mind and nourish your spirit.

GENERAL YOGA B

Weekly: Mon 11-12.30pm

Tuesday 5:45pm-7:15pm

Friday 9:30am-11am

Tutor: Dana Krieger, IYTA

Cost: \$90 per school term

Casual drop in: \$10 per session

GENTLE YOGA A

Weekly: Thurs 9.30-11am

Tutor: Dana Krieger, IYTA

Cost: \$90 per school term

Casual drop in: \$10 per session

Come and meet Dana Krieger, our accredited Yoga teacher. Loosen up gently and learn the lovely art of relaxation and meditation

GENTLE EXERCISE

Weekly: Mon 9.00-10.00am & Mon 9.15-10.15am

For further information please phone the Centre 8373 2225

HEALTH & FITNESS

KUNG FU

Weekly: Sat 2pm-3:30pm
Contact: Andrew Grandison
Tel: 0433 774 593
Email: andrewgrandison@outlook.com
Cost: \$10 per session

A self defence system for confidence and fitness. Training is essentially non-contact and emphasis on speed, focus and 'internal' power. Suitable for young to older age groups.

LAUGHTER WORKSHOP

Weekly: Sat 9.30-10.00am
Contact: Sally Harper 8277 8624
Cost: \$5 per session
Come along and have a laugh, feel the benefits of laughter and go home relaxed.

MASSAGE

Weekly: Thurs 10am-6pm
Contact: 8326 4974
Cost: from \$15
Bookings Essential
Bohdan Bierczynski, Dip in Swedish and Soft Tissue Massage Adel (1996) Cert in Clinical Massage in Sports Massage Adel (1996)

TAI CHI

Weekly: Sat 12.15-1:45pm
Contact: Peter Fleig
Tel: 0420 859 438
Email: fleig@adam.com.au
Cost: \$15/\$13 concession
Slow meditative movements that help develop leg strength, stability and improved posture, flex and tone soft tissue and relax the mind and body.

HERITAGE & HISTORY

ADELAIDE HISTORICAL BOTTLE CLUB INC

Monthly: Thurs 7-10pm

Contact: Secretary

Tel: 0417 890 748

Established in 1971 by a group with an interest in collecting old bottles and learning about Adelaide's early produce manufacturers; as well as collecting associated historical artefacts.

Displays, sales and information for members and visitors.

POLICE FIREARMS COLLECTORS

Bi-monthly: 3rd Tuesday 7.00 -10pm

Contact: Michael Standing

Tel: 0439 205 963

PARENTS AND FAMILIES

ABACUS MATHS FOR KIDS

Weekly: Thurs 4-6pm
Tutor: Tomoka Borgias
Tel: 0412 195 081

AUSTRALIAN BREASTFEEDING ASSOCIATION

Monthly: 2nd Fri 10-12pm
Contact: Trish
Tel: 8272 0148
Email: aba_unleyburnside@yahoo.com

Informal coffee mornings with parents in your area. Expectant parents also welcome regardless of how you feed your baby.

KIDS CONNECT – SOCIAL SKILLS

Weekly: Tues 3.30-5.30pm (school terms)
Contact: Jenni Pearce – Connect Psychology
Tel: 8357 0043 - Bookings Essential
Children 6-8yrs with diagnosis of Autism Spectrum Disorder.

LET'S TALK ABOUT CHILDREN

Contact: Janet Poulsen
Tel: 8398 2436
Parenting Skills for Early Childhood – six week workshop

SEMAS ACADEMY FOR KIDS

Weekly: Sat 10.00-11.30am
Tutor: Jared Vorster
Contact: Malinda Groves
Tel: 0413 342 817

PROGRAMS FOR PEOPLE WITH A DISABILITY

ART & ABILITY

Weekly: Wednesday 1.00-3.00pm

Tutor: Hans Kreiner

Mob: 0408 083 450

Contact: Caroline Manetta

Tel: 8207 1233

Artists will produce work that is self-expressive. Emphasis on colour and large works to be hung at home or sold to business. Works go towards our annual SALA Exhibition in August.

BIG SCREEN DVD NIGHT

Monthly: 2nd Tues 8.00-10pm

Tutor: Therase Wehbe

Tel: 0408 466 107

Brain Injury Network DVD Night.

DIGITAL PHOTOGRAPHY MULTIMEDIA

Weekly: Mon 1-4.00pm

Tutor: Therase Wehbe

Tel: 0408 466 107

For people interested in furthering their photographic skills with emphasis on black and white photography. An introduction to digital photography included. Tuition by an experienced photographer.

SUPPORT SERVICES

ADULT CHILDREN OF ALCOHOLICS

Weekly: Fri 6.30-8.00pm

THE COMPASSIONATE FRIENDS (SA) INC

Monthly: 1st Wed 7.30-9.30pm Tel: 0456 820 133

EASTWOOD RECOVERY (AA SUPPORT GROUP)

Weekly: Sun 10-12.00noon

FAMILY LAW

Contact: Carol Willans - Lawyer

Tel: 0428 253 676

Cost: \$10 per person

Divorce-Children-Property, Assistance with legal applications.

REVIVAL CENTRES CHURCH

Weekly: Sun 12.30-3.30pm

Contact: Pastor Malcolm Smith

Tel: 0430 652 050

SANDS SA

Feb, June, Sept: Wed 9.30am-11.30am

Tel: 0417 681 642

GAMBLERS ANONYMOUS

Weekly: Tues 8-10pm

WILLS ON WHEELS

Contact: Catherine Moyse - Mobile Solicitor

Tel: 8379 7030 or 0411 281 971

Specialising in: Wills, Powers of Attorney, Advance Care Directives, Retirement Village Contract Advice.

WOMEN'S STEP (AA SUPPORT GROUP)

Weekly: Sun 5.00-6.00pm



LIONS CLUBS INTERNATIONAL

We Serve

LIONS CLUB OF GLENSIDE INC.

Be part of this great organisation and enjoy the fellowship in serving our community

www.gleinsidelions.asn.au

LIONS CLUB OF GLENSIDE BOOKMART

Tusmore hall, Tusmore Park

Cnr. Barr-Smith & Kennaway Sts.

Tusmore - UBD Map 119, J14

Opening times

10am -1pm Monday, Friday & Saturday

10am-3pm Sundays

Phone 8332 1738 (during above times)



Quality second-hand books at very reasonable price

- Cooking · Gardening · Travel · Craft · Hobbies · Language
- Reference · Fiction · Hardback · Paperback · Magazines

Everything you can think of from Aardvarks to Zoology



Supported by

**Government
of South Australia**

How to get here

 Eastwood Community Centre



Bus No: 861 or 171
Bus Stop No: 3

