

# CONTENTS

## **ADULT LEARNING**

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

## **ARTS & CRAFTS**

Art & 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**

All Age Music  
ARPA Bush Band  
Children's Ballet Class  
Dancers Co-operative  
Drama & Performance  
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.  
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)

# ADULT LEARNING

## ADELAIDE RETRO COMPUTING GROUP

Monthly: Second Friday 7.00pm-11.30pm  
Contact: George  
Tel: 0477 176 837 Email: [makis@adam.com.au](mailto: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

# DANCE, DRAMA & MUSIC

## ALL AGE MUSIC

Weekly: Tues 7.00pm-8.00pm  
Contact: Dr Loretta Lee  
Tel: 0400 882 330

Join Choir Director Richardo Barone and enjoy singing with others of all ages.

## 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.

## DRAMA & PERFORMANCE - HEESOM CASTINGS – ACTING CLASS

Weekly: Thursday 4.30-6.30pm  
Tutor: Louise Heesom  
Tel: 8394 2545 Mob: 0420 626 205  
Heesom Casting is South Australia's market leader and the state's only Casting Guild of Australia accredited.

## ITALIAN FOLK ENSEMBLE

Monthly: Sat 4-6.00pm  
Contact: Dino Porcaro  
Tel: 8271 1929  
An acapella group singing traditional Italian folk music.

# DANCE, DRAMA & 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](http://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 11.00am-12.30pm

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: Fri 9am-4pm (Mondays by appointment)  
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.