

# CONTENTS

## **ADULT COMMUNITY EDUCATION**

Basic Computers for Work  
Develop Workplace  
Communication Skills  
English as a Second Language  
IELTS  
Resilience for Work

## **ADULT LEARNING**

Adelaide Retro Computing Group  
Coffee & Chat  
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, DRAMA & MUSIC**

Glee Club Singing – All Age Music  
ARPA Bush Band  
Children's Ballet Class  
Dancers Co-operative  
Italian Ensemble  
Jazz & Tap  
Siempre Tango

## **HEALTH & FITNESS**

Earth Shanti Yoga  
Eastwood Walking Group  
Fitness in the Parks: Tai Chi  
General Yoga A & B  
Gentle Exercise  
Kung Fu  
Laughter Workshop  
Massage  
Tai Chi  
Zumba

## **HERITAGE & HISTORY**

Adelaide Historical Bottle Club Inc  
Police Firearms Collectors

## **PARENTS & FAMILIES**

Abacus For Kids  
Australian Breast Feeding Assoc.  
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 Centre's Church  
Sands SA  
The Compassionate Friends SA  
Wills on Wheels  
Women's Step (AA Support)

# **ADULT COMMUNITY EDUCATION**

## **BASIC COMPUTERS FOR WORK**

Monday 5<sup>th</sup> Nov-17<sup>th</sup> Dec (six weeks)

9.30am-12.30pm

Tutor: Leanne Isaacson

Non-accredited

## **DEVELOP WORKPLACE COMMUNICATION SKILLS**

Thursday 1<sup>st</sup> Nov-6<sup>th</sup> Dec (six weeks)

1.00pm-4.00pm

Tutor: Lia O'Connor

Non-accredited

## **ENGLISH AS A SECOND LANGUAGE-STAGES 1&2**

Thursday 1<sup>st</sup> Nov-6<sup>th</sup> Dec (six weeks)

9.30am-12.30pm

Tutor: Lia O'Connor

Non-accredited

## **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.

## **RESILIENCE FOR WORK**

Monday 5<sup>th</sup> Nov-17<sup>th</sup> Dec (six weeks)

1.30pm-4.00pm

Tutor: Leanne Isaacson

Non-accredited

# 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.

## **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.)

## **Coffee and chat**

Monthly: First Wednesday 10.00am-11.30am

A diverse range of topics with excellent speakers. If you interested in delivering a topic, please contact with office.

# 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](mailto: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: Therese Wehbe Northeast Networks Coordinator

Social Inclusion - Uniting Communities

Tel: 0408 466 107

# **DANCE, DRAMA & MUSIC**

## **ALL AGE MUSIC - GLEE CLUB SINGING -**

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.

## **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.

## **EASTWOOD WALKING GROUP**

Fortnightly: Thursday 9.30am-1.30pm

This is a new group, and we are taking details now. Please contact the Centre on 8373 2225.

## **FITNESS IN THE PARKS CITY OF BURNSIDE: TAI CHI**

Weekly: Monday 8 October

Time: 2pm-3pm

Venue: Eastwood Community Centre

All sessions are FREE, with qualified instructors, suitable for all ages and offered in our stunning park

## **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



# HEALTH & FITNESS

## GENTLE EXERCISE

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

For further information please phone the Centre 8373 2225

## GOOD, BETTER, BEST PROGRAM: HEALTHY COOKING

Health and wellbeing for over 50's. This program is a series of workshops to empower individuals in the community over 50 to lead active, fulfilling lives by providing simple nutritional advice and cooking for social connections with family, friends, and community.

Monthly: 1<sup>st</sup> and 3<sup>rd</sup> Thursday 11am-1pm

Cost: \$5.00 per person

Tutor: Maly Kaing-Bou/Viranchi Shah

Tel: 8373 2225 ( Bookings essential)

## 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.

# HEALTH & FITNESS

## MASSAGE

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

Contact: 8326 4974

Cost: from \$15

Bookings Essential

Bohdan Bierzynski, 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.

## ZUMBA WITH JO MURPHY

Weekly: Sunday 8.30am-9.30am

Tutor: Joanna Murphy

Contact: 0400 027 240

# 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](mailto:aba_unleyburnside@yahoo.com)

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

## **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.

## **GAMBLERS ANONYMOUS**

Weekly: Tues 8-10pm

## **REVIVAL CENTRES CHURCH**

Weekly: Sun 12.30-3.30pm

Contact: Pastor Malcolm Smith

Tel: 0430 652 050

## **SANDS SA**

Tuesday: 4<sup>th</sup> Sept, 5<sup>th</sup> Dec: Coffee Morning 9.30am-11.30am

Contact: Jess 0477 014 775

## **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 5-6pm