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# **ADULT COMMUNITY EDUCATION**

## **BASIC COMPUTERS FOR WORK**

TBC for 2019

9.30am - 12.30pm

Tutor: Leanne Isaacson

Non-accredited

## **DEVELOP WORKPLACE COMMUNICATION SKILLS**

TBC for 2019

1.00pm - 4.00pm

Tutor: Lia O'Connor

Non-accredited

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

TBC for 2019

9.30am-12.30pm

Tutor: Lia O'Connor

Non-accredited

## **RESILIENCE FOR WORK**

TBC for 2019

1.30pm-4.00pm

Tutor: Leanne Isaacson

Non-accredited

# **ADULT LEARNING**

## **1-ON-1 COMPUTER HELP**

Weekly: Thursday 9.15am 10.30am 11.15am  
Cost: \$5 per person -  
Tutor: John  
Tel: 8373 2225

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 are interested in delivering a topic, please contact with office.

## **IELTS – ENGLISH STUDY CLASS**

Weekly: TBC - 2019  
Tutor: Karen Barnett  
Tel: 8270 8796

This class prepares students to undertake the IELTS Test.

# **ARTS & CRAFT**

## **ART & CRAFT FOR EVERYONE**

1st & 3rd Tuesday of the Month 1.00pm - 4.00pm

Tutor: Helen Rodriguez  
Tel: 8364 1796 or 0432 980 948  
Cost: \$5 per session

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

## **CLASS ACT COLLECTIVE**

2nd & 4th Tuesday of the Month 10.00am-2.00pm

Contact: Pam Kelly  
Tel: 0418 821 826  
Email: pam.kelly@bigpond.com  
Cost: \$20 Membership per year plus \$5 per session

A contemporary textile group

## **DRAWING & PAINTING**

Weekly: Monday 1.00pm - 4.00pm  
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: Wednesday 7.00pm - 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 & QUILTING**

Weekly: Friday 9.30am - 11.30am  
Cost: \$5 per session

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 10.00am -12.00 noon  
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 11.00am -2.30pm  
Tutor: Therase Wehbe - Northeast Networks Coordinator  
Social Inclusion - Uniting Communities  
Tel: 0408 466 107

# **DANCE, DRAMA & MUSIC**

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

Weekly: Tuesday 7.00pm - 8.00pm

Contact: Riccardo Barone

Tel: 0431 115 856

Join Choir Director Riccardo 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: Friday 4.00pm - 7.00pm (During School Term)

Tutor: Eng Looi

Tel: 0422 612 853

## **DANCERS CO-OPERATIVE**

Weekly: Saturday 10.00am -12.00noon

Contact: Amanda Kimber - 0488 562 885

Cost: \$8 per lesson

Modern dance and jazz dance with guest teachers.

## **ITALIAN FOLK ENSEMBLE**

Monthly: Saturday, 4.00pm - 6.00pm

Contact: Dino Porcaro

Tel: 8271 1929

An acapella group singing traditional Italian folk music.

# DANCE, DRAMA & MUSIC – CONT

## JAZZ & TAP

Weekly: Tuesday 10.00am -11.30am (School Terms Only)  
Tutor: Valerie McDowall  
Tel: 8298 5936  
Cost: \$15 per class

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

## SIEMPRE TANGO

Weekly: Sunday 3.30pm - 9.00pm &  
Monday 7.30pm -10.00pm  
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: Monday 5.45pm - 7.00pm  
Tutor: Laura Bell  
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: Monday 11.00am - 12.30pm  
Friday 9:30am – 11.00am  
Tutor: Dana Krieger, IYTA - 0403 817 489  
Cost: \$90 per School Term  
Casual: \$10 per session

## GENTLE YOGA A

Weekly: Thursday 9.30am -11.00am  
Tutor: Dana Krieger, IYTA - 0403 817 489  
Cost: \$90 per School Term  
Casual: \$10 per session

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

## GOOD BETTER BEST - HEALTHY COOKING

Monthly: 1<sup>st</sup> and 3<sup>rd</sup> Thursday 11.00am-2.00pm  
Cost: \$5.00 per person  
Tutors: Maly Kaing-Bou & Viranchi Shah  
Booking: 8373 2225

Come along and join in the fun of cooking healthy meals, chatting and enjoying what you have cooked

## LAUGHTER WORKSHOP

Weekly: Saturday 9.00am - 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 – CONT**

### **KUNG FU**

Weekly: Saturday 2.00pm - 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 is on speed, focus and 'internal' power. Suitable for young to older age groups.

### **LAUGHTER WORKSHOP**

Weekly: Saturday 9.00am - 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: Friday 9.00am – 4.00pm (Mondays by appointment)  
Contact: 8326 4974  
Cost: from \$15

Bookings are Essential - Bohdan Bierczynski, Dip in Swedish and Soft Tissue Massage Adel (1996) Cert in Clinical Massage in Sports Massage Adel (1996)

### **TAI CHI**

Weekly: Saturday 12.15pm - 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: Thursday 7.00pm -10.00 pm  
Contact: Franca Papagni - 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.

## **PARENTS AND FAMILIES**

### **ABACUS MATHS FOR KIDS**

Weekly: Thursday 4.00pm – 6.00pm  
Tutor: Tomoka Borgias  
Tel: 0412 195 081

### **AUSTRALIAN BREASTFEEDING ASSOCIATION**

Monthly: 2nd & 4<sup>th</sup> Friday 10.00am - 12.00noon  
Contact: Diana Hill  
Tel: 0439 082 532  
Email: [diana.hill.aba@gmail.com](mailto:diana.hill.aba@gmail.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: Saturday 10.00am - 11.30am (During School Terms)  
Tutor: Jared Vorster  
Contact: Malinda Groves  
Tel: 0413 342 817

# **PROGRAMS FOR PEOPLE WITH A DISABILITY**

## **ART & ABILITY**

Weekly: Wednesday 1.00pm -3.00pm  
Tutor: Hans Kreiner  
Mob: 0408 083 450  
Contact: Caroline Manetta – Community Bridging Services  
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 Tuesday 8.00pm -10.00pm  
Tutor: Therase Wehbe  
Tel: 0408 466 107

Brain Injury Network DVD Night.

## **DIGITAL PHOTOGRAPHY MULTIMEDIA**

Weekly: Monday 1.00pm - 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: Friday 6.30pm - 8.00pm

### **THE COMPASSIONATE FRIENDS (SA) INC**

Monthly: 1st Wednesday 7.30pm - 9.30pm

Tel: 0456 820 133

### **EASTWOOD RECOVERY (AA SUPPORT GROUP)**

Weekly : Sun 10.00am -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: Sunday 12.30pm - 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

### **GAMBLERS ANONYMOUS**

Weekly: Tuesday 8.00pm -10.00pm

### **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: Sunday 5.00pm – 6.00pm

# SCHOOL HOLIDAY PROGRAM 2019 - TBA

The 2019 School Holiday Program is currently under consideration and will be finalized in the New Year.

If you wish to register your interest for our School Holiday Programs in April, July & September, please contact Eastwood Community Centre.

We welcome Parent/Child input and ideas for future programs, so please do not hesitate to contact us if you have a suggestion.

## OUR VISION

Eastwood Community Centre is the heart of our diverse community; a place to **ENGAGE, LAUGH, LEARN and CONNECT.**

The Centre is a not-for-profit incorporated body with a voluntary management committee who steer the vision and strategic direction of the Centre with support from Centre Director Susan Ross and many volunteers.

The Centre has enhanced the lives of many people through its diverse range of programs, activities and events, delivered in conjunction with a wide variety of partners.