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ADULT COMMUNITY EDUCATION

BASIC COMPUTERS FOR WORK

Monday 9.30am-12.30pm

Tutor: Leanne Isaacson

Non-accredited

DEVELOP WORKPLACE COMMUNICATION SKILLS

Wednesday 1.00pm-4.00pm

Tutor: Leanne Isaacson

Non-accredited

ENGLISH AS A SECOND LANGUAGE-STAGES 1&2

To be advised – date and time dependent on demand

RESILIENCE FOR WORK

Monday 1.30pm-4.00pm

Tutor: Leanne Isaacson

Non-accredited

Bookings and Enquiries contact 8373 2225

The logo for 'Work Ready' features the word 'Work' in a bold, black, sans-serif font. The letter 'o' in 'Work' is replaced by a circular icon containing a stylized gear or mesh pattern. Below 'Work', the word 'Ready' is written in a smaller, black, sans-serif font.

ADULT LEARNING

ONE-ON-ONE COMPUTER HELP

Weekly: Thursday 9.30am & 10.15am

Cost: \$5 per person

Tutor: John

Book a 45 min session for help with your tablet, laptop, smartphone or on a PC. Our volunteer, John, will assist you with any technology issue or question.

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 the office.

IELTS – ENGLISH STUDY CLASS

Weekly: Saturday 10.00am-1.00pm

Tutor: Karen Barnett

Tel: 8270 8796

This class prepares students to undertake the IELTS Test and is by arrangement with the tutor – please call directly .

ARTS & CRAFT

ART & CRAFT FOR EVERYONE

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

Tutor: Helen Rodriquez

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 - (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: Wednesday 7.00pm-10.00pm

Tutor: Harry Slaghekke

Tel: 0411 474 273

Cost: \$15 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 10.00am -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

GLEE CLUB SINGING - ALL AGE MUSIC

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 4.00 - 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.

DANCE PROJECT

Weekly: Thursday 11.30-1.00pm

Contact: Roby Richardson

Tel: 8373 2225

Modern dance and jazz dance with guest teachers.

DANCE, DRAMA & MUSIC - CONT

ITALIAN FOLK ENSEMBLE

Monthly: Saturday 4.00pm-6.00pm

Contact: Dino Porcaro

Tel: 8271 1929

An acapella group singing traditional Italian folk music.

SIEMPRE TANGO

Weekly: Sunday 3.30pm-9.00pm &

Monday 7.30pm -10.00pm

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

Weekly: Monday 5.45pm-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

Weekly: Monday 11.00am-12.30pm

Friday 9:30am – 11.00am

Tutor: Dana Krieger, IYTA -

Tel: 8373 2225

Cost: \$90 per School Term

Casual: \$10 per session

Come and meet Dana Krieger, our accredited Yoga teacher. Yoga class suitable for all levels. All equipment provided.

GENTLE YOGA

Weekly: Thursday 9.30am-11.00am

Tutor: Dana Krieger, IYTA –

Tel: 8373 2225

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. All equipment provided.

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.

HEALTH & FITNESS - CONT

KUNG FU FOR KIDS

Weekly: Wednesday 4.00pm–6.00pm

Tutor: Nick Bennet

Tel: 0403 498 291

Email: positivemindsaustralia@outlook.com

Kung Fu program for confidence and resilience 5-10 years. Nick Bennet is a qualified martial arts instructor with over 20 years' experience working with a broad range of young people. His sessions are fun and interactive to build your child's self-confidence, personal strengths and sense of belonging. Age 6+

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)

MINDFUL MEDITATION

Weekly: Tuesday 6.30pm–8.00pm

Tutor: Luisa Saccone

Tel: 0408819335

Email: luisa.saccone@gmail.com

Facebook: Take a Breath

Mindful is for everyone from all walks of life, young or old. Anyone with any belief system can enjoy the benefits of Mindfulness. After mastering and surprisingly simple techniques of Mindfulness you can bring harmony, balance and clarity into your daily life.

HEALTH & FITNESS - CONT

SATURDAY MORNING YOGA

Weekly: Saturday 8.00am-9.00am

Cost: \$10

Tutor: Sonia Dyster

Tel: 0434 859 977

Vinyasa Flow yoga class suitable for all levels. A friendly yoga class designed to have you feel grounded and energised as you head into the weekend.

Mats provided.

STRETCH & BALANCE

Weekly: Monday 9.30am-10.30am

Cost: \$5 per session

Tutor: Kye Ashden

Tel: 8373 2225

Stretch & Balance is designed to improve physical strength, flexibility, posture and increase or restore the muscles natural range of motion (ROM).

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.

UNION YOGA – Vinyasa Flow with Tunes

Weekly: Thursday 6.30pm-7.30pm

Tutor: Jodie Sard

Tel: 8373 2225

Email: sardyoga@gmail.com

This yoga class is dynamic, reflective and engaging. Introducing creative sequencing, alignment / breath cues and traditional Sanskrit language / teachings. Using the physical body to transform, quiet and focus the mind. Take some time out with the self to explore your unique 'youness'

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.

MEDIEVAL HISTORY & MARTIAL ARTS CENTER SA

Weekly: Tuesday 6.30pm-9.30pm

Tel: 8373 2225

Our goal is the knowledge of the history and traditions of the Early Middle Age people, Scandinavia and Rus from the period of 9-11 centuries known as "the Viking Age".

PARENTS AND FAMILIES

ABACUS MATHS FOR KIDS

Weekly: Thursday 4.00pm–5.15pm
Tutor: Tomoka Borgias
Tel: 0412 195 081

AUSTRALIAN BREASTFEEDING ASSOCIATION

Monthly: 2nd & 4th Friday 10.00am-12.00noon
Contact: Diana Hill
Tel: 0439 082 532
Email: 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
Tel: 8373 2225

CIRCLE OF SECURITY

Contact: Centracare 8215 6700 to register.

Do you want to have more understanding about your child's behavior, help your child organize their feelings and enjoy a more fulfilling relationship with your child? Dependent on demand childcare will be provided.

EASTWOOD RECOVERY (AA SUPPORT GROUP)

Weekly: Sun 10.00am-12.00noon
Tel: 8373 2225

FAMILY LAW

Contact: Carol Willans - Lawyer

Tel: 0428 253 676

Cost: \$10 per person

Divorce-Children-Property, Assistance with legal applications.

GAMBLERS ANONYMOUS

Weekly: Tuesday 8.00pm -10.00pm - Tel: 8373 2225

REVIVAL CENTRES CHURCH

Weekly: Sunday 12.30pm-3.30pm

Contact: Pastor Malcolm Smith

Tel: 0430 652 050

SANDS SA - Coffee Morning

Tuesday: 9.30am-11.30am (5TH Mar, 4th Jun, 6th Aug, 3rd Dec)

Contact: Jess 0477 014 775

THE COMPASSIONATE FRIENDS (SA) INC

Monthly: 1st Wednesday 7.30pm-9.30pm

Tel: 0456 820 133

SUPPORT SERVICES - CONT

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

Tel: 8373 2225