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ADULT COMMUNITY EDUCATION

BASIC COMPUTERS FOR WORK
Monday: 9.30am-12.30pm
Tutor: Leanne Isaacson
Tel: 8373 2225
Non-accredited

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.

DEVELOP WORKPLACE COMMUNICATION SKILLS
Wednesday: 1.00pm-4.00pm
Tutor: Leanne Isaacson
Tel: 8373 2225
Non-accredited

ENGLISH CONVERSATION
To be advised – date and time dependent on demand
Tel: 8373 2225

ONE ON ONE COMPUTER HELP
Weekly: Thursday 9.30am & 10.15am
Cost: $5 per person (proceeds to Centre)
Tutor: John
Tel: 8373 2225
Book a 45 min session for help with your tablet, laptop or smartphone. Our volunteer, John, will assist you with any technology issue or question. Later sessions on a Thursday can be booked with Leanne (11.15am onwards)
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
Join those who share an interest in art. New members welcome to our very friendly group. Held fortnightly.

ART AROUND THE TABLE
1st & 3rd Wednesday of the Month 10.30am–12.30pm
Contact: Miranda
Tel: 0419 740 505
This free event offers friendship, morning tea, conversation and a chance to learn some new art skills. No experience required. Held fortnightly.

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 & PAainting
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-9.30pm
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 & QUILTING
Weekly:       Friday 9.30am-11.30am
Cost:         $5
Tel:          8373 2225

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

ART & ABILITY for people with a disability
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.

COMMUNITY COOKING
Monthly: 3rd Wednesday 11.00am-2.30pm
Tutor: Therase Wehbe Northeast Networks Coordinator
Social Inclusion - Uniting Communities
Tel: 0408 466 107

COMMUNITY GARDEN AND PLAYSSPACE
Tel: 8373 2225 for further information
Come along and enjoy the Centre’s garden. Volunteers welcome to work in the garden on a regular basis. The garden provides a space for all members of the community to enjoy and includes a playspace and little free library.
COMMUNITY CONNECTIONS - CONT

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.

MULTIMEDIA for people with a disability
Weekly:   Monday 1.00pm-4.00pm
Contact: Therase Wehbe NDIS Disability Support Coordinator Uniting
Communities
Tel:  8202 5291
For people interested in furthering their media skills with emphasis on
photography utilizing computers. Complimented each fortnight with an
outing to various activities and venues around Adelaide.
DANCE, DRAMA & MUSIC

ARPA BUSH BAND
Monthly: 2nd & 4th Tuesday (Band practice)
Contact: Jo Ryan
Tel: 8261 9056
New members welcome. Easy listening Bush Songs.

ASPARAS ARTs CLASSICAL INDIAN DANCE
Weekly: Friday 5.30pm – 8.30pm
Tutor: Somi Lindsay
Tel: 0401 734 532

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: Robyn Richardson
Tel: 8373 2225
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.

SIEMPRE TANGO
Weekly: Sunday 3.30pm-9.00pm
Contact: Michael Speck
Tel: 0407 615 900 www.seimpretango.net.au
Cost: $5 per session
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.
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

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.
HEALTH & FITNESS - CONT

STRENGTH, STRETCH & BALANCE
Weekly: Friday 11.30am–12.30pm
Cost: $5 per session
Tutor: Kye Ashden
Tel: 8373 2225
This class adds another dimension to the Stretch and Balance class incorporating the strength component with focus on improving your physical strength, flexibility and posture. Attention is given to the abdominal muscles, lower back, hips and buttocks. All activities can be adapted to your own ability.

STRETCH & BALANCE
Weekly: Monday 9.30am–10.30am
Cost: $5 per session
Tutor: Kye Ashden
Tel: 8373 2225
Stretch & Balance is designed to improve balance, flexibility and posture therefore increasing the muscles natural range of motion and tone. All activities can be adapted to your own ability.

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.

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

PLAYGROUP
Weekly: Friday 9.30am–11.00am (School terms)
Tel: 8373 2225
Playgroup is a group of mums, dads, grandparents and caregivers who meet together with their babies, toddlers and pre-schoolers (aged 0-6) for interaction and fun. All working together to provide opportunities to learn through play and connect with others.
SUPPORT SERVICES

ADULT CHILDREN OF ALCOHOLICS
Weekly: Wednesday & Friday 6.30pm-8.00pm
Tel: 8373 2225

CIRCLE OF SECURITY
Tel: 8373 2225 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

THE COMPASSIONATE FRIENDS (SA) INC
Monthly: 1st Wednesday 7.30pm-9.30pm
Tel: 0456 820 133
Offering friendship and support for bereaved parents and siblings.

WILLS ON WHEELS
Contact: Catherine Moyse - Mobile Solicitor
Tel: 8379 7030 or 0411 281 971