2019 COMMUNITY CENTRES ANNUAL PROGRAM
OUR COMMITMENT TO THE COMMUNITY

To develop vibrant and welcoming community hubs for connection and learning, inspiration and opportunity, celebration and collaboration.

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✪ Denotes Hirer Program not a Centre run program

The City of Unley is a vibrant network of neighbourhoods with plenty to offer its residents and visitors. This program aims to help you make the most out of living in the City of Unley area, by connecting you with the many community services and activities provided by Council through your local Community Centres.

Our Centres located at Clarence Park, Fullarton, Unley and Goodwood are easily accessible and friendly, each offering a huge array of activities for individuals, families, children and young people, older persons and cultural groups. Each Centre has its own unique history and character, shaped in part by the neighbouring residents and the identified needs and interests of the local community.

Our Centre staff are happy to discuss new ideas for programs, courses or initiatives for enriching life in your local community. Community members have the opportunity to be actively involved in the management and operations of each of our Centres.

Take time to get out and discover our village charm and city style at your local City of Unley Community Centres.

*Goodwood Community Centre – Please note, Goodwood Community Centre is managed independently by Goodwood Community Services. If you would like more information on the Goodwood Community Centre or wish to hire a space at the centre please visit goodwoodcc.org.au or phone 8272 7148.

Updates to the Annual Program

This is our Annual Program. Listings may be subject to change. For updates throughout the year, look out for us in the Unley Life magazine and the Eastern Courier Messenger, visit the Council website, find us on Facebook, or call our Centres for more information.

Wanting to come to one of our Centres but need help getting there? You might be eligible for the ‘door to door’ community bus service.

Eligibility: Residents of City of Unley who are frail aged, have a disability or is transport disadvantaged. Residents must be able to move independently without assistance.

For further information phone the Community Bus Coordinator on 8372 5131.
HEALTH, RELAXATION AND FITNESS

CLARENCE PARK COMMUNITY CENTRE

CHENG’S TAEKWONDO OHDOKWAN
Learn traditional and modern Olympic Taekwondo. Self defence and fitness.
Mondays and Thursdays, 6.30–8pm
Cost: Varied – please phone for rates for individuals and families
For more information phone Alan on 0431 302 577

THE WALKING GROUP
A social way to get fit. Walk to King William Road for a coffee, have a chat and on the way back enjoy the scenery. Meet on Canterbury Terrace at the Centre, near the grey seat.
Mondays and Thursdays, departing at 9am sharp!
For more information phone 8293 8166

FITNESS CLASSES WITH MARIA VOULGARAKIS
Tuesdays 9.15-10.15am - Aerobics, strength, endurance and stretching for the over 50’s.
Cost: $8/class
Tuesdays 10.30-11.30am - Foam rolling with trigger point massage incorporating full body stretching for all ages. Equipment provided, BYO mat
Cost: $14 casual/class or ask about term fees
Thursday 10.15-11.15am - Strength, training and stretching for all adult ages
Cost: $8/class
For more information phone Maria on 0400 718 100 or email mariavoug@y7mail.com

PERSONAL TRAINING WITH MARIA VOULGARAKIS
One on one or group of 2-4 personal training. Get a personalised exercise program, updated weekly to reach goals fast, plus an overall fitness plan.
Maria also specialises in the training of people with stabilised chronic conditions and the over 50’s.
Contact Maria on 0400 718 100 or email mariavoug@y7mail.com for individual or group rates

HATHA YOGA
General yoga for all levels of fitness.
Sat/Sun 8.30–10am
Cost: $15 casual or $80 for 6 sessions
For more information phone Sara on 0426 787 731 or email info@roshanaspirit.com or visit roshanaspirit.com

CONTEMPORARY DANCE … FOR SENIORS
A gentle, mostly chair based dance class designed to accommodate the needs of older people with varying levels of mobility and balance. This includes those with Parkinson’s or other movement disorders.
Fridays, 10–11.15am
Cost: $10 plus a donation to co-teachers jar
For term dates and further information phone Veronica 0402 235 592

MAINTENANCE YOGA WITH EVARISTO
Based on Hatha Yoga, Maintenance Yoga includes warm ups, posture work, relaxation, breath control and meditation. A fitness class suitable for everyone. Work at your own pace. Bring yoga mat, blanket and water.
Wednesdays and Fridays, school terms 10.30–11.30am
Cost: $5 per session
For more information contact Evaristo on 0410 354 240

MOVE THROUGH LIFE Dance Class for Adults
Do something for yourself! Dance classes where adults of all ages come together to share a mutual love of dance, music and laughter.
Wednesdays - 5.45pm Mature Dance, 7pm Beginner Jazz and 8pm Intermediate Jazz
For costs and particular class times or further information phone Anne on 0408 240 772 or email: info@movethroughlife.com.au or visit movethroughlife.com.au

ONENESS & ONE WORLD ACADEMY
Oneness & One World Academy is a wisdom philosophy and meditation school in India. Every week we discuss teachings, meditate and receive Oneness blessings.
Mondays, 9.30-11.15am (except school holidays)
Cost: $10
For more information contact Jane Whiting on 0431 921 246 or email janewhiting11@gmail.com or visit ooacademy.com

TRANSMISSION MEDITATION SHARE INTERNATIONAL AUSTRALIA
Transmission meditation is a scientific, non-denominational activity whereby participants transmit powerful spiritual energies. There are no fees or memberships.
1st Sunday of the month, 6.30pm talk and 7.30pm meditation (Except January)
Cost: Free
For more information phone Antonio on 0429 582 209 or visit transmissionmeditationaustralia.com.au or shareinternational.org.au

STRENGTH FOR LIFE
In partnership with the Council of the Ageing (COTA), Strength For Life (SFL) promotes health and wellbeing in the over 50’s through progressive strength training. It improves balance, increases muscle strength and endurance, and improves balance and cardio. SFL is one of South Australia’s most successful preventative health programs for the over 50’s.
Mondays 1st class 9.15–10.15am
2nd class 10.15–11.15am
3rd class 11.30am–12.30pm
Thursdays 1st class 9–10am
2nd class 1.15–2.15pm
Cost: One off personal assessment fee of $30 then $7 per session/class.
For more information phone 8293 8166

ZUMBA® FITNESS
Fun dance fitness to latin and world music. All fitness levels catered for!
Note: Participants must be 18+ years old.
Tuesdays, 6.30pm
Cost: $12 per casual class or $110 for a 10 class pass
For more information phone or text Bridget on 0408 347 229 or just rock up and join the party.
Facebook: Zumba Fitness with Bridget
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Thursday 7–10pm
Fridays 10am–1pm
Cost: Contribution of $5 or more
For more information phone the Reiki Centre on 8373 5566 (please leave a message and we will ring you back)

ADELAIDE WING CHUN KUEN
Our club encourages a friendly, mutually supportive environment.  Wing Chun Kung Fu is a powerful, combative martial art, but training is not harsh or aggressive.

Tuesdays 7.45–10.15pm
Cost: $15 per class
Martial art, but training is not harsh or aggressive.

ADELAIDE USUI REIKI CENTRE
For more information phone Annie O'Grady on 0448 338 289

Cost:  on request; concession available
Days 9.30am to 5.30pm.  Evenings 6.30 to 9pm
30; October 18 (evening) 19 & 20
Level 1: March 2 & 3; June 1 & 2; September 21 & 22
Level 2: 26 March, 1 May, 9 June, 7 July, 16 August, 20 September, 18 October
Cost: Free - bookings and assessment essential
For more information phone Noela on 8388 5391

JOSIE HUPPATZ COUNSELLING SERVICES
Counselling available to assist in developing interpersonal skills, a positive sense of self and self-confidence as well as support in times of crisis, grief and transition.

Tuesdays and Fridays by appointment
8.30am–6.30pm
Cost: $14 per person
For more information phone 0417 867 094 or email josiehup@bigpond.com

KIN FOUNDATION PILATES
This class will teach you how to build resilience in your body from the inside out. By learning the principles of dynamic core alignment you will create a solid foundation that naturally leads to optimal performance in sport and life.

Mondays 7.30–9.30pm
Cost: $9 per class
For more information phone Sharon on 0458 678 523

NOELA MALETT COUNSELLING SERVICES
Counselling and psychotherapy for depression, anxiety, grief and loss, relationship issues.

By appointment
Consulting hours 8am–5pm
Mondays, Wednesdays, Thursdays
Cost: negotiable
For more information phone Noela on 8388 5391 or 0431 985 915 or email noela@kern.com.au

PETER HILL – COUNSELLING SERVICE
Nutrition counselling for weight loss and fussy eaters.  General counselling for anxiety, depression, grief and loss.

Myeloma Support Group that meets every 2 weeks and provides support and information by guest speakers for patients and carers.

Tuesdays 5 February, 2 April, 4 June, 6 August, 1 October, 3 December, 10am–12noon
Cost: Free
For more information phone Ian on 8556 6041 or email noela@kern.com.au

NOELA MALETT COUNSELLING SERVICES
Counselling and psychotherapy for depression, anxiety, grief and loss, relationship issues.

By appointment
Consulting hours 8am–5pm
Mondays, Wednesdays, Thursdays
Cost: negotiable
For more information phone Noela on 8388 5391 or 0431 985 915 or email noela@kern.com.au

TAOIST TAI CHI SOCIETY OF AUSTRALIA INC
Tai Chi for health and well-being that is suitable for people of all ages and fitness levels. A volunteer, non-profit and charitable organisation, founded by Master Moy Lin-Shin. New beginner classes and short courses start throughout the year. Please check website for dates.

Mondays 9.30–11am Beginners and 11am–1pm Continuing
Tuesdays 6–8pm Start Anytime Beginner Class
Thursdays 6–8pm
Cost: See website for details
For more information phone Ken on 0414 863 360 or email adelaide@taoist.org or visit taoist.org.au

YOGA WITH KRISTEN
Focused on a relaxed pace and a simpler approach to postures, breathing and guided relaxation.  Relax your mind, increase energy, and reduce stress. Suitable for all levels. No full inversions will be included in this class.

Thursdays 7–8.30pm
Cost: $13
For more information, contact Kirsten on 0449 093 907 or email kirsten.alderson@gmail.com
UNLEY COMMUNITY CENTRE

CIRCUIT COOKING 101
Have you heard about or enjoyed the delicious meals served at the Unley Community Centre’s Circuit Café? Would you like to learn how to cook some of the favourites at home? Here is your opportunity to get your hands on those recipes, whilst learning valuable tips and tricks from our very own cook and Circuit Café Coordinator, Chloe. Monthly classes on a variety of topics and easy, affordable and tasty dishes.
1st Thursday of every Month 1:30–3pm
Cost: Free
Bookings essential.
For a copy of the monthly program or to make a booking contact 8372 5128

FITNESS OVER FIFTY
Group exercise class guaranteed to get you moving and the pulse up. Includes aerobic exercises, light weights and mat/ floor stretches.
Thursdays 6:30–9.30am
Cost: $8 per class
For more information phone Venton 0402 608 993 or email venton.cook@aapt.net.au

FITNESS WITH DOUG
Come and join this class, which combines fun with fitness. Increase your flexibility, balance, strength and coordination through challenging cardio and strength exercises. Suitable for varying fitness levels.
Wednesdays 11am–12noon
Cost: $8 per class
For more information phone Doug on 0413 456 898 or email dougsmart2@gmail.com

THE FELDENKRAIS METHOD J
- Flexible Mind, Flexible Body
Like to improve your flexibility, balance, coordination, breathing and posture? Join our gentle and profound awareness through movement classes. Let go of old habits and refresh yourself.
Thursdays 10–11am (school terms only) evening class may be available, please enquire
Unley RSL Hall, 29 Arthur St, Unley
Cost: $17.50 per class, $17 Concession
For more information phone Susan on 0423 258 015 or email susanfraser3@bigpond.com or visit feldenkrais.org.au

HAND MASSAGE
Indulge in a therapeutic 20 minute hand massage. An ideal service for arthritis sufferers.
Tuesdays fortnightly 9.30am – 12noon, by appointment only
Cost: $4
For more information phone 8372 5128

INDOOR BIAS BOWLS
Join in a game or two of indoor carpet bowls. Meet people, get active and have fun with this non-competitive, social activity suitable for anybody and everybody.
Fridays from 1pm
Cost: Free
For more information phone 8372 5128

LET’S DANCE
Experience the joy that dancing brings. Friendly and fun group. Members enjoy a variety of ballroom dances each week, including Blue, Circular Waltz, Old Style Waltz, Quick Step and Tango. Partners not required and assistance available to beginners.
Wednesdays 10am–12.30pm
Cost: $4
RSL Hall, 29 Arthur St, Unley
For more information phone 8372 5128

PODIATRY
Podiatry services - general foot care, nail care, callus, footwear education and treatments. A reasonably priced service for anyone finding it difficult to maintain their own feet.
Tuesdays every 8 weeks, 12.30–4.30pm by appointment only
Cost: Initial consult $50, subsequent appointments $40
For more information contact Clement Ting 0433 527 570 or email clement.ting@live.com

SENIORS EXERCISE GROUP
Enjoy a class of exercise to fun music. A mixture of low impact aerobics, light weights, stretch bands, small ball workout, stretching and relaxation. All exercises adaptable to your own pace and ability.
Mondays 9:15–10.15am
Fridays 10.15–11.15am
Cost: $9
RSL Hall, 29 Arthur St, Unley
For more information phone Rosalie on 0403 491 151 or email rose_leea@yahoo.com.au

HEALTH, RELAXATION AND FITNESS
SOUTHERN CROSS TANGO ✪
Fun, inclusive weekly Argentine dance classes for adults on Monday evenings. Beginner class at 7pm includes practical (social dance practice) followed by open level class at 8.30pm. All welcome, tango for health and wellbeing!
Mondays 7–8pm Beginner Class, 8.30–9.30pm Open Class
Cost: $20 per class, $15 concession rate. $120 for 8 week course.
RSL Hall, 29 Arthur St, Unley
For more information contact Adrienne Gill 0419 309 439 or email sctango@bigpond.com or facebook.com/SouthernCrossTango or southerncrosstango.com.au

STRENGTH FOR LIFE
In partnership with the Council of the Ageing (COTA), the Strength for Life Program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance, and improve balance and cardio. Classes are also a great way to have fun and meet new people at the same time.
Mondays 8.30–9.30am and 9.30–10.30am
Tuesdays 8.30–9.30am
Wednesday 2–3pm
Thursday 2–3pm
Fridays 8.30–9.30am
Cost: $7 plus one-off assessment fee of $30
Bookings essential - please note waiting list may apply
For more information phone 8372 5128

STRENGTH FOR LIFE AQUA (formally Aquacise)
The Strength for Life Aqua program promotes strength training as a suitable and highly beneficial exercise for the over 50’s. Participants engage in strength and balance training designed to build cardio, strength and resistance, all while being easy on the joints and in a cool and relaxing atmosphere.
Mondays and Wednesdays 11.15am–12noon
Cost: $7
For more information contact Stateswim Unley on 8372 4477

STRETCH AND FLEX ✪
Chair based exercise class. Gently stretch the body from head to toe.
Fridays 8.45–10.45am
Cost: $8 per class
For more information phone Venton 0402 608 993 or email venton.cook@aapt.net.au

TAI CHI
Tai Chi is a series of slow, controlled movements or postures designed to improve posture, flexibility and strength. Gentle, relaxing and therapeutic, Tai Chi is an effective exercise for all ages and abilities to reduce stress and improve general health and well-being. Beginner, Intermediate and advanced classes run weekly on Thursdays at the Unley Community Centre by Moving Meditation.
For more information on timing and costs phone 8372 5128
Please note waiting list may apply

TRADITIONAL YOGA ✪
Traditional Kriya and Hatha style yoga with meditation to help the community.
Monday and Thursday 7–8.30pm
Cost: donation
For more information contact Raj Pandey 0422 367 837 or email rppandey@isg@gmail.com or visit rajkriyayoga.com.au

‘USE IT OR LOSE IT’ ✪
When we grow older our body system changes and we tend to lose mass weight and bone density. To maintain these we have to use our muscles to their max.
Fridays 8.30–9.30am
Cost: $8
RSL Hall, 29 Arthur St, Unley
For more information phone Saroj on 0469 376 022

UNLEY EXPLORERS WALKING GROUP
Enjoy a leisurely, social walk through the streets of Unley with likeminded locals. We welcome people, pets, prams, walkers, gophers and wheelchairs. Leaving at 8.30am sharp from Unley Community Centre every Tuesday.
For more information phone 8372 5128

WEIGHT WATCHERS ✪
Motivational group weight loss coaching sessions.
Wednesdays 12.30–1.30pm and 6–7pm
Cost: Visit website for joining options
For more information contact Jo-Anne Curtayne on 0437 502 852 or email jcurtayne@weightwatchers.com.au or visit weightwatchers.com.au

YUET FEI GROUP (MARTIAL ARTS) ✪
Group learning and practicing, this traditional Chinese martial art is focused on improving health and wellbeing through physical exercise.
Wednesdays 7.30–9.30pm
Cost: $40 per month
For more information contact Christopher Chong 0412 168 459. or email cchong@chongandco.com.au

YOGA ✪
Increase your health and wellbeing while becoming more flexible, strong and balanced. Improve your posture and calm your mind with yoga poses, stretches and relaxation.
Wednesdays 8.45–10am
Cost: $8
For more information phone Leonie on 0417 832 477 or email leonie.leate@gmail.com

YOGA AND MEDITATION ✪
Concentrate and relax the body, mind and soul. Learn the eight steps of Patanjali Yoga from experienced instructor Saroj Suri. Enjoy the benefits of increased calmness, lowered stress and anxiety levels.
Saturdays 8.30–10am
Cost: $8
For more information phone Saroj on 0469 376 022
CLARENCE PARK COMMUNITY CENTRE

ANCIENT EGYPT STUDY GROUP ✪
Study of all aspects of Ancient Egyptian society and culture.
1st Tuesday of the month Ancient Egypt Study Group
7–9.30pm
3rd Tuesday of the month Hieroglyphics Group
7.30–9.30pm
Cost: $35 per session or $50 for both sessions
For more information phone Andrew on 0421 018 378

RAJSA CENTRAL GROUP OF JUSTICES OF THE PEACE ✪
The Central Group JPs meet for formal and informal training and discussion of changing demands on their duties, new legislation and any issues which have arisen in the delivery of their services.
Thursdays 7–9pm
17 Jan, 21 March and 18 July
Cost: $7 per year membership
For more information phone David on 0418 803 312

KUMON BLACK FOREST EDUCATION CENTRE ✪
Individualised Maths and English programs for students of all ages and abilities.
Mondays and Thursdays, 3.30–7pm
Cost: $140 per month per subject plus enrolment fee $100
For more information phone Irene on 0430 554 044

FULLARTON PARK COMMUNITY CENTRE

ENGLISH LANGUAGE CLASSES
Is English your second language? Need help learning to read, speak and write in English?
These friendly classes may give you greater confidence in speaking English, learning about Australian culture and making new friends.
Tuesdays and Fridays 10am–12noon (school terms only)
Cost: $4 per session; $20 for a 10 class card; $35 for a 20 class card
For more information phone 8372 5180

LEARN TO PLAY MAH JONG
Four week course facilitated by Jill Lea. Registrations of interest taken and course offered when we have 20 participants. Bring your own Mah Jong set if you have one. Please contact the office to register.
Cost: $50 or $30 concession
For more information phone 8372 5180

MAH JONG SCORING MADE SIMPLER
Join us for an enjoyable afternoon game of Mah Jong with lots of tips for how to make scoring easy. Registrations of interest taken at the office. Class will be offered when we have enough interest.
Cost: $7 or $4 concession
For more information phone 8372 5180

RMT MANAGEMENT – MODELLING AND FILM ACTING WORKSHOPS
We are an actor, model and commercial talent agency that trains children and adults for professional bookings in the film, commercial and fashion industry.
Sunday Workshops: 31 March, 16 June, 15 Sept
9am to 5pm
Workshops are also run during the School Holidays
For more information phone Angie on 0413 580 982 or email angie@rmtmanagement.com

UNLEY COMMUNITY CENTRE

ACTIVE AGEING HEALTH AND WELLBEING WORKSHOPS
Ageing is a cause for celebration in the City of Unley. Our people are living longer and healthier. We want our residents to live fulfilled lives throughout their lifetime and for the City of Unley to be a great place to age. The Community Centres are central to the City of Unley being an age friendly city.
Monthly workshops are run at the Unley Community Centre and are designed to provide useful information to our older community members on a range of topics. The workshops emphasise prevention, planning ahead and strategies to stay healthy and happy.
3rd Monday of each month 1pm-2.30pm
Cost: Free
For a copy of the program, to make a booking, or for further information please contact the Centre on 8372 5128.
CLARENCE PARK COMMUNITY CENTRE

CRAFTERNOONS ✪
Have you been bitten by the craft bug? Come for a chat, a laugh and share ideas, experiences and learn new skills while you work on your individual craft project. Enjoy the companionship in a creative environment. It’s fun and informal. New members are always welcome.
Wednesdays 1–3pm
Cost: $2.50 includes afternoon tea
For more information phone 8293 8166

JUST STRINGS ✪
This is a group for adult string players.
Our aim is to enjoy an easier level of music making with orchestral string instruments. A suggested minimum standard would be Grade 2 (AMEB).
Mondays fortnightly 7.30–10pm
Cost: $20
For more information phone Chris on 0402 065 690

SINGING LESSONS ✪
Come and learn to sing in a fun and exciting way. Stephania has a Bachelor in Music (Voice) and is a Graduate Diploma in Education. Learn all singing styles using proper techniques in a secure non-threatening environment. Open to all ages.
Cost: Half hour - $28, Full hour - $47 Adults, $42 Students
Contact Stephania for available times on 0412 344 269 or email stephania.gates@hotmail.com
Stephania also starting up new group.
Contact Stephania for dates and times.

CHORI SINGING ✪
Stephania is an experienced singing teacher, teaching all ages and all styles. Come and join this free community choir, practicing Tuesday nights 6–7pm
Contact Stephania on 0412 344 269 or email stephania.gates@hotmail.com

FULLARTON PARK COMMUNITY CENTRE

CLOTH DOLL CLUB OF SA INC ✪
Support information classes regarding making cloth dolls. For people who are interested in textile and related arts and crafts.
Show and tell, mini workshops.
Sundays 3 February, 7 April, 2 June, 4 August, 29 August, 1 December 11am–3pm, 4 and 5 May 9am–4pm
Cost: $25 annual fee, $6 per meeting
For more information phone Christine on 0419 823 784 or email christinehoward2@gmail.com

DRAWING/PAINTING: FUNDAMENTALS AND ADVANCED
All in one oil, acrylic and watercolour course in a relaxed atmosphere for a 3 hour class over an 8 week period. Joe offers individual guidance in your ways of practice and has over 10 years experience in lecturing drawing, painting and photography in art schools. Joe has sustained his arts practice in Australia and overseas since 1980 and his work is in many museum collections. Joe has diverse experience in contemporary portraiture, abstraction and representational art and has also been shortlisted for the Doug Moran Prize for portraiture and the Dobell Prize for drawing.
Term commencement dates: 5 February; 30 April; 23 July; 15 October
Tuesdays 5.30–8.30pm; 8 week terms
Cost: $300 per term
For more information phone Joe Felber on 0414 088 266 or email jfelber@ozemail.com.au or visit joefelber.com

SARAH MCDONALD’S ART SCHOOL ✪
Sarah McDonald’s Art School offers a series of short courses run by successful exhibiting artist and fully qualified art teacher, Sarah McDonald. Under her guidance you will learn the techniques and develop the skills and confidence you need to create your own works of art.
Sarah’s aim is to provide a stimulating, fun and non-threatening environment to encourage freedom of expression with no fear of failure. Class sizes are small to ensure a high level of teacher interaction and to cater to individual levels of ability and areas of interest. All courses are run in nine-week blocks coinciding with school terms.
Choice of 7 session times:
Mondays 7–9.30pm
Tuesdays 9.30am–12noon or 12.30–3pm
Wednesdays 9.30am–12noon or 7–9.30pm
Thursdays 9–11.30am or 12noon–2.30pm
Cost: $480 per term includes all materials except canvases. $420 bring your own materials.
For more information phone Sarah on 0402 263 913 or email studio@s-mac.com or visit s-mac.com

SA DOLL GUILD ✪
For people interested in the making of porcelain and reborn dolls. You are welcome to come along and learn the art of doll making.
1st Sunday of the month February; April; June; August; Oct; Dec 1–4pm
Cost: $5
For more information phone Jackie Bond 8398 0423 or 0415 503 730 or email jjaki007@bigpond.com

SOPHIE DUNLOP ART CLASSES ✪
A relaxing Saturday afternoon art class. Students work on class projects that build foundation skills and develop self-expression. We work with different media including oils, watercolour, gouache and pastels.
Saturdays 1.30–4pm
Cost: $300 for 8 weeks
For more information phone Sophie Dunlop on 0403 688 077 or email sophiedunlop2012@gmail.com or visit sophiedunlop.com
**TUESDAY STITCHERS**

We are a group of friends who have stitched together for a long time. We like tackling all types of embroidery, knitting, crocheting, patchwork and using various textiles. We share ideas, skills and our love of needle craft. New members welcome.

Tuesdays 10am–3pm; commencing 22 January to 10 December
Cost: $3 per session
For more information phone 8372 5180
or contact Claire Edwards 8271 5317
or email claire@besakih.com.au

**CREATIVE PURSUITS**

**UNLEY COMMUNITY CENTRE**

**CRAFT CORNER**

Enjoy learning or sharing in a variety of crafts. The craft workshops change monthly and are suitable for beginners through to advanced, with guidance and support provided by our experienced tutor.

3rd Tuesday of each month 12.30–3.30pm
Cost: $5 per workshop includes afternoon tea
For a copy of the program or further information phone 8372 5128

**DRAWING AND SKETCHING**

Classes involve a traditional approach to still life drawing of 3D objects and varying experimental exercises. Support and guidance provided by an experienced tutor. Bring your own 2B pencil, eraser, sketch book or paper.

Tuesdays 12.30pm–3pm
Fridays 10am–12noon
Cost: $7
For more information phone 8372 5128

**PAINTING WITH ACRYLICS**

Our experienced tutor will help you discover and develop your hidden talent. Working with acrylic paints; learn about colour mixing and simple painting techniques in a relaxed environment. Students will need to provide some of their own equipment. More information provided upon enrolment.

Tuesdays 1–3.30pm
Cost: $7 per session
For more information phone 8372 5128

**NEEDLE CRAFT (Knit n Natter)**

This friendly and informal group enjoys a chat whilst learning and sharing the skills of various needle crafts. Participants work on individual projects, with support and companionship from fellow group members and our experienced tutor. Create keepsake items or treasured gifts for family and friends.

Tuesdays 9.30–11.30am
Cost: Free
An affordable morning tea is available to participants.
For more information phone 8372 5128

**PAINTING WITH WATERCOLOURS**

Learn the art of painting with watercolours in a relaxed and friendly environment. Our award winning tutor will guide and support you at every step enabling you to discover your artistic potential.

Mondays 1pm–3pm
Thursdays 10.30am–12.30pm and 1pm–3pm
Cost: $7 per session
Bookings essential
For more information phone 8372 5128
CHILDREN AND FAMILIES

**CLARENCE PARK COMMUNITY CENTRE**

**CHILDCAFE**
Are you looking for childcare that is occasional or regular, but not full time? Our seasonal childcare is for children from two years to five years of age. In a community setting, our licensed childcare and large garden is purpose built. Our program is based on imaginative and creative play. Children bring along fruit for a shared morning tea and their own lunch. Visits welcome. Bookings essential.
Tuesdays to Fridays, 8.30am to 1pm
Cost: $32 per session (concession discounts available)
For more information contact the Centre on 8293 8166

**FAIRIES & ELVES DANCE CLASS**
Ballet based dance class for 2.5 – 5 year olds. Teaching fundamental elements of ballet and dance, improving muscle strength, coordination and musicality.
Tuesdays, School Terms 1-1.30pm and 1.30-2pm
Cost: $30 per term
For more information phone
Carisma Dance & Fitness on 8212 4820
or email carisma@carismadancefitness.com.au
or visit carismadancefitness.com.au

**KINDERMUSIK BY MINI MUSIC MAKERS**
Sing, dance, move, play and learn. Early music education and fun for newborns to 7 year olds.
Fostering language, listening, problem solving skills and creativity. Small friendly classes.
Mondays to Thursdays, various sessions
Cost: $90 per term
For more information phone
Carisma Dance & Fitness on 8212 4820
or email carisma@carismadancefitness.com.au
or visit carismadancefitness.com.au

**PLAYGROUP**
Held in our Childcare area with a Playgroup leader. This is a chance for caregivers and children to have fun together and to meet others from the local community. Well-equipped play area with excellent resources, including a garden playground. New families are always welcome.
Mondays, 10am-12noon school terms only
Cost: $5 per family to play plus Playgroup SA membership
For more information phone 8293 8166

**KIDS MARKET**
The chance for kids to sell to kids is on again. Stalls are available. Make sure you put us on your calendar for a fun, cheap holiday activity for your children to get some bargains at great prices! Specifically designed for children sellers only. Bookings for stalls open 6 weeks prior to Market date.
(Note: Adults wanting to sell their own wares please contact the Fullarton Market)
13 April and 5 October 10am to 12noon
For more information phone 8293 8166

**SCHOOL HOLIDAY PROGRAM**
Different activities are scheduled for April, July and September/October holidays.
Cost: Varies
For more information phone 8293 8166

**SKATESCOOL – ROLLER DISCO PARTIES**
**FULLARTON PARK COMMUNITY CENTRE**

Hold a private roller disco for you and your friends. Party has laser lights, disco music, skate instructor with a mini lesson. We play games and your guests will have loads of fun.
For more information phone Matt on 0403 223 177
or email info@skatescool.com.au
or visit skatescool.com.au

**WHEELIE KIDS PARTIES**
Action packed race car parties. Battery powered jeeps and quad bikes for kids 2-10yrs. Fun filled parties guaranteed to keep the kids entertained. Plenty of room for adults to stay. Come to us or we come to you.
We now have HOT LAPS public sessions too!
For dates and times phone Wheelie Kids on 0414 725 752
or facebook.com/wheeliekidspartiesandevents
or visit wheeliekids.com.au

**CHILD & YOUTH HEALTH SERVICES**
(Located in cottage at rear of 411 Fullarton Road, Fullarton)
Driveway access from Fisher Street entrance.
For all appointments with C&YH Nurse contact Norwood Regional Office 8362 5422
24 hr Parent helpline: 1300 364 100
Visit cyh.com

**CHILDREN’S BALLET AT FULLARTON PARK**
The aim of these classes is to enable students to develop the poise, discipline and other benefits of ballet, in a caring environment without the pressure of exams, competitions and concerts.
Wednesdays after school during school terms 4:15–6:15pm
Cost: $110 for Tots; $120 for ballet - per term
For more information phone
Judi on 8379 4551 or 0401 242 959
or email moggidance@hotmail.com

**KIDS ART CLASSES**
These classes provide an enjoyable way to learn and play creatively with a wide range of art and craft activities. Benefits include: learning new art processes and techniques; exploring creative ideas and problem solving skills; developing self-expression, nurturing imagination and trusting intuition.
Wednesdays 4–5.30pm (School Terms Only)
Saturday 10–11.30am (School Terms Only)
Ages 5-12 years
Cost: $18 per child for 9 week term; family concession of 10% for more than 1 child. All art and craft materials supplied. Children should wear a smock or suitable painting clothes.
For more information contact the Centre on 8372 5180

**PLAYGROUP**
Held in our Childcare area with a Playgroup leader. This is a chance for caregivers and children to have fun together and to meet others from the local community. Well-equipped play area with excellent resources, including a garden playground. New families are always welcome.
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Ages 5-12 years
Cost: $18 per child for 9 week term; family concession of 10% for more than 1 child. All art and craft materials supplied. Children should wear a smock or suitable painting clothes.
For more information contact the Centre on 8372 5180
**FREE PARENT EDUCATION SEMINARS BY MARK LE MESSURIER**

Free Parent Education Seminars presented by Mark Le Messurier who is a well-known teacher, councillor and author of 12 books.

**Seminar 1: Monday 25 March**

Everyday Ideas to build healthy, RESILIENT YOUNG PEOPLE. The term resilience is used in mental health to describe a person's capacity to cope with changes and challenges, and to bounce back, optimistically, during difficult times. The focus of Mark's work, and this very practical seminar, is to show parents how to be the resilience coach for their children. Resilience is such a prized quality as it positions each of us for the inevitable challenges that await us in the future. There is so much we can do to steer our children in healthy, more resilient directions. So, come on, take the challenge, let's explore what you can realistically do to improve your children's happiness, resilience and mental health.

**Seminar 2: Monday 24 June**

What is ‘Social and Emotional Literacy’ (SEL)? How do I teach it as a parent or a teacher? Showcasing ‘What’s the Buzz’ as a proven, global approach to teach SEL. Here in Australia there is a wind of change. Once, the Australian curriculum was packed with teaching the ‘hard skills’ to students: reading, writing, mathematics, science, digital technology, and so on. Now, a new capability has emerged - the ‘soft skills’ - our ability to organise our lives to recognise and manage our own emotions, and the emotions of others. Come along to an interactive session packed with fun, friendship and learning. This 90-minute session offers a practical glimpse into ‘What’s the Buzz’ now in more than 100 countries and proven clinical research to underpin ‘social and emotional literacy’. Social and Emotional Literacy is at the heart of what makes us human. These skills allow us to navigate our way successfully in relationships, in families, in classrooms in the workplace and as citizens in the community.

**Seminar 3: Monday 26 August**

The "ART" OF USING EMOTIONALLY CONNECTING LANGUAGE PATTERNS WITH OUR KIDS, ESPECIALLY DURING TRICKIER TIMES! Once upon a time, it was usual for parents and teachers to behave poorly towards children to get improvements in their attitude and behaviour. Yet, even today, verbal and emotional unkindness (even mistreatment) remains high on the agenda for too many frustrated adults as they try to manage the misbehaviour of children at times. I think the ‘art’ of being emotionally poised and developing truly constructive language patterns is one of our final frontiers - whether it is at school or at home. How about you? When you discipline or redirect the kids, how do you do it? Have you developed a language style that is not nasty, and does not hurt or humiliate the kids? Are you able to step aside from your own emotion, and stay poised, when problems occur? Are you able to use words (not too many) that truly assist in a constructive manner? Whether it is at school or at home, how about you when you discipline or redirect the kids? Have you developed a language style that is not nasty, and does not hurt or humiliate the kids? Are you able to step aside from your own emotion, and stay poised, when problems occur? Are you able to use words (not too many) that truly assist in a constructive manner?

**Seminar 4: Monday 28 October**

Family, rules responsibilities and follow through. How does this work? This workshop is divided into halves. In the first half, I've prepared a short presentation around the idea of why we have and how we might develop ‘rules’ or ‘values’ or ‘expectations’ at home by way of setting the scene. I want to explore concepts as; Family Mission Statements, Family meetings, keeping to rules/understandings and the value of family mottos as well as how we can apply these. As I do this, have your pens and paper at the ready and write any questions, thoughts or contributions that pop up. Then, in the second half, let's talk. Let's chat about what I've presented and tease it out. I'm happy for you to introduce a few random ideas too, because the idea is for a thoroughly interactive time! Note: Maximum group number for this workshop is 30.

Times: 7–8.30pm
Cost: Free; bookings essential on 8372 5180 or visit marklemessurier.com.au

**FREE PARENT EDUCATION SEMINARS BY MADHAVI NAWANA-PARKER**

Free Parenting education seminars presented by the very popular and well respected Madhavi Nawana-Parker.

**Seminar 1: Monday 27 May**

ANXIETY

Madhavi will teach simple, practical ways to help children cope better with anxiety and stress. Madhavi’s ideas will encourage happiness, resilience and wellbeing in your family.

**Seminar 2: Monday 23 September**

HELPING YOU STAY CONNECTED WITH YOUR CHILD IN A FAST PACED, CHANGING WORLD…

This practical workshop will look at simple ways to keep family life happy, resilient and stable in a fast paced, changing world. Parents are facing new challenges like device use, social media addiction, online bullying and more which can impact on the family’s mental health and wellbeing. This workshop looks at how to stay connected to your child or teenager despite everything that is going on around them. Connected families build happier, more resilient and successful young people of the future.

Times: 7–8.30pm
Cost: Free; bookings essential on 8372 5180 or visit marklemessurier.com.au

**PARENT INFORMATION AND DISCUSSION GROUP**

Parents will have the opportunity to attend a series of personalised parenting sessions with Mark Le Messurier through 2019. Each month Mark will briefly present a different topic to an intimate group (upper limit of 15) people. Then, participants will have plenty of time for discussion on the topic, plus any other issues you wish to raise. You may book into one, a few or all 9 mornings. These are free of charge, but if you reserve a place we’d ask you to do your best to attend. Please note that we are unable to cater for children in the group.

**Last Wednesday of the Month (excluding Jan, April & Dec)**

Time: 10am–12noon
Cost: $2 if you wish to have tea or coffee

For more information phone 8372 5180 or visit marklemessurier.com.au

**RMT MANAGEMENT**

RMT Management runs School Holiday workshops in grooming and deportment, film acting and drama. We are an agency that represents models, actors and commercial talent for work in the fashion, commercial and film industry.

School Holidays and various Sundays
Cost: various fees
For more information phone Angie Christophel on 8394 2574 or email angie@rmtmanagement.com

**SCHOOL HOLIDAY PROGRAM**

Recreational workshops for kids aged 5-14 years in the April, July and September/October holidays. We create a program each time featuring new stuff and some favourites. Are you on our SHP mailing list? Flyers issued prior to each school holidays.

Bookings are essential.
For more information phone 8372 5180

**PARENT INFORMATION AND DISCUSSION GROUP**

March 27: How to Build Better Behaviours in Children. Is it a case that some children are ‘spirited’ and that’s that, and there’s not much you can do? Or, is there an ‘art’ to build the behaviours you want?

May 28: ‘ART’ of Managing Tricky Behaviours and Slowly Extinguishing Tantrums. Is there a way to manage the kids so you never need to threaten, nag or lose it? And, is there a way to phase-out tantruming behaviours in children?

June 26: Sibling Rivalry. Why do they fight so much? Why does it get to me? Is it normal? When does ‘sibling rivalry’ become ‘sibling abuse’? What can I do to steer their fighting in more positive directions?

July 31: Get Off that Computer, Now! Savvy ideas to balance the use of screens because it’s a huge issue in many families. What’s the difference between being a ‘screen Nazi’ and helping kids to manage screen time? How do you do it?

Aug 28: “Mum, I’m Bored”; “Mum, I’m Sad”; “Mum, I hate you”; “Mum, I’m upset”. Are these feelings okay? Are they normal? How do you deal with them? Are there emotionally healthier approaches worth considering? How do you teach ‘emotional flexibility’ and ‘going with the flow’?

Sept 25: Navigate the Morning Rush or Evening Mayhem. Simple, effective ideas to organise your way to a better morning routine. Do you believe there’s a better way to do it? I do. Let’s work on it together.

Oct 30: Mealtime Madness. Ideas to improve mealtime connections. Is dinner all about eating the food? What may be far more important?

Nov 27: Friendships: How important are my child’s friendships? Is it true that the quality of a child’s friendships will seriously determine their behaviour, self-esteem and mental health? What should I be doing?
“WHAT’S THE BUZZ?” SOCIAL SKILLS TRAINING

Social skills and friendship 16 week program for children and teens aged 6-15 years. Older program also available.

Mark Le Messurier Classes
Tuesdays and Thursdays 4pm and 5pm
For more information phone Sharon on 8332 0698
Email mspalm@bigpond.com or visit “What’s The Buzz”

Noni Le Messurier Classes
Monday to Thursday 4pm and 5pm (45 minute sessions)
For more information phone Noni Le Messurier on 0411 343 574
or email noni@nonilemessurier.com.au
or visit nonilemessurier.com.au or whatsthebuzz.net.au

SOUTH AUSTRALIAN YOUTH ARTS THEATRE CO. (SAYarts)
Theatre making classes for 5-25 year olds - trusted, fun, empowering, youth focused led by Adelaide’s best youth-theatre professionals. Full of games, improvisation and play. Some classes have production outcomes.
Various classes and times in Unley, check the website for further details.
Cost: Various
For more information contact Rebecca Pannell on 0400 202 399
or email bec.pannell@sayarts.com.au
or visit sayarts.com.au

CHILD’S SPACE AT ABILITIES AWARENESS

In Child’Space classes you will learn specific touch and guided movement sequences to influence and optimise your child’s physical and cognitive development.
Wednesdays 1pm
Cost: $25 per session
Located at Unley RSL Hall, 29 Arthur Street, Unley
CLARENCE PARK COMMUNITY CENTRE

THE SHED (Workshop)
Share your talent, learn new skills or revisit and hone your old ones! Make friends in this safe and friendly environment. Perfect for the over 50’s (men and women), who would like to contribute to this much needed service.
Using new and recycled timbers, come and make new items, up-cycle old items, create brand new wooden toys or repair well loved ones. This Shed is well utilised by early childhood organisations such as kindergartens or childcare centres to repair or create new toys for their children. Morning tea included. No skills necessary. Please contact us if you wish to have items repaired or made.
Mondays, Tuesdays and Thursdays, 9am-12noon
For more information phone Sharon, Shed Co-ordinator on 8293 8166 or email theshed@clarencepark.org.au

THE SHED SHOP SALES
All items are hand crafted by participants of the Clarence Park Community Centre Shed.
The makers work from a community workshop where they sell original and refurbished items and wooden toys.
All of the pieces are lovingly made using recycled timber.
All profits made go towards the ongoing running of “The Shed” program.
Open Mondays, Tuesdays and Thursdays, 9am-12noon
For more information phone Sharon, Shed Coordinator on 8293 8166 or email theshed@clarencepark.org.au

ADELAIDE AMIGA AND PC USER GROUP
Computer interest group, visitors are always welcome. The club is often able to help and advise computer users whether they are beginners or advanced users. Free trial period.
Mondays, 7–10.30pm
Cost: $3 per session plus $20 per year membership
For more information phone Marc on 8339 3930

AMATEUR WINEMAKERS AND BREWERS CLUB OF ADELAIDE
A general meeting with demonstrations or guest speakers. Wine and beer competition judging followed by tastings. New members welcome.
1st Tuesday of the month 8–10.30pm (except January)
Cost: $30 per annum (pensioners $25)
For more information phone Jane on 0414 272 926 or Gavin on 0412 107 107 or visit adelaideferment.org.au

SHARON MOSS UKULELE LESSONS
Learn how to master ukulele in just 8 weeks! Learn to play essential chords and basic strums on the uke in these easy to follow ukulele programs. For the raw beginner, Stage 1 and then into Stage 2 as an accomplished beginner.
Stage 1 start dates - 8 February 26 July
Stage 2 start dates – 3 May, 18 October
Costs: Once off instructor fee of $40 and $2 gold coin weekly fee. BYO ukulele. Bookings essential.
Contact instructor on 0426 207 742 to book and to ensure you have the right uke (not a toy)! or email jumpinfleamusic@gmail.com

NEIGHBOURHOOD WATCH – Millswood/Clarence Park
Crime prevention and education for local residents. All welcome. Guest speakers at selected meetings. All meetings are free of cost and for all residents.
30 Year Anniversary of the Millswood/Clarence Park Neighbourhood Watch group, Saturday 23 February at 2pm with a concert by the South Australian Police Band.
Contact Dirk on 8297 4131 for dates and times

TAX HELP
A service offered by volunteers of the Australian Tax Office between July and end of October. Please ring for criteria and available booking times during this period.
Cost: Free
For more information phone 8293 8166

FOREIGN SHORTHAIR CAT CLUB OF SA
Our club focuses on all aspects of the care and showing of shorthair cats. We have 24 breeds under our jurisdiction and breed information is freely available. Cat related topics are discussed, including current updates from the Dog and Cat Management Board. We often have guest speakers. Visitors are most welcome.
2nd Tuesday of month (February to November except September) 7.30–9.30pm
Cost: Free for all visitors
For more information phone Claire on 0434 277 124 or email claire@besakih.com.au

FULLARTON PARK COMMUNITY CENTRE

FRIDAY SOCIAL GROUP
Weekly get together to play games, cards and paint. New members welcome to our very friendly group. Fridays 10am–3pm
Cost: $3
For more information phone the Centre on 8372 5180

FULLARTON LADIES PROBUS CLUB
Meetings for retired business or professional women with interesting speakers and monthly outings.
4th Thursday each month (January to November) 9.45am–12noon
Cost: Annual subscription $35
For more information phone Ronda Smart on 8379 5358 or 0409 979 867 or email ronda.smart@bigpond.com

FULLARTON PARK SENIORS CLUB
We are a group of friendly people aged over 50. Games, bingo and bus trips are part of our agenda. We meet to have a cuppa and keep our brains active. New people always welcome. Tuesdays 10am–4pm from 5 February to 17 December.
Cost: $20 annual fee
For more information phone Joan Mason 0417 840 750 or email joan.mason51@outlook.com.au

SPECIAL CLUBS AND SPECIAL INTEREST

SOCIAL CLUBS AND SPECIAL INTEREST

25
**LANDLORDS’ ASSOCIATION (SA) INC**

Are you a Landlord? Attend one of our Landlords’ Association (SA) Inc meetings and find out what we are all about. Membership joining fee applies.

Meeting Dates: 5 February; 7 May; 6 August; 5 November
Time: 6.45–9.45pm
Cost: Free to members, guests and visitors
For more information phone Rodney Webb on 82258 6660 or 0408 830 382 or email lasa.info@landlords.org.au or webbpard@adam.com.au or visit landlords.org.au

**THE RED ROOM**

Community Lounge area where you can drop in and meet friends, chat, have a coffee, read, colour in, play games. Jigsaws, puzzles and toys for the children (parent supervision required). This is a great space for parents to catch up or meet other parents while the children are at school.

Monday to Friday 9am–4.30pm. Subject to availability due to hire of room.
Cost: Free

**UNLEY MENSA**

Fortnightly community lunch for senior citizens from 6 February. Play cards, bingo and 8-ball. Everyone welcome

Wednesdays 10.30am–3pm
Cost: $15 per person includes lunch
$5 yearly membership fee
For more information phone Antonietta on 8271 6439 or 0421 674 345

**SA BRIDGE ASSOCIATION**

Bridge is a fantastic game played socially or competitively. Join us to have fun and meet new friends.

Mondays 1–4pm

For more information phone Sue Lusk on 0405 322 412 or email sue.lusk@internode.on.net

**UNLEY COMMUNITY CENTRE**

**AUCTION BRIDGE**

Exercise the memory, concentration, strategy and maths skills with this popular card game of skill and chance. Sociable group welcoming all new players, including beginners.

Thursdays 12.30–4pm
Cost: Free
For more information phone 8372 5128

**BOLIVIA**

Join this group meeting weekly at the Centre to enjoy a game or two of this stimulating card game. A member of the Rummy family, if you like Canasta then you will get a buzz from Bolivia.

Come and give it a try, beginners welcome.
Friday 12.30–4pm
Cost: Free
For more information phone 8372 5128

**BATTOKAN SCHOOL OF JAPANESE SWORDMANSHIP**

Iaido is the ancient Japanese art of drawing the Samurai sword. Practicing the pre-determined techniques (‘Kata’) helps develop self-discipline, mental focus and cultural awareness.

Sundays 8.30–10am, except on public holiday/long weekends
Cost: $12 per session
Located at Unley RSL Hall, 29 Arthur Street, Unley
For more information contact Sherman Lee on 0426 238 590 (please text enquiries if no answer)

**FOCUS – Friends of the City of Unley Society**

FOCUS is a group of residents working to protect and preserve the heritage, streetscapes and the regulated and significant tress in the City of Unley.

Tuesdays 7.30–9.30pm. For meeting dates visitocusounley.org
Cost: $20 annual fee, $15 for pensioners
For more information phone Mary Rumbold 8271 0103 or email focusonunley@gmail.com

**THE HANDKNITTERS GUILD OF SA INC.**

The guild is an association of artisans who provide education for people learning and mastering the craft of knitting and crochet. The guild encourages high standards and carries out charitable work.

1st and 3rd Saturdays, 12noon–4pm
Unley RSL Hall, 29 Arthur St, Unley
Cost: on request
For more information please contact the Secretary on 0407 713 081 or email handknittersguildsouthaust@gmail.com or visit handknittersguildsouthaust.wordpress.com

**SA IRIS SOCIETY INC**

Our society promotes the growing and appreciation of all Iris species - new members are welcome. We have an extensive library of Iris and gardening books and videos, monthly trading table, supper, cut flower and floral art displays, and guest speakers covering many diverse topics.

4th Tuesday of each month 7–10.30pm
Cost: Membership $20 Single, $25 Family per annum. $2 entry fee for each meeting.
For more information phone 8339 3601 or email flowers43@bigpond.com or visit sairisociety.org.au

**FRIENDSHIP FORCE OF ADELAIDE**

The Adelaide Friendship Force is part of an international organisation providing opportunities for cultural exchanges and to develop understanding and respect between different nationalities.

Cost: $15 per meeting including a meal.
For more information phone Margaret Lucas on 8299 0673 or email marglucas@ozemail.com.au

**MOVING WITH MUSIC**

Friendly, welcoming social group meeting weekly to enjoy movement through music. An easy introduction to self-directed moving with no leader or steps to be learned, members are instead encouraged to move in their individual way. This self-directed ‘moving with music’ group creates a joyful process to increase body awareness and flexibility, and to reduce stiffness from illness, age or sedentary living.

Members enjoy a shared lunch to follow movement.
Fridays 12noon –1.30 pm (School term)
Cost: Free. BYO lunch plate to share
Location: RSL Hall Arthur Street
For more information contact the Community Centre on 8372 5128

**LANDLORDS’ ASSOCIATION (SA) INC**

Are you a Landlord? Attend one of our Landlords’ Association (SA) Inc meetings and find out what we are all about. Membership joining fee applies.

Meeting Dates: 5 February; 7 May; 6 August; 5 November
Time: 6.45–9.45pm
Cost: Free to members, guests and visitors
For more information phone Rodney Webb on 82258 6660 or 0408 830 382 or email lasa.info@landlords.org.au or webbpard@adam.com.au or visit landlords.org.au

**MAH JONG**

Experienced players and those who have attended Mah Jong lessons are welcome.

Mondays 10am–1pm, commencing 21 January
Wednesdays 1–4pm commencing 23 January
Cost: $3 per session
For more information phone 8372 5180

**UNLEY MENSA**

Fortnightly community lunch for senior citizens from 6 February. Play cards, bingo and 8-ball. Everyone welcome

Wednesdays 10.30am–3pm
Cost: $15 per person includes lunch
$5 yearly membership fee
For more information phone Antonietta on 8271 6439 or 0421 674 345

**SA BRIDGE ASSOCIATION**

Bridge is a fantastic game played socially or competitively. Join us to have fun and meet new friends.

Mondays 1–4pm

For more information phone Sue Lusk on 0405 322 412 or email sue.lusk@internode.on.net or visit saba.asn.au

**THE RED ROOM**

Community Lounge area where you can drop in and meet friends, chat, have a coffee, read, colour in, play games. Jigsaws, puzzles and toys for the children (parent supervision required). This is a great space for parents to catch up or meet other parents while the children are at school.

Monday to Friday 9am–4.30pm. Subject to availability due to hire of room.
Cost: Free

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Mondays 1–4pm

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CLASSIC MOVIES
Looking for a social outing? Come and enjoy a great classic movie in a relaxed and friendly atmosphere. Both old and recent favourites guaranteed to entertain.
4th Monday of the month 1–4pm
Cost: Free screening; $3 for afternoon tea or enjoy a delicious lunch at the Centre beforehand.
Bookings are essential.
To obtain a monthly program or for more information phone 8372 5128

PROBUS CLUB OF UNLEY
Active retired and semi-retired men and women meet for fellowship, fun and friendship to listen to stimulating speakers and participate in interesting outings.
Cost: Annual Fee $40
1st Monday of the month, February to December (except public holidays) 10am–12noon
For more information email cameronproducts@bigpond.com

3R’s GROUP
A social group for people over 65 in the Eastern Region who are socially isolated and would like to reconnect to the community. Activities include art, exercise, puzzles, games and outings.
Tuesdays 10am–2pm
Cost: $10 per week
For more information phone Matt Moody 8366 4144 / 0427 587 217 or email 3Rs@burnside.sa.gov.au or visit burnside.sa.gov.au

‘MEET ME MONDAY’ - DEMENTIA SUPPORT PROGRAM
Social support for residents diagnosed with dementia or early memory loss and their carer. An opportunity to develop connections and friendships within your local community.
This program is funded by the Commonwealth Home Support Program (CHSP).
Conditions may apply.
For more information please phone 8372 5144

SLEEP DISORDERS AUSTRALIA
Sleep Disorders Australia SA Branch is a voluntary organisation providing information and support to sufferers of sleep disorders and their families.
Last Tuesday of the month in March, May, July, September and November 6.30–9pm
Cost: Free
Helpline (08) 7100 1080
For more information email mail@sdasa.org.au or visit sdasa.org.au

SLEEP DISORDERS AUSTRALIA
Sleep Disorders Australia SA Branch is a voluntary organisation providing information and support to sufferers of sleep disorders and their families.

GROW GROW GROW YOUR OWN
Sustainable Communities SA Unley Grow
Encouraging the community to grow their own herbs, and vegetables through gardening workshops; also by establishing raised garden beds on verges. Dates are variable on weekends.
Cost is free
Contact Peter Croft 0401 122 547 or email peter.croft@nmc.com.au or visit sustainablecommunitsessa.org.au

ROYAL SOCIETY FOR THE BLIND’S UNLEY SOCIAL GROUP
A social group for blind and low vision people.
Contact the Royal Society for the Blind to become a member.
Second Tuesday of the month 12noon–2pm
COST: Upon enquiry
For further information contact the Royal Society for the Blind on 1300 944 306

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A social group for blind and low vision people.
Contact the Royal Society for the Blind to become a member.
Second Tuesday of the month 12noon–2pm
COST: Upon enquiry
For further information contact the Royal Society for the Blind on 1300 944 306
GREEN LIVING

**Biodiversity Garden**
Our biodiversity garden is in the grounds around our “House Next Door”. Discover the local native species of the Black Forest area and how they can create a charming garden in suburbia. View our solar panels, storm water disposal system, rainwater tank connected to toilet system and solar light. Visitors are welcome at the garden during daylight hours and can follow our walking trail.

For more information phone 8293 8166

**Clarence Park Food Co-op**
Volunteers run the food co-operative. For a low cost, the Co-op sells nuts, dried fruit, grains, legumes, seeds, honey and more. Preference given to organically grown produce.

Monday to Wednesday and Saturdays, 10.30am–12.30pm
During the School Holidays the Co-op only opens on Saturdays.
Cost: $1 for life membership
For more information phone Ashley on 8297 6249

**Bag The Bags!**
Let’s keep that not-so-fantastic plastic out of our waterways and landfill! Come and join this working bee to make lightweight reusable bags to replace single use bags for fruit and veg.

If you want to help but don’t sew, help in ways such as measuring, pinning, cutting and threading drawstrings.
Volunteer sewers will be present, but bring your machine if you have one. Donations of lightweight fabrics and threads are always very welcomed and appreciated.

Last Saturday of the month from February, 1–4pm at the Clarence Park Community Centre, Black Forest Room.
Contact Janet on 0455 454 777 for more information.

**May...Planet Pleasing Month with KESAB and it’s all FREE!**
**It’s All About the Recycling!**
Saturday, 4 May - 10.30am
Do you ever wonder ‘which bin?’ Are you newly arrived to Australia and find recycling confusing? This is an informative session presented by KESAB all about your recyclables, which bin is best and where it all goes in the end. Bring friends and all your tricky questions! As a community lets take positive actions and help protect our environment and make a difference.

For more information please call KESAB on 8234 7255 or email admin@kesab.asn.au

**Cooking with Scraps!**
Saturday, 11 May - 10.30am
Ever tried making carrot top pesto? What about avocado seed shampoo? Who would have thought? In this session we will demonstrate some fantastic recipes to use up those food scraps in ways you never considered - reducing your food waste and making the most of your budget!

**Beeswax Wrap Making Workshop**
Saturday, 18 May - 10.30am
Join us for a presentation on low plastic living and plastic alternatives like beeswax wraps - a great reusable substitute for cling wrap. As part of the workshop all attendees will have the opportunity to make their own beeswax wrap. Bookings are essential.

**DIY Household Products**
Saturday, 25 May - 10.30am
Many common household products are easy to make yourself with simple, everyday ingredients - reducing your plastic use and the chemicals in your home, while also saving you money! Attendees will have the opportunity to make a few samples of their own to take home and try out for themselves.

Bookings are essential as spaces are limited.
For more information and to book, please call KESAB on 8234 7255 or email admin@kesab.asn.au

**Unley Repair Cafe**
Learn how to fix your broken household items with the help of volunteer repairers. Bring along your furniture, electronics, toys, clothes, jewellery, shoes and more.
All welcome.
Last Saturday of the month (except December and January) 9.30am–12.30pm
Cost: Free (but donations are always welcome to fund project)
For more information email repaircafe@sustainablecommunitiessa.org.au

**Unley Repair Station**
We have a new Bike Repair Station available to use to pump up your tyres or make minor adjustments on your bike. Located on the corner of East Avenue and Canterbury Terrace by the train crossing near the mosaic furniture conveniently along the bike track.

For more information email repaircafe@sustainablecommunitiessa.org.au

**Biodiversity Garden**
Our biodiversity garden is in the grounds around our “House Next Door”. Discover the local native species of the Black Forest area and how they can create a charming garden in suburbia. View our solar panels, storm water disposal system, rainwater tank connected to toilet system and solar light. Visitors are welcome at the garden during daylight hours and can follow our walking trail.

For more information phone 8293 8166

**Community Orchard**
Did you know that we have a free community orchard in the Northern Park near Fisher Street. There is a variety of fruit trees and you are most welcome to help yourself to some when there is delicious fruit ready for picking. While you are in the orchard, take some time to look at our new Aboriginal Totem poles.

**Unley Gardeners Plant Rescue Group**
We would love your unwanted plants. Unley Gardeners Plant Rescue is a not-for-profit group, seeking donations of good quality plants to revitalise and sell at our sales. Rare and different plants that disconning gardeners would find interesting (Carnellas, Hibiscus, Roses etc) as well as unwanted but much loved pot plants and hanging baskets. The group formed in 2003 and has since raised nearly $55,000 for charity from the sales. We are now located at the rear of Fullarton Park Community Centre, where the plants can be delivered. We can however, collect plants in the Unley area by arrangement. If you are about to downsize your garden, move house or move from your much loved home and garden into residential care and would like to know that your plants will be going to good homes and assist charities, please contact the group.
Phone: Alice 0419 808 635 or Bev 8351 1883

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Phone: Alice 0419 808 635 or Bev 8351 1883

**Australian Plant Society (SA Region) Inc.**
The society promotes the propagation and growing of Australian native plants and the conservation of their natural habitat.
4th Thursday of the Month
7.30–10pm
Cost: Free
For more information email secretary@australianplantsssa.asn.au or visit australianplantsssa.asn.au

**Australian Plant Society (SA Region) Inc.**
The society promotes the propagation and growing of Australian native plants and the conservation of their natural habitat.
4th Thursday of the Month
7.30–10pm
Cost: Free
For more information email secretary@australianplantsssa.asn.au or visit australianplantsssa.asn.au
CLARENCE PARK COMMUNITY CENTRE

BOOK NOOK
This is a tiny library/book exchange made up of donated books. Come and take a book, donate a book or swap one for one! Books for all ages. Open all the time with amazingly quick turnover. Constantly refilled by the local residents. Keep checking out this little community gem.
Donations are always welcome, just pop them in the book nook.
Located on the corner of Canterbury Terrace and East Avenue by the mosaic furniture.

FULLARTON PARK COMMUNITY CENTRE

FULLARTON MARKET
A community focussed market where visitors can mingle with local producers, sample multicultural foods, browse in the large selection of plants and crafts and enjoy a delicious coffee and treat with friends.
4th Saturday of the month 9am–1pm
26 January, 23 February, 23 March, 27 April, 25 May, 22 June, 27 July, 24 August, 28 September, 26 October, 23 November, 21 December
For more information phone Jason on 0408 682 826 or email jaswilko@gmail.com or visit fullartonmarket.com.au

READER’S ADVISORY SERVICE
Do you have a love for books? Drop in to our Reader’s Advisory Service and have a chat to one of our staff or volunteers. They are more than happy to talk all things reading and help you order your books online through Unley Libraries. You can collect and drop off your books here too.
Open Hours: Mondays 11am–1pm, Tuesdays 12.30–3pm

BOOK CLUBS
Held in the Reader’s Advisory Room on:
1st Monday, 2nd Tuesday, 4th Thursday of the month
For further information contact Jake Morgan 8372 5486 or email jmorgan@unley.sa.gov.au

HUGHES GALLERY
The Hughes Gallery is located just inside the front entry to Fullarton Park Centre. The gallery features regular visual art exhibitions which change during each month (February to December). Entry to the gallery is free. Exhibitions might feature traditional or contemporary artwork in a variety of media.
We encourage artists to enquire about holding exhibitions at the gallery. The gallery provides an intimate and elegant space for artists to exhibit their work. Further information relating to conditions, fees and proposal forms can be found on our website.
The gallery opens weekdays 10am–4pm and on weekends as advertised.
A brochure is available listing all 2019 exhibitions.
For more information phone 8372 5180 or visit unley.sa.gov.au/hughesgallery

UNLEY COMMUNITY CENTRE

CAFÉS, GALLERY, READERS ADVISORY SERVICES AND MARKETS

CIRCUIT CAFÉ – Delicious food and great service
Wonderful lunch meal service prepared on site by our Meal Service Coordinator and a team of volunteers. Come and enjoy up to three courses including a choice of two mains and dessert options. Lots of variety including all the favourites – roast, lasagne, schnitzel plus more. The menu is changed daily. Bring along a friend, neighbour or meet new people in the Centre’s relaxed, friendly environment.
Gluten free and vegetarian options available upon request
Bookings essential
Transport may be available to My Aged Care eligible residents.
Monday, Tuesday, Thursday, Friday 11.30am–12.30pm
Cost: $11 for three courses or $3 Soup, $5 Main, $3 Dessert.
For a current menu or more information phone 8372 5128
CLARENCE PARK COMMUNITY CENTRE

ADELAIDE FRINGE EVENT - THANKS FOR THE MEMORIES
A tribute to jazz, swing, big band crooning and classic songs from the great American song book era.
Join the City of Unley as we celebrate the Adelaide Fringe at the Clarence Park Community Centre.
The Adelaide Big Band fronted by the slick Bill Parton will grace you with a series of big band swing tunes. Wind back the clock, enjoy listening to your favourite songs, tap your toes and even dance along in your seats. Enjoy the sounds South Australia’s premier 18-piece jazz orchestra at this free afternoon event at the Clarence Park Community Centre, 72-74 East Avenue, Black Forest. It’s a show not to be missed!
Wednesday 6 March, 2.30pm

ANNADANAM (OFFERING FOOD) ✪
BY VISHVA HINDU PARISHAD
Join us for a free Indian vegetarian meal service from the World Hindu Council team. There will also be performances to help you experience the real diverse culture of India.
Everyone is welcome
Saturdays at 12noon, 2 March, 4 May, 1 June, 6 July, 7 September, 2 November and 7 December
For more information contact Mrs Deepti Pandey on 0428 174 699 or email Deepti.Pandey@vhp.org.au or visit vhpsa.org.au

FAST FRESH FOOD WITH EVARISTO
Cook easy, cook tasty and cook fast. Geared towards Seniors but everyone welcome. Evaristo will demonstrate his methods for fast fresh food like his Grandma used to make [lots of garlic!] followed by a shared lunch. Due to its popularity, payment is required at time of booking.
Bookings absolutely essential. Limited numbers.
Wednesday 15 May, 12noon–2.30pm
Everyone is welcome.
Cost: $15
For more information phone 8293 8166

FOR WOMEN - TASTES AND FLAVOUR SENSATIONS OF MIDDLE EASTERN COOKING with the Ahmadiyya Muslim Women
The Ahmadiyya Muslim Women will once again be holding tasting and demonstration cooking classes. Learn to make authentic and delicious dishes unique to their culture and enjoy a shared lunch afterwards.
Due to its popularity, payment is required at time of booking. Bookings absolutely essential. Limited numbers.
13 March, 1 May, 3 July, 4 September and 6 November
Cost: $15 per person
For more information phone 8293 8166

POLICE BAND IN CONCERT ✪
The Millswood/Clarence Park Neighbourhood Watch Group will be celebrating its 30th anniversary with the South Australian Police Band giving a free concert.
There will be a presentation of awards for long serving members. Birthday cake, tea and coffee will be served after the presentation and concert.
Everyone is welcome!
Saturday 23 February, 2pm start
For more information contact Dirk on 8297 4131

TASTES AND FLAVOUR SENSATIONS OF INDIA WITH STELLA
Stella will be presenting her Indonesian culinary delights with her delicious recipes loved by family and friends. Stella is generous with her time in demonstrating this for us followed by a shared lunch.
Due to its popularity, payment is required at time of booking. Bookings absolutely essential. Limited numbers.
Wednesday 5 June, 12noon–2.30pm
Everyone is welcome.
Cost: $15
For more information phone 8293 8166

TASTES AND FLAVOUR SENSATIONS OF SINGAPORE & MALAYSIA WITH STELLA
Join Stella and learn the tricks of cooking from this region. A much loved fare when cooked with authenticity. Stella will demonstrate this cuisine and then join her for shared lunch afterwards.
Due to its popularity, payment is required at time of booking. Bookings absolutely essential. Limited numbers.
Wednesday 7 August, 12noon–2.30pm
Everyone is welcome.
Cost: $15
For more information phone 8293 8166

TASTES AND FLAVOUR SENSATIONS OF INDONESIA WITH STELLA
Stella will be presenting her Indonesian culinary delights with her delicious recipes loved by family and friends. Stella is generous with her time in demonstrating this for us followed by a shared lunch.
Due to its popularity, payment is required at time of booking. Bookings absolutely essential. Limited numbers.
Wednesday 5 June, 12noon–2.30pm
Everyone is welcome.
Cost: $15
For more information phone 8293 8166

CLARENCE PARK COMMUNITY CENTRE AGM
The CPCC Board would love you to join them at their 2019 AGM and to take the opportunity to catch up with other community friends.
Wednesday 25 September, 4pm
For more information phone 8293 8166

IT’S OUR CHILDREN’S CHRISTMAS PARTY
Join all our friends and families that have been part of our children’s and community programs through out the year and have a very Merry Christmas Evening.
Friday 29 November, 5–7pm
For more information phone 8293 8166

SPECIAL EVENTS
CRAFT GIFT SALE
Locally handcrafted items for all ages. High quality, affordable, great selection of various crafts. Excellent Christmas gifts. Come and meet the makers. Cash sales only.
Wednesday 13 November, 11am–2pm
For more information phone 8372 5180

CHRISTMAS CRAFT FAIR
2019 is our 38th Annual Christmas Market. We cater for all age groups - Christmas gifts, coffee, food, great festive atmosphere. 100% handmade and local.
Saturday 16 and Sunday 17 November, 9am–4pm
Cost: Free
For more information phone Jane 0403 230 161 or email jane.wyly@hender.com.au or visit facebook.com/Fullarton Christmas Craft Fair

CENTRE FOR COURAGE & RENEWAL
Four Sunday Circles following the theme of ‘Courage in my Life’ and is open to all. These 3 hour gatherings offer the opportunity to be curious about the question ‘What would I do with more Courage’.
Dates: 10 February, 26 May, 11 August, 27 October
Times: 2–5pm
Cost: voluntary donation to cover room hire
For more information phone Noela on 0431 865 815 or email noela@kern.com.au

FOREIGN SHORTHAIR CAT CLUB
Kitten and Neuter Show
This annual event kicks off the show year for all Cat Clubs affiliated with the Governing Council of the Cat Fancy SA Inc. This is a competition for all breeds of kittens and de-sexed cats including the world’s most popular breed the domestic. This year’s show will have an Irish theme. Light refreshments and lunch available.
Sunday 17 March, 11am–4pm
Cost: $3 adults; $1 child

ALL BREEDS CAT SHOW
Cost: $3 adults; $1 child
There will be Entires, Neuters and Kittens on display. This show will feature an International Judge. Come and watch the judging, see many different breeds of cats and talk with the owners. This is a good opportunity if you are considering owning a cat. Light refreshments and lunch available.
Sunday 4 August, 11am–4pm
For more information on either show phone Claire on 0434 277 124 or Debbie on 0439 635 189

HERB SOCIETY OF SA INC
Salvia Sales
These attractive plants are water-wise and bird-attracting, a fantastic addition to any garden.
Sunday 28 April and Sunday 27 October, 8.30am–12noon
Annual Herb Day
Garden plants, displays, herb craft, sale of herbs.
Sunday 3 November, 10am–3pm
For more information phone Sandra on 8446 1626 or email herbsocietylsa@gmail.com or visit herbsocietylsa.com.au

ANNUAL DOLL & BEAR SHOW
The Annual Doll and Bear Show and Exhibition is for anyone interested in reborn dolls, porcelain dolls, cloth dolls and teddy bears. Trading tables, competition for handmade Dolls and Teddy Bears, raffles, light refreshments, exhibition, awards dinner and workshops.
Saturday 12 October, 10am–4pm
Sunday 13 October, 10am–3pm
Cost: $8 adults, $5 children
For more information phone Jackie on 8398 0423 or 0415 503 730 or email jjaki007@bigpond.com

SRI LANKAN FOOD FESTIVAL
Experience authentic Sri Lankan food, together with live music, entertainment for the kids and much more! Presented by the Australia Sri Lanka Association.
Sunday 24 November, 11am–4pm
Cost: Gold coin donation
For more information phone Mr Ajith Seneviratne on 0468 361 387

MELBOURNE CUP LUNCHEON
Celebrate the Melbourne Cup this year with a delicious three course meal, sweeps and the race on the big screen at the Unley Community Centre.
Bookings are essential.
1st Tuesday in November
For more information phone 8372 5128

CHRISTMAS LUNCH
Come along to celebrate the festive season at the Unley Community Centre’s popular annual Christmas lunch. Enjoy a traditional Christmas roast dinner with the trimmings plus great entertainment and much merriment.
Bookings are essential.
For more information phone 8372 5128

AUSTRALIAN PLANGON (ANTIQUE AND MODERN DOLL) COLLECTORS CLUB INC
Annual Exhibition
Beautiful and interesting displays of dolls, bears, toys and collectables - antique through to modern items on display. Also trading tables and trash and treasure tables. Light refreshments will be available.
Sunday 19 May, 10am–4pm
Cost: Adults $7; children under 16 $3
For more information phone Jeanette Mossop 0407 800 460 or 8258 9295 or email jrmossop@gmail.com or visit plangon.webs.com

TEDDY BEAR MAKING CLASS
Have you always wanted to make your very own jointed bear? Now you can learn all the secrets of bear making with this adorable little fairy bear, ‘Puck’ a 27cm/10” jointed Mohair Bear. An original Teddyworks design. You will be supplied with a complete kit containing a pattern, fur, joints and wings and motions. You will learn cutting, sewing, jointing and all the knowledge you need to bring ‘Puck’ alive. All tools and stuffing will be available in the class. All you need to bring is a basic sewing kit and a note book.
For more information and to put your name on a wait list phone the Centre on 8372 5180

A DAY OF BEAUTIFUL THINGS
Cashmere dressing gowns, hand embroidered jackets, stoles, woollen ponchos, unique and genuine 100% pashmina shawls, baby blankets and soapstone elephants (hand carved).
Thursday 16 May, 10am–5pm
For more information phone Jill Nazer on 0402 907 377 or visit becknazar@bigpond.com

SPECIAL EVENTS
CHRISTMAS CRAFT FAIR
For more information phone 8372 5128
Bookings are essential.
A traditional Christmas roast dinner with the trimmings plus great entertainment and much merriment.
Sunday 17 December, 12noon–4pm
Cost: $8 adults, $5 children
For more information phone Jackie on 8398 0423 or 0415 503 730 or email jjaki007@bigpond.com

SING A SONG CIRCLES
Come along to celebrate the festive season at the Unley Community Centre’s popular annual Christmas lunch. Enjoy a traditional Christmas roast dinner with the trimmings plus great entertainment and much merriment.
Bookings are essential.
For more information phone 8372 5128

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Sunday 13 October, 10am–3pm
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Sunday 24 November, 11am–4pm
Cost: Gold coin donation
For more information phone Mr Ajith Seneviratne on 0468 361 387
BECOME A VOLUNTEER

Why not become involved in one of our Community Centres as a volunteer? Meet new people, learn new skills, gain valuable work experience, join in our social functions, have fun and much more. We offer training and support to our volunteers. Volunteers play a vital role in the running of our Centres.

Please contact the City of Unley Volunteer Management Officer on 8372 5111

WE OFFER A VARIETY OF VOLUNTEER ROLES:

CLARENCE PARK COMMUNITY CENTRE
Childcare
Childcare garden
Maintenance
Join our Board of Management
The Shed workshop
Children’s programs
Event support

FULLARTON PARK COMMUNITY CENTRE
Gardening
English Language Program
School Holiday Program
Maintenance
Administration

UNLEY COMMUNITY CENTRE
Facilitation and program support
Food preparation
Event support
Wait staff

BECOME A VOLUNTEER
LOOKING FOR A VENUE?

We have a wide range of rooms and halls available for hire. We welcome inspection of the facilities and invite you to discuss your specific needs with the individual Centres.

Visit unley.sa.gov.au to obtain details of floor plans, capacity, conditions of hire and rates, or contact the Centre directly.

Managed by Goodwood Community Services
32-34 Rosa Street, GOODWOOD
(Situated between Rosa and Florence Streets)
Ph: 8272 7148
Email: bookings@gwcs.org.au
Facebook.com/GoodwoodCommunityServicesInc
goodwoodcs.org.au
CHILDREN’S ACTIVITIES & EDUCATION

GOODYGYM

A fun, energetic, free play program for pre-school children, which enables parents/caregivers to be lead by their children to explore through play. The aim of Goodygym is for children to develop cognitive skills, coordination, spatial awareness, social skills and musicality, with a child, family, and community centred approach. First session is free!

Cost: Free, no bookings required.

Alternate Fridays 11.30–12noon

FRIDAYS

FREE PLAY PROGRAM FOR PRE-SCHOOL CHILDREN

PLAYGROUP

Providing a fantastic opportunity to meet new friends and share experiences, whilst children enjoy different toys, music and song time. This is a fantastic opportunity for parents/caregivers and children to bond through play. Children will gain and develop their social and early literacy skills, hand/eye coordination, gross motor skills, ability to problem solve, concentrate and build self-esteem. First session is free!

Monday and Tuesday 9.15–10.45am

NO BOOKINGS REQUIRED

Open all year except for public holidays and three weeks over Christmas Period.

Cost: $8 per family or 5 session pass $30

WRIGGLE TIME

Perfect for those wriggly toddlers. With action songs to keep busy toddlers moving, these fun sessions also include interactive play with beanbags, scarves and shakers. Babies are also welcome.

Alternate Fridays 10.30–11.00am

Cost: Free, no bookings required.

HEALTH AND FITNESS ACTIVITIES

SOUTAR FOOTBALL CLUB

Soutar FC is a weekly community inspired indoor social soccer program open to community members 18 years and over. Come along, register to play, meet like minded locals and get some high energy mid-week physical activity!

Wednesday 8–10.30pm

Cost: $5 per player

NO LIGHTS NO Lycra

Lights out - time to dance!

NLL is a weekly 1 hour lights off chance to dance in the dark, just for the pure joy of dancing! It’s a place to shake out the stresses of the week, let go of your inhibitions and completely be yourself! NLL occurs in over 75 locations all over the world!

Thursdays weekly 7.15pm for a 7.30pm start.

Cost: $10 or $8 concession per session

For further information visit facebook.com/nllgoodwood

ORIENTAL MARTIAL ARTS ACADEMY

Kids—Develop confidence fitness and self defence!

Teens and Adults—Learn dynamism techniques, free sparring, flying kicks and basic self-defence moves.

Martial Arts for over 50's—Based on the ancient Korean art of Hapkido

Wednesday 5.45pm (kids), 6.15pm (over 50's), 7pm (teens and adults)

For further details phone 0417 892 411

TODDLERS...

FUNDAMENTAL MOVEMENT SKILLS

A fun, energetic, free play program for pre-school children, which enables parents/caregivers to be lead by their children to explore through play. The aim of Goodygym is for children to develop cognitive skills, coordination, spatial awareness, social skills and musicality, with a child, family, and community centred approach. First session is free!

Friday 9.30–10.30am

Saturday 10–11am

No bookings required.

Open all year except for public holidays and three weeks over Christmas Period.

Cost: $25 per family for 3 months, $34 for 6 months, $18 no hire or $23 with skate hire.

Active Kids is a kids sport program for young children 5 -14 yrs with disabilities who use both manual and electric wheelchairs. Participants receive training including driving and equipment skills in a fun environment, allowing participants to learn team work and make new friendships. The program offers a great opportunity for informal competitive sports play and skills training for all, whilst providing a safe social platform to build bonds and friendships in a team environment.

Active Kids runs on Monday afternoons from 4–5pm, for 20 weeks from September - April (with a break for Christmas).

There is a $50 registration fee, which goes towards buying equipment for the program.

For more information, contact Michael at Disability Recreation & Sports SA on 8234 1533 or email michael@drssa.org.au

TONEUP 50+ GROUP FITNESS

Group fitness class for over 50’s with a focus on strength, stamina and stability. One hour group exercise program with music and equipment supplied. No joining fee or booking!

Monday 9.30–10.30am

Cost: First session free then $6 per session

For details contact M’Liss Steel 0411 147 074 or email tonictonicfitness@yahoo.com.au

PEDALTEK CYCLING COACHING CLASSES

Suitable for beginners to pros and all in between!

You will learn to ride correctly, to improve your confidence, improve your performance and fitness.

Wednesdays 7-8am, Thursdays 6-7pm

School term only

Contact Nick 0423 118 633 or visit nickwoodfitness.com.au
SITTING VOLLEY BALL
Looking for something different that will help your fitness? Try sitting volleyball. It is a Paralympics sport promoted for disabled players but can be played by able-bodied people. Can you sit on the floor unaids? Can you move at least one arm? Can you see a ball moving through the air, or can you slide around on the floor? Can you catch and throw a soccer size ball or play it back one hand? If you answer yes to these questions then we are looking for you.
Sunday fortnightly, 10am – 2pm
For more information contact Heather 8272 1495 or Ali 0479 151 053

WALKING OUT AND ABOUT IN GOODWOOD
Meet new people and get out and about in Goodwood. An enjoyable exercise of one hour walking around Goodwood. Meet at the main entrance of the Goodwood Community Centre, with coffee and conversation afterwards.
Friday 8.30am
For further information phone Alan on 0422 047 861

FALUN Dafa
An ancient Chinese cultivation practice of refining both the body and mind through slow-moving exercises and meditation. The movements are repetitive and easy to follow.
Sunday 9am – 12 noon
Cost: Free
For more information phone Peter 8379 6248

TUMMY TIME PILATES
Tummy Time is a small group General / Pregnancy Pilates and ‘Mums & Bubs’ matwork class suitable from 6 weeks postnatal. All classes are run by Sarah, a qualified physiotherapist, Pilates instructor and mum of one. Pilates can help manage back pain, improve posture, and is especially beneficial in the child-bearing years. Our general class is open to all ages and can be modified to be safe and suitable for pregnancy. Our ‘Mums & Bubs’ lunch offers plenty of space to relax and tend to your baby as needed with soft play mats provided. Enjoy the informal and sociable atmosphere while participating in exercises designed to restore your core, boost energy and well-being all while bonding with your baby. Casual class visits possible, with discounts offered for block bookings. Health fund rebates may also apply. Bookings essential, BYO yoga mat.
Wednesday 9.30 – 10.15am, General and Pregnancy
10.30 – 11.15am, Mums & Bubs
For more information contact Sarah email tummytimepilates@gmail.com

SHALL WE LEARN TO DANCE?
Ezydance Studio presents ballroom dance classes at the Goodwood Community Centre. You will learn how to dance the steps by yourself without requiring a partner. This allows you to learn at your own pace, technique, footwork and how to lead and follow, with the end result you becoming a graceful and confident dancer.
Monday weekly, 7.30 – 8.30pm
Cost: Casual Visit $15 or 12 sessions $100
For more information phone 0412 689 646 or visit ezydance.com

SOCIAL ACTIVITIES AND CLUBS
BEARS AND FRIENDS INC
A group of bearmakers and collectors of old and new bears and other soft toys, who meet for social activities, guest speakers, general fun and friendship.
“Chat and Do” starts at 11.45 am.
BYO lunch and a project to work on or just chat.
The more formal part of the days starts at 1pm and includes afternoon tea. Visitors and new members always welcome.
3rd Saturday of the month, 11am – 4pm (there are no meetings in January, April or October)
For more information phone Val on 8283 0047 or Claire 0414 344 597 or email lindenbears@yahoo.com.au

SA BONSAI SOCIETY INC.
Monthly meetings and workshops with items for sale. Get your creative juices going working on a living sculpture Bonsai. The club has many talented members willing to help you develop and style your own trees. We have an active club with a history of helping members develop their trees in a co-operative group with great family atmosphere.
For more information phone 0403 883 269 or visit bonsaisa.org.au
Refer to “Special Events” section of brochure for details on annual show in October.

GREEK PENSIONERS AND AGED SOCIETY OF SA INC.
Weekly luncheons which include bingo. Bus trips to various places of interest are also conducted throughout the year
Thursday weekly, 9.30am – 1.00pm
Cost: Small fee applies
GREEK WOMEN’S SOCIETY OF SA - “TAXIARCHIS” INC.
Serving the community since 1937, one of the oldest migrant women’s organisation in South Australia. Weekly get-together to exercise and socialize over coffee and bingo. Occasional bus trips and invited speakers.
Tuesday weekly 9.30–10.30am (exercise class)
10.30am–12noon (bingo and coffee)
Cost: Small fee applies

PARENTS BEYOND BREAKUP - DADS IN DISTRESS
A peer support group for fathers experiencing separation and divorce. The safe, supportive and non-judgemental environment provides the opportunity to share your story and connect with others. Gain perspective and support by speaking with other dads at various stages of the process.
Thursday weekly, from 7pm (no booking required)

ALTERNATIVE TECHNOLOGY ASSOCIATION (ATA)
An Australia-wide community organisation that promotes energy efficiency, improved building design, renewable energy, better water and waste management, appropriate food production and all other aspects of sustainable living. ATA focusses on practical issues and its magazines ReNew and Sanctuary provide a wealth of ideas and information about sustainable living in comfort and style. Guest presenters at each meeting.
Monday evenings, 7.30–9.30pm
For more information contact Alan email adelaidebranch@ata.org.au

LET’S TALK TOGETHER
An informal gathering for Russian speaking people that aims to assist and maintain their native Russian language skills through video and general conversation. Social activities including cards and volleyball (Friday when hall available).
Friday weekly 7–11pm
For more information phone 0418 802 954

SPECIAL INTEREST GROUPS

BIRTHING KIT FOUNDATION AUSTRALIA
Around 300,000 women and 3 million newborns die each year from preventable causes related to pregnancy and childbirth – mostly all in developing countries.
BKFA is an Adelaide-based NGO working to reduce these preventable deaths by enabling a clean and safer childbirth. Our primary strategy over the last decade has been to increase access to clean supplies for birth in the form of disposable Birthing Kits. We also work with Field Partners to undertake community development projects.
How can you help? BKFA provides an opportunity for volunteers to fundraise for and engage in the assembly of Birthing Kits by hosting Assembly Days.
To find out more, please visit www.bkfa.org.au

TAX HELP
Held at the Goodwood Community Centre from 1 July until 31 October.
Tax help is conducted by ATO trained and accredited volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.
Bookings for this service is essential and can be made after 1 July by phoning the Goodwood Community Centre on 8272 7148
For more information on Tax Help visit www.ato.gov/individuals/Lodging-your-tax-return/Tax-Help-Program

FAMILY LAW
Family Law, Legal Advice and Family Mediation
Experienced solicitor available at the Goodwood Community Centre.
Married / Defacto Same Sex Parenting, Property Family Dispute Resolution Practitioner Accredited to issue S601 FLA certificate.
Small fee applies for appointments $15 ($10 concession)
For appointments please call 0428 253 676 or 8272 7148