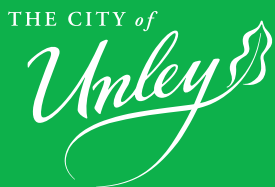


**CITY OF UNLEY
COMMUNITY CENTRES
ANNUAL PROGRAM**

2023



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 our website to obtain details of floor plans, capacity, conditions of hire and rates, or contact the Centre directly.

 unley.sa.gov.au/venues-for-hire

 [@unleycommunitycentres](https://www.facebook.com/unleycommunitycentres)

CLARENCE PARK COMMUNITY CENTRE

72-74 East Avenue
BLACK FOREST 5035

Mon-Thurs, 9am-3pm, Fri 9am-12noon

Ph: 8293 8166

cpcc@unley.sa.gov.au

FULLARTON PARK COMMUNITY CENTRE

411 Fullarton Road
FULLARTON 5063

Mon-Fri, 8.30am-5pm

Ph: 8372 5180

fpcc@unley.sa.gov.au

UNLEY COMMUNITY CENTRE

18 Arthur Street, UNLEY 5061

Mon, Tue, Thurs, Fri, 8.30am-4.30pm
(Office Closed Wednesdays)

Ph: 8372 5128

ucc@unley.sa.gov.au

GOODWOOD COMMUNITY CENTRE

**Managed by Goodwood
Community Services**

32-34 Rosa Street
GOODWOOD 5034

(Situated between Rosa and Florence
Streets)

Ph: 8272 7148

bookings@gwcs.org.au

[Facebook.com/
GoodwoodCommunityServicesInc](https://www.facebook.com/GoodwoodCommunityServicesInc)

[goodwoodcs.org.au](https://www.goodwoodcs.org.au)

GOODWOOD LIBRARY

101 Goodwood Road
GOODWOOD 5034

Ph: 8372 5166

Mon 10.30am-5pm

Tues 10am-6pm

Wed 1pm-5pm

Thurs 10am-5pm

Fri 10am-5pm

Sat 10am-1pm

Sun Closed

libraries@unley.sa.gov.au

UNLEY TOWN HALL

181 Unley Road, UNLEY 5061

Ph: 8372 5100

UNLEY OVAL COMMUNITY HUB

Trimmer Terrace, UNLEY, 5061

Ph: 8372 5128

ucc@unley.sa.gov.au



OUR COMMITMENT TO THE COMMUNITY

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

2023 COMMUNITY CENTRES' ANNUAL PROGRAM

Discover great programs and activities at your local Community Centre

 unley.sa.gov.au

 [@unleycommunitycentres](https://www.facebook.com/unleycommunitycentres)

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 Community 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 and venues.

*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 goodwoodcs.org.au or phone 8272 7148.

Updates to the Annual Program

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

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

Eligibility is for residents of the City of Unley who are frail aged, living with disability or are transport disadvantaged.

For further information, phone the Community Bus Coordinator on 8372 5131.



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★ Denotes Hirer Program not a Centre run program

HEALTH, RELAXATION AND FITNESS



CLARENCE PARK COMMUNITY CENTRE

CHENG'S TAEKWONDO OHDOKWAN ★

Traditional and Olympic style Taekwondo. Open to all people and ages to improve health, fitness and self-confidence.

Mondays and Thursdays 6.30-8.00pm

Cost: varied

For more information contact
Alan 0431 302 577

or email alanchengtkd@yahoo.com.au

THE WALKING GROUP ★

A social way to get fit. Walk to King William Road for a coffee, have a chat and enjoy the scenery along the way.

Meet on Canterbury Terrace at the Centre.

Thursdays departing at 9am sharp.

FITNESS CLASSES WITH MARIA VOULGARAKIS ★

Aerobics, strength, endurance and stretching for the over 50s.

Tuesdays 9.15-10.15am

Strength training and stretching for all adult ages.

Thursdays 10.15-11.15am

Cost: \$11 per class

For more information contact

Maria 0400 718 100

or email mariavoulg@y7mail.com

BALANCE BOOST WITH MARIA VOULGARAKIS ★

Improve your balance through a routine designed to challenge the physical and mental aspect of the skills required for stability. One-on-one assessment and ongoing monitoring of progress.

Tuesdays 10.30-11.15am

Cost: \$10 per session plus initial assessment fee \$25 and review assessment fee \$10

For more information contact

Maria 0400 718 100

or email mariavoulg@y7mail.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 10.15-11.15am

Cost: \$15 (cash only)

For term dates and further information contact Veronica 0402 235 592

or email veronica_shum@hotmail.com

or visit veronicashum.com

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.

School terms - Wednesdays

10.30-11.30am

Cost: \$8 per class

For more information contact
Evaristo 0410 354 240

or email yellowevar@gmail.com

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 cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Mondays, Tuesdays and Thursdays

Contact the Centre for more information

Cost: one-off personal assessment fee of \$45 and then \$8 per class. First class is complimentary. Pre-paid cards are available for 5 classes.

For more information phone 8293 8166.

ZUMBA® FITNESS WITH BRIDGE TO FITNESS

A mix of low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party. Zumba Fitness is so much fun, you won't even realise you're working out!

All fitness levels catered for!

Tuesdays 6.30-7.30pm

Cost: \$15 per casual class or \$60 for a 5-class pass, \$120 for a 10-class pass

For more information contact

Bridget 0409 347 229

or email bmolan@inet.net.au

or visit [facebook.com/zumbawithbridgetc](https://www.facebook.com/zumbawithbridgetc)

THE FELDENKRAIS METHOD FLEXIBLE MIND FLEXIBLE BODY

Like to improve your flexibility, balance, coordination, breathing and posture?

Join our gentle and profound class. Let go of old habits and work wiser, not harder!

Fridays 10-11am

Cost: \$20/\$17 conc or 10-week term \$170/\$140 conc

For more information contact

Susie 0423 258 015

or email susanfraser3@tpg.com.au

or visit feldenkrais.org.au

FREE SUNDAY YOGA

Morning yoga focusing on improving flexibility and balance.

Suitable for everyone. Bring yoga mat, blanket and water.

Always welcoming new faces and keeping it fun.

Sundays 8.45-9.45am

Cost: FREE

For more information contact

Tom 0406 975 035

or email thomascassidy219@gmail.com

NORDIC WALKING COURSES

Learn the Nordic Walking technique in just a few weeks, using poles designed to take the stress off the joints, while stimulating 90% of your muscle mass to get stronger and leaner.

Equipment provided, and also available for purchase.

For more information contact

Maria 0400 718 100

or email mariavoulg@y7mail.com

CARDIO WALK

Indoor low-impact cardio walk. Medium to high intensity aerobic exercise to increase the heart rate while minimising the stress on the joints. Suits all fitness types.

Wednesdays 9-9.30am

Cost: \$9

For more information contact

Maria 0400 718 100

or email mariavoulg@y7mail.com

STUDIO TANGO ADELAIDE

Studio Tango Adelaide aims to promote Argentine tango dance, music, and culture through regular classes, practicas and milongas (an organised event where people can listen to and dance tango), and in the process, foster new and lasting friendships.

Sundays 5-7pm

Cost: \$15 class, \$7 practica, first class free

For more information contact

Mark 0403 905 110

or email

studiotango.adelaide@gmail.com

or visit [facebook.com/studiotangoadelaide](https://www.facebook.com/studiotangoadelaide)



HEALTH AND WELLBEING WORKSHOPS

Join Maria Voulgarakis and special guests at these one-off workshops to encourage health and well-being.

There will be more workshops announced, so look out for further information throughout the year.

GUT HEALTH

Did you know that serotonin, the happy hormone, is produced in our gut? Come along to this information session with local dietitian, Rebecca Greco from Nourish to hear more interesting nutrition facts about gut health and how you can nourish yourself for positive ageing and wellbeing.

Wednesday 22 February, 1.30-2.30pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

SOUNDBATH

Experience the healing vibration of a soundbath with Michelle Byrne.

Bring your own mat (or use a chair provided), blanket, pillow and water bottle.

Wednesday 26 April, 1.30-3.00pm

Cost: \$5. Bookings essential

For more information phone 8293 8166

HEALTHIER FEET AND ANKLES ARE JUST A FEW EXERCISES AWAY

Join Maria Voulgarakis to learn exercises for better mobility, flexibility and strength, and to build a strong base for your body. A strong base translates to better stability and allows the rest of the body to achieve fitness goals.

Wednesday 19 July, 1.00-2.30pm

Cost: \$5. Bookings essential

For more information phone 8293 8166

REFLEXOLOGY

Come along to this workshop to learn about reflexology and how can it be of benefit to our health and welfare. Learn self-care tips on common ailments by the Reflexology Association of Australia. Presented by Lynne Forrest, accredited Reflexologist, Masseuse and Reiki Therapist.

Wednesday 1 November, 1.30-2.30pm

Cost: \$5. Bookings essential

For more information phone 8293 8166



FULLARTON PARK COMMUNITY CENTRE

ADELAIDE WING CHUN KUEN ★

Wing Chun Kung Fu is a combative martial art, but the training is not aggressive and can be practiced by people of any age or body type.

Tuesdays 7.30-10pm

Cost: \$20 per class (first night free)

For more information contact

Lindy Scott 0431 681 163

or email lindy.scott24@gmail.com

or visit adelaidewingchun.com

EFT TAPPING – WITH ANNIE O'GRADY ★

EFT Tapping is a uniquely effective stress reduction method you can learn for yourself and others; fast and gentle for anxieties, chronic pain, and much more.

Dates: Level 1 Saturday and Sundays 9.30am-5.30pm

Level 2 Friday evening 6.30-8pm, Saturday and Sundays 9.30am-5.30pm

Cost: Level 1 \$395-\$495, Level 2 \$495-\$545

For further information contact

Annie O'Grady 0448 338 289

or email

annie@eftemotionalhealing.com

or visit eftemotionalhealing.com

FITNESS AFTER FIFTY ★

An active over 50s class that includes aerobics, stretching, strengthening, balance and Pilates all to great music.

Mondays 4.30-5.30pm

Cost: \$10 per class

For more information contact

Sharon 0458 678 523

or email sharoncooper@adam.com.au

FOOD FOR LIFE ★

Nutrition and Cooking 5-Week Course

High quality nutrition program by the Physicians Committee for Responsible Medicine brought to you by Dr Heleen (Roex) Haitjema, certified Food for Life instructor. Providing research-based nutrition information with cooking demonstrations and tastings.

5-week workshops held at various times throughout the year.

Date: Thursdays 2, 9, 16, 23, 30 March and 2, 9, 16, 23, 30 November

Time: 7-9pm

Cost: \$160 per 5-week course

For more information contact

Heleen Roex 0432 994 909

or email hsroex@gmail.com

or visit [facebook.com/DrRoex](https://www.facebook.com/DrRoex)

FUN IN THE PARK

We have a table tennis table located in the playground area and two chess tables located next to the Art Studio for your enjoyment. There should be bats and balls located under the table, if not, please let us know and we will give you some. If you want to play chess and don't have a set, you can borrow one from the office during office hours, otherwise feel free to come and play anytime.

INTERPLAY AT FULLARTON PARK ★

Interplay helps you explore your creativity through movement, storytelling, and voice. For adults to connect with the essence of play, ourselves, and each other. No experience required.

Bookings through trybooking.com (required)

Dates: 1st Saturday of the month (except October)

4 February, 4 March, 1 April, 6 May, 3 June, 1 July, 5 August, 2 September, 4 November, 2 December

Time: 10.30am-12.30pm

Cost: \$10 via trybooking.com

For further information visit interplayaus.com.au

KIN FOUNDATION PILATES ★

Build resilience and strength from the inside out with this method of body training, movement, therapy, and mindfulness with Physio Daniel O'Grady.

Classes held at various times

For more information contact

Dan O'Grady 0432 898 597

or email dan@kinfolkwellness.com.au

or visit kinfolkwellness.com.au

LIFE FLOW MOVEMENT ★

Mat Pilates suitable for all age groups. Modifications given for all levels. Core strength, mobility, flexibility, breath and flow.

Tuesdays 9.30-10.30am

Cost: \$12 casual. Passes available 10 for \$100, 20 for \$180

For more information contact

Leonie Nicholas 0407 668 676

or email nicholas5@adam.com.au

MEDITATION AND MODERN BUDDHISM CLASSES ★

Guided meditations and Buddhist teachings that are very practical and easily applied to help solve daily problems and experience more peace of mind. Everyone welcome.

Wednesdays 7-8.15pm

Cost: \$15 per class or purchase a class pass

For more information phone 0466 474 030

or email info@meditateinadelaide.org

or visit meditateinadelaide.org



NOELA MALETZ COUNSELLING SERVICES ★

Counselling and psychotherapy for depression, anxiety, grief and loss, relationship issues.

Monday to Friday

Consulting hours by appointment

Cost: negotiable

For more information contact

Noela 0431 865 815



TAOIST TAI CHI SOCIETY OF AUSTRALIA INC ★

Taoist Tai Chi's internal arts of health, are designed to improve holistic health. The degree of turning and stretching in the movements, combined with the adaptability of the form to suit individual needs are just some of the factors contributing to its focus on restoring, improving, and maintaining health.

Dates: Mondays 9.30-10.30am and 11am-12noon

Tuesdays 7-8pm

Cost: regular, senior and concession rates available on request. See website for details.

For more information contact

Robyn Furniss, Branch Leader
1800 108 801

or email adelaide@taoisttaichi.org

or visit taoisttaichi.org

YOGA WITH EMILY ★

Yoga with Emily is an approachable class for all ages and abilities. Vinyasa yoga has a dance-like quality that integrates breath and movement. The class focuses on mindful movement which improves flexibility, balance and mobility in all bodies

Mondays 6-7pm

Cost: \$10 per session

For more information contact

Emily 0408 804 317



UNLEY COMMUNITY CENTRE

CHAIR YOGA ★

Chair yoga classes that incorporate breathing exercises, stretches, yoga poses and relaxation techniques to increase flexibility and strength and improve posture and balance.

The classes are taught using classic yoga poses that have been modified to be performed in a chair.

Tuesdays 10.45-11.45am

Cost: \$10 per class

For more information contact

Leonie 0417 832 477

or email leonie.leate@gmail.com

UNLEY COMMUNITY CENTRE RIDE ★

Join Monica Broniecki in this weekly social cycling group exploring the Cycleways of Unley (and beyond) at a leisurely pace. Open to all. Beginning at the front lawns of the Unley Community Centre at 9.30am, stopping for coffee along the way, and returning to the Community Centre around 12noon.

This group is run in conjunction with the Unley Bicycle User Group (UBUG).

Tuesdays 9.30am-12noon

Cost: FREE. BikeSA membership is encouraged

For more information contact

Monica Broniecki 0415 042 468

or email mbroniecki@unley.sa.gov.au

or visit unleybug1.wixsite.com/ubug

FITNESS WITH DOUG ★

Come and join this class which combines fun with fitness. Increase your flexibility, balance, strength, and coordination through challenging cardiovascular and strength exercises.

Suitable for varying fitness levels.

Wednesdays 11am-12noon

Cost: \$8 per class

For more information contact

Doug 0413 456 898

or email dougsmart2@gmail.com

THE JUNGLE BODY-GETLOW/KONGA ★

A low impact dance-based class to music of the 50s, 60s, 70s, 80s and more. A class that is good for your body, mind, and soul.

Wednesdays 10-10.45am

Saturdays 10-11am

Cost: \$10 or \$95 for a 10-visit pass

For more information contact

Debbie Clancey 0439 332 240

or email mindyourmoves@gmail.com

LET'S DANCE

Experience the joy that dancing brings with a friendly and fun group. Attendees enjoy a variety of ballroom dances each week including Blue, Circular Waltz, Old Style Waltz, and Quick Step.

Partners not required and guidance available for beginners.

Fridays 1-3pm.

Afternoon tea available for a low cost at the half-way break.

Cost: FREE

For more information phone 8372 5128

LINE DANCERS OF SOUTH AUSTRALIA ★

Low stress social dancing activity to varied styles of music. Great exercise for the heart, bones, and mind in a fun, relaxed environment. No partner required and suitable for beginners.

Thursdays 12.45-1.45pm

Cost: \$9 per class

For more information contact

Peter Heath 0407 970 418

or email peter@linedancersofsa.org

or visit linedancersofsa.org

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 cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Daytime classes offered at various times Monday to Friday. Enquire for times and availability. Please note waiting lists may apply.

Cost: one-off personal assessment fee of \$45 then \$8 per class. Pre-paid cards available for five or ten classes. Complimentary first class. Assessment and bookings essential.

For more information phone 8372 5128

STRETCH AND FLEX ★

Chair-based exercise class incorporating all over body stretches and light weights. Designed to improve flexibility and strength, this class is suitable for those with arthritis and limited mobility.

Fridays 10-11am

Cost: \$8 per class

For more information contact

Venton 0402 608 993

or email venton.cook@aapt.net.au

MOVING MEDITATION SCHOOL OF TAI CHI ★

Tai Chi and Qigong are excellent arts for health, fitness, energy, and balance. Qigong improves posture, concentration, visualisation and breathing.

Thursdays 9.55-10.50am Beginners

11.05am-12noon Advanced

Cost: \$10 per class

For more information and bookings phone 0434 847 524 or 8381 7969

or email

movingmeditation@mytaichi.com.au

TRADITIONAL YOGA ★

Authentic Kriya and Naadi style yoga class to assist with wellbeing. Open to the community.

Mondays 7-8.30pm

Cost: donation

For more information contact

Raj Pandey 0422 367 837

or email rppandey.isg@gmail.com

or visit raj kriyayoga.com.au

UNLEY EXPLORERS WALKING GROUP

Enjoy a leisurely, social walk through the streets of Unley with like-minded 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

Cost: FREE

VENTON'S TAI CHI ★

Join us Thursday mornings at the Unley Community Centre for this non-traditional class incorporating methods of Chi Gong Shibashi and Tai Chi for Arthritis to a background of modern and varied music. Easy, enjoyable, and suitable for all fitness levels and abilities.

Thursdays 8.30-9.30am

Cost: \$7 per class

For more information contact

Venton 0402 608 993

or email venton.cook@aapt.net.au



WW (FORMERLY WEIGHT WATCHERS) ★

A workshop offering a confidential wellness check with an experienced coach followed by a group discussion covering aspects of healthy living including food, mindset, and sleep.

Wednesdays 12.30pm

Cost: approx \$20 per week

For more information contact

Rose McManus 0432 655 184

or visit weightwatchers.com.au

YUE JIA PHYSICAL HEALTH AND CULTURE ASSOCIATION ★

The promotion of mental wellbeing through non-contact physical exercise. Developed in China originally as a battlefield martial art.

Wednesdays 7.30-9.30pm

Cost: \$60 per month

For more information contact

Chris Chong 0412 168 459

or Tsai Wing 0457 145 514

or email

yuejiaquanassociation@gmail.com

LEONIE LEATE YOGA ★

Yoga and meditation incorporating breath work and relaxation. Build strength and increase flexibility while being mindful and in the moment. Safe and professional environment.

Wednesdays 8.30-9.45am

Cost: \$11

For more information contact

Leonie Leate 0417 832 477

or email leonie.lete@gmail.com

GUIDED MEDITATION CLASS ★

Calm your busy mind and allow yourself to feel deeply relaxed as you are guided on a meditation journey of heartfelt peace and serenity.

1st and 3rd Monday of each month
1.15-2pm

Cost: \$8

For more information contact

Angeline 0411 139 029

or email

pinkflamemeditations@gmail.com

SPECIAL OLYMPICS SA COMPETITION POM DANCE TEAMS ★

Special Olympics SA have affiliated with All Abilities Cheer and Dance to provide competition pom dance teams to people with disabilities.

Wednesdays during school terms.

4-5pm, 5-6pm and 6-7pm

Cost: enquire via email

For more information contact

Alana Giaccio 0427 240 714

Or email sa.dance@specialolympics.com.au or alana@allabilitiescheeranddance.com

or visit specialolympics.com.au/sa or allabilitiescheeranddance.com.au



EDUCATION



CLARENCE PARK COMMUNITY CENTRE

ANCIENT EGYPT STUDY GROUP ★

Study all aspects of Ancient Egyptian society and culture.

Join the monthly Study Group and Hieroglyphics Group.

Cost: \$40 per year or \$55 for both sessions

For more information, including dates and times of each group, contact Helen 8294 3670 or 0439 825 360

KUMON BLACK FOREST EDUCATION CENTRE ★

Individualised Maths and English programs for students of all ages and abilities.

Mondays and Thursdays 3-7pm

Cost: \$140 per month per subject plus enrolment fee \$100

For more information contact Irene 0430 554 044

ADVANCED FRENCH CONVERSATION CLASSES

Suitable for participants who have either completed Year 12 French, or are confident conversing in the French language.

Waiting list may apply.

Mondays 1.30-3pm

Cost: \$2 per class

For more information phone 8293 8166

ENGLISH CONVERSATION CLASSES

Do you want to become more confident speaking English? Come and practise in a welcoming place.

Classes are facilitated by a volunteer and are for adults to build confidence in English conversation.

Wednesdays 12.30-1.30pm

Cost: FREE

For more information phone 8293 8166

END OF LIFE – PLANNING WELL

Death is a difficult topic to consider, but as with most things in life, adequate preparation can smooth the process, both for the person passing and their loved ones. The Legal Services Commission has developed a free workbook for people facing the end of their life to make the necessary legal and practical preparations.

Come along to this workshop and learn about these legal and practical preparations, and receive a free workbook to take home.

Wednesday 3 May 2-3pm

FREE

Booking essential.

For more information phone 8293 8166



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 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, \$21 for a 10-class card, \$36 for a 20-class card

For more information phone 8372 5180



COME AND TRY un peu de français – A bit of FRENCH 🌟

These friendly, relaxed, small classes of 8 are designed for complete beginners or for learners with 1 or 2 years of study. Jean-Marc is an experienced teacher and a true Parisian at heart. His focus is on making everyone speak and, more importantly, to have fun while doing it! A bientot.

Fridays during school terms

Times: 9.30-10.30am Level 1,

11am-12noon Level 2/3

Cost: \$15 per lesson

For more information contact

Jean-Marc 0448 330 414

or email ohlagrenouille@gmail.com

Or visit [facebook.com/lagrenouille/](https://www.facebook.com/lagrenouille/)



RMT MANAGEMENT – MODELLING AND FILM - ACTING WORKSHOPS 🌟

We are a commercial talent agency which trains children and adults as actors and models for professional engagement with the media and fashion industries.

Workshops are run at various times throughout the year and school holidays.

For more information contact

Angie 0413 580 982

or email angie@rmtmanagement.com

TRIPLE C COMPUTER CLUB 🌟

Learn more about using your computer. Learn what you need to know and what you didn't know.

We are very informal!

Every Thursday (19 January to mid-December) 10.30am-12noon

Cost: \$5 per session

For more information contact

Stefan Kreslin 0401 495 010

or email kreslsj@gmail.com

UNLEY COMMUNITY CENTRE

ITALIAN FOR FUN

In these informal weekly sessions, you'll learn basic communication in Italian. You'll learn how to communicate in common social situations; such as meet and greets, booking appointments and eating out. Over ten weeks you'll be introduced to grammatical elements to develop speaking and listening skills to communicate with some confidence. Tips and insights on culture are provided along the way from our wonderful volunteer facilitator Vincenzo Curro.

Cost: FREE

For further information phone 8372 5128

HEALTH AND WELLBEING WORKSHOPS

Ageing is a cause for celebration in the City of Unley.

Our people are living, longer, healthier lives. We want our residents to be fulfilled right through their lifespan and for our city to be a great place to age. Community Centres are vital in Unley's vision to be an age-friendly city.

These monthly workshops at the Unley Community Centre are designed to provide useful information to our older community members on a range of topics.

3rd Monday of each month, 1pm

Cost: FREE

For a copy of the program or for further information phone 8372 5128

CIRCUIT COOKING 101

Are you looking to ignite or reignite a passion for cooking?

Offered monthly and covering a variety of topics, the Circuit Cooking 101 program is designed to make cooking simple, easy, and most importantly, enjoyable. Workshops incorporate demonstrations, tastings and lots of practical tips and tricks.

Facilitated by our very own Cook and Circuit Café Coordinator Chloe Apostolides, these workshops will motivate and inspire you to get back into the kitchen.

2nd Monday of every month
(Excluding March and June)

1.30-3pm

Cost: varied

Bookings essential.

For a copy of the monthly program phone 8372 5128

CREATIVE PURSUITS

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 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

COMMUNITY CHOIR ★

Join this fun, engaging and easy-going community choir. Stephania is an experienced singing teacher, teaching all ages and all styles. No experience needed.

Tuesdays 6.30-7.30pm

Cost: FREE

Contact Stephania 0412 344 269

or email stephania.gates@hotmail.com

CLARENCE PARK FRIDAY UKULELE JAMMERS ★

A weekly jamming session for ukulele players to practise and gain experience with a friendly group. Some experience required.

Friday afternoons 2-3.30pm (excluding school holidays)

Cost: \$2 per session

For more information contact

Susan 0409 242 648

or email iansaunders60@gmail.com

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 people over the age of 18, 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 items, or repair well-loved ones. The Shed is well utilised by early childhood organisations such as kindergartens and childcare centres to repair or create new toys. Morning tea included. No skills necessary. Please contact us if you wish to have items repaired or made.

Tuesdays 9am-12 noon and Thursdays 9am-3pm

Cost: \$20 membership fee per quarter

For more information contact

Sharon, The Shed Coordinator
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 participants work from a community workshop where they sell original and refurbished items.

All pieces are lovingly made using recycled timber, with all profits going to running 'The Shed' programs.

Open Tuesdays 9am-12 noon and Thursdays 9am-3pm

For more information contact

Sharon, The Shed Coordinator
8293 8166

or email

theshed@clarencepark.org.au



WORKSHOPS WITH THE SHED

Make a wooden chopping/cheese board!

Over 2 sessions this workshop will introduce you to basic woodworking to create a beautiful chopping/cheese board.

You will be supervised by The Shed participants, one on one, so no skills are required. Safety measures will be in place.

Perfect for beginners looking for their first woodworking project, or those who have taken a break from woodworking and are looking for a chance to get back in the workshop.

Dates: 2 and 9 March, 9.30-11.30am

Cost: \$30.00

Bookings essential, phone 8293 8166

NEED HELP COMPLETING OR GETTING STARTED ON A WOODEN PROJECT?

Over 3 sessions our Shed Participants can assist you in either completing a project you have started or get you started on a project. You will be supervised by The Shed participants, one on one, no skills are required. Safety measures will be in place.

You will need to let us know what the project is so we can ensure we have the wood and materials needed.

It may be a broken piece of furniture or a wooden box you have wanted to create but have never gotten around to it.

Dates: 15, 22 and 29 June
9.30-11.30am

Cost: \$30.00

Bookings essential, phone 8293 8166

MAKE A BONSAI STAND!

Over 2 sessions this workshop will introduce you to basic woodworking to create a Bonsai stand.

You will be supervised by The Shed participants, one on one, no skills are required. Safety measures will be in place.

Perfect for beginners looking for their first woodworking project, or those who have taken a break from woodworking and are looking for a chance to get back in the workshop.

Dates: 7 and 14 September,
9.30 -11.30am

Cost: \$30.00

Bookings essential, phone 8293 8166

MAKE A WOODEN TOY OR CHRISTMAS TREE TABLE DECORATION!

Over 2 sessions this workshop will introduce you to basic woodworking to create a beautiful wooden toy or a table decoration for Christmas. You will be supervised by The Shed participants, one on one, no skills are required. Safety measures will be in place.

Perfect for beginners looking for their first woodworking project, or those who have taken a break from woodworking and are looking for a chance to get back in the workshop.

Dates: 9 and 16 November, 9.30-11.30am

Cost: \$30.00

Bookings essential, phone 8293 8166

CREATE AND TALK

Participants will explore their creativity while getting to know each other. A different activity each month. No experience needed. Children welcome with adult carers.

Second Wednesday of each month

10am-1:00pm

Free

For more information contact Marigold White 0466 260 098

or email marigold@unity.com.au

or visit Unity.com.au

BRING YOUR VOICE SINGING WORKSHOP

Come along for a sing. Learn a short song or two and enjoy singing together in harmony.

No experience necessary and no solos. This one-off group singing workshop is just for fun!

Wednesday 29 March, 2-3:30pm

Cost: \$2. Bookings essential.

For more information phone 8293 8166

LOOKING AT DRAWING WORKSHOP

The definition of drawing is 'to make a mark on a surface.' Join celebrated artist John Whitney for this 2 hour drawing workshop. The aim of this workshop is to encourage confidence in drawing, to introduce people to drawing techniques and different medium and to make drawing fun, interesting and relevant.

No experience necessary, all materials provided.

Tuesday 21 March, 2-4pm

Cost: \$5

Bookings essential, phone 8293 8166

johnwhitney.com.au



FULLARTON PARK COMMUNITY CENTRE

CLOTH DOLL CLUB OF SA INC ★

Encouraging artistic expression in cloth and mixed media by making cloth dolls.

Sundays: 5 February, 2 April, 4 June, 6 August, 15 October, 3 December

Time: 11am-3pm

Cost: \$25 annual fee, \$6 per meeting

For more information contact

Christine 0419 823 784

or email swright@adam.com.au

FRIDAY SOCIAL ART GROUP

A friendly and welcoming group who get together weekly to paint and have a chat and a laugh. New members always welcome. Bring your own supplies.

Fridays: 10am-12.30pm

Cost: \$3 per session

Contact: the Centre on 8372 5180

or email fpcc@unley.sa.gov.au



CENTRE FOR CREATIVE HEALTH VETERANS ART PROGRAM ★

Led by art tutor Kaz Pedersen, these weekly sessions are an opportunity for veterans to continue their creative practice. Materials provided. New participants welcome.

Mondays 9am-4pm

Cost: FREE

For further information contact

Victoria Bowes 0437 164 737

or email vbowes@creativehealth.org.au

FULLARTON PARK QUILTERS GROUP

We welcome new members to share quilting, stitching and other crafts in a friendly and supportive environment.

Wednesdays 10am-3pm

Cost: \$3.50 per session

For more information contact

Kay 0457 023 948

or email kayv6868@gmail.com

HANDMADE CRAFT

A variety of handmade craft items are available at a low cost. The range includes a variety of toys, bags, masks and much more. All lovingly made by our Quilters group. Funds raised go to charity. Find the display cabinet in the front foyer and see reception for purchases.

Cost: various prices. Cash Only



SARAH MCDONALD'S ART SCHOOL ★

Art Classes Specialising in Painting

Specialist Painting classes. This Art School offers short courses by a successful exhibiting artist and fully qualified art teacher. Under Sarah's guidance, develop the skills, technique, and confidence to create your own artworks. A stimulating, non-threatening environment that encourages freedom of expression with no fear of failure. Class sizes are kept small for high level of tutor interaction and to cater to different levels of ability and interests. Courses in nine-week blocks coincide with school terms.

Choice of 8 session times:

Tuesdays: 9.30am-12noon,
12.30-3pm or 7-9.30pm

Wednesdays: 9.30am-12noon,
12.30-3pm or 7-9.30pm

Thursdays: 9-11.30am or
12noon-2.30pm or 7-9.30pm

Cost: \$470 per term, materials provided except stretch canvases

\$410 bring your own materials

For more information contact

Sarah 0402 263 913

or email studio@sarahmcdonald.com.au

or visit sarahmcdonald.com.au

SOPHIE DUNLOP ART CLASSES ★

New Portraiture Classes

Rather than 'trying to get a likeness', we will focus on learning the rules: the proportions of the head, the way light falls on the planes as well as some anatomy. We will occasionally work from a model.

Saturdays 1.30-4pm

Cost: \$280 for 5 week term

For more information contact

Sophie Dunlop 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, 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

31 January to 12 December

Cost: \$3 per session

For more information contact the Centre 8372 5180

or Claire Edwards 8271 5317
0434 277 124

or email claire@besakih.com.au

NEW! FLOWER ARRANGING CLASSES ★

A fun activity for flower lovers. Sophie Dunlop is keen to share her love of flower arranging. Learn to make bouquets, posies and arrangements for different occasions.

2nd Saturday of the month

1.30-4pm

Cost: \$80-\$100 per workshop

For more information contact

Sophie Dunlop 0403 688 077

or email sophiedunlop2012@gmail.com

or visit sophiedunlop.com



UNLEY COMMUNITY CENTRE

DRAWING AND SKETCHING

A fun and relaxed drawing class for anyone who loves to draw. These weekly classes cover a variety of mediums and techniques. The support and guidance provided by our experienced instructor will allow you to develop your creative drawing talents.

Wednesdays 12:30pm-2pm

Fridays 10am-12noon, 1pm-3pm

Cost: \$8. Pre-paid cards available for five or ten classes.

To register or for more information phone 8372 5128

PAINTING WITH ACRYLICS

Join this weekly art group meeting to practise painting with acrylics. Enjoy painting at your own pace and in your own style. Share your ideas, skills and abilities and be inspired by the creativity and support of those around you. Bring your own materials and artwork to continue or start something new. Occasional lessons and demonstrations offered throughout the year by experienced artists.

Tuesdays 1-3pm

Cost: \$3. Pre-paid cards available for five or ten classes.

To register or for more information phone 8372 5128

KNIT N NATTER

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

Tuesdays 9.30-11.00am

Cost: FREE

Tea/coffee 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 experienced instructor will guide and support you at every step enabling you to discover your artistic potential.

Thursdays 10.30am-12.30pm and 1-3pm

Cost: \$8. Pre-paid cards available for five or ten classes

Bookings essential

For more information phone 8372 5128



CHILDREN AND FAMILIES



CLARENCE PARK COMMUNITY CENTRE

CHILDCARE

Are you looking for occasional childcare that isn't full time? Our sessional childcare program is based on imaginative and creative play for children from two to five years, in a purpose-built setting with a large garden. Children bring fruit for morning tea and their own lunch. Bookings essential and visits welcome.

Tuesdays to Fridays 8.30am-1pm

Cost: fees apply

For more information contact the Centre 0456 962 940

or email childcare@clarencepark.org.au

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: \$95 per term, annual enrolment fee \$44 and DanceSurance \$5

For more information email carissa@carismadancefitness.com.au

or visit carismadancefitness.com.au

KINDERMUSIK BY MINI MUSIC MAKERS ★

Sing, dance, move, play, and learn.

Early music education, movement and fun for newborns to 7-year olds.

Fostering language, listening, problem-solving skills and socialisation.

Small friendly classes.

Mondays to Thursdays, various sessions

Cost: \$150 per 9-week term

Bookings essential

For more information contact

Cathy 0421 276 970

or email

cathy@minimusicmakers.com.au

or visit minimusicmakers.com.au

PLAYGROUP

Held in our Childcare area with a Playgroup leader, it 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-1pm, school terms only

Cost: \$5 per family to play plus Playgroup SA membership

For more information phone 8293 8166

LULLABY PROJECT AUSTRALIA

Be part of a unique experience and opportunity to connect and bond with your baby or young child. Originating in New York this project brings together new parents from different communities to meet, sing and create individual and group lullabies with the support of professional artists. Workshops will be held over 4 sessions, finishing with a celebratory performance on the 19th of March.

Wednesday 8 February, 15 February, 22 February and 1 March

10am – 12 noon

Cost: FREE

Bookings essential

For more information phone 8293 8166

or email cpcc@unley.sa.gov.au

WRIGGLY STORYTIME

Presented by Unley Libraries join this active Storytime for your wriggly little person! Join us for stories, songs and movement and take home a craft to further your child's learning at home. For ages 2-5 years.

Wednesdays 10.30am

15 March, 17 May, 21 June, 16 August, 20 September, 15 November and 13 December

Cost: FREE

For more information phone 8372 5100



KIDS' MARKET

Stalls are available for kids to sell their items to other kids. Put the dates in your calendar for a fun, low-cost activity to pick up some bargains, or make some cash from unwanted toys. Designed for child stallholders only. Bookings for stalls open 6 weeks before market dates.

(Note: adults wanting to sell their own wares please contact the Fullarton Market)

Saturday 15 April 1-3pm

Saturday 23 September 1-3pm

For more information phone 8293 8166

SCHOOL HOLIDAY SPECIAL EVENTS!

Circus Show

Jesstar will present a fabulous circus show that will captivate you with her juggling, unicycling, puppetry and rolla bola. You will be dazzled, amazed and laugh your hardest during this hour long show with comical gags and audience participation.

19 April, 10.30-11.30am

Cost: \$5 per person.

Everyone invited. Bookings essential.

For more information phone 8293 8166

MR BADGER TELLS THE STORY OF "THE WIND IN THE WILLOWS"

Come and see Mr Badger tell this much-loved, classic story celebrating the joys of nature and friendship in this 45 minute story time session.

This delightful intimate storytelling performance makes an ideal family outing and shared experience for ages 5 - 95.

Wednesday, 19 July, 10.30am

Cost: \$2 per person

Bookings Essential phone 8293 8166

FULLARTON PARK COMMUNITY CENTRE

BALLET @ FULLARTON PARK ★

The aim of these classes is to enable students to develop the poise, discipline and other benefits gained from learning ballet, in a caring and nurturing environment, without the pressure (on students and parents) of exams, competitions or concerts. Costumes for our final night celebration are included.

Miss Judi is a fully qualified and experienced teacher.

Wednesday after school during school terms

Time: 4.15-6.15pm (time varies with student's age)

Cost: Tots \$130, ballet classes \$140 per term

For more information contact

Judi Corcoran 0401 242 859

or email moggidance@hotmail.com

CARLA PAPA DANCE - CPD ★

Dance classes for 5-18 year olds.

Dance education at CPD provides your child with quality dance tuition in a professional and nurturing environment. Specialising in jazz technique, commercial jazz and lyrical jazz. Students are provided with solid technical and performance training.

Tuesdays 4-6.30pm, Thursdays 4-7pm (school terms)

For bookings and information on costs scan the QR code

Or alternatively contact

Carla Papa on 0403 196 942

or email carlapapadance@outlook.com



CHILD & YOUTH HEALTH SERVICES ★

Located in the cottage at the rear of 411 Fullarton Road, Fullarton. Driveway access from Fisher Street entrance.

For appointments and enquiries phone 1300 733 606

or visit cyh.com

CHILDREN'S UNIVERSITY ACTIVITIES

Fullarton Park Community Centre has developed a Fact Finding Fun and Word Find that is listed on the Children's University site. Completion of the activity counts for 1 hour in your passport. Feel free to download from the University's website or pop into the Centre for a copy.

All of our school holiday workshops are valid with the Children's Passports.

EWE EDUCATION COLLEGE ★

We provide primary and secondary school education tuition including IGNITE private school scholarship placement test preparation and SACE subject tuition. Our students consistently score well above average in exams.

For dates/time contact the college.

Cost: from \$660 per term

For further information contact

Cathy Zhou 0403 581 007

or email cathy.zhou@aaca-edu.com

or visit sace-edu.com

FREE PARENT EDUCATION SEMINARS AND DISCUSSION GROUPS BY MARK LE MESSURIER

SA Senior Australian of the Year 2022

Each of the following Seminars and Discussion Group sessions are taken directly from Mark's newest book, 'Guiding Kids Through the Tough Moments: Techniques to build a space where children can thrive' (2022).

Family, classrooms, all kinds of human groups are intricate, evolving social and emotional worlds. They exist to protect and nourish but living in them is not always easy. And, when one of us is not doing well, none of us are. This makes them a delicate, dynamic, messy, and endless work in progress. This book centres around those moments when we must get involved, or call a child out on an unsafe, careless, or selfish action. Pitched well beyond the superficiality of make 'happy families' or 'obedient classes', Mark dives into the colour and chaos of life. In his typical style, he provides guidance for navigating the commotion, the process and grit required, especially in the tougher moments. It's these moments that reveal what is really happening between children and their parents, educators, or carers. His book outlines a special set of attitudes and skills described as using our 'soft eyes and warm hearts'. In this space we hold a child or teen accountable using an almost counterculture mindset. One that connects leadership and strength, directly with kindness. This human approach is more likely to leave young people in a position where they might want to feel responsible, make amends and changes, rather than being forced to.

Mark believes that if we are to improve our relationships, outcomes, and futures with this generation of kids we must commit to truthful conversation, reflection, and preparation.

Seminar 1: Monday 27 March

Family changes, challenges and consequences

This seminar is taken from 2 chapters:

1. FAMILY: an evolution and revolution
2. Which QUADRANT reflects your PARENTING or TEACHING style?

Parenting has undergone an incredible revolution in such a short time! What once worked to control children no longer works because children today demand the 'human stuff' from every adult involved in their life. And in a bid to connect, they will push hard and push buttons to experience the full range of your emotions so they can decide where to tap in, positively or negatively. Kids nowadays will not be manipulated through cold, clinical, disconnected ways where adults flaunt the rules without relationship or respect. Let's unpack, explore, and then move on to helping you identify your PARENTING STYLE. What STYLE have you inherited, developed, or fallen into? Come with me and examine the PARENTING STYLE landscape, and as we do this, we'll pull together a few beautifully connecting and healthy tools to use in those 'tougher moments with kids and teens'.

Seminar 2: Monday 26 June

Is GOOD BEHAVIOUR the opposite of BAD BEHAVIOUR? Is there more to UNDERSTAND? What is BEHAVIOUR signalling? What can we do to SEE MORE OF THE BEHAVIOURS WE WANT?

This seminar is taken from 3 chapters:

3. 'MIS'behaviour
4. Understanding the STUBBORNNESS of behaviour
5. A language that TAMES SHAME.

The aim is to immerse you in a compassionate way to understand our children's trickier moments because behaviour expresses an underlying emotional need. Let's reconsider our automatic and instinctive disciplinary responses to children in the hot and heavy moments. Let's work out which emotions are driving the behaviour, instead of simply responding to the irritation the behaviour causes. My intention is to forge a pathway to help

you nurture the emergence of a young person's spirit by separating their mistakes and poor choices, from the beauty of who they are, and who they can become. Let's also understand the STUBBORNNESS of behaviour change and develop a language that tames SHAME, with the STAR ACT being praise.

Seminar 3: Monday 28 August

The intriguing 'ART' of handling tricky behaviours in children and teens

This seminar introduces the practical front-line skills to get the behaviours you want and is taken from 3 chapters:

6. The 'art' of REDIRECTING unwanted behaviours
7. The 'art' of HOLDING A CHILD ACCOUNTABLE, with poise
8. The 'art' of APPLYING AN EDUCATIVE CONSEQUENCE and staying emotionally connected.

We delve into a practical 3-step approach to handle tricky behaviours in children and teens, with poise, kindness, and leadership.

Step 1. Redirecting unwanted behaviours. Redirection is an efficient style that guides a child's behaviour from the unsuitable to the more suitable.

Step 2. Keep a child accountable for their actions, using kindness and strength, in a moment when they have been thoughtless or made a poor decision. It takes awareness and courage otherwise we can easily become victims to our own heightened emotions.

Step 3. Educative consequences. These are a planned response we use following a child's misjudgement or poor behaviour where we:

- Try to connect the consequence to the tricky or challenging behaviour.
- Be respectful by remaining calm and emotionally connect to your child.
- The consequence must be fair and considerate. Never overblow it. Less is better.
- Make it helpful. In other words, it contains an imitative that helps to build a skill.

Seminar 4: Monday 30 October

Who are your WISE-GUIDES? Who do you look to for guidance, support, and direction? How do you TAKE CARE of yourself? And some special moments to INSPIRE YOU!

This seminar is taken from 3 chapters:

11. WISE-GUIDES and SELF-CARE
12. CLOSE: Thoughts and reflections.

My first set of questions is- "Who are the people that keep you grounded, inspired, motivated and sane?" Who has your back? These are vital people to have in our lives.

Secondly – "How do you look after yourself?" What have you put in place to recover and feel renewed?" Let's explore what you can do to nourish yourself, recuperate and revive. Even small steps bring help and hope.

Finally, I have reached out to current and past clients. Some now in their thirties with children of their own, and more than a few became teachers. I asked them to write something important or soulful about their childhood, parents, family, special teachers, and school memories. I will share their contributions with you. My hope is their reflections inspire you to take heart and appreciate the beautiful and deep lingering influences you are busy creating.

SEMINARS

Time: 7-8.30pm

Cost: FREE

Bookings essential. Phone 8372 5180

or email pdale@unley.sa.gov.au

FREE PARENT EDUCATION SEMINARS BY MADHAVI NAWANA PARKER

Free parenting education seminars presented by the popular and well respected Madhavi Nawana-Parker. Madhavi is a widely published author of confidence, resilience, wellbeing and social-emotional literacy books, who has worked with families and schools for over two decades. She is the Director of Positive Minds Australia.

facebook.com/madhavinawanaparker

or visit positivemindsaustralia.com.au

Seminar 1: Monday 15 May

What your Tweens and Teens need most from you

Madhavi Narwana Parker will help you understand what's going on in your tween and teen's head that makes them say and do the things they do. Learn how to proactively navigate what can often be a complicated time, so your family has the best chance of success and connection despite the ups and downs.

Seminar 2: Monday 11 September

Anxiety in children

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

FREE PARENT INFORMATION AND DISCUSSION GROUP – PRESENTED BY MARK LE MESSURIER

SA Senior Australian of the year 2022.

These groups will run throughout the year. They will be on selected Wednesdays from 10am to 12noon. Participants are welcome to enrol for all 7 or come along to the ones they wish to. The format is casual and the number of participants are limited so there is plenty of scope to talk and exchange ideas.

Discussion 1: March 22

The PARENTING WINDOW – which QUADRANT reflects your style?

This workshop is personal. I have designed it, so you can quietly contemplate your parenting style. I want you to think about why you manage the kids in the way you do. My goal is to provide many practical ideas and techniques to help you communicate, lead, and manage in optimal ways. The PARENTING WINDOW is a useful framework to help us really see our leadership style; how we work with our kids, how we use our authority and what our style really looks and feels like, especially in the hot and heavy moments.

Discussion 2: May 10

SIBLING RIVALRY how to see it, deal with it and shape the behaviours you want.

Sibling rivalry begins when the second child arrives, and the first-born is dethroned. No longer is the first child the centre of the universe. Their universe suddenly becomes a shared one, and 'number two' can easily be viewed as a threat! From that moment children must share and the stage for 'sibling rivalry' is set. Secondly, the usual motivations behind sibling rivalry involve children competing for the same basic resources – for time, attention, love, toys, screens, being first, and approval from their parents. Interestingly, the closer siblings are in age, or developmentally, the more intense the love, the play and the rivalry are likely to be. Let's explore the very practical things you really 'CAN DO' to deal with sibling rivalry and shape the behaviours you want.



Discussion 3: June 21

The intriguing 'ART' of handling tricky behaviours in children and teens.

This discussion introduces the practical front-line skills to get the behaviours you want and is taken from 3 chapters:

6. The 'art' of REDIRECTING unwanted behaviours
7. The 'art' of HOLDING A CHILD ACCOUNTABLE, with poise
8. The 'art' of APPLYING AN EDUCATIVE CONSEQUENCE and staying emotionally connected.

We delve into a practical 3-step approach to handle tricky behaviours in children and teens, with poise, kindness and leadership.

Step 1. Redirecting unwanted behaviours. Redirection is an efficient style that guides a child's behaviour from the unsuitable to the more suitable.

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Step 3. Educative consequences. These are planned response we use following a child's misjudgement or poor behaviour where we:

- Try to connect the consequence to the tricky or challenging behaviour.
- Be respectful by remaining clam and emotionally connect to your child.
- The consequence must be fair and considerate. Never overblow it. Less is better.
- Make it helpful. In other words, it contains an imitative that helps to build a skill.

Discussion 4: August 16

Dealing with BIG FEELINGS

"Coaching kids of all ages to own and manage their feelings begins with parents understanding how to do this"

Everyone experiences BIG FEELINGS! Typically, they are bigger and more prevalent in the world of children usually as a reaction to dread, anxiousness, stress, or disappointment. Many parents feel helpless as they witness their child acting out their BIG FEELINGS, inaptly, day in and day out. Learning to manage all kinds of BIG FEELINGS starts with coaching kids to identify the feeling they're experiencing and developing tools to express feelings and thoughts, and then reset emotions. Most of these coping skills are simple to learn, easy to use and effective. Mark promises to bring a wealth of totally practical ideas to show parents how to coach their children to tame their BIG frustrated FEELINGS.

Discussion 5: September 13

A Window into the AMAZING Adolescent Brain.

"Implications for behaviour; emotion, coaching, parenting and learning"

The years between 11 and 20 are loosely considered adolescence. It is a critical time for human development, yet adolescent behaviour can be a puzzle and a struggle for many – educators and parents. Adolescents can be dramatic and irrational, for apparently no reason, but they also have deeply insightful and compassionate moments, and a profound need for continuing and tender care from the adults in their world. Through research we now know the adolescent brain is very much a work in progress – and, that it is different to yours, and to how it once was when they were a child. Just as they go through awkward physical growth spurts, their brain development also progresses with awkward leaps and stutters. So, what is a parent to do? Firstly, understand what's really happening to your teenage child. Mark will also present some fast, practical, and helpful ideas for you to work with. Oh, yes! This is a challenging age group, but so brilliantly rewarding to parent and teach!

Discussion 6: October 25

A diagnosis of AUTISM SPECTRUM DISORDER; what does it mean, and what comes next?

Welcome to a shared evening where we all have something in common. In this workshop you will learn some facts about Autism, but this isn't my main goal. My goal is very personal. It is to introduce you to a few people who have had a lived experience with Autism, in the hope you will be touched in a way, that facts alone can never touch people. Firstly, each of us feel and think about our own version of Autism. This is because one child's Autism does not present in the same way as another child's Autism. Early in the journey there's a temptation to focus on what's missing and what interventions might 'fix-up'; the missing or delayed skills in children. The professional mantra is, the earlier the interventions the better, but so often this comes at a time when parents are at their most vulnerable. And they can spend a lot of time, chasing therapies and programs, that sometimes promise way too much, too early. Over time, most shift our thinking from a 'deficit model', to a much healthier model where we see the young adult as a whole, healthy human being. We learn that time, maturation, some targeted skill building, and human connectedness are the prime collaborators for growth. Sure, our children may still have Autistic differences, but we reach a point where we can embrace their differences, enjoy their quiriness, find their strengths, expand on them and celebrate them!

Discussion 7: November 22

FAMILY, PARENTING and CHILDREARING CHANGES – “My MENTAL HEALTH is my RESPONSIBILITY”

In this workshop the focus question is – “How can PARENTS achieve the best MENTAL HEALTH for their CHILDREN?” But first I’ll set the scene by introducing what many children must navigate today. It is a troublesome ‘new normal’. It is a SNAPSHOT of hardships hardly recognised. Some mental health issues arise from the unexpected twists and turns of life, and the associated trauma. Some are well outside of our control and are heavily influenced by disability, disorders, loss, illness and so much more. However, by using MENTAL HEALTH HYGIENE PRINCIPLES we achieve two things:

Firstly, our everyday behaviours, habits and routines place our children in a position where they absorb the protective principles we model.

Secondly, if your child experiences a spell of mental health difficulties, they will be sustained by these MENTAL HEALTH HYGIENE PRINCIPLES you have put in place, and they have learnt to live by.

Isn’t it ironic that our children’s mental health hinges on our awareness, understanding and modelling of MENTAL HEALTH HYGIENE PRINCIPLES.

DISCUSSION GROUP SESSIONS

Time: 10am-12noon

Cost: FREE

Bookings essential.

For more information phone 8372 5180

or email pdale@unley.sa.gov.au



PELICAN PRODUCTIONS MUSIC THEATRE CAMP/SPOTLIGHT ★

MTC and Spotlight are intensive day camps held in the January school holidays, for performers 8-19 years, with training in singing, dancing, and acting. Taking the best of the best from Broadway and the West End, MTC and Spotlight culminate in the presentation of a music theatre performance like no other. Don’t be fooled by the age of the cast, the talent we have in Adelaide is nothing short of incredible – it is a show not to be missed!

For more information contact

Anthea 0415 918 222

or email

pelicanproductionsmtc@gmail.com

or visit pelicanproductions.com.au

RMT MANAGEMENT ★

RMT Management holds 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 contact

Nicole or Angie Christophel 8394 2574

or email angie@rmtmanagement.com

SCHOOL HOLIDAY PROGRAM

Recreational workshops for children aged 5-14 years in the April, July and September/October holidays.

We create a new program every season that features favourite activities from past workshops and some great new stuff too!

Are you on our SHP mailing list? Program flyers are issued before all school holidays, so jump on our mailing list.

All school holiday workshops can be included in your Children’s University Passport.

Bookings essential.

For more information phone 8372 5180

YOUNG GUNS ACTING PROGRAM ★

A fun and fulfilling course for junior actors in Adelaide with a focus on film, audition skills, improvisation, stage craft and creativity.

Monday 4.15-5.45pm

Tuesday 4.15-5.45pm

For further information contact

Molly or Angie 8394 2574

or email admin@rmtmanagement.com

or visit rmtmanagement.com





New Venue for Hire

Unley Oval Community Hub

Trimmer Terrace, Unley

Overlooking Unley Oval, the Community Hub provides a large, carpeted, multi-function space for hire.*

Developed as part of the Stage 2 upgrades to Unley Oval, the hub is located inside the newly furnished Jack Oatey Stand.

Approximately 335m², this versatile space includes a commercial kitchen, tables and chairs. A variety of TV screens can be operated individually or linked together for group presentations. The room meets all disability access standards with the inclusion of lift access and accessible toilets.

To obtain details of floor plans, capacity, conditions of hire and rates, please visit unley.sa.gov.au/venues-for-hire or phone **8372 5128**.

SPECIAL CLUBS AND SPECIAL INTEREST

CLARENCE PARK COMMUNITY CENTRE

LGBTIQA+ CUPPA AND CATCH UP

Are you part of the LGBTIQA+ communities? A very informal, inclusive space to chat and get to know other LGBTIQA+ people in your local area.

Come and make a cup of tea and sit out under the orange tree, take a stroll through our biodiversity garden, or enjoy our beautiful playspace.

All ages and all welcome.

1st Tuesday of the month 1.30 – 2.30pm

Cost: FREE No bookings necessary

For more information phone 8293 8166

ADELAIDE AMIGA AND PC USER GROUP

A computer interest club where visitors are always welcome. The group often helps computer users, whether beginners or advanced. Come along, try for free and only contribute when you're a regular.

Mondays 7-10.30pm

Cost: \$3 per session, plus \$20 annual membership

For more information contact
Marc 8339 3930

AMATEUR WINEMAKERS AND BREWERS CLUB OF ADELAIDE

A monthly meeting for those interested in winemaking and brewing. Activities include internal competitions, tastings, and educational speakers. New members are always welcome.

1st Tuesday of the month 8-10.30pm
(excluding January)

Cost: \$30 per annum (pensioners \$25)

For more information contact

Jane 0414 272 926

or email secretary@awbca.org.au

or visit adelaideferment.org.au

NEIGHBOURHOOD WATCH MILLSWOOD/CLARENCE PARK

Crime prevention and education for local residents. All welcome. Guest speakers at selected meetings.

Meetings are free for residents.

4th Tuesday on alternate months
7-10.30pm

24 January, 28 March, 23 May, 25 July,
26 September, 28 November.

For more information contact

Dirk 8297 4131

or email dirk.sluiten@internode.on.net

DUNGEONS AND DRAGONS WITH THE CAMPFIRE

Social group for NDIS participants focused on making friends, and building confidence and social skills through playing Dungeons and Dragons in a welcoming and supportive environment.

Saturdays and Sundays 1-4pm

Cost: fully funded through NDIS,
fees vary

For more information contact
Josh 0401 915 971

or email josh@thecampfireau.com

GRACE COMMUNION INTERNATIONAL

Come and join us for Christian worship and fellowship, everyone is welcome. Stay for refreshments after the service.

Cost: FREE

Alternate Sundays 10.30am-12noon

For more information contact
Ken 0419 033 003

or visit adelaide.gci-au.church

EVENING LIGHT ASSEMBLY ADELAIDE

We're an interdenominational Christian Church believing in the Bible and its promises in the days we're living.

Cost: FREE

For more information contact
Claude 0433 021 088



FULLARTON PARK COMMUNITY CENTRE

AFRICAN VIOLET GROWERS GROUP ★

The African Violet Growers Group has a passionate interest and love of all things to do with growing African Violets and Gesneriads.

3rd Thursday of the month

10-11.45am

Cost: FREE to attend, \$15 yearly membership

For more information contact J Mark Betros 0424 223 141

or email info@avgg.org

or visit avgg.org

FOREIGN SHORTHAIR CAT CLUB OF SA ★

Our club focuses on all aspects of the care and showing of shorthair cats. We have 28 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 the month (February to November)

7.30-9.30pm

Cost: FREE for all visitors

For more information contact Claire 0434 277 124

or email claire@besakih.com.au

FULLARTON PARK SENIORS CLUB

Small friendly group. We play rummikins and card games, have lunch and chat.

Bring your own lunch.

Tuesdays fortnightly 10.30am-2.30pm

7 February to 12 December.

Cost: \$20 annual fee

For more information contact Jean Gardner 0403 957 381 or the Centre 8372 5180

FULLARTON ROAD SOUTH TRADERS ASSOCIATION INC ★

Our goal is to bring awareness to the community surrounding Highgate Village of the wide range of businesses in Highgate and the benefits of supporting them.

2nd Wednesday of the month, 6-8pm

Cost: FREE

For more information contact

Richard Ockenden 0412 910 063

or admin@afterdark.com.au

or visit destinationhighgate.com.au

MAH JONG

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

Mondays 10am-1pm and 1.30-3.30pm, commencing 23 January

Wednesdays 1-4pm, commencing 25 January

Cost: \$3 per session

For more information phone 8372 5180

THE RED ROOM

This is a Community Lounge where you can drop in and meet friends, chat, have a coffee, read or just relax.

Available on various days and times depending on use of the room. If the room isn't available there are tables and chairs in the foyer.

Cost: FREE

UNLEY MENSA ★

This is a fortnightly community lunch for senior citizens. Play cards, bingo and 8-ball. Everyone welcome.

Wednesdays fortnightly from 1 February to 13 December, 10.30am-3pm.

School terms.

Cost: \$20 per person

For more information contact

Antonietta 8271 4319 or 0421 674 345



UNLEY COMMUNITY CENTRE

BOLIVIA

Join this group meeting weekly at the Centre to learn and enjoy 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.

Fridays 1-4pm

Cost: FREE

For more information phone 8372 5128

C3 PARKSIDE

Family friendly church community with a full kids' program. A Sunday service full of life, energy, and connection to Jesus.

Sundays 11am

For more information contact
Georga Williams 0423 195 254

or email welcome@c3parkside.org.au

or visit c3parkside.org.au



BUDGERIGAR SOCIETY OF SOUTH AUSTRALIA

Our club promotes the keeping of, welfare, breeding and exhibition of Australia's favourite pet - the budgerigar.

All welcome, from colony breeders to exhibition standards.

1st Tuesday of each month, February to November

7.30-9.30pm

Cost: FREE

For more information contact
Chris Murphy 0409 799 627

or email cmurphy68@msn.com

or visit bssainc.org.au

FOCUS – FRIENDS OF THE CITY OF UNLEY INC

FOCUS is a resident action group aiming to protect and enhance the amenity and historic character of Unley.

Tuesdays 7.30-9.30pm. Refer to website for meeting dates.

Cost: FREE, \$20 Membership fee for voting rights at membership meetings

For more information contact
Mary Rumbold 0450 434 167

or email focusonunley@gmail.com

or visit focusonunley.org

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.

2nd Tuesday of the even months, 6-10pm.

For more information contact
Virginia Driver 0408 517 100

or email ginnie@y7mail.com

or visit friendshipforce-aussie.org

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 February-
November, 12noon-4pm

Cost: \$10 joining fee, \$4 per meeting
and \$35 annual membership fee

For more information contact the
Secretary 0427 240 714

or email
handknittersguildsouthaust@gmail.com

or visit handknittersguildsouthaust.wordpress.com

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 February-
November 1-4pm

Cost: FREE screening, \$3 for afternoon
tea or enjoy a delicious lunch at the
Centre beforehand.

Bookings essential.

For monthly programs or more
information phone 8372 5128

LIVING GREEN

CLARENCE PARK COMMUNITY CENTRE

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.

Visitors are welcome in the garden during daylight hours and can follow our walking trail.

For more information phone 8293 8166

GROW FREE SHARE TABLE

Come to our Produce Share Table, with gifts from the earth, grown by the community for the community. They're for giving and taking. Organic fruit, vegetables, herbs, and seedlings.

Surplus home-grown produce is always welcome.

Drop in and see what's on the table.

RECYCLING AT CLARENCE PARK

You can recycle your batteries, bread tags and small e-waste (phones, computers, kettles etc) at the Centre. Collection bins in the office. Available during office hours.

CLARENCE PARK FOOD CO-OP ★

Volunteers run the food co-operative. The Co-op sells nuts, dried fruit, grains, legumes, seeds, honey and more at low cost.

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 contact Ashley 8297 6249

VEGGIE BAG SEWING GROUP ★

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 vegetables.

If you are a sewer, bring your machine. If not there are lots of tasks for non-sewers such as pinning, cutting, and threading drawstrings. Another aim of the group is to repurpose fabric such as curtains purchased from second-hand shops. Proceeds from bag sales are donated to charities.

Donations of overlocking and sewing thread are appreciated.

Wednesdays fortnightly 10am-12noon in the Black Forest Room

For more information contact Janet 0455 454 777

or email janet.jenkins.au@gmail.com



UNLEY REPAIR CAFE ★

Toss it? No way... fix it!

Learn how to fix your broken household items with the help of volunteer repairers. Bring along your small furniture, electrical appliances, toys, clothes, garden and household bits and bobs. Sorry no clocks, watches, or white goods.

All welcome.

Last Saturday of the month (excluding December and January)

9.30am-12.30pm (last repairs at 12pm or earlier if we're busy).

Cost: FREE (but donations are always welcome)

For more information email repaircafe@sustainablecommunitiessa.org.au

or visit facebook.com/unleyrepaircafe/

or visit unleyrepaircafe.wordpress.com/

PAPERMAKING WORKSHOP

Did you know it's World Environment Day in June? Come and join the folks from KESAB for a special workshop and make your own recycled paper!

Suitable for all ages.

Wednesday 7 June, 2:00-3:00pm

Cost: FREE. Bookings essential.

For more information phone 8293 8166

FULLARTON PARK COMMUNITY CENTRE

COMMUNITY ORCHARD

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

RECYCLING AT FULLARTON

You can recycle your batteries, bread tags and small electronics (phones, laptops, keyboards etc) at the Centre. Collection bins are in the front foyer. Available during office hours.

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 discerning gardeners would find interesting (camellias, hibiscus, roses etc) as well as unwanted 'but much loved' pot plants and hanging baskets.

The group formed in 2003 and has since raised over \$55,000 for charity from the sales. You can deliver the plants via the rear entrance to Fullarton Park Community Centre. We can collect plants in the Unley area by arrangement. If you are downsizing your garden, moving to a new house or into residential care and want your plants to go to a good home while helping charity, please contact us.

For more information contact Alice 0419 808 635 or Bev 83511683

Follow us on Facebook for updates and dates for plant sales.

LEARN HOW TO MAKE YOUR OWN CLEANING AND PERSONAL CARE PRODUCTS WORKSHOP

Plus a Q & A Session on low living waste and plastic avoidance

Many common household products are easy to make yourself with simple, everyday ingredients. Reduce your plastic use and the chemicals in your home, while also saving money. In this hands-on workshop you can make your own samples to take home and try out plus you will have an opportunity to gain a greater understanding on how to have 'low cost living with waste and plastic avoidance'.

Thursday 8 June, 10am-12:30pm

Cost: Free. Bookings essential.

For more information phone 8372 5180 or email fpcc@unley.sa.gov.au

UNLEY COMMUNITY CENTRE

AUSTRALIAN PLANT SOCIETY (SA REGION) INC. ★

Speakers address the meetings on topics relevant to the study and cultivation of Australian native plants. Details of the topics appear on the website.

4th Thursday of the month (excluding December) 7-9.00pm

Cost: FREE

For more information contact Leonore Swanson 0400 820 989

or email secretary@australianplantssa.asn.au

or visit australianplantssa.asn.au

GROW GROW GROW YOUR OWN ★★

Sustainable Communities SA Unley Gardening workshops are designed to encourage the community to grow their own food, including herbs and vegetables.

Workshops Sundays 2.30pm, various dates

Cost: FREE

For more information contact Anne Wharton 0424 425 135

or email gggyo@sustainablecommunitiessa.org.au

or visit sustainablecommunitiessa.org.au

BEESWAX WRAP WORKSHOP

Beeswax wrap workshops are an opportunity to make your own personalised, plastic-free alternative to cling wrap – a fantastic way to reduce waste and create something beautiful, practical, and eco-friendly! All participants make their own personalised wrap to take home and use.

Monday 5 June, 1- 2pm

Cost: FREE. Bookings essential.

For more information phone 8372 5128

SA IRIS SOCIETY INC. ★

Our society promotes the growing and appreciation of all Iris species, and 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.

Refer to website for meeting dates.

Cost: annual membership \$25 single/\$30 family

For more information contact Viv Bradley 0428 132 630

or email sairissociety@hotmail.com

or visit sairissociety.org.au



CAFÈS, GALLERY, READERS' ADVISORY SERVICES AND MARKETS



CLARENCE PARK COMMUNITY CENTRE

BOOK NOOK

This tiny library and book exchange service depends on donated books. Come and pick one up, donate or swap a book! It's open all the time, being topped up by local residents, so the turnover is amazing. Keep an eye on 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

BOOK NOOK

We have a Book Nook in Fullarton Park too. Books for all ages, the titles are constantly turning over, topped up by residents. Keep checking this nook for good reads.

Located at the front of the Centre, near the driveway.

Donations are always welcome, just pop them in the Book Nook.

READERS' LOUNGE - ADVISORY SERVICE

Do you love books? Pop into our Readers' Advisory Service and chat to our staff and volunteers. They know lots about reading and will help you order your next read online through Unley Libraries. You can collect and deposit books here and there is a Drop In Library where you can borrow books off the shelf and return them when you've read them.

Tuesdays 12.30-3pm

BOOK CLUBS

The Book Clubs gather on the 2nd Tuesday and 4th Thursday of the month in the Readers' Advisory Room.

If you are interested, contact 8372 5486

For more information
email libraries@unley.sa.gov.au

FULLARTON MARKET ★

A community market in the middle of the city. Come and join our community and find plants, food and much more.

4th Saturday of the month January - November 9am-1pm (3rd Saturday in December)

28 January, 25 February, 25 March, 22 April, 27 May, 24 June, 22 July, 26 August, 23 September, 28 October, 25 November, 16 December

For more information contact
Jason 0408 682 826

or email fullartonmarket@gmail.com



The Hughes Gallery is located inside the front entry to Fullarton Park Community Centre. The gallery features regular visual art exhibitions which change during each month (February to December). Entry to the gallery is free. Exhibitions 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 2023 exhibitions.

For more information phone 8372 5180

or visit unley.sa.gov.au/hughesgallery



UNLEY COMMUNITY CENTRE

CIRCUIT CAFÉ – DELICIOUS FOOD AND GREAT SERVICE

Enjoy the wonderful lunch meal service prepared on site by our Coordinator and team of volunteers, with up to three courses including a choice of mains. All your favourites, roast, schnitzels and more. The menu changes daily, and regularly offers vegetarian and gluten-free options.

Bring a friend, or neighbour, or come and make new friends in the Circuit's relaxed, friendly environment.

Bookings essential.

Transport may be available to My Aged Care eligible residents.

Monday, Tuesday, Thursday, Friday
11.30am-12.30pm

Cost: \$12 for three courses or \$3 Soup, \$6 Main, \$3 Dessert

For a current menu or more information
phone 8372 5128

SPECIAL EVENTS



Please refer to City of Unley website for upcoming Events and Online offerings.

WWW.UNLEY.SA.GOV.AU/EVENTS-PROGRAMS-FACILITIES

CLARENCE PARK COMMUNITY CENTRE

CLARENCE PARK COMMUNITY CENTRE AGM

The CPCC Board would love you to join them at their 2023 AGM and to take the opportunity to catch up with other community friends.

Wednesday 27 September 4pm

For more information phone 8293 8166

EVENTS

Various events are held at our Centre throughout the year. Check the City of Unley website and City of Unley Community Centres' Facebook page for updates.

ANNADAN (OFFERING FOOD) ★

Join the Vishva Hindu Parishad of Australia Inc. (World Hindu Council) for a free Indian vegetarian hot meal for community members, along with cultural activities to showcase the diversity of India and inclusiveness of the culture. Everyone is welcome.

First Saturday of each month

12noon-1pm

Bookings essential.

Cost: FREE

For more information and dates contact

Deepti 0428 174 699

or the Centre 8293 8166



FULLARTON PARK COMMUNITY CENTRE

AUSTRALIAN PLANGON (ANTIQUE AND MODERN DOLL) COLLECTORS CLUB INC ★

An exhibition displaying dolls, bears, toys, and other collectables. Members sell a variety of collectables including dolls and bears. Trash and Treasure table, charity raffles and light refreshments available to purchase.

Sunday 21 May 10am-4pm

Cost: adults \$7, children (under 16) \$3

For more information contact Jeanette Mossop 0407 800 460 or 8258 9295

or email jrmossop@gmail.com

or visit plangon.webs.com

FOOD AND CULTURAL EVENTS

Various events are held in our Parks throughout the year. Check the City of Unley website and City of Unley Community Centres' Facebook page for updates.

CRAFT GIFT SALE

Locally handcrafted items for all ages. High quality, affordable, great selection of diverse crafts.

Excellent Christmas gifts.

Come and meet the makers.

Cash sales only.

Date: to be advised

For more information phone 8372 5180

DOLL AND BEAR COMPETITION AND SHOW ★

A show for all interested in dolls, bears, and crafts, antique to modern. Fun for all ages. Sales, workshops, demonstrations, competition, displays, valuations, and food and refreshments.

Saturday 7 October 10am-4pm

Sunday 8 October 10am-3pm

Cost: \$7, children under 12 free

For more information contact Marie 0409 300 678

or email mariegabriel@outlook.com

or visit sadollguild.org.au

INTRODUCTION TO ABORIGINAL ART

As part of NAIDOC week, we are offering you the opportunity to attend this workshop offered by the Marion Cultural Immersion Centre. You will be led by a First Nations artist through an Introduction to Aboriginal Art. You will have your very own canvas to keep at the end of the workshop.

Wednesday 5 July, 10am to 12noon

Cost: \$10

Bookings essential on 8372 5180

or fpcc@unley.sa.gov.au

FULLARTON CHRISTMAS FAIR ★

Selling unique handmade gifts, Christmas decorations and presents, children's clothes and toys, homewares, candles, jewellery, plants, food and so much more. One of Adelaide's first markets, it has been running every year since 1981.

Saturday 18 November 9am-4pm

Sunday 19 November 9am-3pm

Cost: FREE

For more information contact Jane 0403 230 161

or email jane.wyly@outlook.com.au

HERB SOCIETY OF SA INC ★

Salvia Sales

These attractive plants are water wise and bird attracting, a fantastic addition to any garden.

Sunday 30 April and Sunday 29 October

8.30am-12noon

Annual Herb Day

Garden plants, displays, herb craft, sale of herbs.

Sunday 5 November

10am-3pm

For more information contact Sandra 8445 1626

or email herbsocietysa@gmail.com

or visit herbsocietysa.com.au



UNLEY COMMUNITY CENTRE

CELEBRATE THE FESTIVE SEASON AT THE UNLEY COMMUNITY CENTRE WITH TRADITIONAL CHRISTMAS LUNCHES AND A VARIETY OF ACTIVITIES.

Various dates and times

For more information on what's on in 2023, phone 8372 5128.

NEIGHBOUR DAY EVENT

City of Unley Community Centres are holding a free community concert to celebrate Neighbour Day.



neighbour day

Join the Band of the South Australia Police as you tap along and enjoy this entertainment together with your neighbours and friends to celebrate the importance of relationships and reaching out to each other.

Sunday 26 March, 2pm

The Capri Theatre, Goodwood

Bookings Essential to be advised closer to the event

SPECIAL EVENTS

IN-HOME SUPPORT SERVICES

Subsidised Services for older people

*Some conditions apply

Domestic
Assistance

Essential
Gardening

Window
Cleaning

Basic Handy
Person

Gutter
Cleaning

Spring/
Seasonal
Clean

Home Modifications

For more information about these programs contact the
In-Home Support Team on 8372 5198

WELLBEING AND SOCIAL PROGRAMS

Programs include:

Tai Chi

Enjoy a series of gentle exercises that create harmony between the mind and body

Walking Group

A weekly easy-paced walking group for people of all fitness levels

Shopping Assistance

Help to either take you shopping or do your shopping for you from a list

Wellbeing Phone Calls

Enjoy a regular chat with one of our friendly volunteers

Social Bus Trips

Monthly bus trips with other residents to places of interest throughout Adelaide and surrounding areas

Accompanied Support

Assistance to attend appointments, pay bills, visit loved ones and more

Technology Assistance

A volunteer can visit you in your home and assist you with your technology needs

Belles Breakfast

Social breakfast program for women to catch up with each other in a friendly, relaxed environment

Better Balance Classes

Classes aim to improve your balance and confidence whilst building strength and endurance

1:1 Friendly Visiting

A service that will match you with a volunteer who can regularly spend time with you at home, or take you out

Buddies at Breakfast

Social breakfast program for men to catch up with each other in a friendly, relaxed environment

Respite

A worker to look after your loved one while you take some time to recharge

Client contribution fees apply, and a My Aged Care referral is required to access these services. You can contact **My Aged Care** on **1800 200 422** or we can assist you with this process if required.

For more information about these programs contact our **CHSP Wellbeing Program Coordinator** on **8372 5191**

Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.
Kaurna Country

BECOME A VOLUNTEER

Volunteers develop and strengthen the bond between Council and the community, and contribute to creating a vibrant, healthy and positive place to live.

Please visit our website unley.sa.gov.au or speak with our Volunteer Coordinator on 8372 5111 to find out about our current volunteer opportunities.



Are you interested in joining our amazing team of volunteers?



COMMUNITY TRANSPORT SERVICES



CAR TRANSPORT PROGRAM

The Community Car Transport Program is a volunteer supported service that provides car transport to get you to medical and health related appointments as well as to social programs, social clubs and to local community centres.

We are also able to offer transport to help you visit friends or family and get you to the shops, banking, hairdresser appointments and more.

Client contribution fees apply, and a My Aged Care referral is required to access these services. You can contact **My Aged Care** on **1800 200 422** or we can assist you with this process if required.

For more information about this service, please call the Community Transport Coordinator on 8372 5405



COMMUNITY BUS PROGRAM

The Community Bus is open to all residents in the City of Unley council area and frequents various shopping centres on a regular basis, with all travel routes designed to get you to where you need to go within the City of Unley and surrounds.

We even provide monthly "Out and About" tours that offer individualised, unique shopping experiences, providing great opportunities to shop at places people may not normally be able to visit.

For more information about this service, please call the Community Bus Coordinator on 8372 5131

CITY OF UNLEY MUSEUM

Old Unley Fire Station Building

80 Edmund Ave, Unley SA 5061

Ph: (08) 8372 5117

 unley.sa.gov.au/museum

 @unleymuseum

INDIGENOUS GARDEN

Exhibition Launch

Thursday 23 February 2023, 5-7pm

Unley Museum

Learn about our local native trees and plants and their medicinal, nutritional and other uses.

Bookings required via Eventbrite

Exhibition runs until end of April 2023

Cost: FREE

BREWS AND BARS OF UNLEY

Exhibition Launch

Thursday 11 May 2023, 5-7pm

Unley Museum

What do you know of Unley's beer culture? Discover our local brewing history.

Bookings required via Eventbrite.

Exhibition runs until September 2023

Cost: FREE

TERRIBLE TALES OF UNLEY

Permanent Exhibition

Mystery, murder, fire and floods - this exhibition explores Unley's dark secrets and strange occurrences. Try your hand at picking a lock, crack the code to a safe and try to solve an Unley mystery in this interactive display.



UNLEY: 200 YEARS OF CHANGE

Permanent Exhibition

Winner of the 2016 MAGNA and IA Awards of Excellence.

Tracing two centuries of change from the original inhabitants, the Kaurna people, to Unley today. The exhibition is packed with interactive displays, touchable and useable objects, videos, photographs and objects that uncover the stories which have shaped our city.

CITY OF UNLEY LIBRARIES



Join the Unley Libraries e-Newsletter to keep up to date with all the latest events and happenings at the Libraries. Phone 8372 5100 for more information or visit us at the Unley Libraries.

 unley.sa.gov.au/libraries

 @unleylibraries

 @unleylibraries

Unley Civic Library

181 Unley Road, Unley
Phone 8372 5100

Goodwood Library

101 Goodwood Road, Goodwood
Phone 8372 5166

CHILDREN'S ACTIVITIES

WRIGGLETIME

Perfect for those wriggly toddlers.

With action songs to keep busy toddlers moving, these fun sessions also include a story and interactive play with beanbags, scarves and shakers.

Babies are also welcome.

Alternate Fridays at Unley Town Hall and Goodwood Community Centre

(see also GCC)

10.30–11am

Cost: FREE

Check location and booking requirements on the website.

unley.sa.gov.au/librarykids

BABYTIME

Join us for 30 minutes of songs, rhymes, finger play and stories with your baby in your lap.

Suitable for children 0-2 years.

Alternate Fridays at Unley Town Hall and Goodwood Community Centre (see also GCC)

11.30am–12noon

Cost: FREE

Check location and booking requirements on the website.

unley.sa.gov.au/librarykids

STORYTIME

Storytime is a shared story and song experience and gives you the opportunity to engage with other parents and children.

Tuesdays 10.30am at Unley Town Hall and Thursdays 10.30am at Goodwood Library

Cost: FREE

Check location and booking requirements on the website.

unley.sa.gov.au/librarykids

UNLEY TOY LIBRARY

Toys, games and expert advice to assist your child's development. 3000 toys to explore and borrow covering a wide range of developmental areas. Variety of membership options available.

Unley Civic Library

181 Unley Road, Unley

Please see the website for Toy Library opening hours and membership details.

unley.sa.gov.au/unley-toy-library

YOUNG CREATIVES GROUP

This program is held every four weeks on a Monday afternoon from 4–5.30pm. Aimed at 8-12 year olds, the program is based around creative ideas to improve literacy. This may include different forms of writing, drama, debating, public speaking, art and music!

Cost: FREE.

No bookings required. Check dates on the website.

For more information phone 8372 5100 or email libraries@unley.sa.gov.au to express interest in attending

KIDS REBOOT

Join our Kids Reboot STEAM Club on selected days during school terms as we explore the world of science, technology, engineering, arts and mathematics.

Phone 8372 5100 for more information or visit us at the Unley Libraries.

unley.sa.gov.au/kids-reboot

SCHOOL HOLIDAY PROGRAMS

Every school holiday period, the Libraries offer a program of activities, including workshops, drop in sessions and performances. Pick up a program at your local library before the holidays!

YOUTH ACTIVITIES

TEEN BOOK CLUBS

Do you love reading and discussing books? Why not start up your own Teen Book Club? Unley Libraries has a young teen book club collection targeted at young people aged 10-14 years.

If you would like help or tips on joining or starting up a book club, please phone 8372 5100 or send us an email.

unley.sa.gov.au/libraryyouth

DIGITAL DRAWING GROUP

Creative activity for ages 12-18 years.

Our group explores techniques for drawing and illustration using tablets and laptops, using software such as Procreate, Sketchbook, Krita etc. We have some devices available to try, please bring your own if possible. On occasion we have guest artists attend our group to teach us new skills.

Wednesdays, every four weeks, 4-5.30pm

Unley Civic Library

Cost: FREE, bookings essential.

Please contact the Literacy & Learning team at libraries@unley.sa.gov.au if you would like to join.

ADULT ACTIVITIES

TAX HELP

July to October at Unley Civic Library. Contact Unley Civic Library 8372 5100 for more information in July.

BOOK NOOKS

The Unley Libraries Book Nooks can be found across Unley's suburbs in various places.

You can find them at:

Heywood Park

Clarence Park Community Centre

Fullarton Park Community Centre

Windsor Street (near Fern Avenue Playground)

Leicester Street Playground

SHUT UP & WRITE

Join with other writers in the community for a free fortnightly session allowing you a block of time to write 'guilt free'. We welcome anyone who writes, for any kind of project - be it a novel, short story, essay, poem, screenplay, or anything else. Seek inspiration, talk over ideas or use the time to write on your own. Shut Up & Write is an international movement for like-minded enthusiasts. Best suited to adults, but age friendly.

First Saturday of the month, 11.30am – 12.30pm

Unley Civic Library, 181 Unley Road Unley

Cost: FREE

No bookings required. Bring your note pad, pens or electronic device.

unley.sa.gov.au/libraryevents

YARNISTAS

Do you love to crochet or knit, or would like to learn? Join a friendly group once a month to share skills and learn hints and tips. Be inspired to try new techniques and meet others who also share an interest in these crafts.

First Saturday of the month 2–3.30pm

Unley Town Hall, Oxford Terrace, Unley

Please bring your own supplies. Tea, coffee & biscuits provided.

unley.sa.gov.au/libraryevents

REBOOT DIGITAL LITERACY PROGRAM

Reboot is Unley Libraries' digital literacy program. It is designed to spark your learning, improve your confidence and help you get the most out of the latest technology.

Sessions are one-on-one, in small groups, or larger presentation formats.

Cost: various

unley.sa.gov.au/reboot



GOODWOOD COMMUNITY CENTRE 2023

The Goodwood Community Centre is run by Goodwood Community Services Inc. (GCS), a not-for-profit community organisation with a voluntary Board of Management.

In existence since 1978, GCS provides services and programs to the community surrounding Goodwood Community Centre as well as people living in the Adelaide metropolitan area who, through their personal interest or need, have registered with a service or program that we offer.

Come and visit us, you will be made welcome in this family-friendly Community Centre.

Volunteer opportunities available.

Halls and meeting rooms for hire, details on our website.

Phone **8272 7148**

Email bookings@gwcs.org.au

 goodwoodcs.org.au

 [#goodwoodcommunitycentre](https://www.instagram.com/goodwoodcommunitycentre)

 [@goodwoodcommunityservicesinc](https://www.facebook.com/goodwoodcommunityservicesinc)



EVENTS

BONSAI, CHRYSANTHEMUM AND IRIS SHOWS

All happening in 2023. Watch the Goodwood Community Centre Facebook and website for dates.

FIND YOUR VILLAGE MORNING TEA

First Saturday of the month all year excluding January.

Meet in the park adjacent to the community centre on Florence Street and have a chat with the neighbours, bring some food to share and practice your languages.

For more information phone 8272 7148

CHILDREN'S SERVICES

TOY LIBRARY

Open 10.30am-12.30pm

Located in the Goodwood Library Monday, Tuesday, Thursday, Friday, Saturday.

Closed for three weeks over Christmas.

Cost: per family \$50 per year/\$34 per half year

\$40 three school terms/\$25 per school term (3 months)

PLAYGROUP

Providing a fantastic opportunity to meet new friends and share experiences, whilst children enjoy different toys, music, craft and song time. This is a time for parents/carers and children to bond through play.

Mondays and Tuesdays 9.30-11.00am

Cost: \$5 casual visit, or \$20 for five sessions

First session FREE, booking via Eventbrite is encouraged. Closed for three weeks over Christmas.

For more information phone 8272 7148

GOODYGYM

Ages 0-5yrs

Unstructured, exploratory play for babies to five years in a safe encouraging space.

Balance, crawl, bounce and climb!

Fridays and Saturdays 9.30-10.30am and 10.35-11.35am

Cost: \$8 per family or \$30 for a five-session pass

First session FREE, booking via Eventbrite is encouraged. Closed for three weeks over Christmas.

For more information phone 8272 7148

READY STEADY GO KIDS!

Teaching the fundamentals of ten different sports in a fun, non-competitive and supportive environment.

Wednesdays and Thursdays 9.15-11.30am

For more information phone 1300 766 892

or visit readysteadygokids.com.au

KIDS MUSIC AND MOVES

Fun music and movement classes to engage and educate 1-5 year olds. Inspire your child's passion for music, while secretly teaching school-ready skills such as listening and taking turns.

Lizzie is dedicated to helping children of all abilities grow through musical experiences. Exploring singing, rhythm, percussion instruments, piano mat, action songs, ear training, dancing, and jamming to music from diverse cultures and styles.

Wednesdays during school terms.

Cost: \$150 per 9 week-term.

Siblings under 1 are free

For more information contact Lizzie 0444 581 751

or email lizzie@kidsmusicandmoves.com

or visit kidsmusicandmoves.com

TUMMY TIME PILATES

Mums & bubs mat work, run by Sarah, a qualified physiotherapist, Pilates instructor and mother of two.

Bookings essential.

Thursdays 4.45-5.30pm Pregnancy and postnatal Pilates

Cost: \$20 per class, or \$85 for six sessions (health fund rebates apply)

For more information phone 0423 171 281

or email tummytimepilates@gmail.com

WRIGGLE TIME & BABY TIME

Alternate Fridays with Unley Library Wriggle Time 10.30-11am

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.

Baby Time 11.30am-12noon

Suitable for children 0-2 years. Join us for 30 minutes of songs, rhymes, finger play and stories with your baby in your lap. If you have a baby and a toddler, why not try both sessions?

Cost: FREE

Check booking requirements on the website

GRINNER'S DISCO CLUB

Weekly after-school disco sessions for kids of all ages and abilities. Grinner's Disco Club is all about music, dance, and community participation. A great way for kids to let their hair down at the end of the school week!

This is not a 'drop and go' program, parent/caregiver supervision is required.

Fridays 3.30-4.30pm

Cost: \$5 entry at the door

Parents/carers dance for free!

visit [facebook.com/grinnerdiscoclub/](https://www.facebook.com/grinnerdiscoclub/)

ART CLASSES FOR KIDS

After school kids' program. Watercolour, acrylic and fabric painting. Urban sketching, pencil shading, ceramic painting. Mandala art, embroidery, and lots more.

Thursdays 3.30-4.30pm

Cost: \$20 per session all materials included.

Bookings essential.

For more information contact Eksha 0401 465 865

or email Eksha.patidar@gmail.com

HILLSIDE PAEDIATRICS

Supports children from birth to 6 years to develop their communication skills.

Providing quality and tailored speech pathology supporting children to reach their individual potential.

Offering assessments, diagnosis, and ongoing support in the following areas:

- Early communication development
- Language and speech disorders
- Play skills
- Social communication

Pre-verbal communication and alternative and augmentative communication (AAC)

For information/appointments contact Sophie Hill 0460 356 316

or email bookings@hillsidepaediatrics.com.au



WELLBEING AND RECREATION

SFL

The Strength for Life program promotes health and wellbeing amongst people over 50 and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers.

The program aims to increase access to strength training programs and endorsing fitness providers to run sessions throughout South Australia.

The SFL program's intent is on continuous improvement, so COTA has introduced 2 categories to SFL:

Tier 1 involves exercise physiologists directly in the program; baseline testing conducted at commencement and after 3 months. Attracts rebates from Health Funds (and sometimes Medicare through care plans).

Tier 2 involves fitness instructors conducting the program and confidently managing participants' long-term needs. Some funds now pay benefits if the program is conducted by fitness instructors.

Tier 1 class Monday 9.30-10.30am with Alan

Tier 2 class Wednesday 12.45-1.45pm with Mariska

Cost: class \$7 and \$60 for a ten-session pass, one off assessment \$45.

To book an assessment or find out more information phone 8272 7148

or email bookings@gwcs.org.au



SITTING VOLLEYBALL

Looking for something different that will help your fitness?

Try sitting volleyball. It's a Paralympic sport promoted for disabled players but it can be played by everyone.

I can sit on the floor unaided. I can move at least one arm. I can see a ball moving through the air. I can slide around on the floor. I can catch and throw a soccer size ball or play it back one hand. If you answer yes to these we're looking for you!

Alternate Sundays 10am-2pm

For more information contact Heather 8272 1495 or Ali 0479 151 053

NO LIGHTS NO LYCRA

Lights out - it's time to dance!

NLNL is a weekly 1-hour lights-off chance to dance in the dark 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.

NLNL occurs in over 75 locations around the world.

Thursdays 7.15pm

Cost: \$10 or \$8 concession

For more information visit facebook.com/nlnlgoodwood

SOUTAR FC

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!

Wednesdays 8-10.30pm

Cost: \$5 per player

Please contact before attending soutarfc@gmail.com

YOGA

Held every Tuesday evening from 5.30-6.30pm.

Melody is an inspirational speaker who has appeared on TED Talks presenting on the benefits of yoga.

Yoga has many benefits such as increasing ease of everyday activities and mind-body awareness. Improving balance, coordination and neural connectivity and regulating the nervous system and supporting healing and recovery. Yoga improves breath capacity, posture and spinal health and supports mental wellbeing and reduces stress hormones.

All welcome.

Cost: intro offer 5 classes for \$40

Regular rates \$15 drop in, \$125 for 10 classes

To reserve your spot email Melody admin@melodyjoykuban.com

ADULT ART CLASSES

Express your feelings with colours! Gift yourself the art of painting!

The benefits of art are well founded and include the reduction of anxiety, improved clarity, increased creativity, and general sense of wellbeing.

Friday mornings 1-2pm

For more information, or to book contact Eksha 0401 465 865

GUITAR LESSONS

Held every Monday from 4pm for ages 8 and above. All styles and levels. Electric and acoustic guitar.

Cost: \$30 for 30 minutes

For more information contact

Sam 0468 570 693

or email samuelcharlesmorris@gmail.com

ZUMBA

Zumba will give you a total body workout combining all elements of fitness including cardio, muscle conditioning, balance, and flexibility. Classes are open to all fitness levels. Come along and have some fun whilst exercising with the amazing Jorge.

Saturdays 1.30-2.30pm

For more information, or to book contact Jorge 0450 607 465

or email info.sumbaloz@gmail.com

ORIENTAL MARTIAL ARTS ACADEMY

Exercise increases emotional wellbeing at any age, including release of stress, increase of self-confidence and motivation.

We believe there is always a reason for every person to learn self-defence.

Wednesdays

Kids Taekwondo - Develop confidence, fitness and self-defence - 5.45pm

Martial Arts for over 50s - based on the ancient Korean art of Hapkido "The way of harmony and inner power" - 6.15pm

Teens & Adults Taekwondo - teaches traditional techniques, sparring, dynamic kicks and self-defence moves - 7pm

For more information phone 0417 892 411

or visit

orientalmartialartsacademy.com.au

SKATESCOOL

Learn to skate! Ages 5+

Skatescool uses interactive skating activities to introduce fun, fitness and freedom to people of all ages.

Tuesdays 4.30-5.30pm

Cost: \$18 with own skates

\$23 with skate hire

For more information phone 8431 2792

or email info@skatescool.com.au

or visit skatescool.com.au

TAI CHI

For beginners, those with arthritic pain or for those wanting to improve balance and prevent falls.

Instructor Venton Cook is a registered personal trainer who is certified in Tai Chi for arthritis and falls prevention and Tai Chi for memory.

Thursdays 2.30pm

For more information contact Venton 0402 608 993

or email venton.cook@aapt.net.au

PEDALTEK CYCLING COACHING CLASSES

Suitable for beginners to pros and everyone in between!

Learn to ride correctly and improve your confidence on the bike. Improve your performance, pedalling technique and fitness.

Be monitored during the classes regarding your bike position, pedalling action and general progress.

Be given direction about bike fits, bike computers, heart rate monitors, wind trainers etc, so you will get the most out of your body and bike.

Wednesdays 7-8am (school terms only)

For more information contact Nick 0423 118 633

or visit nickwoodfitness.com.au

WORLD TAEKWONDO

Students training in World Taekwondo develop their mind and body through training based on time-tested techniques and taught by qualified instructors with decades of experience.

World Taekwondo self-defence techniques are designed to condition the body and promote good health and wellbeing.

World Taekwondo is an activity that can be enjoyed by families, men and women of all ages.

For more information phone 0412 909 500

or visit worldtaekwondo.com.au

WALKING OUT AND ABOUT IN GOODWOOD

Meet new people and get out and about in Goodwood.

An enjoyable hour walking around the neighbourhood.

Meet at the main entrance of the Goodwood Community Centre, with coffee and conversation afterwards.

Fridays 8.30am

For more information contact Alan 0422 047 861

FALUN DAFAR

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.

Sundays 8am-12noon

Cost: FREE

For more information contact Peter 8379 6248

GOODWOOD VOLLEYBALL ASSOCIATION

Awesome volleyball competitions.

Held every Tuesday and Thursday evening from 6pm-11pm

Bookings essential.

For more information contact Competition Manager Kaye Hutchinson email mk_hutchy@bigpond.com



COMMUNITY GROUPS & SERVICES

GREEK PENSIONERS AND AGED SOCIETY OF SA

Weekly luncheons which include Bingo.

Bus trips to various places of interest are also conducted throughout the year.

Thursdays 9.30am-1pm, no booking required.

Cost: small fee applies

BEARS AND FRIENDS

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.

BYO lunch and a project to work on or just chat.

The more formal part of the day starts at 1pm and includes afternoon tea.

Visitors and new members always welcome.

Third Saturday of the month 11am-4pm, excluding January, April and October

For more information phone 0409 300 678

or email mariegabrieel@outlook.com

VICTORY INTERNATIONAL CHURCH GROUP

A gathering, welcoming all, focussing on one's spiritual needs.

Fridays 5-8pm

Sundays 2-6.30pm

For more information contact Gladys 0404 288 529

KIT INTERNATIONAL

Kit International is an Adelaide-based NGO working to reduce deaths from preventable causes related to pregnancy and childbirth, by enabling cleaner, safer childbirth. Our primary strategy over the last decade has been to increase access to clean supplies for birth with disposable Birthing Kits.

We also work with Field Partners to undertake community development projects.

How can you help? Kit International provides an opportunity for volunteers to fundraise for and engage in the assembly of Birthing Kits by hosting assembly days.

For more information visit kit.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 are essential and can be made after 1 July by phoning the Goodwood Community Centre 8272 7148

For more information on Tax Help

visit ato.gov/individuals/Lodging-your-tax-return/Tax-Help-Program/

GOSPO

If you love singing and want to be a part of a community that is passionate about making great music, then GOSPO is the place for you!

Mondays

Juniors (4-7 years) 4.30-5.30pm

Juniors (8-11 years) 4.30-6.00pm

Chorus (12-17 years) 5.45-7.15pm

Commentary (17 years plus) 6.30-8.00pm

For more information email jane@gospo.com.au

or visit gospo.com.au

GREEK WOMEN'S SOCIETY OF SA TAXIARCHIS

Serving the community since 1937, one of the oldest migrant women's organisations in South Australia.

A weekly get together to exercise and socialise over coffee and Bingo.

Occasional bus trips and invited speakers.

Tuesdays 9.30-10.30am (exercise class)
10.30am-12noon (bingo and coffee)

Cost: small fee applies

For more information phone 8272 7148

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.

Cost: small appointment fee

\$15/\$10 concession

For appointments phone
0428 253 676 or 8272 7148

SA BONSAI SOCIETY

Monthly meetings and workshops with items for sale.

Come along and get your creative juices going working on a living sculpture Bonsai.

We have an active club with a history of helping members develop their trees in a cooperative group with great family atmosphere.

Annual Show in October 2023

For more information
phone 0403 883 269

or visit bonsaisa.org.au

LET'S TALK TOGETHER RUSSIAN VOLLEYBALL

An informal gathering for mainly Russian speaking people but also open to anyone else who is interested. A friendly fun night by participating in social activities, including cards and volleyball.

Fridays 8-11pm, subject to availability of the hall.

For more information contact
Harry 0419 380 620

P.A.C.H.

Professional Association of Classical Homeopaths' hold sessions every month.

For anyone interested in knowing more about homeopathic medicine, email floortwenty@hotmail.com

CACTUS AND SUCCULENT SOCIETY OF SA INC

The Cactus and Succulent Society of South Australia is a dedicated group of South Australians interested in the fascinating range of flora from which we take our name. We have members of all ages and levels of experience.

For anyone interested in plants
email secretary@csssa.org.au

PHOENIX COUNSELLING PSYCHOTHERAPY SERVICES

Pamela is an accredited Mental Health Clinician and qualified as a social worker in 2000.

She went into her own private practice in 2014 following further studies in psychotherapy and gaining experience in working with a broad range of issues.

Pamela can assist many people with crisis situations. She has experience and training in working with loss, grief and trauma, depression, anxiety, stress, workplace issues, relationship issues, domestic violence and more.

To make an appointment please contact Pamela 0466 214 992



HUGHES GALLERY PROGRAM 2023


GALLERY OPENING HOURS


Mon-Fri 10am-4pm;
Weekends and public holidays: only
available if artist is in attendance
(please enquire beforehand for viewing times)

FULLARTON PARK COMMUNITY CENTRE

411 Fullarton Road, Fullarton 5063
Ph: (08) 8372 5180

 unley.sa.gov.au/hughesgallery

 @hughesgalleryfullarton

 @unleycommunitycentres



TEXTILES AND TREASURES

Penelope and Rob Morrison

**17 February -
12 March 2023**

Adelaide Fringe exhibition.
This exhibition contrasts the
textiles and silverwork of
two award-winning artists.

A new series of Pen
Morrison's art quilts, in sets
of three, reveal geometric
designs and wildlife themes.
Wildlife also features
in much of Rob Morrison's
silverwork and jewellery,
while dollhouse scaled silver
miniatures recall Edwardian
treasures.



AUSTRALIS

Liana Vargas and Painters

17 March - 9 April 2023

Based on the theme of
Australian Nostalgia, this
diverse collection of
paintings, in oil and acrylic,
explores iconic landscapes
and scenes evoking fond
memories of life in our
sunburnt country. Recently
life has seemed difficult and
fraught with disappointment.

We hope that these works
will transport you to a time
of innocence and freedom
- a break from our current
travails.



DISCERNING JOY

Fiona Schubert

14 April - 7 May 2023

Fiona communicates her
pure joy of abundant colour
and the thoughtful depths of
layered mark-making in her
unique and loved artistic
style of paintings.

Also, Fiona will present for
the first time her new series
of sculptures, using
inspiration and reclaimed
materials from her farm with
her enjoyment and skill of
external sculpting.



FEARLESS

Sarah McDonald's Art
School Students

12 May - 4 June 2023

As adults, we often FEAR
failure when learn-ing
something new. For nearly
15 years this private art
school has encouraged many
students to overcome their
fears, develop new skills and
embrace accidents as part of
the learning process.

Enjoy this collection of
works painted by Sarah's
extremely brave and
talented students, each
displaying their own subject
of choice and conveying
bravery in diverse ways.



ALL CONNECTIONS TO UNLEY ART PRIZE

City of Unley

9 June - 2 July 2023

This exhibition showcases the finalists for this \$5000 prize. Submissions were selected from many entries, and the diverse range of artworks reflects a real or imagined connection to the City of Unley, currently or historically.

Photo: Charmaine Osborne, '150 seed pots for Unley green plots' winner 2021



MY JOURNEY THROUGH COLOUR

Kerina Mitali Fernando

7 July - 30 July 2023

My art is not confined to a specific style or genre. I like to experiment with new ideas; this gives me the freedom to challenge my preconceptions and to break through the boundaries that I had set myself. Inspired by nature and travel, I try and paint intuitively and turn a blank canvas into a spectrum of colour and form. I hope those that view my work will experience the beauty and serenity that I seek to portray.



INFLORESCENT

Judy Morris

4 August - 27 August 2023

SALA Festival
2022 SALA Active Ageing
Award Finalist

Judy's contemporary botanical drawings lure the viewer to close inspection of the intricate details of flowering plants, encouraging wonder and respect for the natural world. Using many layers of detailed application of coloured pencil, Judy builds up bold, larger-than-life size drawings of native and exotic flowers.



THESE ARE MY FAVOURITE THINGS

Colleen Morrow

**1 September -
24 September 2023**

A collection of hand coloured linocuts with textiles and objects used in the art works. All objects and linocuts will be for sale. Images of Colleen's linocut process will be on display, as well as her art journals.



HUMAN NATURE

Dorota Pomagalska

**29 September -
22 October 2023**

Artist and psychologist, Dorota Pomagalska, presents a compilation of her art, from large figurative canvases to smaller, mixed media works on paper. These smaller pieces include unique work done using live mushroom imprints where mushroom spores create whimsical shapes that serve as a basis for creating delicate and ephemeral artwork.



CONNECTING THREADS

Mary Williams and Hazel Green

**24 November -
17 December 2023**

Inspired by Connection, Adelaide Hills Textile Artists Mary and Hazel respond to their observations of the natural and immediate environment in finely detailed art, stitched by hand or machine. Each has evolved a distinctive palette of colour - vibrant or muted - with a strong emphasis on texture featuring eco-dyed and hand dyed fabric and threads.

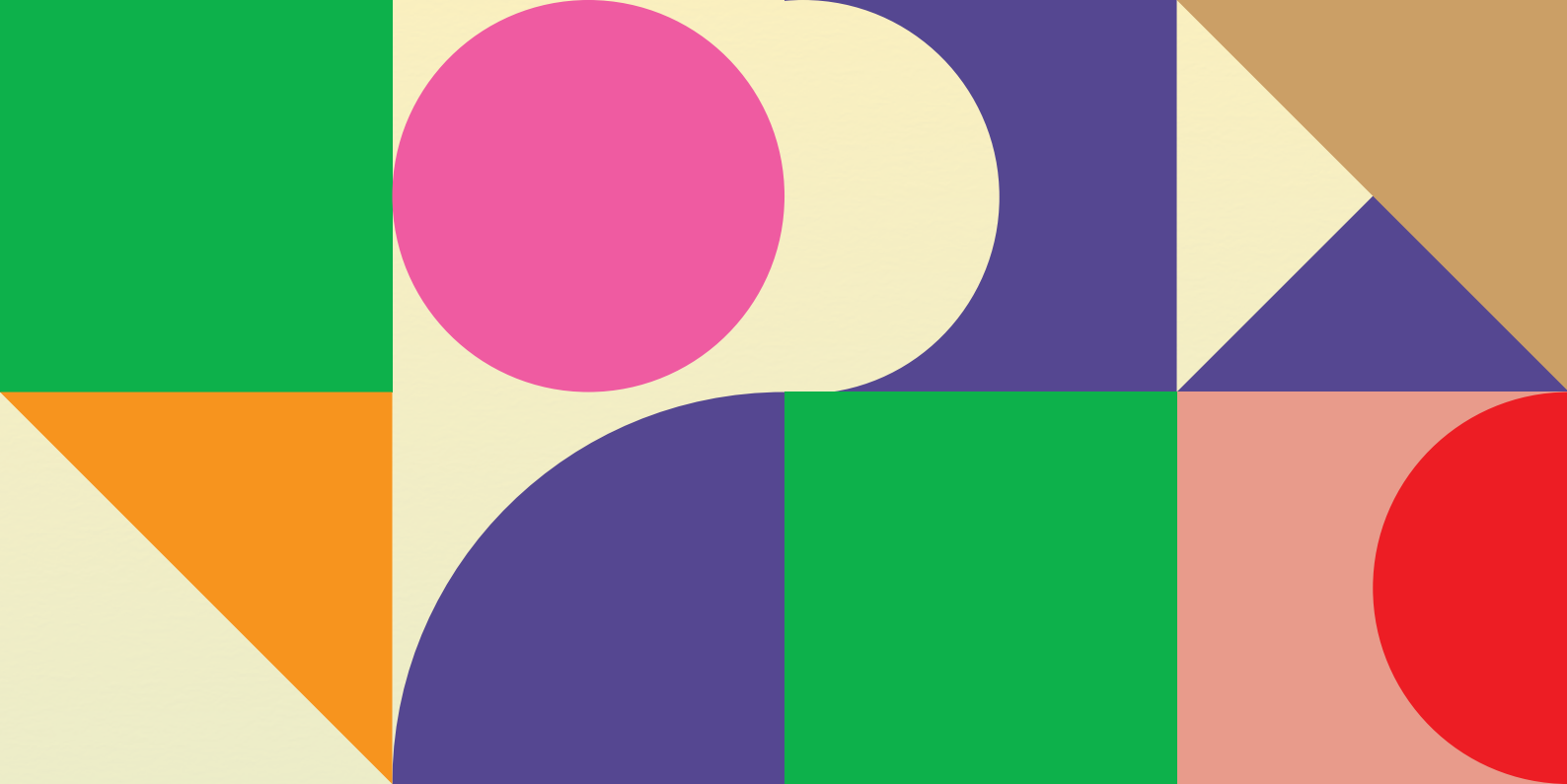


VERSATILITY

Broughton Art Society

**27 October -
19 November 2023**

Please join us for our 55th annual exhibition. Our vibrant, well equipped art studio provides friendly and inclusive creative activities for adults living with disability. Assisted by skilled art facilitators, dedicated volunteers and support staff, participants enjoy a stimulating range of art and craft experiences on display here.



unley.sa.gov.au/communitycentres

