

CITY OF UNLEY COMMUNITY CENTRES

# ANNUAL PROGRAM 2024



THE CITY of  
*Unley*

Looking for  
a Venue?

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

Visit [unley.sa.gov.au](https://unley.sa.gov.au) to obtain details of floor plans, capacity, conditions of hire and rates, or contact the Centre directly.

 [unley.sa.gov.au/venues-for-hire](https://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](mailto: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](mailto:fpcc@unley.sa.gov.au)

### GOODWOOD COMMUNITY CENTRE

32-34 Rosa Street  
GOODWOOD 5034

Mon, Tues, Thurs, Fri 9.00am-2.00pm

(Office closed Wednesdays)

Ph: 8372 5143

[gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)

### GOODWOOD LIBRARY

101 Goodwood Road  
GOODWOOD 5034

Ph: 8372 5166

Mon 10.30am-5pm

Tues 10am-6pm

Wed 1pm-5pm

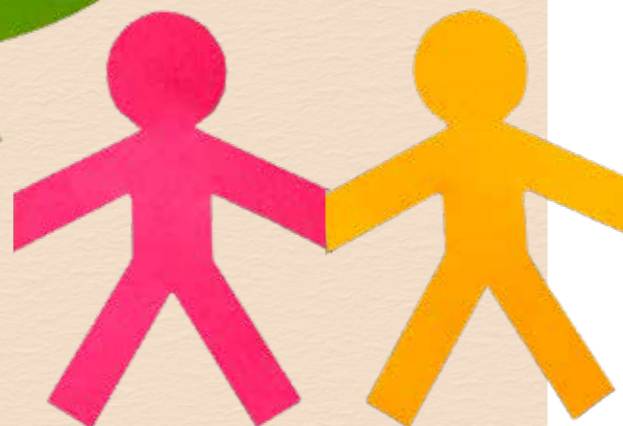
Thurs 10am-6pm

Fri 10am-5pm

Sat 10am-1pm

Sun Closed

[libraries@unley.sa.gov.au](mailto:libraries@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](mailto:ucc@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](mailto: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.



## 2024 COMMUNITY CENTRES' ANNUAL PROGRAM

DISCOVER GREAT PROGRAMS AND ACTIVITIES AT YOUR LOCAL COMMUNITY CENTRE

 [unley.sa.gov.au](https://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.

#### 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, Fitness and Wellbeing

### CLARENCE PARK COMMUNITY CENTRE

#### BALANCE BOOST WITH ★ MARY 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: \$11 per session plus initial assessment fee \$25 and review assessment fee \$10

For more information contact

Mary 0400 718 100

or email [mariavoulg@y7mail.com](mailto:mariavoulg@y7mail.com)

#### BUJINKAN BRADY DOJO ★

A combination of nine martial arts styles originating in Japan. Includes traditional practices with contemporary applications.

Wednesdays 7.30-9.00pm

Cost: \$10 per lesson/\$50 annual membership

For more information contact

Joel 0410 825 819

or email [joelbrady@internode.on.net](mailto:joelbrady@internode.on.net)

#### CHENG'S TAEKWONDO ★ OHDOKWAN

Korean Martial Arts. Traditional and Olympic style. Open to all people and ages to improve health, fitness, self-defence 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](mailto:alanchengtkd@yahoo.com.au)

#### 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 more information contact

Veronica 0402 235 592

or email [veronica\\_shum@hotmail.com](mailto:veronica_shum@hotmail.com)

or visit [veronicashum.com](http://veronicashum.com)

#### FITNESS CLASSES WITH ★ MARY VOULGARAKIS

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

Tuesdays 9.15-10.15am and Thursdays 10.15-11.15am

Strength training and stretching for all adult ages.

Cost: \$12 per class

For more information contact

Mary 0400 718 100

or email [mariavoulg@y7mail.com](mailto:mariavoulg@y7mail.com)

#### 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 10.00-11.00am

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](mailto:susanfraser3@tpg.com.au)

or visit [feldenkrais.org.au](http://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](mailto:thomascassidy219@gmail.com)

### GUIDED MEDITATION CLASS ★

Take a break, let go and enjoy the peace and calm of this heart centred, easy to follow Guided Meditation class in a comfortable seated room.

Class duration: 45-60 minutes

Cost: \$12

For more information and times contact

Angeline 0411 139 029

or email [pinkflamemeditations@gmail.com](mailto:pinkflamemeditations@gmail.com)

### HEALTH AND WELLBEING WORKSHOPS

Join Mary Voulgarakis and special guests at these one-off workshops to encourage health and wellbeing.

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

#### Workshop 1 Fascial Counterstrain Therapy

Presented by Lee Steward, physiotherapist.

A physiotherapy technique that can help with chronic pain.

This little know physiotherapy method can help calm inflamed nerves, reduce inflammation, and improve recovery and performance.

Tuesday 20 February, 3.30-4.30pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

#### Workshop 2 Feldenkrais for Lively Ease and Flow

How your hips, spine and shoulders work well together and how to keep improving whether you're getting older or not. Develop your awareness, be comfortably different with ease, move freely, live fully.

Requirements: comfortable clothes, your own mat or a chair can be provided.

Tuesday 2 April, 3.00-5.00pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

#### Workshop 3 Unlock Your Hips

Join Mary Voulgarakis to learn exercises to improve hip mobility and strength. You will be provided with a routine and notes to continue your exercises at home.

Requirements: comfortable clothes, bring your own mat (provided if you don't have one).

Tuesday 5 November, 3.30-5.00pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

#### Workshop 4 Common Musculoskeletal Conditions Associated with the Lower Back

Presented by Alex Obradovic and Gosia Rzepka from Motion Theory Physio.

Learn the primary anatomy of the spinal cord, develop an understanding of how common lower back disorders occur and learn strategies to help alleviate pain and disfunction.

Tuesday, 16 July, 3.00-4.00pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

### INDOOR 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 levels.

Wednesdays 9.00-9.30am

Cost: \$10

For more information contact

Mary 0400 718 100

or email [mariavoulg@y7mail.com](mailto:mariavoulg@y7mail.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.

Wednesdays 10.30-11.30am (school terms)

Cost: \$10 per class

For more information contact

Evaristo 0410 354 240

or email [yellowevar@gmail.com](mailto:yellowevar@gmail.com)

### MOVING HEALTH FELDENKRAIS ★

Premier methods for re-learning moving patterns and self-awareness; to restore comfort, choice, flow, coordination, ease, balance, agility as a path to health.

Wednesdays 1.30-5.30pm individual consults. 6.00-7.00pm class

Cost: varied. Class \$20, concession \$5 pay as you go

For more information contact

Alastair 0419 814 317

or email [alastair@movinghealth.com.au](mailto:alastair@movinghealth.com.au)

or visit [movinghealth.com.au](http://movinghealth.com.au)

### SACRED MUSIC ADELAIDE ★

Sacred music, chanting and meditation for beginners and experienced alike.

Sunday: 'Satsang, music and meditation'

Thursday: 'Kirtan Connects Nada Yoga, the yoga of sound'

Fortnightly Sundays commencing April 7 ending September 22, 10.30-11.30am

Fortnightly Thursdays commencing April 11 ending September 26, 6.30-7.30pm

Cost: donation (suggested \$5)

For more information contact

John 0411 082 725

or email [info@thetruelifecoach.com](mailto:info@thetruelifecoach.com)

or visit [thetruelifecoach.com](http://thetruelifecoach.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, Wednesdays and Thursdays

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.

### 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 5.00-7.00pm

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

For more information contact

Mark 0403 905 110

or email [studiotango.adelaide@gmail.com](mailto:studiotango.adelaide@gmail.com)

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

### 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.

### ZUMBA® FITNESS WITH BRIDGET 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 class passes available

For more information contact

Bridget 0409 347 229

or email [bmolan@iinet.net.au](mailto:bmolan@iinet.net.au)

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





## 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 7.30-10.00pm

Cost: \$20 per night

For more information contact

Lindy Scott 0431 681 163

or email [lindy.scott24@gmail.com](mailto:lindy.scott24@gmail.com)

or visit [adelaidewingchunken.com](http://adelaidewingchunken.com)

### BETTER BALANCE CLASSES

A group exercise class that is specifically designed with the intention of improving your balance. An accredited Exercise Physiologist will guide you through a range of exercises targeted at preventing people from falls. The class aims to improve your balance and confidence whilst building your strength and endurance all in a fun and social environment.

Thursdays 11.00-11.45am or  
12noon-12.45pm

Cost: Level 1 \$9, Level 2 \$12 per class  
with a My Aged Care Social Support  
Group referral or \$14 with no My Aged  
Care Social Support Group referral.

For more information and bookings  
phone 8327 5191

or email [CHSP@unley.sa.gov.au](mailto:CHSP@unley.sa.gov.au)

### 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. Tapping on acupuncture points is  
easy.

Dates: Level 1 February 10 and 11,  
May 18 and 19, August 17 and 18

Times: Saturday and Sundays  
9.30am-5.30pm

Cost: Level 1 \$395 early bird, or \$495

For further information contact

Annie O'Grady 0448 338 289

or email [annie@eftemotionalhealing.com](mailto:annie@eftemotionalhealing.com)

or visit [eftemotionalhealing.com](http://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](mailto: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  
Haitjema, certified Food for Life  
instructor. Providing research-based  
nutrition information with cooking  
demonstrations and tastings.

Date: Wednesdays 1, 8, 15, 22, 29 May  
and Thursdays 7, 14, 21, 29 November,  
5 December

Time: 7-9pm

Cost: \$160 per 5-week course

For more information contact

Heleen Haitjema 0432 994 909

or email [drheelenhaitjema@gmail.com](mailto:drheelenhaitjema@gmail.com)

or visit [drheelenhaitjema.com.au](http://drheelenhaitjema.com.au)

### 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 provide  
you with 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.

### 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](mailto: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 10.00-11.15am

For more information phone  
0466 474 030

or email [info@meditateinadelaide.org](mailto:info@meditateinadelaide.org)

or visit [meditateinadelaide.org](http://meditateinadelaide.org)

### NOELA MALETZ COUNSELLING SERVICES ★

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

Monday to Friday 9.00am to 5.00pm

Consulting hours by appointment.

Cost: concessions available

For more information contact

Noela 0431 865 815

## TAOIST TAI CHI SOCIETY OF AUSTRALIA INC ★

Taoist Tai Chi's Internal Arts of Health, are specifically designed to improve holistic health. The significant 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 9.15-10.45am, 11.00am-12.30pm

Tuesdays 7.00-8.30pm

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](mailto:adelaide@taoisttaichi.org)

or visit [taoisttaichi.org](http://taoisttaichi.org)

## YOGA WITH EMILY ★

Yoga with Emily offers an inclusive and accessible class suitable for individuals of all ages and abilities. In this Vinyasa yoga experience, we embrace the graceful dance-like quality of the practice, seamlessly integrating breath and movement. Our class places a strong emphasis on mindful movement, fostering a deep connection between body and mind. Through this practice, you'll find improvement in your flexibility, balance and overall mobility. Regardless of your fitness level or yoga experience. Yoga with Emily is a space where everyone is welcome to embark on their journey to physical and mental well-being.

Mondays 6.00pm

Cost: \$15 per session

For more information contact  
Emily 0408 804 317

or email [emilymiriro98@gmail.com](mailto:emilymiriro98@gmail.com)

## GOODWOOD COMMUNITY CENTRE

### ADELAIDE KENYUKAI ★ KENDO CLUB

The word kendo means 'The Way of the Sword' (ken: sword + do: the way), and can best be described as Japanese Fencing.

Mondays 7.30-8.30pm

Saturdays 5.00-8.00pm, varying dates

Cost: varied

Bookings essential.

For more information email  
[contact@adlkenyukai.com](mailto:contact@adlkenyukai.com)

### AUSTRALIAN WORLD ★ TAEKWONDO

Students training in World Taekwondo develop their mind and body through training based on time-tested techniques 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.

Sundays 5.30-6.30pm - varied dates

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

For more information phone  
0412 909 500

or visit [worldtaekwondo.com.au](http://worldtaekwondo.com.au)

### BODHI INSTITUTE ★ AUSTRALIA (BIA)

BIA aims to provide a full range of courses and assistance to the new generation of immigrants with Chinese-speaking backgrounds and people who understand Chinese in our community. Helping to adapt to Australian society and overcome the culture-shock of a new country, we are committed to using Buddhist theory and meditation teaching to guide people to maintain a healthy mentality.

Sundays 2.30-6.30pm

For more information contact

Miles 10250423@qq.com

### D-VOLLEYBALL SA ★ (SITTING VOLLEYBALL)

Looking for something different that will help your fitness?

Try Sitting Volleyball. It's a Paralympic sport promoted for players with a physical impairment, but 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 10.00am-2.00pm

For more information contact

Heather 0419 030 198

### FALUN Dafa ★

An ancient Chinese cultivation practice of refining both the body and mind through slow-moving exercises and meditation.

The movements are repetitive and easy to follow.

Sundays 8.00am-12noon

Cost: FREE

For more information contact  
Peter 8379 6248

### FITNESS OVER FIFTY (TAI CHI) ★

For beginners, for people 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](mailto:venton.cook@aapt.net.au)

### GOODWOOD VOLLEYBALL ★ ASSOCIATION

Awesome volleyball competitions.

Tuesdays and Thursdays 6.00-11.00pm

Cost: varied

Bookings essential.

For more information contact

Competition Manager Kaye Hutchinson  
or email [mk\\_hutchy@bigpond.com](mailto:mk_hutchy@bigpond.com)

### 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-8.30pm

Cost: \$10/\$8 concession

For more information visit  
[facebook.com/nlnlgoodwood](https://facebook.com/nlnlgoodwood)

### 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

5.45-6.15pm - Kids Taekwondo - develop confidence, fitness, and self-defence

5.45-6.30pm - Teens & Adults Taekwondo - teaches traditional techniques, sparring, dynamic kicks and self-defence moves

6.30-7.15pm - Martial Arts for over 50s - based on the ancient Korean art of Hapkido "The way of harmony and inner power."

For more information contact  
the Academy 0402 542 994

or visit

[orientalmartialartsacademy.com.au](http://orientalmartialartsacademy.com.au)

### PHOENIX COUNSELLING ★ PSYCHOTHERAPY SERVICES

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

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, with 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 contact

Pamela 0466 214 992

### 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](mailto:info@skatescool.com.au)

or visit [skatescool.com.au](http://skatescool.com.au)

### 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 8.00-10.30pm

Cost: \$5 per player

Please contact the Centre before attending 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)

### STRENGTH FOR LIFE

In partnership with the Council of the Ageing (COTA), the Strength for Life program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance and improve balance and cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Mondays 9.30-10.30am

Thursdays 1.00-2.00pm

Cost: class \$8, \$60 for a ten-session pass, one off assessment \$45.

To book an assessment or for more information phone 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)



# 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 11.00am-12noon

Cost: \$11 per class

For more information contact

Leonie 0417 832 477

or email [leonie.lete@gmail.com](mailto:leonie.lete@gmail.com)

## FUNCTIONAL EXERCISE ★ WITH MARY

Learn how to move and recover more efficiently while boosting strength and aerobic capacity. Movement that has a practical impact on your everyday life.

Suitable for varying fitness levels.

Wednesdays 12.30-1.15pm

Cost: \$8 per class

For more information phone 8372 5128

## 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: \$12

For more information contact

Leonie Leate 0417 832 477

or email [leonie.lete@gmail.com](mailto:leonie.lete@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, Sequence Dancing, Old Style Waltz, and Quick Step.

Partners not required and guidance available for beginners.

Fridays 1.00-3.00pm.

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 ★

Exercise your body and mind to great music in a low-impact, social environment. Classes run by a fully trained, professional and experienced instructor.

Thursdays 12.45-1.45pm

Cost: \$9 per class

For more information contact

Peter Heath 0407 970 418

or email [peter@linedancersofsa.org](mailto:peter@linedancersofsa.org)

or visit [linedancersofsa.org](http://linedancersofsa.org)

## MOVING MEDITATION ★ SCHOOL OF TAI CHI

Tai Chi is a gentle and effective exercise art which helps improve balance, flexibility, posture, breathing and general wellbeing with regular practice.

Thursdays 9.55-10.55am intermediate

Thursdays 11am-12noon advanced and beginners

Cost: \$10 per class

For more information and bookings contact

Rosemary Palmer 0434 847 524 or 8381 7969

or email [movingmeditation@mytaichi.com.au](mailto:movingmeditation@mytaichi.com.au)

## ALL ABILITIES CHEER ★ AND DANCE

All Abilities Cheer and Dance provide competition pom dance teams to people with disabilities.

Wednesdays during school terms.

4.00-5.00pm, 5.00-6.00pm and 6.00-7.00pm

Cost: enquire via email

For more information contact

Alana Moraitis 0420 466 064

or email

[alana@allabilitiescheeranddance.com](mailto:alana@allabilitiescheeranddance.com)

or visit

[allabilitiescheeranddance.com.au](http://allabilitiescheeranddance.com.au)

## STRENGTH FOR LIFE

In partnership with the Council of the Ageing (COTA), the Strength for Life Program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance and improve balance and 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

## THE JUNGLE BODY ★

A low impact class that gets you moving to tunes of the decades with low complexity by utilising four moves per song.

Wednesdays 10.00-10.45am

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

For more information contact

Debbie Clancey 0439 332 240

or email [mindyourmoves@gmail.com](mailto:mindyourmoves@gmail.com)

## TRADITIONAL YOGA ★

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

Mondays 7.00-8.30pm

Cost: Donation

For more information contact

Raj Pandey 0422 367 837

or email [rppandey.isg@gmail.com](mailto:rppandey.isg@gmail.com)

or visit [rajkrityayoga.com.au](http://rajkrityayoga.com.au)

## 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](mailto:mbroniecki@unley.sa.gov.au)

or visit [unleybug1.wixsite.com/ubug](http://unleybug1.wixsite.com/ubug)

## 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.

Cost: FREE

For more information phone 8372 5128

## VENTON'S STRETCH AND FLEX ★

Venton's Stretch and Flex class is chair based with occasional standing. It emphasises stretching and uses light weights. A friendly atmosphere and suitable for those with arthritis.

Fridays 10.00-11.00am

Cost: \$8 per class

For more information contact

Venton 0402 608 993

or email [venton.cook@aapt.net.au](mailto:venton.cook@aapt.net.au)

## VENTON'S TAI CHI ★

Venton's Tai Chi is an intermediate level class. The class includes Qi gong, Sun and Yang styles of Tai Chi in a friendly atmosphere. Beginners are welcome.

Thursdays 8.30-9.30am

Cost: \$8 per class

For more information contact

Venton 0402 608 993

or email [venton.cook@aapt.net.au](mailto:venton.cook@aapt.net.au)

## WEIGHT WATCHERS ★

Laurel is our workshop coach. Laurel has lost 111kg and is providing inspiration by living a healthy and happy lifestyle.

Wednesdays 12.30pm

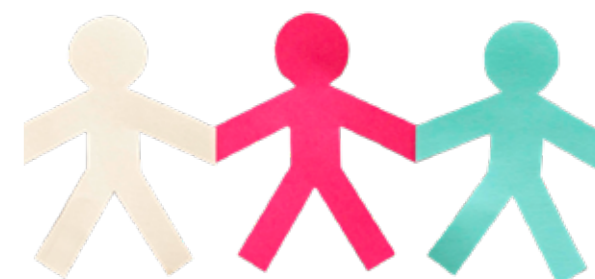
Cost: visit website (below) for latest offers. Premium subscription required to attend our workshops.

For more information contact

Susan Hill 0423 505 899

or email [susan.hill@ww.com](mailto:susan.hill@ww.com)

or visit [weightwatchers.com](http://weightwatchers.com)



# Education

## CLARENCE PARK COMMUNITY CENTRE

### ANCIENT EGYPT STUDY GROUP ★

Study all aspects of Ancient Egyptian society and culture.

First Thursday of the month 12.30pm  
Hieroglyphs, 1.30pm Geneal

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

For more information, dates and times, contact

Helen 8294 3670 or 0439 825 360

### 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

## KUMON BLACK FOREST EDUCATION CENTRE ★

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

Mondays and Thursdays 3.00-7.00pm

Cost: \$160 per subject

For more information contact

Irene 0430 554 044

or email iprotary@hotmail.com

## ROBOTICS & CODING (STEM BIRDS) ★

A fun and engaging way to introduce kids to robotics, block programming and coding, while learning STEM concepts through activities, games and experiments using Lego, other robots, and scratch.

Wednesdays (school terms only)  
6.00-7.00pm

Cost: \$275 per term

For more information contact

Vinita 0408 209 060

or email hello@stembirds.com.au

## FULLARTON PARK COMMUNITY CENTRE

### 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 1-2 years of study. Jean-Marc is an experienced teacher and a true Parisian at heart. His focus is getting everyone to speak and, more importantly, to have fun while doing it. A bientot!

Fridays during school terms

Times: 9.30-10.30am Level 1,

11.00am-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)

## 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 10.00am-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

## 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](mailto:angie@rmtmanagement.com)

## SAFE SPROUTS ★

Baby and Child First Aid Workshops for parents and caregivers.

Monthly

Morning and afternoon sessions available

Cost: \$165 per person

For more information contact

Kat Mason [kat@safesprouts.com.au](mailto:kat@safesprouts.com.au)

or visit [safesprouts.com.au](https://www.safesprouts.com.au)

## TRIPLE C COMPUTER CLUB ★

Learn more about using your computer. Learn what you need to know and what you don'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](mailto:kreslsj@gmail.com)

## GOODWOOD COMMUNITY CENTRE

### P.A.C.H. ★

Professional Association of Classical Homeopaths

Wednesdays 7.15-9.30pm, monthly

For anyone interested in knowing more about homeopathic medicine.

For more information email

[floortwenty@hotmail.com](mailto:floortwenty@hotmail.com)

### SPANISH CLASSES ★

Come and have fun with us! For ages 1-9yrs, this program is designed to provide young minds with the tools, vocabulary, and confidence to express themselves in Spanish, while doing what comes naturally...play.

Saturdays 1.00-2.00pm

Cost: \$10 per session

For more information contact

Olga 0432 66 222

### SMART SENIORS

This is an opportunity for seniors looking to work their brain power! These free sessions will challenge your cognitive function, providing a space to connect with others while playing fun games.

Tuesdays 2.00-3.00pm

Cost: FREE

Bookings essential.

For more information phone 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)

## UNLEY COMMUNITY CENTRE

### CIRCUIT COOKING 101

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

Offered monthly and covering a variety of topics, Circuit Cooking 101 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)

1.30-3.00pm

Cost: varied

Bookings essential.

For a copy of the monthly program 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, 1.00pm (Excluding January and February)

Cost: FREE

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



# Creative Pursuits

## CLARENCE PARK COMMUNITY CENTRE

### 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 2.00-3.30pm (excluding school holidays)

Cost: \$2 per session

For more information contact

Susan 0409 242 648

or email [iansaunders60@gmail.com](mailto:iansaunders60@gmail.com)

### CRAFTY ONES

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 1.00-3.00pm

Cost: \$2.50, includes afternoon tea

For more information phone 8293 8166

### CREATE AND TALK

Participants 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 excluding January.

10.00am-1.00pm

Cost: FREE

For more information contact

Marigold White 0466 260 098

or email [marigold@uniity.com.au](mailto:marigold@uniity.com.au)

or visit [uniity.com.au](http://uniity.com.au)

### SEW WHAT? TOTE BAGS FOR FOODBANK

We are a group of volunteers who make grocery bags for clients of Foodbank.

If you are a sewer, bring your machine. If not, there are lots of tasks for non-sewers such as measuring, cutting, and pinning. We repurpose fabrics to make the bags.

Wednesdays fortnightly 10.00am-12noon

Cost: FREE

For more information contact

Janet 0455 454 777

### THE SHED (WORKSHOP)

Join our friendly, welcoming, and supportive community Shed.

We are open to all who are wanting to connect, share skills, experience, be challenged and learn or rekindle old skills.

We work with wood and have a wide range of tools (powered and hand) and use a huge variety of different timbers. We repair, create bespoke items, and upcycle. If you have the time – we have the place!

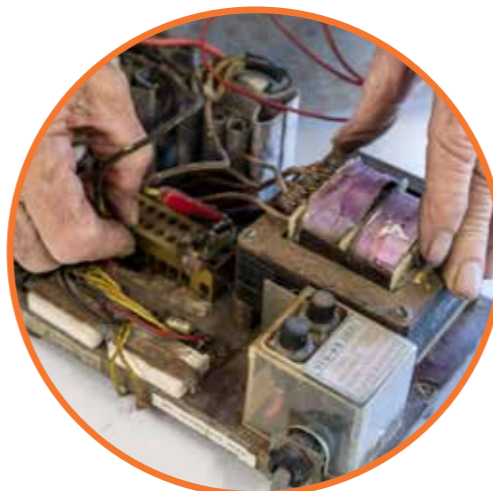
Tuesdays 9.00am-12noon and Thursdays 9.00am-3.00pm

Cost: Membership fees apply

For more information contact

Sharon, The Shed Coordinator 8293 8166

or email [theshed@clarencpark.org.au](mailto:theshed@clarencpark.org.au)



### THE SHED SALES

Did you know we make items for sale?

Items all lovingly handmade or repaired by 'The Shed' members using recycled and reclaimed timbers. Items include:

- New wooden toys
- Cheese, chopping & charcuterie boards
- Made to order eg book nooks, mud kitchens - the list is endless! Come and see us with your request.
- Wooden repairs

Support your Community! Support your local Shed!

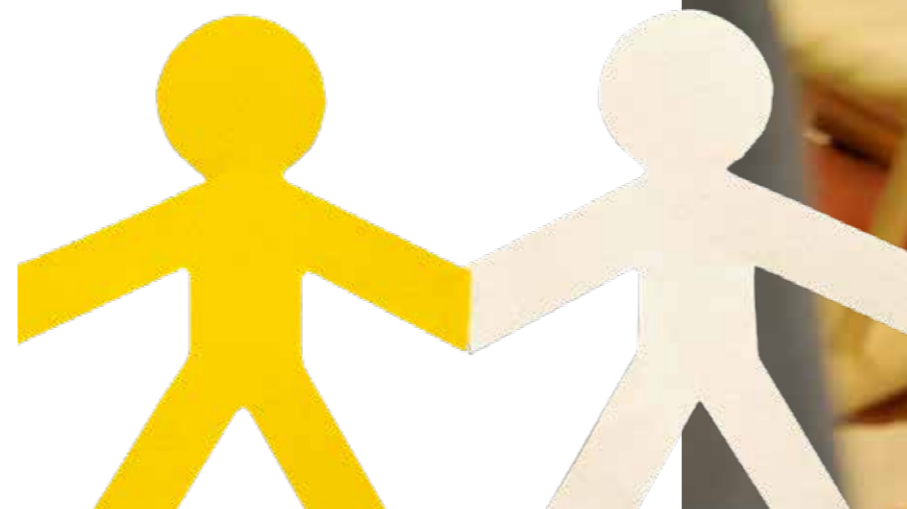
All monies from sales are returned to the community program.

Tuesdays 9.00am-12noon and Thursdays 9.00am-3.00pm

For more information contact

Sharon, The Shed Coordinator 8293 8166

or email [theshed@clarencpark.org.au](mailto:theshed@clarencpark.org.au)



## FULLARTON PARK COMMUNITY CENTRE

### CHINESE WATERCOLOUR CLASSES ★

Chinese Watercolour Classes offered by an experienced professional artist. Whether you are a seasoned artist, or just starting out, this course will be a great introduction to a new art form. You will learn new techniques and, effect, and bring life and character to your personal compositions.

Saturdays 2.00-3.00pm

Cost: \$23 per lesson (including all materials)

For more information contact

Zhuo Wei Krstic 0467 594 839

or email [zhuoweikrstic@yahoo.com](mailto:zhuoweikrstic@yahoo.com)

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

### CLOTH DOLL CLUB OF SA INC ★

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

Sunday 4 February, 7 April, 2 June, 4 August, 29 September, 1 December

11.00am-3.00pm

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

For more information contact

Christine 0419 823 784

or email [swright@adam.com.au](mailto: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 10.00am-12.30pm

Cost: \$3 per session

For more information phone 8372 5180

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

### 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)

### PAINTING WITH IGNACIO ROJAS ★

Short courses providing an opportunity for you to learn the fundamentals of oil painting, portraits, and a variety of other forms with a very experienced and professional artist and art educator. Ignacio has exhibited and taught across Australia and the USA including at the prestigious San Francisco Art Institute.

For more information contact

Ignacio 0409 816 840

or email [ignaciorojas.art@gmail.com](mailto:ignaciorojas.art@gmail.com)

or visit [instagram@ignacio\\_rojas\\_artist](https://www.instagram.com/ignacio_rojas_artist)

### 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 a 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, 12.30-3.00pm, 7.00-9.30pm

Wednesdays 9.30am-12noon, 12.30-3.00pm, 7.00-9.30pm

Thursdays 9.00-11.30am, 12noon-2.30pm, 7.00-9.30pm

For more information contact

Sarah 0402 263 913

or email [studio@sarahmcdonald.com.au](mailto:studio@sarahmcdonald.com.au)

or visit [sarahmcdonald.com.au](https://www.sarahmcdonald.com.au)

### SEW CRAFTY

We are a group who meet weekly in a supportive and friendly way to share our many interests, skills and ideas in various textile crafts including quilting, embroidery, knitting and crochet.

Wednesdays 10.00am-3.00pm

Cost: \$3.50 per session

For more information contact

Kay 0457 023 948

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

### THE HOSPITAL RESEARCH FOUNDATION CREATIVE HEALTH ★

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 9.00am-4.00pm

Cost: FREE

For more information contact

Robyn Brookes 0413 417 416

or email

[rbrookes@creativehealth.org.au](mailto:rbrookes@creativehealth.org.au)

or visit [creativehealth.org.au](https://www.creativehealth.org.au)

### 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 10.00am-3.00pm commencing 6 February

Cost: \$3 per session

For more information phone 8372 5180

or Claire Edwards

8271 5317/0434 277 124

or email [claire@besakih.com.au](mailto:claire@besakih.com.au)

## GOODWOOD COMMUNITY CENTRE

### BEARS AND FRIENDS ★

A group of bear makers 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 begins at 1.00pm and includes afternoon tea.

Visitors and new members always welcome.

Third Saturday of the month (excluding January, May, and October)

11.00am-4.00pm

For more information phone 0409 300 678

or email [mariegabriel@outlook.com](mailto:mariegabriel@outlook.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 12noon-1.30pm

Fridays 10.00am-12noon, 1.00pm-3.00pm

Cost: \$8. Pre-paid cards available for five/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 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 1.00-3.00pm

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

To register or 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 Thursdays 8.30am-1.00pm and Fridays 10.30am-3.00pm

Cost: fees apply

For more information contact the Centre 0456 962 940

or email [childcare@clarencpark.org.au](mailto:childcare@clarencpark.org.au)

### CHILDREN'S HALL AND GARDEN FOR HIRE

Dedicated childcare area and garden play space area suitable for playgroups, children's activities, and children's birthday parties.

For more information phone 8293 8166

Or visit [unley.sa.gov.au/venues-for-hire](http://unley.sa.gov.au/venues-for-hire)

### 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 23 March 1.00-3.00pm

Saturday 21 September 1.00-3.00pm

For more information phone 8293 8166

### KIDZ SHED

Woodworking for kids during the school holidays. Join our skilful woodworking volunteers who provide support and guidance as you work on a take home project and learn new wood working skills. All wood and craft items included. Suitable for ages 8 and up.

Different activities are scheduled for April, July, and September/October holidays

Cost: varied

For more information phone 8293 8166

### 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, Tuesdays and Thursdays, various sessions

Cost: \$160 per 9-week term

Bookings essential.

For more information contact

Cathy 0421 276 970

or email

[cathy@minimusicmakers.com.au](mailto:cathy@minimusicmakers.com.au)

or visit [minimusicmakers.com.au](http://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 10.00am-1.00pm (school terms only)

Cost: \$5 per family

For more information phone 8293 8166

### SCHOOL HOLIDAY PROGRAM

Different activities are scheduled for April, July, and September/October holidays

Cost: varied

For more information phone 8293 8166

### 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

21 February, 20 March, 15 May, 19 June, 17 July (school holiday session), 21 August, 18 September, 16 October, 20 November

Cost: FREE

For more information phone 8372 5100

## FULLARTON PARK COMMUNITY CENTRE

### ARTY KIDS

Fun, quality, children's art classes during school terms. Drawing, painting, clay and more!

Saturdays 12.30-1.30pm

(Term 1 commences 3 February for 8 weeks)

Cost: \$190 for 8-week term

For more information and bookings contact

Helen Favretto 0418 821 217

or email [nitsa4@bigpond.com](mailto:nitsa4@bigpond.com)

or visit [artykids.net](http://artykids.net)

### BALLET @ FULLARTON PARK

The aim of these classes is to enable students to learn ballet in a nurturing, caring environment without the pressure of exams or competitions. Costumes for our end of year celebration are included.

Wednesdays after school (school terms only)

Cost: Tots \$130-\$140 per term

For more information contact

Judi Corcoran 0401 242 859

or email [moggidance@hotmail.com](mailto: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, students are provided with solid technical and performance training.

Tuesdays 4.00-6.00pm, Thursdays 4.00-7.30pm (school terms)

For bookings and information on costs scan the QR code

Or contact Carla Papa 0403 196 942

or email [carlapapadance@outlook.com](mailto:carlapapadance@outlook.com)

### CHILD & FAMILY 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 [cafhs.sa.gov.au](http://cafhs.sa.gov.au)

### 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 our school holiday workshops are valid with Children's University passports.

### IVORYROSE MOTHERHOOD CONNECT

A space to come together and experience connection, sharing stories and resources, and develop friendships within our Ivoryrose community.

Suitable for first-time mums, along with second, third, and beyond.

8-week guided community group featuring industry experts in a range of topics such as:

- Caring for your body and pelvic floor after birth
- Lactation & feeding support
- Settling techniques and baby massage
- Perinatal mental health
- Postpartum nutrition
- Fussy eaters and starting solids
- Normal baby/child development
- Return to exercise and how to incorporate this into your new routine

Tuesdays 10.00-11.30am

Cost: \$249

For more information contact Kat 0439 587 710

or email [info@ivoryrosephysio.com.au](mailto:info@ivoryrosephysio.com.au)

or visit [ivoryrosephysio.com.au](http://ivoryrosephysio.com.au)



## FREE PARENT EDUCATION SEMINARS AND DISCUSSION GROUPS BY MARK LE MESSURIER

### SA Senior Australian of the Year 2022

Mark Le Messurier's Seminars and Discussion Group Sessions are taken from his new book, 'Guiding Kids Through the Tough Moments' (2023), released in 40 countries.

The questions Mark asks in the book are "What about when one of your kids decides not to listen, challenges you, is rude, or worse? What is your intrinsic response in these hot and heavy moments? Do you puff yourself up, get just as loud, show anger, threaten to withdraw privileges, or even withdraw emotional connection?"

This is the space the book works within because it's a tough space, and there is always room to reshape how we handle these TOUGH MOMENTS. Mark helps parents build a skill set that nurtures a child's pride and leaves them in a position where they are more likely to want to make changes, rather than having their autonomy stolen and feeling gazumped by an adult yet again. Children today need adults in their lives who know how to be a positive influence, especially in those TOUGH MOMENTS.

### Seminar 1: Monday 25 March

**The Wonder of NEURODIVERSITY** (a diagnosis of Autism and its impact on families)

Today there is a rapid and an amazing shift in the way we think, discuss, respond and offer supports to people under the neurodivergent umbrella, and it's liberating, energising, healing and beneficial to all. During the workshop we learn some facts about Autism, but that's not my real goal. My goal is personal. It is to touch you in a way, that facts alone can never touch people. Do you know? Our neurodivergent kids are not broken, not deficit, not disordered, and do not need to be fixed up. They simply walk to the beat of another drum. Do you know? They always will walk to the beat of THAT different drum. They will grow up to be adults with Autism, or ADHD or whatever. So, please, let's value neurodivergence so our kids can grow into it with pride. Do you know? Many say, we are all neurodiverse. But ... we are not all neurodivergent or disabled.

For many, who are, being neurodivergent is their core identity. So, they identify as being Autistic, because every element of their lives is affected by their unique neurology. Do you know? The challenges of raising an Autistic child are a frequent trigger for relationship breakdowns, not only between couples, but extended family cannot find a way to be supportive. This is tragic because it takes THAT village to raise each of our kids, and even more so for a child with a difference.

Today, all of this, commands a new and deep respect.

### Seminar 2: Monday 24 June

**The ART of working most Effectively with Unwanted Behaviours in Children and Teens**

From Chapters 6, 7, 8 and 9

In these chapters and in this workshop, I want to link you to the inner emotional world of children; from how shame can trigger explosive and uncharacteristic behaviours right through to subtle mood swings in children and teens simply through the loss of agency or voice. My intention is to clear a pathway, so you can nurture the emergence of your child's spirit by separating their behavioural mistakes and poor choices, from the beauty of who they are, and who they can become. Let's also understand the STUBBORNNESS of behaviour and develop a space and language that tames SHAME, as the STAR ACT, praise emerges. Yes, praise is the best shaper and re-shaper of behaviour, ever.

### Seminar 3: Monday 26 August

**A window into the AMAZING Adolescent BRAIN – implications for behaviour, emotion, teaching, learning and relationships.**

The years between 11 to 20 years of age, are loosely considered adolescence. It is a period of MASSIVE changes - physically, emotionally, sexually, spiritually and especially neurologically. Adolescents show a desire for increased independence, a stronger need for peer approval and a connection, and a tendency towards impulsive, risk-taking behaviour. Yes, they can be dramatic, but they also have deeply insightful and compassionate moments, and a profound need for

continuing tender care (parenting) from the adults in their world. 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 then they were a child. Just as an adolescent goes 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 within your fabulous teen during this vulnerable time because a lot is under construction neurologically. Change gears, become a 'wise guide', 'coach' and 'shrewd manager'. Being too critical, too snappy, too busy, or too controlling will not deliver the results it may have in the past. And, as you take on the new roles of 'wise guide', 'coach' and 'shrewd manager', do not appear too wise or too keen. Just be there and be available for them.

### Seminar 4: Monday 28 October

**MENTAL HEALTH HYGIENE PRINCIPLES**

**Question: Is there an approach to achieve the best mental health for children?**

**Answer: Yes, and it lies in understanding mental health hygiene principles.**

Can we guarantee against mental health difficulties in our children? The answer, of course, is no. Some mental health issues arise from the unexpected twists and turns of life. They can be well outside of our control and might include disability, trauma, accidents, disorders, loss and so much more. I must hastily add here, that the SECRETS around using a great mental health hygiene approach are also incredibly therapeutic to draw on for children, young people and adults alike when life becomes hard going and feels like it's falling apart.

This workshop focusses on the notion of sound "mental health hygiene" practices. Good mental health hygiene concerns the everyday things we can do to support and maintain the mental health of our children, so they have the greatest chance to lead their best life.

I promise to present a range of totally PRACTICAL ideas based on good mental health hygiene practices. While these are proven ideas to work with, of

greatest importance, is how each of us model these to our kids on an everyday basis.

Isn't it ironic that the quality our children's mental health, and their resilience, hinges on us understanding this, and using it wisely over the first 20 years of their lives? One thing is for sure, our children constantly watch us and learn from what they see and hear us do! So much of raising an emotionally balanced child comes from being a clever 'life-coach' who is prepared to chip away, gently, and intelligently, at how to live.

They are dependent on us knowing how to invest in them.

## 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.

For more information visit [facebook.com/madhavinawanaparker](https://facebook.com/madhavinawanaparker)

or [positivemindsaustralia.com.au](https://positivemindsaustralia.com.au)

### Seminar 1: Monday 13 May

**Staying connected with your teenagers**

Madhavi Nawana 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 9 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.

## ALL SEMINARS

7.00-8.30pm

Cost: FREE

Bookings essential.

For bookings and more information phone 8372 5180

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

## 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 10.00am-12noon. Participants are welcome to enrol for all 7 or attend individual sessions. 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 20

**CHILDHOOD CHANGES bring FAMILY CHALLENGES**

This workshop covers the first two chapters of Mark's new book - Guiding Kids Through the TOUGH MOMENTS.

Chapter 1 gives a head spinning insight into how quickly the world has changed its attitude to children, to childhood and how we manage young people. Much of it is for the better, but it is certainly more complex today for children and parents to navigate together. One thing emerges - "More than anything, our children need us on their side."

Chapter 2 The PARENTING WINDOW. The PARENTING WINDOW begs the question, "what's your parenting style?" How do you achieve it? Is it working? Are you Happy with it? Is it sustainable into the future? Does it need a tweek?

### Discussion 2: May 29

**What is MISbehaviour telling us** – from chapters 3, 4 & 5 in Mark's new book.

In these chapters and in this workshop, I want to link you to the inner emotional world of children; from how shame can trigger explosive and uncharacteristic behaviours right through to subtle mood swings in children and teens, simply through the loss of agency or voice. My intention is to clear a pathway so you can nurture the emergence of your child's spirit by separating their behavioural mistakes and poor choices, from the beauty of who they are, and who they can become. Let's also understand the STUBBORNNESS of behaviour and develop a space and language that tames SHAME, as the STAR ACT, praise emerges. Yes, praise is the best shaper and re-shaper of behaviour, ever.

### Discussion 3: June 12

**SELF-CARE because your children's future depends on your health and motivation.**

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

From Chapters 11 & 12 of Mark's new Book

I want to explore three spaces in this workshop, and you'll delight in them!

Firstly, what are you doing to protect your physical and emotional health? This needs to be a conversation because every day your kids need you to be well, and in the right frame of mind to connect, and lead them.

Secondly, what can you do to look after yourself because parenting is hard? To find our resiliency we need to consciously find moments to feel renewed?

And, finally, I reached out to clients, many who've become friends. I asked them to reflect on their childhood, on their parents, the place of family, special teachers, and school memories. Their reflections will melt your heart, inspire you to take heart, and appreciate the deep, lingering influences you are creating RIGHT NOW. I did this because when we're caught up in the chaos of life it is hard to see "the forest for the trees".



#### Discussion 4: August 7

##### The Wonder of NEURODIVERSITY

The wonder of NEURODIVERSITY (a diagnosis of Autism and its impact on families)

Today there is a rapid and an amazing shift in the way we think, discuss, respond, and offer supports to people under the neurodivergent umbrella - and it's liberating, energising, healing and beneficial to all. During the workshop we learn some facts about Autism, but that's not my real goal. My goal is personal. It is to touch you in a way, that facts alone can never touch people.

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Do you know? Many say, we are all neurodiverse. But we are not all neurodivergent or disabled. For many, who are, being neurodivergent is their core identity. So, they identify as being Autistic, because every element of their lives is affected by their unique neurology.

Do you know? The challenges of raising an Autistic child are a frequent trigger for relationship breakdowns – not only between couples, but extended family cannot find a way to be supportive. This is tragic because it takes THAT village to raise each of our kids, and even more so for a child with a difference.

Today, all of this commands a new and deep respect.

#### Discussion 5: September 18

##### BUILDING EMOTIONAL RESILIENCE IN CHILDREN

The term resilience is used to describe a person's capacity to cope with change or challenge, and to constructively bounce back with optimism. It is a prized quality as it positions us to deal with the inevitable hiccups, shocks and disasters that await us in the future. Today, we understand that developing resilient qualities in our children is more than chance! It is a process that is very well understood. How are you doing?

Firstly, it requires a thoughtful commitment from parents because we are our children's primary educators. We are the guardians of a precious space called home, where our children's resilient capacities can be enabled or hindered.

Secondly, the growth of our children's emotional intelligence requires us to appreciate the interplay between their temperament, past life experiences, developmental factors, our modelling, and the home environment we've have created. It is through both subtle and explicit guidance, that children gradually learn to be resilience.

This workshop presents a collection of PRACTICAL resilience building ideas, I call them the 10-C's. They are can-do attitudes, confidence, connections, capacity to change, contributing to others, core value awareness, controlling what you can, communication, composed parenting and common sense.

The 10-C's provide an insightful guide for parents to become the best resilience coach for their children. Isn't it ironic that our children's resilience hinges on our knowledge and personal resilience, and how we model it, over the first 20 years of their lives? They are dependent on us knowing how to invest in them.

#### Discussion 6: 23 October

##### 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 - even emotionally together adults! Typically, BIG FEELINGS are bigger and more prevalent in the world of children usually as a reaction to dread, stress or disappointment. So, first up, let's normalize these BIG FEELINGS by seeing them as frustrated feelings accompanied by compensating behaviours. These compensating behaviours can be expressed as anger, aggression, anxiety, avoidance, shyness, withdrawal, shame, running away, tearfulness, sadness, despair and so many more!

Many parents feel helpless as they witness their child acting out their BIG FEELINGS, inaptly, day in and day out. There isn't a 'one-size-fits-all' solution to address the array of BIG FEELINGS, but there is a wide selection of great research-based techniques that can help manage it.

Learning to manage BIG FEELINGS starts with coaching kids to identify the feeling they're experiencing, finding a little language to express them, and developing tools to regroup emotions and thoughts. The truth is that most of these coping skills are simple to learn, easy to use and effective over time.

Mark promises to bring a wealth of totally practical ideas to show parents how to coach their children to tame their BIG frustrated FEELINGS. This workshop invests in you, so you can empower your children!

#### Discussion 7: 20 November

##### 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.

Mark will offer you optimism, comfort and hope woven into some highly constructive tools to work with. After all, sibling relationships are often the longest lasting and most intimate relationships formed by human beings.

##### DISCUSSION GROUP SESSIONS

Time: 10.00am-12noon

Cost: FREE

Bookings essential.

For more information phone 8372 5180

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

##### PELICAN PRODUCTIONS MUSIC THEATRE CAMP/SPOTLIGHT

MTC and Spotlight are intensive performing arts day camps held in the January school holidays. For performers 8-19 years, they will receive training in singing, dancing, and acting from seasoned industry professionals. 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](mailto:pelicanproductionsmtc@gmail.com)

or visit [pelicanproductions.com.au](http://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: varied

For more information contact

Nicole or Angie Christophei 8394 2574

or email [angie@rmtmanagement.com](mailto: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.

Mondays 4.15-5.45pm

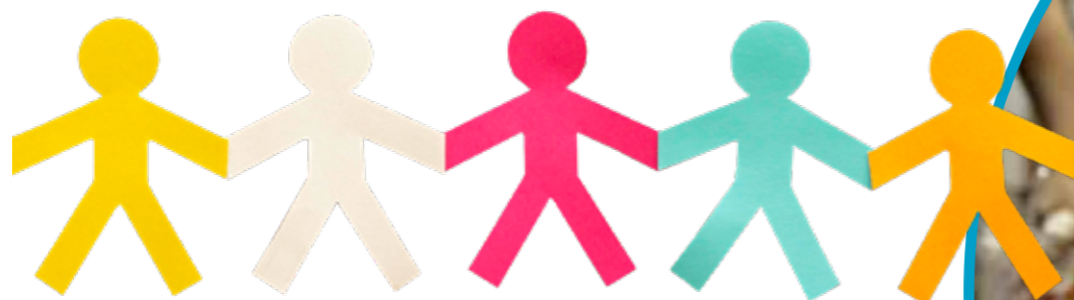
Tuesdays 4.15-5.45pm

For further information contact

Molly or Angie 8394 2574

or email [admin@rmtmanagement.com](mailto:admin@rmtmanagement.com)

or visit [rmtmanagement.com](http://rmtmanagement.com)





## GOODWOOD COMMUNITY CENTRE

### GOODY KINDERGYM

This class combines structured group activity and free time exploring new and challenging activities. Develop confidence, coordination, creativity and self-esteem while interacting with others. Come along and join the fun!

Fridays 9.30-10.30am (first session Friday 2 February)

Saturdays 10.00-11.00am, two Saturdays per month. Check with the Centre for dates.

Cost: \$8 per family, annual membership \$38 per family

Bookings not required.

For more information phone 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)

### 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 early communication development, language and speech disorders, play skills, social communication and pre-verbal communication and alternative and augmentative communication (AAC)

For information/appointments contact

Sophie Hill 0460 356 316

or email

[bookings@hillsidepaediatrics.com.au](mailto:bookings@hillsidepaediatrics.com.au)

### INTERGENERATIONAL PLAYGROUP

Older friends will be joining our Playgroup session. Bring family members, grandparents, and friends to share some fun experiences. Perfect for 0-5 year-olds and their caregiver.

Tuesdays, 10.00-11.30am (first session Tuesday 30 January)

Cost \$5 per family, to be paid on the day.

Bookings not required.

For more information phone 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.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 exploring school-readiness 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 (school terms only)

9.30am-10.15am and 10.30-11.15am

Cost: \$150 per 9 week-term. Siblings under 1 free

For more information contact

Lizzie 0444 581 751

or email

[lizzie@kidsmusicandmoves.com](mailto:lizzie@kidsmusicandmoves.com)

or visit [kidsmusicandmoves.com](http://kidsmusicandmoves.com)

### PLAYGROUP

A fantastic opportunity for caregivers and children to have fun together and meet others from the local community. Well-equipped play area with excellent resources, including an outdoor play space.

New families are always welcome.

Mondays 10.00-11.30am (first session Monday 29 January)

Cost \$5 per family, to be paid on the day

Bookings not required.

For more information phone 8372 5143

or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)

### 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

Saturday and Sunday mornings

For more information phone

1300 766 892

or visit [readysteadygokids.com.au](http://readysteadygokids.com.au)

### WRIGGLETIME & BABY TIME WITH UNLEY LIBRARIES

**Wriggletime** - alternate Fridays at Unley Town Hall and Goodwood Community Centre

Perfect for 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.

10.30-11.00am

**Babytime** - alternate Fridays at Unley Town Hall and Goodwood Community Centre

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?

11.30am-12noon

Cost: FREE

Check location and booking requirements on the Unley Libraries website

[unley.sa.gov.au/librarykids](http://unley.sa.gov.au/librarykids)



# Special Clubs and Special Interest

## CLARENCE PARK COMMUNITY CENTRE

### 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 7.00-9.30pm

Cost: \$3 per session, \$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 8.00-10.30pm (excluding January)

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

For more information contact

Jane 0414 272 926

or email [secretary@awbca.org.au](mailto:secretary@awbca.org.au)

or visit [adelaideferment.org.au](http://adelaideferment.org.au)

### EVENING LIGHT ASSEMBLY ★ ADELAIDE

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

Alternate Fridays and Sundays

Cost: FREE

For more information contact

Claude 0433 021 088

### 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 email [kthamm@ozemail.com.au](mailto:kthamm@ozemail.com.au)

or visit [adelaide.gci-au.church](http://adelaide.gci-au.church)

### 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 play space.

All ages and all welcome.

1st Tuesday of the month 1.00-3.00pm

Cost: FREE

No booking required

For more information phone 8293 8166

### RETIREMENT REIMAGINED ★ FOR WOMEN OVER 50

Embark on a transformative journey at 'Retirement Reimagined', a 3-hour workshop helping you design your ideal retirement, addressing your fears and crafting a clear vision for your golden years.

We delve into planning, offering insights into the 7 Elements of Life, financial preparations, and building a solid foundation for your dream retirement. We focus on creating a retirement lifestyle that aligns with your passions, interests, and values.

Learn how to master the art of stress-free retirement transition. This workshop is your guide to crafting a retirement beyond expectations.

Wednesday 13 March 2024, 5.00-8.00pm

Cost: \$40 includes workbook

For more information contact

Mary 0421 614 710

or email [mary@abundeco.com.au](mailto:mary@abundeco.com.au)

or visit [www.abundeco.com.au](http://www.abundeco.com.au)

## FULLARTON PARK COMMUNITY CENTRE

### 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](mailto:claire@besakih.com.au)

### FULLARTON PARK SENIORS CLUB

We welcome new members to our small and very friendly group. We play rummikins and card games fortnightly and bingo once a month. We enjoy having lunch together and having a chat.

Bring your own lunch.

Tuesdays fortnightly 10.30am-2.30pm

February to 10 December. Commencing 6 February.

Cost: \$20 annual fee

For more information contact

Jean Gardner 0403 957 381 or the Centre 8372 5180

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

### 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, 6.00-8.00pm

Cost: FREE

For more information contact

Richard Ockenden 0412 910 063

or [admin@afterdark.com.au](mailto:admin@afterdark.com.au)

or visit [destinationhighgate.com.au](http://destinationhighgate.com.au)

### LANDLORDS ASSOCIATION ★ (SA) INC

Are you a Landlord? Attend one of our Landlords' Association (SA) Inc meetings and discover what we are about. Membership Joining Fee applies.

6.50pm for a 7.00pm start

Cost: FREE

For meeting dates contact

Rodney Webb 0408 830 382 or 8258 6660

or email [lasa.info@landlords.org.au](mailto:lasa.info@landlords.org.au)

or visit [landlords.org.au](http://landlords.org.au)

### MAH JONG

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

Mondays 10.00am-1.00pm and 1.30-4.15pm, commencing 22 January

Wednesdays 1.00-4.00pm, commencing 24 January

Cost: \$3 per session

For more information phone 8372 5180

### PROBUS CLUB OF UNLEY INC ★

We are a club of active retirees. Join us to hear stimulating speakers, enjoy interest groups, excursions and maintain social contact with fellow retirees.

1st Monday of the month (if it is a public holiday it is held on the second Monday of the month)

10.00am business, 10.30am morning tea, 11.00am guest speaker

Cost: \$50 annual membership

For more information contact

Joyleen Fleming (President) 0417 800 415 or Christine Conde (Secretary) 0401 840 209

or email [gorjoy2@gmail.com](mailto:gorjoy2@gmail.com) or [unley@gmail.com](mailto:unley@gmail.com)

or visit [probussouthpacific.org/pcunley](http://probussouthpacific.org/pcunley)

### 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

### SPRITE CLUB OF SOUTH ★ AUSTRALIA

We are a club catering for owners and enthusiasts of Austin Healey Sprites, MG Midgets, Clubman Style cars, associated modern and classic cars.

1st Monday of the month (if it is a public holiday it is held on the second Monday of the month)

8.00pm

Cost: see website

For more information contact

Robin Dunk 0431 247 746 or Peter Stanley 0413 418 611

or email [admin@spriteclub.com.au](mailto:admin@spriteclub.com.au)

or visit [spriteclub.com.au](http://spriteclub.com.au)



### UNLEY MENSA ★

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

Wednesdays fortnightly from 14 February to 11 December (school terms only).

10.30am-3.00pm

Cost: Members \$15 per person per visit. Non-member \$20 per person per visit. Annual Membership \$10.

For more information contact

Antonietta 8271 4319 or 0421 674 345



## GOODWOOD COMMUNITY CENTRE

### BIRTHING KIT ★ FOUNDATION AUSTRALIA

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 [bkfa.org.au](http://bkfa.org.au)

### 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

### FIND YOUR VILLAGE MORNING TEA

First Saturday of the month 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 practise your languages.

For more information phone 8372 5143

### 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-1.00pm

Bookings not required.

Cost: \$5 membership, \$10 meal

For more information phone 8372 5143

### 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 guest speakers.

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

Cost: \$3

For more information phone 8372 5143

### LET'S PLAY TOGETHER ★

An informal gathering for mainly Russian speaking people but open to anyone else who is interested.

A friendly fun night participating in social activities, including cards and volleyball.

Fridays 8.00-11.00pm, various dates

Cost: \$5 per session

For more information contact Harry 0419 380 620

or email [garik.ovanesyan@gmail.com](mailto:garik.ovanesyan@gmail.com)

### 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 phone 8372 5143

### VICTORY INTERNATIONAL ★ CHURCH GROUP

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

Fridays 5.00-8.00pm, Sundays 2.00-6.30pm

For more information contact

Gladys 0404 288 529



# UNLEY SWIMMING CENTRE



THE CITY of  
*Unley*

SCAN  
FOR  
MORE  
INFO



## UNLEY COMMUNITY CENTRE

### ADELAIDE RETRO COMPUTING GROUP

A group of likeminded individuals that are keen to display, restore and chat about retro computers and consoles.

2nd Friday of the month

5.30-10.30pm

Cost: \$75 per year or \$10 per session.

For more information contact

Craig Marshall 0437 969 783

or email

adelaidetrocomputinggroup@gmail.com

### 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 1.00-4.00pm

Cost: FREE

For more information phone 8372 5128

### 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

7.30-9.00pm

Cost: FREE

For more information contact Chris Murphy 0409 799 627

or email cmurphy68@msn.com

or visit [bssainc.org.au](http://bssainc.org.au)

### C3 PARKSIDE

We have Sunday services building a strong Christ-centred community. Our prayer is that no one in our city will go through life isolated and alone.

Sundays 10.00am

For more information contact Georga Williams 8388 1758

or email [hello@c3parkside.org.au](mailto:hello@c3parkside.org.au)

or visit [c3parkside.org.au](http://c3parkside.org.au)

### 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

1.00-4.00pm

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

### FOCUS - FRIENDS OF THE CITY OF UNLEY SOCIETY INC

FOCUS is a resident group working to preserve the historic built and green amenity of Unley.

2nd Tuesday of each month. Refer to website for meeting dates.

7.30-9.30pm

Cost: FREE

For more information contact

Mary Rumbold 0450 434 167

or email [focusonunley@gmail.com](mailto:focusonunley@gmail.com)

or visit [focusonunley.org](http://focusonunley.org)

### FRIENDSHIP FORCE OF ADELAIDE

Friendship Force is an international organisation that aims to provide opportunities for cultural exchanges and to develop understanding and respect between different nationalities.

2nd Tuesday of the even months

6.00-10.00pm

Cost: \$55 joining fee plus \$20 for a badge. Two course dinner with drinks \$28.

For more information contact

Virginia Driver 0408 517 100

or email [ginnie@y7mail.com](mailto:ginnie@y7mail.com)

### THE HANDKNITTERS GUILD OF SA INC.

The Guild promotes interest in handknitting and crochet. Both beginners and experienced crafters welcome. Workshops and personal support are provided with a particular focus on charity work.

1st and 3rd Saturdays, February - November

1.00-4.00pm

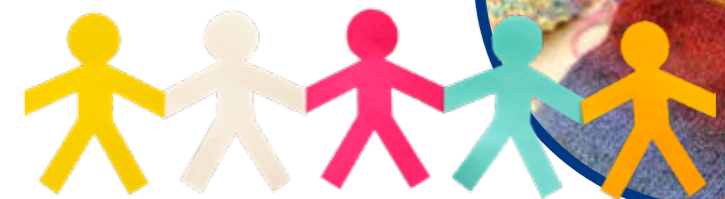
Cost: \$10 joining fee, \$4 per meeting and \$35 annual membership fee

For more information contact the Secretary 0427 240 714

or email

[handknittersguildsouthaust@gmail.com](mailto:handknittersguildsouthaust@gmail.com)

or visit [handknittersguildsouthaust.wordpress.com](http://handknittersguildsouthaust.wordpress.com)



# 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

### CLARENCE PARK FOOD CO-OP ★

Volunteer run food co-operative. The Co-op sells nuts, dried fruit, grains, legumes, seeds, honey and more. All 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

### 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.

### 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)

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](mailto:repaircafe@sustainablecommunitiessa.org.au)

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

or [unleyrepaircafe.wordpress.com/](https://unleyrepaircafe.wordpress.com/)

## 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 raised over \$135,000 for charity from the sales. You can deliver your 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

Bev Glenn 0408 437 348

Or email [bglenn@bigpond.net.au](mailto:bglenn@bigpond.net.au)

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



## UNLEY COMMUNITY CENTRE



## GOODWOOD COMMUNITY CENTRE

### 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.

Wednesdays (monthly) 7.30-10.00pm

For more information email [secretary@csssa.org.au](mailto:secretary@csssa.org.au)

### SA BONSAI SOCIETY ★

Monthly meetings and workshops with items for sale.

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

We are an active club with a history of helping members develop their trees in a cooperative and family atmosphere.

Annual Show in October 2024

For more information phone 0403 883 269

or visit [bonsaisa.org.au](https://bonsaisa.org.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 (various dates, approximately 7 per year)

2.30pm

Cost: FREE

For more information contact

Anne Wharton 0424 425 135

or email

[gggyo@sustainablecommunitiessa.org.au](mailto:gggyo@sustainablecommunitiessa.org.au)

or visit

[sustainablecommunitiessa.org.au](https://sustainablecommunitiessa.org.au)

### THE SOUTH AUSTRALIA CHRYSANTHEMUM AND FLORAL ART SOCIETY INC (LIVING GREEN) ★

The Society's aim is to promote knowledge and information pertaining to floriculture (specifically the chrysanthemum) and the promotion of activities dealing with floral art arrangements. This is achieved through monthly meetings (second Saturday), an Annual Show (first weekend in May) and an annual plant sale in October. For details and dates please visit our website or facebook page (listed below).

New members are always welcome, so if you are curious about what is involved in growing and exhibiting champion blooms or are just interested in growing beautiful flowers in the garden, please join us.

Saturdays, monthly 2.00-4.30pm

For more information phone 0409 153 709

or email [president.sacfes@gmail.com](mailto:president.sacfes@gmail.com)

or visit

[sachrysanthemumandfloralart.com.au](https://sachrysanthemumandfloralart.com.au)

or [facebook.com/SACHryssies](https://facebook.com/SACHryssies)



# Cafes, 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, 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.

### BOOK CLUBS

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

For more information phone 8372 5486 or email [libraries@unley.sa.gov.au](mailto:libraries@unley.sa.gov.au)

### FULLARTON MARKET★

A country market in the middle of the city, with a real sense of community atmosphere. Coffee, plants, baked goods, jewellery, clothing and much, much more

4th Saturday of the month January - November (3rd Saturday in December)

9.00am-1.00pm

For more information contact

Jason 0408 682 826

or email [fullartonmarket@gmail.com](mailto:fullartonmarket@gmail.com)

## HUGHES GALLERY

The Hughes Gallery is located inside the front entry to Fullarton Park Community Centre. The gallery features regular visual art exhibitions which change over 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 is open weekdays 10.00am-4.00pm and (weekends as advertised).

You will find the exhibition listing at the rear of this program.

For more information phone 8372 5180

or visit [unley.sa.gov.au/hughesgallery](http://unley.sa.gov.au/hughesgallery)

### 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 12.30-3.00pm

## 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.

Transport may be available to My Aged Care eligible residents.

Monday 9.30am-1.00pm

Tuesday, Thursday, Friday 11.30am-12.30pm

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

Bookings essential.

For current menu or more information phone 8372 5128



# Special Events

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

[UNLEY.SA.GOV.AU/EVENTS-PROGRAMS-FACILITIES](https://unley.sa.gov.au/events-programs-facilities)

## CLARENCE PARK COMMUNITY CENTRE

### ANNADAN (OFFERING FOOD) ★

Join the Vishva Hindu Parishad of Australia Inc. (World Hindu Council) for a free Indian vegetarian and Sattvik 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-1.00pm

Cost: FREE

Bookings essential.

For more information and dates contact

Deepti 0428 174 699, or the  
Centre 8293 8166

### CLARENCE PARK COMMUNITY CENTRE AGM

The CPCC Board would love you to join them at their 2024 AGM and to take the opportunity to catch up with other community friends.

Wednesday 25 September 4.00pm

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.

### FRINGE EVENTS 2024

#### Yoga & Live Music

Join yoga teacher Thomas and musician Trav as they merge yoga and live music to create a memorable and unique experience. You will leave feeling both calm and uplifted.

Sunday 18 February, Sunday 25 February, and Sunday 10 March

11.00am-1.00pm

Cost: \$40

Bookings essential.

To book, visit [adelaidefringe.com.au](https://adelaidefringe.com.au)

### Yogatry Where Yoga Meets Poetry

Thomas will be running the yoga class, teaching a happy flow to get a good stretch while remaining fun, with a few challenges for his students. Luke Baker is a spoken word poet, joining Thomas as poetry and yoga come together to meet at the mat.

You can choose to participate in Yoga or relax in chairs provided for a seated audience.

Saturday 24 February and Saturday 16 March

6.00-8.00pm

Cost: \$20

Bookings essential.

To book, visit [adelaidefringe.com.au](https://adelaidefringe.com.au)



### Rave Yoga

A blend of yoga and dance music. Move and breathe to the rhythm of life and glow with the flow. Release your inner joys with strobe lighting and flashing LED. Bring your own Yoga mat, wear your craziest rave outfit, and experience the party atmosphere. This is a family friendly, alcohol free show and everyone is welcome.

Saturday 9 March, Sunday 10 March, and Monday 11 March

6.00pm entry: warm up with snacks and social gathering

7.30pm: yoga class with music and rave lighting

8.30pm: conclusion with guided breathwork

Cost: \$25

Bookings essential.

To book, visit [adelaidefringe.com.au](https://adelaidefringe.com.au)

### TASTES AND FLAVOUR SENSATIONS OF MIDDLE EASTERN COOKING WITH THE AHMADIYYA MUSLIM WOMEN

The Ahmadiyya Muslim Women will be sharing their women's culture through a series of tastings and cooking demonstrations, with the goal to bring women from the wider community together. Learn to make authentic dishes unique to their culture and enjoy a shared lunch afterwards.

This is a women's only event, women for women.

Wednesdays 6 March, 22 May, 24 July, 4 September, and 27 November

11.30am-2.00pm (lunch served at 12.30pm)

Cost: \$10

Bookings essential (limited numbers).

Due to popularity, payment is required on booking.

For more information phone 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 19 May 10.00am-4.00pm

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

For more information contact

Jeanette Mossop 0407 800 460 or 8258 9295

or email [jrmossop@gmail.com](mailto:jrmossop@gmail.com)

or visit [saplangon.com](https://saplangon.com)

### CONSCIOUS COOKING

This engaging, informative workshop presented by KESAB provides kitchen tips and tricks to make the most of your food, using everything possible whilst being conscious of energy, water and waste. Expand your horizons with ingredients you may not have considered, or twists on old favourites that freeze well to save you time and money.

Thursday 6 June 10.00am-1.00pm

Cost: FREE

For bookings phone 8372 5180

or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)

### DOLL AND BEAR COMPETITION AND SHOW ★

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

Saturday 12 October 10.00am-4.00pm

Sunday 13 October 10.00am-3.00pm

Cost: \$8, children under 12 free

For more information contact

Marie 0409 300 678

or email [mariegabrieel@outlook.com](mailto:mariegabrieel@outlook.com)

or visit [sadollguild.org.au](https://sadollguild.org.au)

### 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.

### 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 16 November 9.00am-4.00pm

Sunday 17 November 9.00am-3.00pm

Cost: FREE

For more information contact

Jane 0403 230 161

or email [jane.wyly@outlook.com.au](mailto: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 28 April and Sunday 27 October  
8.30am-12noon

### Annual Herb Day

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

Sunday 3 November  
10.00am–2.00pm

For more information contact  
Sandra 8445 1626  
or email [herbsocietysa@gmail.com](mailto:herbsocietysa@gmail.com)  
or visit [herbsocietysa.com.au](http://herbsocietysa.com.au)

## SRI LANKAN FOOD ★ FESTIVAL AND CULTURAL DAY

This ever-popular festival has grown over the years. Organised by the Australia Sri-Lanka Association, it is a very colourful event with over 10 food stalls serving authentic delicious food. There are activities for children, cookery demonstrations, cultural dances and music. It is a family friendly event supported by the City of Unley.

Sunday 25 February  
11.00am-4.30pm

Cost: gold coin donation  
For more information contact  
Lourdes 0438 865 099  
or email [ulk.java@gmail.com](mailto:ulk.java@gmail.com)  
or visit [facebook.com/ASLA13](https://facebook.com/ASLA13)

## GOODWOOD COMMUNITY CENTRE

## THE IRIS SOCIETY OF SOUTH AUSTRALIA 1 DAY SHOW ★

Flower displays, trading table, commercial growers and good ole fashioned community hospitality. Bring your family and friends for a wonderful day of flowers and friendly atmosphere.

Saturday 26 October

10.00-5.00pm

Cost: gold coin donation

For more information  
visit [sairissociety.org.au](http://sairissociety.org.au)

## THE SA CHRYSANTHEMUM & ★ FLORAL ART SOCIETY PLANT SALE

October 2024

Contact the Centre for more information  
8372 5143

## SOUTH AUSTRALIAN BONSAI ★ SOCIETY ANNUAL SHOW

The South Australian Bonsai Society presents their 2024 Annual Show. A comprehensive display of bonsai, demonstrations and the opportunity to purchase bonsai, pre-bonsai material, tools and pots.

Saturday 19 October, Sunday 20 October  
10.00-3.00pm

Cost: gold coin donation  
For more information  
visit [bonsaisa.org.au](http://bonsaisa.org.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  
2024, phone 8372 5128.



# 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:

<b>Tai Chi</b> Enjoy a series of gentle exercises that create harmony between the mind and body	<b>Walking Group</b> A weekly easy-paced walking group for people of all fitness levels	<b>Shopping Assistance</b> Help to either take you shopping or do your shopping for you from a list	<b>Wellbeing Phone Calls</b> Enjoy a regular chat with one of our friendly volunteers
<b>Social Bus Trips</b> Monthly bus trips with other residents to places of interest throughout Adelaide and surrounding areas	<b>Accompanied Support</b> Assistance to attend appointments, pay bills, visit loved ones and more	<b>Technology Assistance</b> A volunteer can visit you in your home and assist you with your technology needs	<b>Belles Breakfast</b> Social breakfast program for women to catch up with each other in a friendly, relaxed environment
<b>Better Balance Classes</b> Classes aim to improve your balance and confidence whilst building strength and endurance	<b>1:1 Friendly Visiting</b> A service that will match you with a volunteer who can regularly spend time with you at home, or take you out	<b>Buddies at Breakfast</b> Social breakfast program for men to catch up with each other in a friendly, relaxed environment	<b>Respite</b> 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**

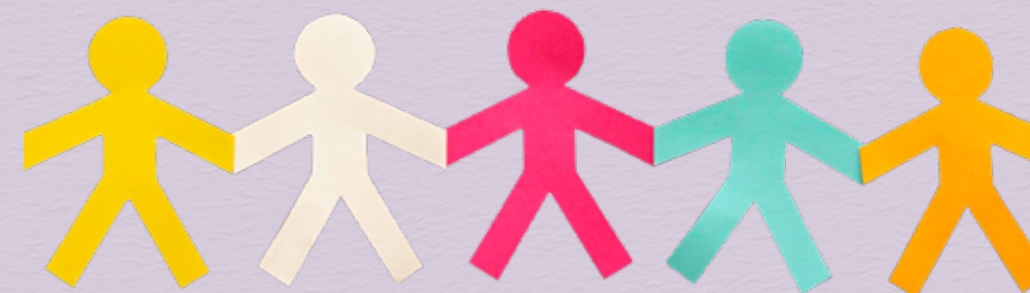
## Become a Volunteer

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](http://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. This includes a rotational shopping day on Wednesdays, providing great opportunities to shop at places people may not normally be able to visit.

We provide monthly 'Out and About' tours that offer residents the opportunity to visit various destinations around Adelaide and beyond. Places include Cruises, Nurseries, Adelaide Hills, Fleurieu Peninsula and other locations of interest.

**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](http://unley.sa.gov.au/museum)

 @unleymuseum

 @unleymuseum

## Museum Opening Hours

Monday to Wednesday 10.00am-4.00pm  
Thursday 10.00am-6.00pm  
Saturday 10.00am-1.00pm



## quiet flowers blazing dragons JESSAMINE BUXTON RETROSPECTIVE

Until 30 March 2024

Unley Museum

One of South Australia's most talented artists, who lived most of her life in Myrtle Bank, but was forgotten soon after her death in 1966. Brought to life again through an exhibition of artworks never before seen together, many of which have been hidden for 100 years. Explore the works of Jessamine Buxton, with a twist of technology!

Cost: FREE



## SA WE ARE A LITTLE BIT FRANCAIS

18 April - 27 July 2024

Unley Museum

Feel a little bit French? We have been influenced by the French since SA's inception. Discover stories of French influence on South Australia's culture.

Cost: FREE



## SHINE SHRINE'S HEAVENLY PACT

15 August - 30 November 2024

An exploration of art and fashion design by emerging South Australian designer Jack Mohan.



# 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](https://unley.sa.gov.au/libraries)

 @unleylibraries

 @unleylibraries

## CHILDREN'S ACTIVITIES

### 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

11.30am-12noon

Cost: FREE

Check location and booking requirements on the website.

[unley.sa.gov.au/library-kids-events](https://unley.sa.gov.au/library-kids-events)

### 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

10.30-11am

Cost: FREE

Check location and booking requirements on the website

[unley.sa.gov.au/library-kids-events](https://unley.sa.gov.au/library-kids-events)

### BABY CONNECT

Morning tea catch up once a month following on from the Babytime early literacy program. A great opportunity to meet fellow parents and carers of babies 0-2yrs, make new connections and find support.

Fridays, once a month Unley Town Hall, Oxford Tce, Unley

12noon

Cost: FREE

Bookings not required.

[unley.sa.gov.au/library-kids-events](https://unley.sa.gov.au/library-kids-events)

### Unley Civic Library

181 Unley Road, Unley

Phone 8372 5100

### Goodwood Library

101 Goodwood Road, Goodwood

Phone 8372 5166

### STORYTIME

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

Tuesdays 10.30am Unley Town Hall

Thursdays 10.30am Goodwood Library

Cost: FREE

Check location and booking requirements on the website.

[unley.sa.gov.au/library-kids-events](https://unley.sa.gov.au/library-kids-events)

### UNLEY TOY LIBRARIES

Toys, games, and expert advice to assist your child's development. 4000+ toys to explore and borrow covering a wide range of developmental areas. Variety of membership options available.

Unley Civic Library

Goodwood Library

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

[unley.sa.gov.au/unley-toy-library](https://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.

Bookings essential. Check dates on the website.

For more information phone 8372 5100

or email [libraries@unley.sa.gov.au](mailto:libraries@unley.sa.gov.au) to express interest in attending

[unley.sa.gov.au/library-kids-events](https://unley.sa.gov.au/library-kids-events)

### 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.

Bookings essential.

For more information phone 8372 5100

or visit [unley.sa.gov.au/kids-reboot](https://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, phone 8372 5100

or email [libraries@unley.sa.gov.au](mailto:libraries@unley.sa.gov.au)

[unley.sa.gov.au/libraryyouth](https://unley.sa.gov.au/libraryyouth)

### CRAFTERNOONS

Do you love creativity and craft? Explore a different craft each month. Get crafty, creative and chat with others at these facilitated sessions.

Wednesdays every four weeks  
4.00-5.30pm

Unley Civic Library

Cost: FREE

Bookings essential.

[unley.sa.gov.au/libraryyouth](https://unley.sa.gov.au/libraryyouth)

### DIGITAL DRAWING GROUP

Creative activity for ages 12-18yrs. Our group explores digital techniques for drawing and illustration using tablets and Procreate. 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.

Thursdays, 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](mailto:libraries@unley.sa.gov.au) if you would like to join.

## ADULT ACTIVITIES

### BOOK NOOKS

The Unley Libraries Book Nooks can be found across the City of Unley in various places.

You can find them at:

Heywood Park, Clarence Park Community Centre, Fullarton Park Community Centre, Windsor Street (near the Fern Avenue Playground) and the Leicester Street Playground.

### SHUT UP & WRITE

Join with other writers in the community for a free monthly 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

Cost: FREE

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

[unley.sa.gov.au/libraryevents](https://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 2.00-3.30pm

Unley Town Hall, Oxford Terrace, Unley

Please bring your own supplies.

Tea, coffee & biscuits provided.

[unley.sa.gov.au/libraryevents](https://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: varied

[unley.sa.gov.au/reboot](https://unley.sa.gov.au/reboot)

### EVENTS AND EXHIBITIONS

Unley Libraries offer a range of small group, hands on workshops and large author events and presentations. Check out the Unley Libraries to see various exhibitions throughout the year.

[unley.sa.gov.au/libraryevents](https://unley.sa.gov.au/libraryevents)



# Venue for Hire

## Unley Oval Community Hub

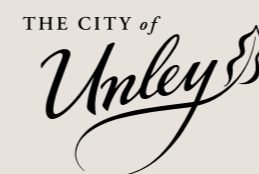
### Trimmer Terrace, Unley

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 335m<sup>2</sup>, 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](https://unley.sa.gov.au/venues-for-hire) or phone **8372 5128**.



\*Please note, the community space is not available for private hire (e.g. birthdays and weddings).

# Hughes Gallery 2024 Program

## Fullarton Park Community Centre

411 Fullarton Road, Fullarton 5063

Ph: (08) 8372 5180

[unley.sa.gov.au/hughesgallery](https://unley.sa.gov.au/hughesgallery)

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

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

## Gallery Opening Hours

Monday to Friday 10.00am-4.00pm

Weekends and public holidays only available if artist is in attendance (please enquire beforehand for viewing times).



### FORM AND SHADOWS

Basketry SA  
Adelaide Fringe exhibition

17 February -  
11 March 2024

Beauty is found not only in the form but in the patterns of shadows. Basketry SA members create practical baskets and sculptural forms using a variety of materials and methods while contemplating the beauty that exists in shadows.



### COLOURS OF A PASSING DAY

Gerhard Schurer

My original title was "34°59'58" South, 138°39'23" East. Looking West", as this is the location from where all my images originated. Imagine living in a mega city where narrow concrete canyons and light pollution obliterate the fading colours of a passing day. These images are dedicated to those who never experience this prelude to the nightly display of our heavens. In musical terms it ranges from pianissimo, over adagio to molto forte and finale furioso.



### SEEN AND UNSEEN

Chris and Trish Michelmore

12 April - 5 May 2024

The second exhibition by Trish and Chris Michelmore. Trish and her father-in-law Chris work in contrasting styles and across various media. As the title suggests, this exhibition reflects not only their direct responses to their disparate travels and experiences, but also their more whimsical response to the world around us all.



### PASTELS AT FULLARTON PARK

Pastel Artists of SA

Pastel is an amazingly versatile and immediate medium. It can be used wet or dry, painterly or exactly, or in conjunction with other mediums. Pastels are superbly vibrant in colour as they consist of pure pigment. This exhibition will be an extremely varied collection of themes, styles and topics, all with each artist's unique method of using pastels.



### IMPRINTED LANDSCAPES

Laura Gent

7 June - 30 June 2024

The exhibition by Laura Gent includes hand-built vessels and wheel thrown work which are heavily influenced by the South Australian landscape. The vessels are metamorphic in form and are layered with varying moments in time. Foraged materials found during walks have been used to emboss the clay surface.



### VIEWS OF OUR WORLD

Jill Halliday and  
Lesley Stevens

5 July - 28 July 2024

Through this collection of stylised and semi-abstract artworks, sisters Jill Halliday and Lesley Stevens explore the varied elements of nature on the landscape, and the rhythms of life, past and present, on the world around them.



### REFLECTIONS - FLOWERS, CHANDELIERS AND VINTAGE CHINA

Katrina Linn

2023 SALA Active Ageing  
Award Winner SALA Festival

2 August - 25 August 2024

Step into a world of timeless elegance where vibrant flowers, captivating chandeliers, and vintage china converge in a sensory celebration. Marvel at nature's beauty, bask in the glow of enchanting chandeliers, and explore the nostalgia of vintage china. A harmonious blend of artistry awaits you.



### PALIMPSEST

Creative Health Veterans  
Art Program

31 August -  
22 September 2024

Palimpsest informs of the reality of the past with artworks layered in meaning and detail. Representations of memories and lived experiences. Discarded and surrendering their original function and yet witnesses of time, forgotten dreams, public and private. These artists are Veterans-Altered, but still bearing traces of their earlier form.



### FINDING WONDERFUL

Susan Bray

27 September -  
20 October 2024

This exhibition is a celebration of life through art. Every brushstroke, splash of colour and composition, combines to transform visual fragments from life and the world around us, into bound-less canvases of possibility. Join us for this beautiful exhibition of exceptional paintings by artist Susan Bray.



### OASIS

Broughton Art Society

25 October -  
17 November 2024

The Broughton Art Studio is an oasis for our artists. Our recreational art sessions provide a calm, pleasant place, in the middle of a sometimes chaotic and busy life. Our aim is to discover the talents and develop the skills of people who are diagnosed as living with a disability.



### INTERPRETATION

Karen Puttock

22 November -  
15 December 2024

As an experimental, abstract artist working in mixed media, I am inspired by colours, interesting textures and ideas. I like to push boundaries, use original techniques and generate unique concepts. Painting surfaces include canvas, acetate, ceramics and yupo (plastic paper). I hope you find my art interesting, thought provoking or even puzzling. A lot of my work comes from ideas that start with "What if...?"





THE CITY *of*  
*Unley*

[unley.sa.gov.au/communitycentres](http://unley.sa.gov.au/communitycentres)