

Marion Community Centres

Program Guide



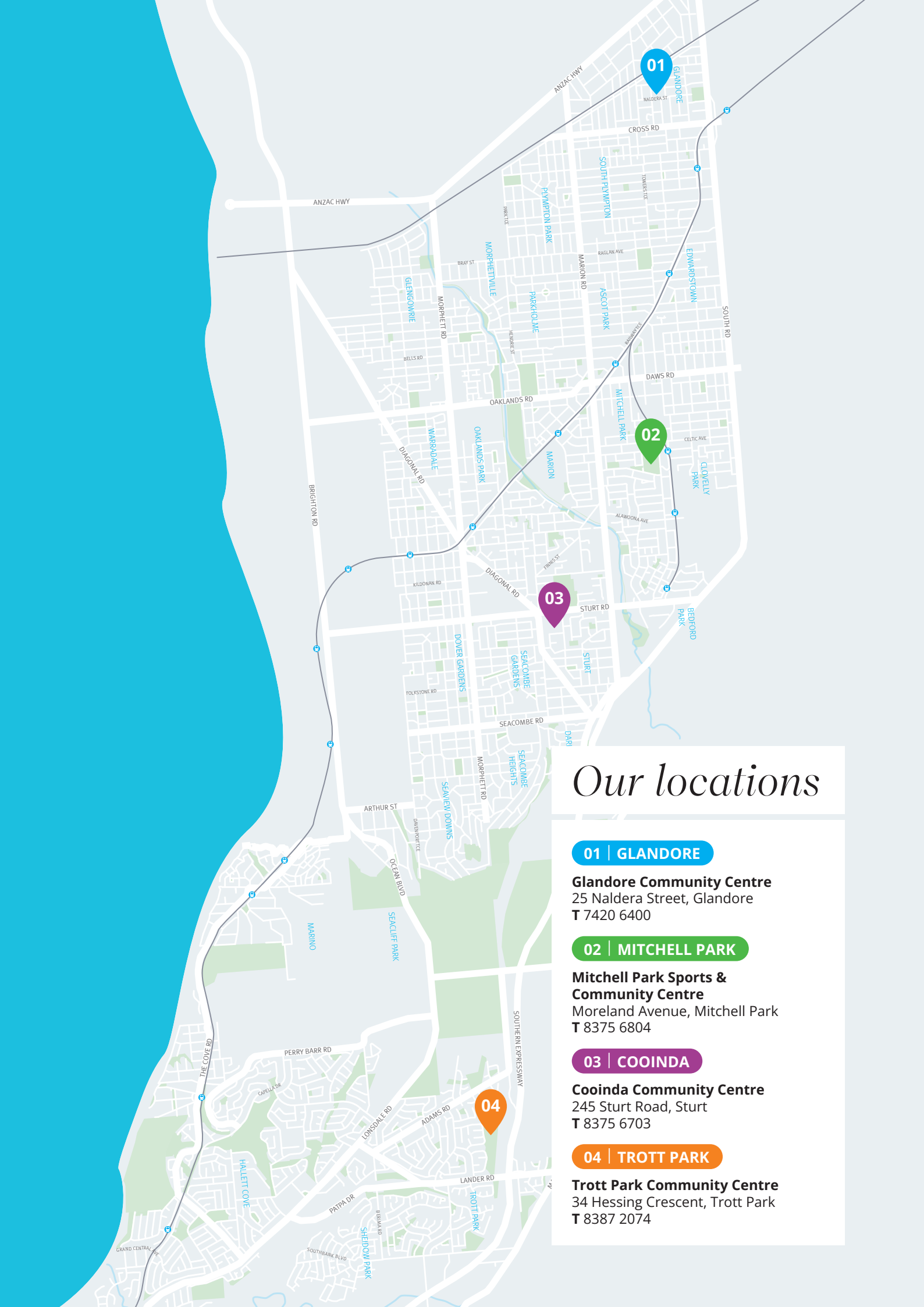
Inside

- › Exercise classes
- › Men's shed
- › Spanish for beginners
- › Marion Celebrates



SCAN FOR
MORE INFO

TERM 4 OCT . NOV . DEC | 2023



Our locations

01 | GLANDORE

Glandore Community Centre
25 Naldera Street, Glandore
T 7420 6400

02 | MITCHELL PARK

Mitchell Park Sports & Community Centre
Moreland Avenue, Mitchell Park
T 8375 6804

03 | COOINDA

Cooinda Community Centre
245 Sturt Road, Sturt
T 8375 6703

04 | TROTT PARK

Trott Park Community Centre
34 Hessing Crescent, Trott Park
T 8387 2074

Welcome

Our centres offer a place for our community to learn and connect. They are inclusive hubs of activity providing programs and services for all ages and levels of ability. This edition gives you a guide to upcoming events and things to do at our centres during Term 4 (October – December).



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Please note: Program sessions and times listed in this booklet are subject to change. Participants who have booked into programs will be contacted about any changes.

The City of Marion Community Centre's receive funding as part of the Community and Neighbourhood Development Program administered by the Department of Human Services.

The City of Marion acknowledges we are situated on the traditional lands of the Kurna people and recognises the Kurna people as the traditional custodians of the land.

*Ngadlu tampendi Kurna meyunna yaiitya
mallanya yainty yerta*

COOINDA COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Patchwork & Quilting 9.30am-11.30am <i>Page 08</i>	Fit, Flexible & Fabulous 9.30am-10.30am <i>Page 04</i>	Art on Wednesdays 9.30am-11.30am <i>Page 08</i>	Craft Connection 9.30am-11.30am <i>Page 08</i>	Art on Fridays 9am-12pm <i>Page 09</i>	Let's Talk English Conversation 10am-11.30am <i>Page 12</i>
Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm <i>Page 18</i>	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm <i>Page 18</i>	Indoor Bowls 9.30am-11.30am <i>Page 18</i>	Fit, Flexible & Fabulous 9.30am-10.30am <i>Page 04</i>	Blokes BBQ 9.30am-11.30am <i>Page 19</i>	
Persian Social Group 10am-12.30pm <i>(fortnightly)</i> <i>Page 18</i>	Drawing & Painting 10am-12pm <i>Page 08</i>	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm <i>Page 18</i>	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm <i>Page 18</i>	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm <i>Page 18</i>	
Polish Australian Friends 10am-12.30pm <i>(fortnightly)</i> <i>Page 18</i>	Gentle Chi Ball 11.30am-12.30pm <i>Page 04</i>	Tempo Mio 10am-12pm <i>Page 18</i>	Ceramics 10am-2.30pm <i>Page 08</i>		
Dance & Tone 1pm-1.45pm <i>Page 04</i>	Elementary English Class 12pm-1.45pm <i>Page 12</i>	Keep Fit 12.30pm-1.30pm <i>Page 04</i>	Stress Management 11am-12.30pm <i>Page 05</i>		
Tai Chi for Arthritis 2.15pm-3pm <i>Page 04</i>	Weaving 1pm-2.30pm <i>Page 08</i>		Rock n Roll 1pm-2pm <i>Page 05</i>		
	Beginner English 2pm-3pm <i>Page 12</i>		Legal Triage Service 1pm-3pm <i>Page 28</i>		
	BBQ Tuesday 5pm-6pm <i>Page 18</i>		Table Tennis 2.30pm-4.30pm <i>Page 04</i>		

MITCHELL PARK SPORTS & COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beading 9.30am-11.30am <i>Page 10</i>	Heart Foundation Walking Group 9am-10am <i>Page 06</i>	Fit Mums 9.30am-10.15am <i>Page 06</i>	Entry Level Sewing 9.30am-11.30am <i>Page 10</i>	Cardio Combat 9.15am-10am <i>Page 07</i>
Nepali Women's Group 10am-12pm <i>(1st Monday of month)</i> <i>Page 19</i>	Sewing Group 9.30am-12.30pm <i>Page 10</i>	Wacky Wednesday 12pm-2.30pm <i>Page 19</i>	Pathways Café Dementia Support group 10am-12pm <i>(2nd/4th Thursday of month)</i> <i>Page 20</i>	Community Playgroup 9.30am-11am <i>Page 15</i>
Fit & Fabulous 11.45am-12.30pm <i>Page 06</i>	DrumFIT 10.30am-11.15am <i>Page 06</i>		Chair Yoga 10.30am-11.15pm <i>Page 07</i>	Zumba Gold 10am-10.45am <i>Page 07</i>
1-on-1 English Support 12pm-1.30pm 1.30pm-3pm <i>Page 13</i>	COMPASS - Cancer Support Group 2pm-3.30pm <i>Page 19</i>		Pilates 10.45am-11.30am <i>Page 07</i>	Yoga 10.50am-11.35am <i>Page 07</i>
Welcome All Families 12pm-2pm <i>Page 15</i>			Multicultural Women's Group 12.30pm-2.30pm <i>Page 20</i>	1-on-1 English Support 12pm-1.30pm 1.30pm-3pm <i>Page 13</i>
Line Dancing for Beginners 12.30pm-1.15pm <i>Page 06</i>			Out & About Disability Group 1pm-3pm <i>Page 20</i>	Art with Jillian 12.30pm-2.30pm <i>Page 10</i>
Line Dancing 1.15pm-2.15pm <i>Page 06</i>				Spanish for Beginners 1pm-2.30pm <i>Page 13</i>

GLANDORE COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tech Tutoring 9.30am-10.30am 10.30am-11.30am 11.30am-12.30pm 12.30pm-1.30pm Page 12	Heart Foundation Walking Group 8.30am-9.30am Page 05	Sketching 9.30am-12pm Page 09	Community Garden 9.30am-2pm Page 23	Heart Foundation Walking Group 9am-10am Page 05	Café 25 9am-12pm Page 21
ATO Tax Help 10am-11am 11am-12pm 12pm-1pm 1pm-2pm Page 28	Community Garden 9.30am-2pm Page 23	Tech Tutoring 9.30am-10.30am 10.30am-11.30am 11.30am-12.30pm Page 12	KinderGym 9.30am-10.15am Page 14	Community Choir 9.30am-11.30am Page 19	Community Garden 9.30am-2pm Page 23
Art Evolution 10am-12pm Page 09	Woodwork 9.30am-12.30pm 1pm-4pm Page 09	Woodwork 9.30am-12.30pm 1pm-4pm Page 09	Meditation 2pm-3pm Page 05	Community Playgroup 9.30am-11am Page 14	Yoga 11am-12pm Page 06
Mah Jong 1pm-3pm Page 19	stART 10am-12pm Page 09	Mindfulness Mandalas 10am-11.30am Page 09			
Inky Fingers Comic Gang 4pm-5pm <i>(1st Monday of month)</i> Page 14	Japanese Playgroup 10am-12.30pm Page 14	Zumba Gold 11am-11.45am Page 05		Tech Tutoring 9.30am-10.30am 10.30am-11.30am 11.30am-12.30pm Page 12	
Pilates 1 4.15pm-5pm Page 05	Pizza Days 11.30am-1.30pm <i>(1st Tuesday of month)</i> Page 24	Indoor WalkFIT 12pm-12.45pm Page 05		Mindful Yoga 12pm-12.45pm Page 06	
Pilates 2 5pm-5.45pm Page 05	Line Dancing 12.30pm-1.15pm Page 05			Artist in Residence <i>(from 27 October)</i> 6.30pm-8.30pm Page 10	
	Boxilates 5pm-5.45pm Page 05				SUNDAY
					Eritrean Women's Group 2pm-8pm <i>(2nd Sunday of Month)</i> Page 19

TROTT PARK COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Chi Ball 10.30am-11.30am Page 07	Men's Shed 9.30am-12.30pm Page 11	Yoga 9.15am-10.15am Page 07	Butterfly Playgroup 9.30am-11.30am Page 15	Blokes' Catch Up 9.30am-11.30am <i>(2nd/4th Friday of month)</i> Page 20
French Intermediate 10.30am-12pm Page 13	Drawing & Painting 1.30pm-3.30pm Page 11	Community Mosaics 11am-1pm Page 11	Men's Shed 9.30am-12pm Page 11	Southern Nunga Men's Group 11.30am-2.30pm <i>(fortnightly)</i> Page 20
Social Stitchers 1pm-3pm Page 10		KinderGym 11.15am-12pm Page 15	Pilates 9.30am-10.15am Page 07	Table Tennis 2.45pm-4.45pm Page 07
Yoga 6pm-7pm Page 07			1-on-1 English Support 12pm-1pm 1pm-2pm 2pm-3pm Page 13	Summer Afternoons Pizza Party <i>(monthly)</i> 4pm-7pm Page 24
			Dungeons & Dragons 4pm-6pm <i>(fortnightly)</i> Page 15	

Fitness, health and wellbeing



COOINDA

SH

Dance & Tone

Remember the 'grapevine' dance? This low impact class incorporates all your old school favourite dance moves with the added benefit of an all over body toning. Get the best of both worlds in this fun, energetic class that gets your heart rate up, your mind working and your body grooving. Perfect for the fun-loving 50+'s.

INTENSITY ★★★

Mondays, 1pm–1.45pm

Cost \$8 per class Bookings essential

CALL TO BOOK 8375 6703

COOINDA

SH

Tai Chi for Arthritis

A gentle, low-impact, slow-motion movement class incorporating breath. This is a chair-based class, ideal for those that may have instability or lower-body restrictions, where we will engage the muscles and joints in a relaxed manner, not tensed or fully extended. If meditation is not your thing, Tai Chi might be for you.

INTENSITY ★★

Mondays, 2.15pm–3pm

Cost \$8 per class

CALL TO BOOK 8375 6703

COOINDA

CHSP

SH

Fit, Flexible & Fabulous

Have fun while improving your strength, balance, flexibility and fitness with a range of gentle exercises that can be done either sitting or standing or a combination of both. We will use bands and light weights focusing on stretching, balance and breathing to get you feeling fabulous!

INTENSITY ★★★

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au.

To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Tuesdays, 9.30am–10.30am

Thursdays, 9.30am–10.30am

Cost \$7 per class

CALL TO BOOK 8375 6703



COOINDA

CHSP

SH

Gentle Chi Ball

Experience the benefits of a weekly Chi Ball class that provides low impact exercise, flowing movement and relaxation. Stay for a coffee and a chat afterwards.

INTENSITY ★

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au.

To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Tuesdays, 11.30am–12.30pm

Cost \$7 per class

CALL TO BOOK 8375 6703



COOINDA

CHSP

SH

Keep Fit

Improve your strength and balance with our experienced instructor Evonne, a great role model for active ageing. Suitable for all fitness levels.

INTENSITY ★★★

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au. To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Wednesdays, 12.30pm–1.30pm

Cost \$7 per class

CALL TO BOOK 8375 6703

COOINDA

SH

Table Tennis

Table tennis (or ping-pong) is the most popular racquet sport in the world. It is an ideal activity to help improve mind-body coordination, balance and cognitive function. Join us in this active indoor sport, played all year round, in a friendly social round-robin doubles format.

INTENSITY ★★

Thursdays, 2.30pm–4.30pm

Cost \$2 per session

CALL TO BOOK 8375 6703



COOINDA

SH

Stress Management

This seated program will focus on a variety of techniques including deep breathing, stretching for tension release, reflexology and movements for flexibility. The session is based on yoga philosophy and covers many aspects of well being and positive thinking. It is designed to help you relax, improve sleep and boost energy levels. It will provide you with an opportunity to find easy techniques that work for you to relieve stress.

Bring your own tennis ball for reflexology.

Thursdays, 11am–12.30pm

Cost \$4 per class

CALL TO BOOK 8375 6703

COOINDA

Rock 'n' Roll Dance

It's time to break out those blue suede shoes and learn the dance moves of Rock 'n' Roll! The perfect way to keep fit in a fun, social setting. Sing along, dance along, meet new friends. All levels are welcome, including singles.

INTENSITY ★★★

Thursdays, 1pm–2pm

Cost \$8 per class

CALL TO BOOK 8375 6703

GLANDORE

Pilates 1 & 2

Come along and enjoy the moves and benefits of Pilates in a fun, warm, welcoming class that offers modifications for all levels. Learn the basics or challenge yourself. The benefits of Pilates are endless: from reducing stress, improving sleep, alleviating aches and pains and increasing posture, strength, mobility and emotional wellbeing.

Whichever class you choose, you will enjoy all of these benefits and more!

This is a floor based class.

Pilates 1 INTENSITY ★★★

Mondays, 4.15pm–5pm

Pilates 2 INTENSITY ★★★★★

Mondays, 5pm–5.45pm

Cost \$8 per class

CALL TO BOOK 7420 6400

GLANDORE

SH

Heart Foundation Walking Group

Keep active and look after your heart health with this free walking group. Our route and distances vary depending on the season and group so be sure to bring your rain jacket or sun hat. This is a welcoming friendly group, stay and have a cuppa and chat after the walk.

Meet outside of Glandore reception Slade building.

INTENSITY ★★

Proudly supported by volunteers.

Tuesdays, 8.30am–9.30am

Fridays, 9am–10am

FREE! Walk-ins welcome

GLANDORE

SH

Line Dancing

Line Dancing at it's best! Have fun dancing a choreographed routine that incorporates basic and more advanced steps. Meet new people and sing along to your favourite tunes while improving, balance, focus and movement.

INTENSITY ★★

Tuesdays, 12.30pm–1.15pm

Cost \$8 per class

CALL TO BOOK 7420 6400



GLANDORE

Boxilates

Hook, jab, duck and weave in this fun class that will shape and tone your body while increasing your cardio. Incorporating the foundations of Pilates, this is a non-contact class with plenty of options to keep you on your fitness journey with some surprising results!

INTENSITY ★★★★★

Tuesdays, 5pm–5.45pm

Cost \$8 per class

CALL TO BOOK 7420 6400



GLANDORE

SH

Zumba Gold

You don't need a dance background, all you need is the desire to have fun dancing your way around the world! Zumba GOLD is a lower impact version of the popular Zumba Fitness program. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle.

INTENSITY ★★★

Wednesdays, 11am–11.45am

Cost \$8 per class Bookings essential

CALL TO BOOK 7420 6400

GLANDORE

SH

Indoor WalkFIT

WalkFIT is a gentle way to get your heart rate up in a very low impact way. If you have been inactive for a while and are looking for a simple way to get active again, then WalkFIT is ideal! Aimed at beginners but suitable for all levels. Arm work is also included but it is optional, as is using weights so you can adjust to your level of fitness.

INTENSITY ★★

Wednesdays, 12pm–12.45pm

Cost \$8 per class

CALL TO BOOK 7420 6400

GLANDORE

Meditation

Meditation and mindfulness have proven benefits for your physical and mental well-being. Learn and practice techniques which relax the body and calm the mind.

Elizabeth has a variety of tools and practices to help you on your wellness journey. She will guide you through short meditations to relax and calm the mind and improve focus. This weekly class can be supportive in maintaining your own meditation practice or be beneficial to those just starting out.

Thursdays, 2pm–3pm

Cost \$7 per class

CALL TO BOOK 7420 6400

GLANDORE

SH

Mindful Yoga

Suitable for beginners and intermediates, this yoga class will take you through a variety of mindful breathing, and functional stretching, to create a state of ease in the body and mind. Each week we will explore mindfulness techniques to create a sense of ease in the body and to regulate our nervous system. This low-impact yoga will leave you feeling refreshed, revitalised and in the present.

INTENSITY ★★

Fridays, 12pm–12.45pm

Cost \$8 per class

CALL TO BOOK 7420 6400

GLANDORE

SH

Yoga

Suitable for beginners and intermediates, this yoga class will take you through a variety of mindful breathing, and functional stretching, to create a state of ease in the body and mind. Each week we will explore mindfulness techniques to create a sense of ease in the body and to regulate our nervous system. This low-impact yoga will leave you feeling refreshed, revitalised and in the present.

INTENSITY ★★★

Saturdays, 11am–12pm

Cost \$8 per class

CALL TO BOOK 7420 6400



MITCHELL PARK

SH

Fit & Fabulous

Join this balance, resistance, weight bearing, low impact fitness class for the fun, fabulous 50+. You are welcome to stand and move or sit and flow in this class with many options available. It is designed for beginners and women that require privacy on their fitness journey.

INTENSITY ★★★

Mondays, 11.45am–12.30pm

Cost \$8 per class Bookings essential

CALL TO BOOK 8375 6804

MITCHELL PARK

Line Dancing for Beginners

Learn the basics of line dancing to some of your favourite sing-a-long tunes. Bring a friend or make new friends in this fun, warm and welcoming class.

INTENSITY ★★

Mondays, 12.30pm–1.15pm

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

SH

Line Dancing

Line Dancing at its best! Have fun dancing a choreographed routine that incorporates basic and more advanced steps. Meet new people and sing along to your favourite tunes while improving, balance, focus and movement.

INTENSITY ★★★

Mondays, 1.15pm–2.15pm

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

SH

Heart Foundation Walking Group

Keep active and look after your heart health with this free walking group. Our route and distances vary depending on the season and group so be sure to bring your rain jacket or sun hat. This is a welcoming friendly group, stay and have a cuppa and chat after the walk.

Meet in Moreland Avenue car park.

INTENSITY ★★★

Proudly supported by volunteers.

Tuesdays, 9am–10am

FREE! Walk-ins welcome

MITCHELL PARK

SH

DrumFIT

Cardio drumming requires little to no drumming experience. It is super fun, burns calories and improves your rhythm in an easy but very effective workout suitable for all levels. It combines cardio exercise and drumming to the beat of popular tunes on a large fit ball, using drumsticks. This one is a must to try!

INTENSITY ★★★

Tuesdays, 10.30am–11.15am

Cost \$8 per class

CALL TO BOOK 8375 6804



MITCHELL PARK

Fit Mums

This class welcomes mums with, or without bubbas and focuses on increasing your core strength, improving your overall movement and getting your fitness level back up in a fun, friendly and welcoming space.

INTENSITY ★★★

Wednesdays, 9.30am–10.15am

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

SH

Chair Yoga

Ideal for those that have limited mobility or balance issues. This seated yoga class that will give you all the benefits of calming the mind, soothing the soul and gently allowing the body to move through seated movements. Suited to all levels.

INTENSITY ★★

Thursdays, 10.30am–11.15am

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

Pilates

Pilates is a form of mat (floor) based, low-impact exercise that aims to isolate and strengthen smaller muscles while improving postural alignment, core strength and flexibility. Our classes offer a wide range of modifications for those that are just beginning, through to those that may be more advanced and enjoy the intensity and burn that Pilates can give. Small equipment is used sometimes to further challenge and strengthen your body with slow, controlled, precise movements and breath control.

INTENSITY ★★★

Thursdays, 10.45am–11.30am

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

Cardio Combat

If you are looking to add more to your workout, then this class will get your heart rate pumping as you sing and sweat it out. A loud, fun, calorie burning combat style class choreographed to some great tunes that will shape, tone and release tension. No pads or gloves are required, just you, your determination and your desire for a fun filled class. An all-standing class suitable for those with moderate to high fitness levels.

INTENSITY ★★★★★

Fridays, 9.15am–10am

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

Zumba Gold

You don't need a dance background, all you need is the desire to have fun dancing your way around the world! Zumba GOLD is a lower impact version of the popular Zumba Fitness program. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle.

INTENSITY ★★

Fridays, 10am–10.45am

Cost \$8 per class

CALL TO BOOK 8375 6804



MITCHELL PARK

SH

Yoga

Inhale the good and exhale all that does not belong in this very gentle class that will calm your mind, nourish your soul and gently stretch your body. This class focuses on moving through gentle stretches using breath to increase your movement and alleviate muscles tension and stress. A beautiful, calming floor-based yoga session. Suitable for all levels.

INTENSITY ★★★

Fridays, 10.50am–11.35am

Cost \$8 per class

CALL TO BOOK 8375 6804

TROTT PARK

CHSP

SH

Gentle Chi Ball

Experience the benefits of a weekly Chi Ball class that provides low impact exercise, flowing movement and relaxation. Stay for a coffee and a chat afterwards.

INTENSITY ★

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au.

To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Mondays, 10.30am–11.30am

Cost \$7 per class

CALL TO BOOK 8387 2074

TROTT PARK

SH

Yoga

Relax into this fabulously nourishing class that will help you to enhance your poses and flow through the sequences. Deepen your breath and stretch, improve your posture and skeletal strength, slow your mind and calm your soul. Immerse yourself in the wind down of Savasana.

Suitable for guys and girls of every level.

INTENSITY ★★★

Mondays, 6pm–7pm

Wednesdays, 9.15am–10.15am

Cost \$8 per class *Bookings essential*

CALL TO BOOK 8387 2074

TROTT PARK

Pilates

Pilates is a form of mat (floor) based, low-impact exercise that aims to isolate and strengthen smaller muscles while improving postural alignment, core strength and flexibility. Our classes offer a wide range of modifications for those that are just beginning, through to those that may be more advanced and enjoy the intensity and burn that Pilates can give. Small equipment is used sometimes to further challenge and strengthen your body with slow, controlled, precise movements and breath control.

INTENSITY ★★★

Thursdays, 9.30am–10.15am

Cost \$8 per class

CALL TO BOOK 8387 2074



TROTT PARK

SH

Table Tennis

Table tennis (or ping-pong) is the most popular racquet sport in the world. It is an ideal activity that helps improves mind-body coordination, balance and cognitive function. Join us in this active indoor sport, played all year round, in a friendly social round-robin doubles format.

INTENSITY ★★

Fridays, 2.45pm–4.45pm

Cost \$2 per session

CALL TO BOOK 8387 2074

Creative pursuits



COOINDA

SH

Patchwork & Quilting

Crafters unite and join this friendly, supportive class. This class is suitable for everyone with an interest in needlework, no matter what you are working on. Come along with your own project or with an idea to start something new. Perfect if you are stuck on something as our volunteer is there to help!

Mondays, 9.30am–11.30am

Cost \$4 per class

CALL TO BOOK 8375 6703



COOINDA

Weaving

Meet like-minded people and enjoy this creative welcoming space weaving and chatting together. Raffia supplied but feel free to bring along your own materials to weave into your creation. Please note this is not a structured weaving course, there is no course instructor at this time.

Tuesdays, 1pm–2.30pm

Cost \$4 per class

CALL TO BOOK 8375 6703



COOINDA

Craft Connection

Join Maryanne for a social craft morning, bring your unfinished craft project and be inspired to complete them (then maybe start something new). This is an opportunity to share your stories and skills or even learn new ones.

Thursdays, 9.30am–11.30am

Cost \$4 per class

CALL TO BOOK 8375 6703



COOINDA

SH

Drawing & Painting

A wonderfully creative art class suitable for people new to art as well as amateur artists wanting to sharpen your skills and make new connections. The class covers many art techniques (beyond painting and drawing) facilitated by professionally trained and qualified teacher and artist Jillian Cheshire, *With all my Art*.

Wait List Applies

Tuesdays, 10am–12pm

Cost \$10 per class

CALL TO BOOK 8375 6703



COOINDA

SH

Art on Wednesdays

Join this small group of painters and bring along your own art project. Have a chat and share ideas and tips. Please note this is not a structured art class, there is no teacher or formal training provided.

Wednesdays, 9.30am–11.30am

Cost \$4 per class

CALL TO BOOK 8375 6703



COOINDA

Ceramics

Make individual pieces with your own personal flare. Greenware, tools, paint, glaze and firing are all additional costs.

Wait List Applies

Thursdays, 10am–2.30pm

Cost \$4 per class

CALL TO BOOK 8375 6703

Join our online mailing list

Subscribe to your local community centre for updates on the latest news, programs and events direct to your inbox.

SIGN UP ONLINE: marion.sa.gov.au/community-centres-mailing-list



COOINDA

SH

Art on Fridays

A weekly art class to develop and work on your creative projects brought from home. Ideal for those with existing artistic skill - amateur and intermediate skills welcome. There is no formal teaching or lessons, we each work independently on our own preferred art project and medium of choice. Continues throughout school holiday breaks. Does not run on public holidays.

Fridays, 9am–12pm

Cost \$5 per class

CALL TO BOOK 8375 6703



GLANDORE

Art Evolution

This art class can offer many different art styles including, watercolour, pastels, sketching, acrylics and mosaic. Facilitated by a highly skilled mentor and suitable for all abilities. Participants work on their own projects for the 2 hour session.

Mondays, 10am–12pm

Art: \$10 per class

Mosaics: \$12 per class

CALL TO BOOK 7420 6400



GLANDORE

SH

Woodwork

Open to both men and women. Participants can work on their own project and often supply their own materials. It is essential that you can work comfortably and independently with high powered machinery.

Numbers are limited and an induction is required before attending.

Tuesdays, 9.30am–12.30pm | 1pm–4pm

Wednesdays, 9.30am–12.30pm | 1pm–4pm

Cost \$6 per class

CALL TO BOOK 7420 6400



GLANDORE

stART

stART is a painting class welcoming painters of all abilities. Come and work on your own project or be guided by our highly skilled tutor through a series of sessions on painting techniques and colour mixing.

Tuesdays, 10am–12pm

Cost \$10 per class

CALL TO BOOK 7420 6400



GLANDORE

Sketching

A popular class that focuses on a different technique each week. Learn from our master instructor on sketching in pencil, charcoal, watercolour or pastels.

Wednesdays, 9.30am–12pm

Cost \$10 per class

CALL TO BOOK 7420 6400



GLANDORE

Mindfulness Mandalas

A calming group that helps you explore your creativity and enjoy mindfulness. Working individually on colouring your piece, you have time to find your zone, as well as quiet conversation with a fellow participant.

Wednesdays, 10am–11.30am

Cost \$4 per class

CALL TO BOOK 7420 6400



GLANDORE

AIR (Artist in Residence)

A perfect way to unwind after the week, or kick start your weekend.

WEEKS 1&2: Mixed media

Cost \$25 per person

WEEK 3: Clay creations

Cost \$20 per person

WEEKS 4&5: Introduction to lino printing

Cost \$30 per person

WEEKS 6: Paint an ornament or brooch

Cost \$12 per person

Suitable for ages 16+

6 weeks starting 27 October

Fridays, 6.30pm–8.30pm

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

SH

Beading

Would you like to learn how to bead or feed your creative flare? Our beading group is a welcoming place catering for all skill levels. Individuals with a disability, and their carers are encouraged to attend.

Mondays, 9.30am–11.30am

Cost \$7 per class

CALL TO BOOK 8375 6804



MITCHELL PARK

Sewing Group

Mitchell Park sewing group is an eclectic group of people that is perfect for those avid sewers. Make your own clothes, repair items, take up a hem or sew toys and accessories like bags and quilts.

Have some fun and meet some lovely people along the way. Machines and some materials provided.

Basic sewing knowledge preferred.

Tuesdays, 9.30am–12.30pm

Cost \$4 per class

CALL TO BOOK 8375 6804



MITCHELL PARK

SH

Entry Level Sewing

Learn the fundamentals of sewing in this beginner's class. You do not need any experience! You can progress as fast or as slow as you like, in your own time and at your leisure. Sewing machines provided. Bring your own project to work on.

Thursdays, 9.30am–11.30am

Cost \$4 per class

CALL TO BOOK 8375 6804



MITCHELL PARK

SH

Art with Jillian

A wonderfully creative art class suitable for people new to art as well as amateur artists wanting to sharpen your skills and make some arty friends. The class covers many art techniques (beyond painting and drawing) facilitated by professionally trained and qualified teacher and artist Jillian Cheshire, *With all my ART* (Degree Visual Art and Applied Design and Advanced Diploma in Art Therapy). Beginners welcome, no experience needed. All art materials supplied.

Fridays, 12.30pm–2.30pm

Cost \$10 per class

CALL TO BOOK 8375 6804

TROTT PARK

SH

Social Stitchers

These creative sessions will have you sewing, quilting and creating patchwork designs in a friendly group setting. Stay on for a coffee and a chat. This is a casual group that wants to share their skills and knowledge. Join this group and they will have you in stitches!

Mondays, 1pm–3pm

Cost \$4 per class

CALL TO BOOK 8387 2074

Help us by booking ahead

To help our facilitators and programming team manage our classes we ask that regular participants please book in advance to reserve your place in the program. By reserving your spot in advance you save your spot within the class and our team will also be able to contact you about any last minute changes or cancellations.

To secure your place full payment is required prior to session commencement.



TROTT PARK

SH

Men's Shed

An inclusive group for men of all ages to socialise and work on group and individual projects. Prior knowledge of carpentry basic skills is required as participants must be able to work comfortably and independently with the machinery. All participants must adhere to strict Workplace Health and Safety procedures and complete a safety induction before they are able to commence. Group banter, a cuppa and biscuit are an important part of the session. Please note: this is not a guided course, there is no lessons or teacher.

Wait List Applies

Tuesdays, 9.30am–12.30pm

Thursdays, 9.30am–12pm

Cost \$4 per class

CALL TO BOOK 8387 2074



TROTT PARK

SH

Painting & Drawing

This popular art class is suitable for all people new or returning to art, as well as amateur artists wanting to sharpen your skills and make some arty friends. The class covers a many art techniques (beyond painting and drawing) facilitated by professionally trained and qualified teacher and artist Jillian Cheshire, *With all my ART*. All art materials supplied.

Tuesdays, 1.30pm–3.30pm

Cost \$10 per class

CALL TO BOOK 8387 2074



TROTT PARK

Community Mosaic

This friendly, supportive group does mosaic projects for the City of Marion community. Projects such as table tops, park benches and art installations. The list goes on! A great way to socialise while getting creative. These sessions are for people with prior mosaic experience.

Wednesdays, 11am–1pm

Cost \$2 per class

CALL TO BOOK 8387 2074

Education



COOINDA

Elementary English Class

Elementary English classes provides students with the opportunity to talk, listen and comprehend day-to-day English in a friendly class. We focus on conversational English, building vocabulary and boosting people's confidence speaking English. The Elementary class is for people with some knowledge of English vocabulary and grammar.

Tuesdays, 12pm-1.45pm

Cost \$2 per session

CALL TO BOOK 8375 6703



COOINDA

Beginner English Class

The Beginner English class provides a welcoming and supportive learning space for people who are new to learning English, or have no English vocabulary. We focus on the very basic vocabulary and pronunciation. The class slowly progresses each week based on previous week learnings.

Tuesdays, 2pm-3pm

Cost \$2 per class

CALL TO BOOK 8375 6703



COOINDA

Let's Talk English Class

Join us for a weekly meeting where you can meet new people and share stories all whilst practicing your English - listening and speaking. This friendly, multicultural conversation group creates social connection between new arrivals, young migrants, international students and local people. We welcome all people who are interested in making friends from all over the world, practising your English conversation with native English speakers. This is an inclusive group, meetings are open to all members of the community who have a level of English that enables them to hold conversation.

Please note this is not a class to learn basic English.

Saturdays, 10am-11.30am

Cost \$2 per session

CALL TO BOOK 8375 6703

GLANDORE

Tech Tutoring

Do you need help with your laptop, tablet or phone? This one-on-one session is exactly what you need. Bring your device and ask questions to our dedicated Tech Help tutors. We can try and assist with queries about email, social media, browsing the internet, managing files and more.

If you have an Apple product (iphone, iPad) please book into the Wednesday or Friday sessions only.

Mondays (continues through holidays), 9.30am-10.30am | 10.30am-11.30am 11.30am-12.30pm | 12.30pm-1.30pm

Wednesdays & Fridays, 9.30am-10.30am | 10.30am-11.30am 11.30am-12.30pm

Cost \$6 per session

CALL TO BOOK 7420 6400



Tech Drop-In

Come to our weekly tech drop-ins with our staff for quick help on using your device.

FREE! No appointment necessary.

Tuesdays & Thursdays

2pm-4pm

Cultural Centre Library



MITCHELL PARK

1-on-1 English Support

Come and be supported by our friendly instructor in English language skills. We can help with words, sentences, phrases, or other communication skills you require. We can also assist with understanding and interpreting forms.

This popular program has a waitlist so please contact us to discuss.

**Mondays & Fridays,
12pm-1.30pm | 1.30pm-3pm**

Cost \$2 per class

CALL TO BOOK 8375 6804



TROTT PARK

French - Intermediate

A mixed group of participants interested in speaking, sharing and learning French. Practice your French, learn new words and make new friends. This volunteer run group is a casual and fun way to polish your French skills.

Mondays, 10.30am-12pm

Cost \$4 per class

CALL TO BOOK 8387 2074

TROTT PARK

1-on-1 English Support

Come and be supported by our friendly instructor in English language skills. We can help with words, sentences, phrases, or other communication skills you require. We can also assist with understanding and interpreting forms.

**Thursdays,
12pm-1pm | 1pm-2pm | 2pm-3pm**

Cost \$2 per class

CALL TO BOOK 8387 2074

Online learning at your library

LinkedIn Learning is a premium online learning resource offering thousands of courses in business, technology, design, animation, photography, music, personal development, using the web and more!

These courses will build your skills and could even help you to develop or start your own business. The flexibility of LinkedIn Learning allows you to complete training sections entirely at your own pace.

FREE with your Marion Library card

FIND OUT MORE:

marion.sa.gov.au/online-library

Help us by booking ahead

To help our facilitators and programming team manage our classes we ask that regular participants please book in advance to reserve your place in the program. By reserving your spot in advance you save your spot within the class and our team will also be able to contact you about any last minute changes or cancellations.

To secure your place full payment is required prior to session commencement.

Young people and families



GLANDORE

SH

Inky Fingers Comic Gang

On the First Monday of each month join in the fun and get your creativity flowing. Do you love to draw? Want to create some characters and make your own comic? Join us at the Inky Fingers Comic Workshop - a monthly comic workshop led by the brilliant Adelaide comics artist George Rex! Each session stands alone and is open to all drawing levels. All materials supplied.

Suitable for ages 8–14 years.

Monday 6 November, 4pm–5pm

Monday 4 December, 4pm–5pm

Cost \$10 per class

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Check out page 17 for Inky Fingers Comic Camp!

GLANDORE

SH

Japanese Playgroup

This playgroup offers support to young Japanese families, giving them the opportunity to celebrate culturally significant events with likeminded people. It also provides a place where those that may otherwise be socially isolated because of language culture or other personal circumstances can access social support.

Suitable for ages 0–5 years.

Tuesdays, 10am–12.30pm

Cost \$4 per family

CALL TO BOOK 7420 6400



GLANDORE

KinderGym at Glandore

This program is for 0-5 year olds and is facilitated by a Gymnastics SA qualified Kindergym instructor. Packed with activities to develop gross and fine motor skills, music and rhythm, success and challenges, Kindergym develops the whole child - socially, emotionally, cognitively and physically.

Suitable for ages 0–5 years.

Thursdays, 9.30am–10.15am

Cost \$8* per family

BOOK ONLINE

marioncommunityhubs.eventbrite.com

**Please note Gymnastics SA Annual Registration fee is required to be paid by the third session of attendance. 2023 fee is \$24 and can be paid directly to the community centre.*

GLANDORE

Community Playgroup

Playgroup is a great way for children to learn about the world, make new friends and develop social skills.

Join this inclusive group that allows your 0-5 year olds the opportunity to meet other children and adults and the opportunity to connect with others.

Including indoor/outdoor play, craft, reading time and toys, a fenced and shaded outside area with a sandpit, play equipment and more. Come along and join the fun, relax and connect with other caregivers and children.

We hope to see you there!

Suitable for ages 0–5 years.

Fridays, 9.30am–11am

Cost \$4 per family

CALL TO BOOK 7420 6400



Free sports equipment hire at Glandore Community Centre

Borrow sports equipment for same day hire at Glandore Community Centre. Ping-pong balls, basketballs, cricket stumps, footballs, rackets – enjoy a game on the beautiful Glandore Community Centre grounds.

AVAILABLE:
Weekdays, 9am–4pm
Saturdays, 9am–12pm
(not available public holidays)

MITCHELL PARK

Welcome All Families

Friendly social group for children and parents of home schooling, unschooling, part time schooling and School Can't families. Inclusive for everybody.

All ages welcome.

Mondays, 12pm–2pm

Cost \$5 per session

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Community Playgroup

The playgroup is a supported and collaborative group facilitated by a local educator to encourage and promote opportunities of child development and wellbeing through play, literacy and musical experiences in a fun and engaging manner for children 0-4 years of age within the local community.

Suitable for ages 0–4 years.

Fridays, 9.30am–11am

FREE! Walk-ins welcome

CALL TO BOOK 8375 6804

TROTT PARK

KinderGym at Trott Park

This program is for 0-5 year olds and is facilitated by a Gymnastics SA qualified KinderGym instructor. Packed with activities to develop gross and fine motor skills, music and rhythm, success and challenges, KinderGym develops the whole child - socially, emotionally, cognitively and physically.

Suitable for ages 0–5 years.

Wednesdays, 11.15am–12pm

Cost \$8* per family

BOOK ONLINE

marioncommunityhubs.eventbrite.com

**Please note Gymnastics SA Annual Registration fee is required to be paid by the third session of attendance. 2023 fee is \$24 and can be paid directly to the community centre.*

TROTT PARK

Butterfly Playgroup

Come and relax in our friendly playgroup where children will have an opportunity to make new friends and learn important social skills in a safe setting.

Most suitable for ages 0–5 years but all ages welcome.

Thursdays, 9.30am–11.30am

Cost \$4 per session

CALL TO BOOK 8387 2074



TROTT PARK

Dungeons & Dragons

Dungeons and Dragons is a role-playing game where players explore a fantasy world, building the story as they go. It's like a board game, but without the board. You get to decide what your character does, determined by the roll of the dice, share some laughs and by the end of it you have created a magnificent story.

Fight the bad guys and monsters, save all kinds of people, gain rewards and find treasure, gain XP and level up! Everything is provided, you don't need anything to come along and try it out.

Suitable for ages 13–17 years.

Thursdays fortnightly starting 26 October, 4pm–6pm

Cost \$5 per session

BOOK ONLINE

marioncommunityhubs.eventbrite.com

School holidays

Beep beep! Truck loads of fun

**Mitchell Park Sports and
Community Centre**
Friday 6 October 2023
9.30am to 2pm

- Emergency vehicles,
City of Marion Outdoor
and Fleet Vehicles
- Giant Go Kart Track
- Face painting
- Food and coffee trucks
- Hands on activities



A great place to play
marion.sa.gov.au



COOINDA

Junior Palaeontologist

Join the team from Bugs n Slugs and explore the world of palaeontology. See and touch real fossils and discover the prehistoric creatures of the bug world. Make a fossil cast and find gems, minerals, fossils or more as you dig for treasure with one of our Bugs n Slugs treasure blocks!

Tuesday 3 October, 1.30pm–2.30pm

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



COOINDA

Just a Big Kid - Comedy Show for Kids

This school holidays get the kids laughing in Micksters latest theatrical comedy show, Just a Big Kid. Mickster is sick of being adult and he is ready to whinge to all your kids about it. Along this hysterical ride, expect funny stories, silly gags, wacky props and quirky tricks.

Suitable for ages 4+

Adults watching the show will also need to purchase a ticket.

Friday 6 October, 1.30pm–2.15pm

Cost \$7

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Disco Party

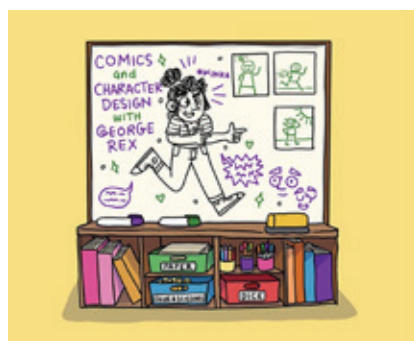
A super disco for kids aged 5–12 with music, games, prizes and a crazy host. This disco will keep the kids dancing while playing all the music that kids want to hear!

Wednesday 4 October, 1.30pm–3pm

Cost \$7

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Inky Fingers Comic Camp

Join in the comic fun and get your creativity flowing! Do you love to draw? Want to create some characters and make your own comic? Join us at the Inky Fingers Character Workshop led by the brilliant Adelaide comics artist George Rex! Open to all drawing levels. All materials supplied.

Thursday 5 October, 10.30am–12.30pm

Cost \$20

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Hip-Hop Workshop

Looking for something active for your little ones to wear themselves out in the school holidays? Learn about the beats, the counts and choreograph entire songs in an easy going, fun filled Hip-Hop workshop.

Suitable for ages 5–9 years.

Friday 13 October, 2pm–3pm

Cost \$7

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Please note that the Teddy Bear picnic event previously advertised for 6 October at Trott Park has been cancelled. We apologies for any inconvenience.

Playgrounds

City of Marion is proud of its beautiful playground spaces. Our Community Centres are equipped with fantastic play spaces alongside Glandore Community Centre, Mitchell Park Sports & Community Centre and Trott Park Community Centre.

For more information visit: marion.sa.gov.au/playgrounds



TROTT PARK

Meet The Bugs

Join the team from Bugs n Slugs and meet the bugs from their incredible collection of invertebrates. In this hands on session you'll learn all about the wonderful world of minibeasts and you'll get up close and personal with some amazing little creatures.

Tuesday 3 October, 10.30am–11.30am

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Come & Try: Dungeons & Dragons

A group of players get to explore a fantasy world building the story as you go. It's like a board game, but without the board. Everything is provided, you don't need anything to come along and try it out.

Suitable for ages 13–17 years

Thursday 5 October, 12.30pm–3.30pm

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Kids Pizza Party

PIZZA! PIZZA! PIZZA! A pizza making workshop using our very own wood oven fire. Bring your favourite toppings along, we will supply the pizza base and tomato paste. Adults required to supervise children.

Monday 9 October, 10.30am–12.30pm

Cost \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Make a Morning Tea with the Butterfly Playgroup

Join us to make three yummy snacks. This session is open to anyone! You do not need to be a regular at Butterfly Playgroup to come along.

Suitable for ages 0-5 years (older siblings welcome).

Please note when purchasing a ticket how many people are coming for catering purposes and also any dietary requirements.

Thursday 12 October, 9.30am–11.30am

Cost \$4 per family

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Social and cultural interests



COOINDA

SH

Pool & Snooker

Come for a game of pool or snooker! You can play as an individual, in pairs or teams. Great place to catch up with your mates or make new connections over a game. Pool and snooker have great health benefits. Call ahead to book the table 8375 6703. Not available public holidays.

**Weekdays, 9.30am–11.30am
11.30am–1.30pm | 1.30pm–3.30pm**

Cost \$2 per session

CALL TO BOOK 8375 6703



COOINDA

CHSP

SH

Persian Social Group

Our friendly group meets in person fortnightly to share conversation, activities, guest speakers and enjoy a delicious morning tea.

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au. To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Mondays fortnightly, 10am–12.30pm

Cost \$4 per session

CALL TO BOOK 8375 6703



COOINDA

CHSP

SH

Polish Social Group

Our friendly group meets fortnightly to share conversation, activities, guest speakers and enjoy a delicious morning tea.

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au. To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Mondays fortnightly, 10am–12.30pm

Cost \$4 per session

CALL TO BOOK 8375 6703



COOINDA

SH

BBQ Tuesdays!

A hearty community meal - join us for this some tasty food and friendly banter. All welcome. \$2 for two sausages on bread with a side salad. Ice cream in a cone also available for 50 cents a scoop. Please advise of dietary restrictions upon booking.

Tuesdays, 5pm–6pm

Cost \$2 per plate

CALL TO BOOK 8375 6703



COOINDA

SH

Indoor Bowls

No matter what the weather is outside you'll find this welcoming group indoors enjoying a game or two of indoor lawn bowls in a fun, friendly, competitive spirit. No previous experience required - we will teach you. All abilities welcome. Please wear comfy flat shoes.

Wednesdays, 9.30am–11.30am

Cost \$2 per session

CALL TO BOOK 8375 6703



COOINDA

CHSP

SH

Tempo Mio

Our friendly Italian group welcomes new people for a cappuccino and good company.

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au. To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Wednesdays, 10am–12pm

Cost \$4 per session

CALL TO BOOK 8375 6703

Join our online mailing list

Subscribe to your local community centre for updates on the latest news, programs and events direct to your inbox.

SIGN UP ONLINE: marion.sa.gov.au/community-centres-mailing-list

COOINDA

SH

Blokes BBQ

Don't stay home on a Friday morning when you can come together and have a chat, laugh and spend the morning with other blokes in the area. Did we mention the delicious cooked BBQ breakfast? You can't go wrong! This social program offers connection within your local community. All welcome.

Fridays, 9.30am–11.30am

Cost \$8 per session

CALL TO BOOK 8375 6703



GLANDORE

SH

Mah Jong

Play the traditional Chinese version of the popular game, Mah Jong. A friendly social group with a competitive streak.

Mondays, 1pm–3pm

Cost \$4

CALL TO BOOK 7420 6400



GLANDORE

SH

Community Choir

Have you always wanted to sing in a choir? Come along and give the Glandore Community Choir a try. No singing experience or audition required. These weekly sessions will be a fun and social way to spend a morning.

Fridays, 9.30am–11.30am

Cost \$4 per session

CALL TO BOOK 7420 6400



GLANDORE

SH

Eritrean Women's Group

A supportive and inclusive women's group that comes together for social connection and to celebrate culture. Come along, meet new people and connect with community. All welcome.

Second Sunday of every month, 2pm–8pm

FREE!

No need to book, just come along!



MITCHELL PARK

SH

Nepali Women's Group

Join our supportive, social community group for Nepali women. Come and meet new people, connect with your community and celebrate culture. It is an inclusive group; women from all ages and backgrounds welcome. The sessions will feature guest speakers and workshops that focus on health, wellbeing, fun and other topics determined by the group members.

Monday 9 October, 10am–12pm

Monday 6 November, 10am–12pm

Monday 4 December, 10am–12pm

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

COMPASS - Cancer Support Group

When it comes to cancer, each person is on a different journey. Compass is about finding support while you walk this path. Come and join the discussion about quality of life with Robyn.

Tuesdays, 2pm–3.30pm

FREE!

No need to book, just come along!



MITCHELL PARK

CHSP

SH

Wacky Wednesday

Join our welcoming group for light lunch, fun and friendship, with various activities including gentle exercise, and guest speakers.

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au.

To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

Wednesdays, 12pm–2.30pm

Cost \$7 per session

CALL TO BOOK 8375 6804



MITCHELL PARK

SH

Pathways Café – Dementia Support Group

Are you a carer for, or loved one of, someone with dementia? Or a person living with dementia? If you answered yes, then this group is for you!

Get together with others and discuss any topic that is going to help you learn and support yourself or your loved one through dementia. We will talk about the good and bad, and what support services and resources are available to you, your family and friends.

2nd & 4th Thursday of each month, 10am–12pm

FREE!

No need to book, just come along!



MITCHELL PARK

Multicultural Women's Group

A multicultural women's group that comes together for social connection, to share their knowledge and skills, and to build a strong community.

Thursdays, 12.30pm–2.30pm

Cost \$4 per family (children FREE)

No need to book, just come along!

MITCHELL PARK

Out & About

A friendly and welcoming social group for people living with a disability. Activities include craft, games, quizzes, guest speakers and more.

Thursdays, 1pm–3pm

Cost \$5 per person

CALL TO BOOK 8375 6804

Enquiries and bookings for new participants to Sue 0402 408 375



TROTT PARK

CHSP

SH

Blokes' Catch Up

Don't stay at home when you can join our welcoming group of blokes for a chat and friendship. Enjoy a mid morning BBQ breakfast and maybe a game of pool, darts or cards.

This is a City of Marion Positive Ageing and Inclusion program funded by the Department of Health health.gov.au. To register for this program, please contact us on 8375 6649 and complete a short eligibility questionnaire.

2nd & 4th Friday of each month, 9.30am–11.30am

Cost \$7 per session

CALL TO BOOK 8387 2074



TROTT PARK

SH

Southern Nunga Men's Group

Take the opportunity to make new friends by joining our welcoming group of blokes. Great for a catch up with familiar faces, enjoy lunch, and maybe even a game of pool or darts. This fortnightly social group for Aboriginal and Torres Strait Islander men of any age is a proud partnership thanks to Sonder and the City of Marion.

Fridays fortnightly, 11.30am–2.30pm FREE!

CALL TO BOOK 8387 2074

TROTT PARK

SH

Book Club

Trott Park Book Club is taking a short break. We'll be back in 2024.

DROP IN OR CALL TO REGISTER YOUR INTEREST 8387 2074

Welcome All Families volunteer

Welcome All Families is an all-inclusive social group for children and parents of home schooling, unschooling, part-time schooling and school-can't families.

The program commenced in July 2023 and has been such a success we are now looking for new volunteers to come on board and support the group.

This will be a rewarding community volunteer role, where you will have the privilege to help provide a safe and fun environment for children and their families, some of whom may have previously been socially isolated.

If you have a passion for supporting children and young people and you are available on Mondays from 11.30am–2pm we'd love to hear from you.

Duties will include set up, pack up, welcoming people new to the group, assisting with games, sports, art, craft and other fun activities.

This is a child-safe, all-inclusive group, the successful volunteers will undergo a free Working with Children Check and referee checks.

If you're interested, please have a chat next time you're at one of our Community Centres or you can express your interest directly online: marion.sa.gov.au/community-centres

Tax time help

Accredited Australian Tax Office volunteers are available to help people lodge their tax returns online.

You can speak to a Tax Help volunteer: online, by phone or in person at Glandore Community Centre on Mondays. Eligibility criteria applies.

Phone 7420 6400 to book your appointment. Program runs until end of October 2023.

Flinders Legal Centre's legal triage drop-in clinic

The Legal Triage Drop In Clinic can listen to your situation, assess your enquiry and where possible refer you to the Flinders Legal Centre service for legal advice. This is a free, drop-in clinic; no booking or appointments are required.

This free service is provided by law student interns and recent graduates under the supervision of experienced supervising solicitors. The information you provide to the Flinders Legal Centre team is confidential.

Thursdays, 1pm–3pm

FOR MORE INFORMATION:

Contact the Flinders Legal Centre on **7421 9985** leave a voice message or visit **flinders.edu.au/legal-centre**

Join our community café team

Are you passionate about making a difference in your community?

Do you enjoy the delightful aroma of freshly cooked food and the buzz of a lively kitchen?

If so, we have the perfect opportunity for you!

POSITION

Community Café Volunteer

LOCATION

Cooinda Community Centre Café (in Sturt) and Glandore Community Centre Café 25

COMMITMENT

Cooinda weekdays, 9am–2pm
Glandore Saturdays, 9am–1pm
Closed on public holidays

ABOUT THE CAFÉ

At our community cafés we believe in the power of food (and coffee) to bring people together. Our thriving cafés serve as a hub for the community, offering simple, affordable and delicious meals made with love. But we're more than just a café – we're a space where connections are formed, and a sense of belonging blossoms.

YOUR ROLE

As a Café Volunteer, you'll play a crucial part in creating a warm and inviting atmosphere for our patrons and serving delicious coffees and safe food. You'll be supported, trained and make new friendships within your community.

For anyone looking for work, this is a safe and friendly environment to build your skills and gain a reference for your job hunt.

Leave a message for Veronica next time you drop into your local community centre.



Cooinda Café

Cooinda Café is a welcoming and accessible café, with a small selection of affordable, home-made sweet and savoury items on the menu. Volunteer run. All welcome.

OPENING HOURS:

Monday–Friday, 9am–2pm

The Cooinda Cafe team will take a break over the Christmas/New Year period, the last day of operation for this year is Friday 1 December 2023.



Café 25 @ Glandore

Come and enjoy the cafe vibe on Saturday mornings. An inclusive and all access space, providing barista coffee, tea, scones, and toasted sandwiches. Complimented by the beautiful grounds and a newly appointed playground it makes the perfect place to visit for the whole family, including the dog!

OPENING HOURS:

Saturdays, 9am–12pm

The last Cafe 25 for 2023 is Saturday 9 December.

Living green



ALL CENTRES

Kitchen Caddy Bag Pick Up Point

Did you know ALL of our centres are a collection point for organic bag refills for your Kitchen Caddy? All you need to do is pop by during opening hours and we will provide you a refill.

For City of Marion residents.

Weekdays, 9am-4pm

(Closed public holidays)

ALL CENTRES

Recycled battery drop off point

You can dispose of your small household batteries at any of our centres. Batteries of any shape and size should NOT be placed in your kerbside recycling bins. Batteries contain toxic chemicals which can catch fire in garbage trucks and waste processing facilities.

Weekdays, 9am-4pm

(Closed public holidays)

GLANDORE

We recycle coffee pods here!

Drop off your aluminium coffee pods at Glandore Community Centre during opening hours.

**Glandore Community Centre
25 Naldera Street, Glandore**

Monday-Friday, 9am-4pm



**SUSTAINABLE HOMES
EXPERT WEBINARS**

MAY - NOVEMBER 2023

Register NOW!
[www.resilientsouth.com/
sustainable-homes](http://www.resilientsouth.com/sustainable-homes)

renew. CITY OF MARION **ADAPT WEST** **RESILIENT EAST** **Resilient South**



GLANDORE

Community Garden

The beautiful Glandore Community Garden is a friendly space, where green thumbs and their family and friends gather. Managed by volunteer Rob. Visitors are welcome, come and stroll through and delight in the seasonal wonders!

OPEN TO PUBLIC:

Tuesdays, 9.30am–2pm

Thursdays*, 9.30am–2pm

Saturdays, 9.30am–2pm

**Closed 3rd Thursday of each month.*

Want to become a plot holder?

Call 7420 6400 or visit our centre to join the waiting list.

Worm juice available for sale

Collection at the Glandore Community Garden during garden opening hours.

Cost \$3 per 2L



TROTT PARK

Trott Park Community Garden Inc.

The Trott Park Community Garden Inc. are a friendly community gardening group interested in growing healthy food and sharing gardening tips. The beautiful gardens are located behind the Trott Park Neighbourhood Centre. The garden is open and welcome to visitors on Wednesdays and Saturdays.

This group is proudly managed by volunteers.

Wednesdays, 10am–12pm

Saturdays, 9am–12.30pm

VISIT THE GROUP FACEBOOK PAGE FOR FURTHER INFORMATION

📍 Trott Park Community Garden Inc

Special events



COOINDA

MITCHELL PARK

FREE Pop Up Health COVID Vaccination Clinic

A qualified nurse from Pop Up Health will be visiting to administer free Covid-19 booster vaccinations. You will need to have a short interview pre-screening with the nurse before your vaccination and sign a waiver form. Forms can be collected at any of our Centres. Pfizer booster vaccinations are available. After your booster shot you must wait 15 minutes at the Centre, and 30 minutes before driving.

Talk to your doctor or contact Cass at Pop Up Health on 1300 858 047 with any questions or visit popuphealth.com.au

COOINDA: Wednesday 18 October, 9am-1pm

MITCHELL PARK: Wednesday 25 October, 10.30am-2.30pm

FREE! Drop in clinic – no appointments are necessary.



TROTT PARK

Summer Afternoons Pizza Party

Bring your friends and neighbours whilst the kids play on the outdoor playground, and you enjoy the wood fired oven pizza. Bring along your own toppings (pineapple or absolutely not? You decide!). The base, cheese and sauce are provided.

Parents/carers required to help build their own pizza. Volunteers and staff will assist with cooking.

Friday 3 November, 4pm-7pm

Friday 1 December, 4pm-7pm

Cost \$5 Bookings essential.

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

SH

Pizza Days

Join us for a delicious wood fired pizza lunch! Bring along your own toppings. The base, cheese and sauce are provided. Make and cook your own pizza while enjoying the social aspect of meeting your local community members.

This is an independent activity, volunteers assist with cooking and instruction is given for making.

1st Tuesday of each month, 11.30am-1.30pm

Cost \$5 Bookings essential.

CALL TO BOOK 7240 6400



TROTT PARK

Buy, Swap & Sell for Families

A great chance to declutter your home and save on landfill by selling or swapping your quality baby and kids clothes, toys and equipment. Once your child/ren have outgrown clothing, toys and equipment why not pass these goods onto other needing families who can get many more years out of them. This is a community market with local stallholders selling pre-loved items that they no longer need. If you feel you might not have enough items to fill a stall, why not share one with a friend or family member and make a fun day of it!

Saturday 9 December, 10am-2pm

Cost \$10 for stall

REGISTER YOUR STALL: communityhubs@marion.sa.gov.au

ATTENDEE REGISTER: marioncommunityhubs.eventbrite.com



FREE Family Friendly Event!

SAT 18 NOV

1.30^{PM}–5^{PM}

After 4 years the Marion Celebrates festival is back in a new location!

Glandore Community Centre
25 Naldera Street
Glandore 5037

**[marion.sa.gov.au/
marion-celebrates](http://marion.sa.gov.au/marion-celebrates)**

Come along with your family and friends to enjoy a relaxed afternoon in the beautiful grounds of Glandore Community Centre. This free festival with the theme Many Cultures One Earth, celebrates our diversity and community.

Enjoy a main stage program, selected food trucks and free family friendly activities.

Spaces for hire

We offer a range of rooms and halls suitable for a variety of needs available to hire across all of our centres. Our friendly staff can assist you to find the perfect space for your requirements.

Visit our website for more information:
marion.sa.gov.au/venue-hire



COOINDA

The Cooinda Community Centre offers a hardwood space for hire, which is ideal for recreational activities and events.

The **MAIN HALL** seats 100 people at tables. There are 16 trestle tables and 100 chairs. This space can be used for parties.



GLANDORE

The Glandore Community Centre has three spaces available for hire.

CLARK HALL is set in the grounds of Glandore Community Centre, a large heritage listed hall suitable for weddings, engagements, quiz nights and more - suitable for up to 100 people.

RUGBY HALL is a small hall suitable for up to 50 people. Venue hire includes access to a small kitchen and an enclosed playground suitable for children's parties.

SLADE TRAINING ROOM is suitable for up to 15 participants.



MITCHELL PARK

The Mitchell Park Sports and Community Centre has a number of low-cost venue and room hire options available.

There are several **COMMUNITY CENTRE ROOMS** available for hire as well as stunning function rooms upstairs with bar and kitchen facilities and well as projectors and modern multimedia systems.



TROTT PARK

Trott Park Community Centre has multiple spaces for hire with an enclosed play area located adjacent to the building. The centre can fit up to 100 people.

The **MAIN HALL** is suitable for events, parties, functions, fitness classes and large groups and can accommodate up to 70 people.

The **COMMUNITY ROOM** is ideal for meetings and programs and is suitable for up to 20 people.

Our **MULTIPURPOSE ROOM** is suitable for up to 20 participants.

Libraries

Marion libraries are welcoming spaces with collections, programs and events aimed to broaden imaginations and horizons.

Visit our website for more information:

marion.sa.gov.au/libraries

Locations and opening hours



COVE CIVIC CENTRE

1 Ragamuffin Drive, Hallett Cove
T 8375 6755

Monday	9.30am–5pm
Tuesday	9.30am–7pm
Wednesday	9.30am–5pm
Thursday	9.30am–7pm
Friday	9.30am–5pm
Saturday	10am–4pm
Sunday	1pm–4pm



CULTURAL CENTRE LIBRARY

287 Diagonal Road, Oaklands Park
T 8375 6785

Monday	9.30am–7pm
Tuesday	9.30am–7pm
Wednesday	9.30am–5pm
Thursday	9.30am–7pm
Friday	9.30am–5pm
Saturday	10am–4pm
Sunday	1pm–4pm



PARK HOLME LIBRARY

Duncan Avenue, Park Holme
T 8375 6745

Monday	9.30am–5pm
Tuesday	9.30am–5pm
Wednesday	9.30am–7pm
Thursday	9.30am–5pm
Friday	9.30am–5pm
Saturday	10am–4pm
Sunday	CLOSED

Membership

Marion Library card holders can borrow and return items at any public library in South Australia as part of the OneCard network.

Not a member?

Get started with a free digital membership:
marion.sa.gov.au/libraries-sign-up

Free Wi-Fi

FREE wi-fi and public PCs are available to use at any Marion Library branch.

If mobile devices are more your thing we have Hublets that can be borrowed for free and used anywhere inside the library.

What's On

Pick up the latest edition of our What's On booklet to find out about all of the amazing things happening in libraries during October, November and December.

READ IT ONLINE:
marion.sa.gov.au/whats-on

Our Community Centres will close for a short break over the Christmas period. All centres close at 4pm on Friday 22 December, 2023 and will reopen on Tuesday 2 January, 2024.

Tax time help

Accredited Australian Tax Office volunteers are available to help people lodge their tax returns online. You can speak to a Tax Help volunteer: online, by phone or in person at Glandore Community Centre on Mondays.

Eligibility criteria applies.

Phone 7420 6400 to book your appointment. Program runs until end of October 2023.

Flinders Legal Centre's legal triage drop-in clinic

The Legal Triage Drop In Clinic can listen to your situation, assess your enquiry and where possible refer you to the Flinders Legal Centre service for legal advice. This is a free, drop-in clinic; no booking or appointments are required.

This free service is provided by law student interns and recent graduates under the supervision of experienced supervising solicitors. The information you provide to the Flinders Legal Centre team is confidential.

Thursdays, 1pm-3pm

FOR MORE INFORMATION:

Contact the Flinders Legal Centre on **7421 9985** leave a voice message or visit **flinders.edu.au/legal-centre**

Call for new program expression of interests

The Community Centre team welcomes all Marion community members' feedback and ideas about new programs.

Get in touch via email **communityhubs@marion.sa.gov.au** or call or visit your local centre weekdays 9am-4pm to register your interest:

Cooinda 8375 6703

Glandore 7420 6400

Mitchell Park 8375 6804

Trott Park 8387 2074

Fancy a cuppa?

The City of Marion Community Centres are welcoming spaces where you can meet before or after class and enjoy a free tea or coffee and chat.

AVAILABLE WEEKDAYS DURING OPENING HOURS

Glandore Community Centre

Mitchell Park Sports & Community Centre

Trott Park Community Centre

(Closed on public holidays)

We want your feedback

We are listening and welcome all feedback from our community. Our team regularly reviews feedback for service and program improvements. You are welcome to share your feedback in person at our centres, via post or online.

**Neighbourhood Centres Program Coordinator
PO Box 21 Park Holme SA 5043**

**makingmarion.com.au/
neighbourhood-centres-evaluation**

You can share your feedback anonymously, or if you would like a response please include your contact details.

Refund policy

The Community Centre Refund Policy supports the viability of programs across all four centres. Whilst we endeavour to be fair and equitable for all to participate in our programs, events and activities, it is necessary to ensure any bookings made and paid for are honoured.

- › If a program is cancelled or rescheduled by the Centre, a FULL refund will be offered to those bookings and/or option to move to other program or date, where available (and of same value).
- › If a participant who has booked and paid for a program cancels up to and including 1 weekday prior, they will receive a FULL refund or choice to apply the FULL value to member's credit.

If a participant cancels on the same date, the following applies:

- › For regular weekly programs, the fee will be transferred to the next available session
- › For weekend or after-hours programs, reschedule can be arranged for online bookings via the Eventbrite website. Please note that you may need to pay an Eventbrite fee for any last-minute reschedule or cancellation.

If a participant does not notify the Centre or fails to attend NO refund or credit will be available.

Members credit system is designed for the convenience of our Centre's participants. The credit should be kept to a minimum and used as soon as possible. Any credit that is higher than \$50 will be discussed between a NHC staff member and the participant.

Please note: If at any time your participation in any of our programs is restricted due to financial hardship, please speak confidentiality with one of our Team members. Program refers to a Centre program, event, activity or services offered.

Positive ageing & inclusion

Positive Ageing and Inclusion services are jointly funded through Commonwealth and State Grants and the City of Marion. Services include meal delivery and support at home (domestic assistance and home maintenance) and social support.

**FOR MORE INFORMATION VISIT:
marion.sa.gov.au/positive-ageing**

Heat policy

For the health and wellbeing of all participants, if the temperature is forecast to be a maximum of 37 degrees or above as indicated on the Bureau of Meteorology website **bom.gov.au** at 7am on the day of the program:

- › All outside programs will be cancelled.
- › All programs in non-air conditioned rooms will be cancelled.

All physically active programs commencing after 11am in air conditioned rooms will be modified to include the following conditions:

- › Water to drink is readily available for all participant.
- › Frequent breaks are taken to rest and rehydrate.
- › The intensity of the exercise is reduced.
- › If people feel unwell during exercise they should immediately cease the activity and rest.

If the temperature is forecast to be a maximum of 40 degrees or above as indicated on the Bureau of Meteorology website at 7am on the day of the program then all physically active programs will be cancelled. The Neighbourhood Centre Refund Policy will apply for all cancellations.

All members of the community are welcome to visit our Community Centres and Libraries during hot weather and extreme heat to seek relief in a comfortable air conditioned environment.

**For more information about exercising safely when it is hot, visit:
sahealth.sa.gov.au/healthyintheheat**

Companion cards accepted here

Companion Cards are accepted for all Community Centre programs. Eligible companion card holders will be issued a companion ticket at no charge.

**FOR MORE INFORMATION VISIT:
sa.gov.au or call DHS on 1800 667 110**

A great
place to
play.



marion.sa.gov.au

Opening hours

COOINDA COMMUNITY CENTRE

245 Sturt Road, Sturt
T 8375 6703

Monday	9am–4pm
Tuesday	9am–7pm
Wednesday	9am–4pm
Thursday	9am–4pm
Friday	9am–4pm

MITCHELL PARK SPORTS & COMMUNITY CENTRE

Moreland Avenue, Mitchell Park
T 8375 6804

Monday	9am–4pm
Tuesday	9am–4pm
Wednesday	9am–4pm
Thursday	9am–4pm
Friday	9am–4pm

GLANDORE COMMUNITY CENTRE

25 Naldera Street, Glandore
T 7420 6400

Monday	9am–4pm
Tuesday	9am–4pm
Wednesday	9am–4pm
Thursday	9am–4pm
Friday	9am–4pm
Saturday (Café 25 only)	9am–12pm

TROTT PARK COMMUNITY CENTRE

34 Hessian Crescent, Trott Park
T 8387 2074

Monday	9am–4pm
Tuesday	9am–4pm
Wednesday	9am–4pm
Thursday	9am–4pm
Friday	9am–4pm



All community centres are
wheelchair accessible



All community centres are
closed on public holidays

Connect with us



Marion Community Centres

For more information

Visit [marion.sa.gov.au/
community-centres](http://marion.sa.gov.au/community-centres)
or scan the QR code

