

COOINDA NEIGHBOURHOOD CENTRE PROGRAM

245 Sturt Road Sturt

Bus Stop 29D Sturt Road / Bus Stop 32 Diagonal Road Sturt

CALL 8375 6703

WEB marion.sa.gov.au/cooinda

TERM 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Blokes Breaky 9am - 11am 3rd Monday of Month \$11 or \$7	Pool/ Snooker 9.30am - 12.00pm Free	Indoor Bowls 9.30am - 12pm Free	Keep Fit 9.15am - 10.15am Cost \$7.00	Leather Craft 9.30am - 12noon Knowledge Required
Knitting/Crochet 9.30am - 11.30am Free	Light Weights 9.30am - 10.30am Cost \$7.00	Pool/Snooker 9.30am - 3.30pm Free	Legal Advice Thursday morning appointment only. Free	Art 9.00am - 12 noon Cost \$5
Patchwork 9.30am - 12.00pm Free	Keep Fit/ Tai Chi 10.30am - 11.30am Cost \$7.00	Greek Friendship Group 9.30am - 12noon \$6 or \$4 if Reg with My Aged Care	Migrant Womens Group 9.30am - 12noon Cost \$3.00	Low Vision 10.00am - 12noon First Friday of Month
Happy Hour 10.00am - 12pm \$5 or \$3 if Reg with My Aged Care	Computer Lessons 1.00pm - 4.00pm \$6.00 per hour	Art 9.30am - 12noon Free	Keep Fit/ Tai Chi 1.15am - 11.15am 11.15am - 12.15pm Cost \$7.00	Bingo 12.45pm - 2.45pm Cost \$1 per book
Snooker/Pool 9.30am - 12.00pm Free	Wood Burning 9.30am - 11.30am Free <i>Waiting List Applies</i>	Keep Fit 12.15pm - 1.15pm 1.15pm - 2.15pm Cost \$7 per class	Knitting and Crochet 9.30am - 12noon Free	Welcome to Australia Chai and Conversation 12.30pm - 2.30pm
Persian Soical Group 10.00am - 1pm \$14 or \$10 if Reg with My Aged Care	Drawing and Painting 10.00am - 12 noon \$10.00 per class	Table Tennis 12noon - 4.00pm Cost \$1.10	Snooker/ Pool 9.30am - 12pm Free	Fabulous Fridays Sue Thomas ph: 0402 408 375
Polish Aust. Friends 10.00am - 1.00pm \$6 or \$4 if Reg with My Aged Care	Gentle Chi Ball 11.30am - 12.30pm \$7.00 or \$5.00 if Reg with My Aged Care	China Painting 1.00pm- 3.00pm Cost \$5.00 per session	Ceramics 10.00am - 4.00pm <i>Waiting List Applies</i>	Saturday Cooinda Cafe Open Coffee and Regular Workshops 9.00am - 12.00pm
Dancing 1.30pm - 3.45pm Free	Card Making 12.30pm - 2.30pm Free <i>Advanced Class</i>	Homework Club 4.00pm - 6.00pm Free	Yoga 12 noon - 1.30pm Cost \$7	Drawing Class 9.30am - 11.30am \$10.00 per class
Gardening 2pm - 3.30pm 1st Monday of Month Free	Body Sculpt 5.15pm - 6.15pm Cost \$10 per class	Marion Historic Society 3rd Wed month 7.30pm	Table Tennis 2.00pm - 4.30pm Cost \$1.10	Yoga with Liz 10.00am - 11.30am \$7.00
English Classes 6.30pm - 8.30pm Free	Yoga 6.30pm - 8pm Cost \$7.00 per class	Round Dancing 7.00pm - 10.30pm		Super Saturday Sue Thomas ph: 0402 408 375

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Art - Watercolours

Watercolour course will have you learning about and experimenting with techniques such as wet on wet, wet on dry or watercolour and ink. Investigate the use of paints, pencils and how to achieve special effects.

Fridays 9.00am - 12noon

Cost: \$5.00

Bookings essential

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Cost \$14 or \$10 if reg with My Aged Care



International Cultural Diversity Day

Join us in celebrating International Cultural Diversity Day. Enjoy activities and dishes from various parts of the world. Celebrate the food and festivities of the people who have made Australia their home.

Tuesday 21st May 11.00m - 2.00pm

Cost \$14 or \$10 if reg with My Aged Care

Bookings essential



Lunch With Friends

Come along to our monthly lunch and enjoy good company, guest speakers or theme days.

Tell Me About Social Media

Learn about Facebook, Twitter, LinkedIn, Instagram Snapchat, You Tube and Printerest. You will come away understanding why and how your family and friends are using these social media platforms.

Tuesday 7th May 12.30pm - 2.30pm

Gain Control of your Energy Consumption

Saving on energy and water consumption means saving money. Learn about running costs for various appliances and how to reduce your bills.

Tuesday 4 June 12.30pm - 2.30pm

Discover the LifeLab @ Tonsley

Hear from Julianne Parkinson, the CEO of the Global Centre for Modern Ageing, about how they capture older people's insights and feedback at their world class LifeLab @ Tonsley to help companies support people to age well.

Tuesday 2 July 12.30pm - 2.30pm

Bookings essential

T 8375 6703

Cost \$14 or \$10 if reg with My Aged Care



The Good Life

A monthly lunch and session on a range of topics covering wellbeing, lifestyle and health.

Senior Moments—What's Normal?

Our presenter from Dementia Australia will provide useful information about the normal changes in memory we experience as we age. The session will provide useful tips for reducing the risk of dementia as well as how best to support family and friends living with dementia.

Tuesday 14 May 12.30pm—2.30pm

Holding Up Down Under

Incontinence affects over 5 million Aussies, so laughing without leaking is a challenge for many people. Our presenter from the Continence Foundation will provide some useful tips and strategies. Don't miss the opportunity to win tickets to the World Continence Week Theatre Extravaganza at the Marion Cultural Centre.

Tuesday 11 June 12.30pm—2.30pm

Create a Tablescape

After lunch enhance your wellbeing by coming along to this "hands on" creative and fun activity. Everyone will have the opportunity to create and take home their own tablescape suitable for a coffee table or dining table.

Tuesday 9 July 12.30pm—2.30pm

Bookings essential T 8375 6703

Cost \$14 or \$10 if reg with My Aged Care

Yoga

Yoga promotes balance and harmony helping the body to stay flexible, strong, balanced and healthy.

Our instructors will adapt the class to suit the varying levels, offering easier options.

Tuesday 6:00pm - 8:00pm

Thursdays 12.00pm - 1.30pm

Saturdays 10.00am - 11.30am

Cost from \$7

T 8375 6703



Feeling Stronger Feeling Healthier It's never too late to improve your strength & balance.

Come along to a fitness program tailored to your needs and conducted by an Accredited Exercise Physiologist at the Southern Cross Wellness Centre. Transport is available if required using our City of Marion community bus, with a pick up and return to the Cooinda Neighbourhood Centre. Using specialised equipment you will build your confidence and wellbeing by building strength and balance, making day to day tasks easier. Improving your wellbeing couldn't be easier or more fun. Suitable for all fitness levels

Thursdays

12.15pm pick up Cooinda Neighbourhood Centre

2.30pm return to Cooinda Neighbourhood Centre

Bookings Essential

T 8375 6703

Cost \$10 or \$13 including transport (Registration with My Aged Care)

Chi Ball Gentle Moves

Experience the benefits of a weekly chi ball class, with a combination of low impact exercise, flowing movement and relaxation. This mind-body experience will improve your balance and sense of wellbeing.

Tuesdays commencing Tuesday 7th May 11.30am—12.30pm

Cost \$7 or \$5 if registered with My Aged Care

For more information call

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