

COOINDA NEIGHBOURHOOD CENTRE PROGRAM

245 STURT ROAD STURT

8375 6703

marion.sa.gov.au/cooinda

<http://marioncommunityhubs.eventbrite.com>

TERM 4, 2020
12 OCTOBER - 11 DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Pool/ Snooker 9.30am - 11.30am 12.30pm - 2.30pm Cost: \$1.50	1:1 Computing 9.00am - 12.00pm Cost: \$6.00 Phone to Book	Pool/ Snooker 9.30am - 11.30am 12.30pm - 2.30pm Cost: \$1.50	1:1 Computing 9.00am - 12.00pm Cost: \$6.00 Phone to Book	Pool/ Snooker 9.30am - 11.30am 12.30pm - 2.30pm Cost: \$1.50
Patchwork 9.30am - 11.00am Cost: \$4.00 Phone to Book	Pool/ Snooker 9.30am - 11.30am 12.30pm - 2.30pm Cost: \$1.50	Indoor Bowls 9.30am - 11.30am Cost: \$4.00 Phone to Book	Pool/ Snooker 9.30am - 11.30am Cost: \$1.50 Phone to Book	Leather Craft 9.30am - 12noon Knowledge Required Cost: \$4.00
Persian Social Group 10.00am - 12noon Cost: \$6.00 Phone to Book	● Fit and Flexible 9.30am - 10.30am Cost \$7.00 Phone to Book	Art 9.30am - 12noon Cost: \$4.00 <i>Waiting List Applies</i>	● Fit and Flexible 9.30am - 10.30am Cost \$7.00 Phone to Book	Art 9.30am - 11.30am Cost \$7.00 Phone to Book
Polish Aust. Friends 10.00am - 12noon Cost: \$6.00 Phone to Book	Wood Burning 9.30am - 11.30am Cost: \$4.00	Tempo Mio 10.00am - 12.00pm Cost: \$6.00 Returning Soon	General Craft 9.30am - 11.30am Cost: \$4.00 Phone to Book	Welcome to Australia 12.30pm - 2.30pm Phone to Book
Gardening Group 1.00pm - 3.00pm Meet monthly Cost: \$4.00 Phone to Book	Drawing and Painting 10.00am - 12noon Cost: \$10.00 Phone to Book <i>Waiting list applies</i>	● Keep Fit 1.00pm - 2.00pm Cost: \$7.00 Phone to Book	Ceramics 9.30am - 11.30am 12.30pm - 2.30pm Cost \$4.00 Phone to Book	Saturday Cooinda Cafe Open Coffee and Cake 9.00am - 12.00pm
Dancing 1.30pm - 3.30pm Cost: \$4.00 Phone to Book	● Gentle Chi Ball 11.30am - 12.30pm Cost: \$7.00 Phone to Book	China Painting 1.00pm - 3.00pm Cost \$7.00 Phone to Book	● Stress Management 12 noon - 1.30pm Cost \$7.00 Phone to Book	Let's Talk! English Class 9.30am -11.30am Phone to Book
	Yoga and Meditation 3.30pm - 4.30pm Cost: \$7.00 Phone to Book	Table Tennis 2.30pm - 4.30pm Cost: \$1.50 Phone to Book	Womens Group 12.30pm - 2.30pm Cost \$4.00 Phone to Book	Dancing 7.30pm - 9.30pm \$4.00 Phone to Book
	New After Hours Bollywood Fitness 6.00pm-6.45pm Cost: \$7.00 Phone to Book		Table Tennis 2.00pm - 4.00pm Cost \$1.50 Phone to Book	
	Ceramics 7.00pm - 9.00pm Cost \$4.00 Phone to Book <i>Waiting list applies</i>		ACE: English for Work Level 2 5.30pm - 7.30pm Bookings Essential For Job Seekers ace@marion.sa.gov.au	

EXERCISE CLASSES!

Each week, pay for 3 exercise classes and get **UNLIMITED** additional classes in the same week at any centre!

● - Offer only Valid for eligible classes

COOINDA

Neighbourhood Centre
245 Sturt Road, Sturt
Bus Stop 29D Sturt Road
Bus Stop 32 Diagonal Road Sturt

8375 6703
marion.sa.gov.au/cooinda



Saturday Cooinda Cafe

Visit us for Coffee and Cake. A causal and social morning for all the family!

Saturdays 9.00am - 12.00pm

One on One Computing is back

One on One Computer Tuition is back, with just a couple Covid safe practices in place. You are once again able to book in with your favourite instructor for a 50min session on your own device. Please call to book your appointment and discuss your requirements.

See program over for times

Cost \$6.00 per session. Phone to book.

Polish Australian Friends at Marion

Our friendly group welcomes all people and meets fortnightly for morning tea, guest speakers and more.

Monday (fortnightly) 10am - 12noon

Cost \$6.00 Phone to book.

Keep Moving

Improve your strength, balance and confidence with a home visit by our trained staff. Receive an easy to follow home exercise booklet produced by Active Ageing Australia and learn a range of easy and safe exercises that can be done throughout the day at home, even while standing at the sink or watching television. This could be the first step to developing the confidence to join one of the many neighbourhood centre exercise classes on offer.

For more information phone: 8375 6649

GLANDORE CAROLS IN THE PARK GOES VIRTUAL

Glandore Community Centre is partnering with Marion Cultural Centre to bring you Carols in the Park, at home. This year our Carols in the Park will take on a new look as we go virtual and present a compilation of community groups, schools and choirs with a mix of live streamed traditional Carols supported by Marion City Band. So pull up a deckchair, follow on Facebook, download the song sheet and sing loud enough so the neighbours join in.

Wednesday 2nd December 6.00pm

Cost: FREE

"Let's talk"- English conversation group for Young People!

Join us weekly for our new multicultural conversation group. Come and chat in a fun and relaxed space with Linda, international student with a passion for sharing, learning other languages and cultures. We welcome new arrivals, young migrants, international students and local young people to share their experiences.

Saturdays 10.00am - 11.30am

Bookings Essential via Eventbrite or phone to book Cost: FREE

Bollywood Dance Fit

Join the fun of Bollywood and dance your way to fitness. Not just a exercise class a cultural experience.

Tuesdays 6.00pm - 6.45pm

Cost \$7.00 per session. Phone to book.

Yoga & Meditation

Join Oswald as he puts you through your yoga paces and relaxes you with a dose of Meditation

Tuesdays 3.30pm - 4.30pm

Cost \$7.00 per session. Phone to book.

To drink or not to drink Adelaide Water?

Find out from SA Water what goes on behind the scenes including about their water treatment processes, conservation and waste water management. With Summer coming up, be reminded how important it is to drink enough water. Provide feedback directly to SA Water community engagement staff. Includes afternoon tea.

Monday 16th Nov 1:30pm - 3.30pm

Cost \$4.00 Phone to book

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.

Tuesdays 11.30am - 12.30pm

Cost: \$7.00 Phone to book.

Chrissy Craft

Have fun making a Christmas wreath to decorate your home. No skills required, just a love of all things festive.

Monday 23 November 10.00am - 12noon

Cost \$5.00 per session. Phone to book.

Feeling Stronger

Using specialised equipment have fun with a group building your strength, balance and flexibility. (suitable for all fitness levels) Transport available Exercises are tailored to your individual needs and conducted by an Accredited Exercise Physiologist at the Wellness Centre at Southern Cross Care Netley.

For more information phone 8375 6649.

Fish Feeders

An opportunity to go fishing or try it for the first time. Enjoy the benefits of being outdoors, the coastal views and company of others.

For more information phone: 8375 6649.

Cooinda Pop Up Café is now on Wheels

The meals provided at centres have transformed to the Pop Up Café on Wheels during COVID-19. We have delivered approximately 350 meals per week and this service will continue.

Enjoy the convenience of healthy, affordable, home delivered meals to lessen the burden of cooking every day. Select from our delicious menu. (65 plus)

Menu: butter chicken, cottage pie, lasagna, beef stroganoff, beef sausages, chicken casserole, roast beef and much more.

Phone 8375 6649 for more information

English Conversation for Spanish Speaking People

Need to practice your English? Is Spanish your first language? We have a dedicated conversation class for Spanish speaking people. Come along and meet new friends!

Tuesdays 4.00pm - 6.00pm

For more information phone: 8375 6649