

Marion Community Centres

Program Guide



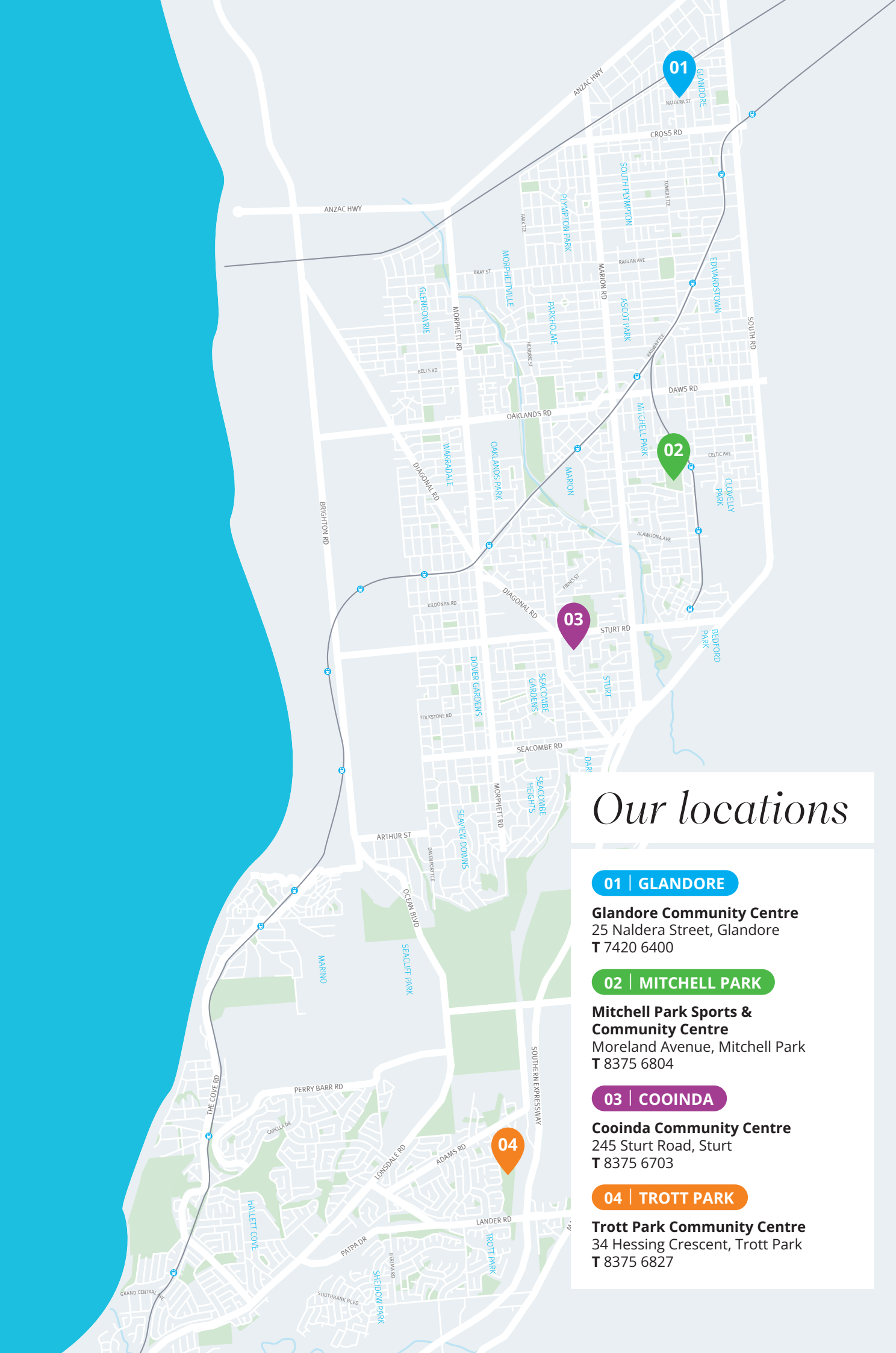
Inside

- › Butterfly playgroup
- › Tap dancing
- › School holidays
- › Mini retreat



SCAN FOR
MORE INFO

TERM 1 JAN – APR | **2024**



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 8375 6827

A message from the Mayor

I hope 2024 is a happy, healthy and peaceful year for all of you!

Our community centres, including the new one in Mitchell Park, continue to bring the community together to enjoy social events, fitness classes, arts and craft and educational sessions.

If you have used one of our community centres before, I know you'll be back! If you have never dropped in to one of these centres before, please visit sometime for a friendly chat.

We offer programs all year-round. There is something for everyone.

Thank you to the dedicated staff and volunteers at our centres for continuing to make the Marion Council area the best place in which to live, work and play.



City of Marion Mayor, Kris Hanna

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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 acknowledges we are situated on the traditional lands of the Kaurna people and recognises the Kaurna people as the traditional custodians of the land.

Ngadlu tampendi Kaurna meyunna yaiya mattanya yaintya yerta

COOINDA COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Patchwork & Quilting 9.30am-11.30am Page 08	Fit, Flexible & Fabulous 9.30am-10.30am Page 04	Art on Wednesdays 9.30am-11.30am Page 08	Craft Connection 9.30am-11.30am Page 08	Art on Fridays 9am-12pm Page 09
Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm Page 20	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm Page 20	Indoor Bowls 9.30am-11.30am Page 20	Fit, Flexible & Fabulous 9.30am-10.30am Page 04	Blokes BBQ 9.30am-11.30am Page 21
Persian Social Group 10am-12.30pm <i>(fortnightly)</i> Page 20	Art with Jillian 10am-12pm Page 08	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm Page 20	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm Page 20	Pool & Snooker 9.30am-11.30am 11.30am-1.30pm 1.30pm-3.30pm Page 20
Polish Australian Friends 10am-12.30pm <i>(fortnightly)</i> Page 20	Gentle Chi Ball 11.30am-12.30pm Page 04	Tempo Mio 10am-12pm Page 20	Ceramics 10am-2.30pm Page 08	Mah Jong 1.30pm-3pm Page 21
Dance & Tone 1pm-1.45pm Page 04	Elementary English 12pm-1.45pm Page 12	Keep Fit 12.30pm-1.30pm Page 04	Stress Management 11am-12.15pm Page 05	SATURDAY Let's Talk English Conversation 10am-11.30am Page 12
Tai Chi for Arthritis 2.15pm-3pm Page 04	Weave New Connections 1pm-2.30pm Page 08	Oz Harvest Cooking Ed Program 4pm-6.30pm <i>(starting 27 Mar)</i> Page 14	Rock n Roll 1pm-2pm Page 05	
	Tap Dancing 1pm-2pm Page 04		Legal Triage Service 1pm-3pm Page 21	
	Beginner English 2pm-3pm Page 12		Table Tennis 2.30pm-4.30pm Page 05	
	BBQ Tuesday 5pm-6pm Page 20			

MITCHELL PARK SPORTS & COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beading 9.30am-11.30am Page 10	Heart Foundation Walking Group 9am-10am Page 06	Fit Mums Challenge 9.30am-10.15am Page 06	Entry Level Sewing 9.30am-11.30am Page 10	DrumFIT 9.15am-10am Page 06
Nepali Women's Group 10am-12pm <i>(1st Monday of month)</i> Page 21	Sewing Group 9.30am-12.30pm Page 10	DrumFIT 10.30am-11.15am Page 06	Pathways Café Dementia Support group 10am-12pm <i>(2nd/4th Thursday of month)</i> Page 22	Zumba Gold 10am-10.45am Page 07
Kicking Goals 10.30am-11.30am Page 15	COMPASS - Cancer Support Group 2pm-3.30pm Page 21	Wacky Wednesday 12pm-2.30pm Page 22	Chair Yoga 10.30am-11.15am Page 07	Yoga 10.50am-11.35am Page 07
Fit & Fabulous 11.45am-12.30pm Page 06			Pilates 10.45am-11.30am Page 07	1-on-1 English Support 12pm-1.30pm 1.30pm-3pm Page 13
1-on-1 English Support 12pm-1.30pm 1.30pm-3pm Page 13			Multicultural Women's Group 12.30pm-2.30pm Page 22	Art with Jillian 12.30pm-2.30pm Page 10
Welcome All Families 12pm-2pm Page 15			Out & About Disability Group 1pm-3pm Page 22	Spanish for Beginners 1pm-2.30pm Page 13
Line Dancing for Beginners 12.30pm-1.15pm Page 06			Dungeons & Dragons 4pm-6pm <i>(fortnightly)</i> Page 15	
Line Dancing 1.15pm-2.15pm Page 06				

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 13	Heart Foundation Walking Group 8.30am-9.30am Page 05	Sketching 9.30am-12pm Page 09	KinderGym 9.30am-10.15am Page 15	Heart Foundation Walking Group 9am-10am Page 05	Community Garden 9.30am-2pm Page 23
Art Evolution 10am-12pm Page 09	Community Garden 9.30am-2pm Page 23	Tech Tutoring 9.30am-10.30am 10.30am-11.30am 11.30am-12.30pm Page 13	Meditation 2pm-3pm Page 06	Community Choir 9.30am-11.30am Page 21	Yoga 11am-12pm Page 06
Mah Jong 1pm-3pm Page 21	Woodwork 9.30am-12.30pm 1pm-4pm Page 09	Woodwork 9.30am-12.30pm 1pm-4pm Page 09	Oz Harvest Cooking Ed Program 4pm-6.30pm <i>(starting 28 Mar)</i> Page 15	Community Playgroup 9.30am-11am Page 15	SUNDAY Eritrean Women's Group 2pm-8pm <i>(2nd Sunday of month)</i> Page 21
Inky Fingers Comic Gang 4pm-5pm <i>(1st Monday of month)</i> Page 14	stART 10am-12pm Page 09	Mindfulness Mandalas 10am-11.30am Page 09		Tech Tutoring 9.30am-10.30am 10.30am-11.30am 11.30am-12.30pm Page 13	
Pilates 1 4.15pm-5pm Page 05	Japanese Playgroup 10am-12.30pm Page 14	Zumba Gold 11am-11.45am Page 05		Mindful Yoga 12pm-12.45pm Page 06	
Pilates 2 5pm-5.45pm Page 05	Pizza Days 11.30am-1.30pm <i>(1st Tuesday of month)</i> Page 24	Indoor WalkFIT 12pm-12.45pm Page 05		Artist in Residence 6.30pm-8.30pm <i>For details see Eventbrite</i>	
	Line Dancing 12.30pm-1.15pm Page 05	Barista Course 4pm-7pm <i>(starting 21 Feb)</i> Page 24			
	Boxilates 5pm-5.45pm Page 05				

TROTT PARK COMMUNITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Chi Ball 10.30am-11.30am Page 07	Butterfly Playgroup 9.30am-11.30am Page 15	Yoga 9.15am-10.15am Page 07	Men's Shed 9.30am-12pm Page 10	Blokes' Catch Up 9.30am-11.30am <i>(2nd/4th Friday of month)</i> Page 22
French Intermediate 10.30am-12pm Page 13	Men's Shed 9.30am-12.30pm Page 10	Community Mosaics 11am-1pm Page 11	Pilates 9.30am-10.15am Page 07	Southern Nunga Men's Group 11.30am-2.30pm <i>(fortnightly)</i> Page 22
Social Stitchers 1pm-3pm Page 10	Strength & Tone 11.15am-12pm Page 07	KinderGym 11.30am-12.15pm Page 15	Art with Jillian 10am-12pm Page 11	Table Tennis 2.45pm-4.45pm Page 07
Yoga 6pm-7pm Page 07	Art with Jillian 1.30pm-3.30pm Page 11	Inclusivi-Tea 1.30pm-2.30pm <i>(fortnightly)</i> Page 22	1-on-1 English Support 12pm-1pm 1pm-2pm 2pm-3pm Page 13	Summer Afternoons Pizza Party <i>(monthly)</i> 5pm-7pm Page 25

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+.

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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Tuesdays, 9.30am-10.30am

Thursdays, 9.30am-10.30am

Cost \$7 per class

CALL TO BOOK 8375 6703

New people please phone 8375 6649



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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Tuesdays, 11.30am-12.30pm

Cost \$7 per class

CALL TO BOOK 8375 6703

New people please phone 8375 6649



COOINDA

Tap Dancing

Dance and tap your way into 2024 with a new, fun class. Learn a few basic patterns and you are off to a great cardio workout. This class will start you off with the basics and move towards dancing your way through whole tap routines. Low impact, great for beginners, all ages welcome. Wear leather shoes or a shoe from home that can make some sound and you are off!

We look forward to 'tapping' into your inner Fred Astaire.

INTENSITY ★★★

6 weeks on Tuesdays, 1pm-2pm

Cost \$8 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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Wednesdays, 12.30pm-1.30pm

Cost \$7 per class

CALL TO BOOK 8375 6703

New people please phone 8375 6649

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.



COOINDA

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–12.15pm

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

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

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

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

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

We welcome you to learn, grow and immerse yourself in this gentle yoga class that incorporates breathing, mindful movements, and calming intentions. This class uses floor and standing based movements suitable for all levels. Enter our safe, calm and social space where you will feel welcome to meet new people.

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

SH

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

Fit Mums Challenge

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 in a fun, friendly and welcoming space.

Join the 6-week New Year fitness challenge!

INTENSITY ★★★

Wednesdays, 9.30am-10.15am

Cost \$8 per class

CALL TO BOOK 8375 6804

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 ★★★

Wednesdays, 10.30am-11.15am

Fridays, 9.15am-10am

Cost \$8 per class

CALL TO BOOK 8375 6804

MITCHELL PARK

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

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

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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Mondays, 10.30am–11.30am

Cost \$7 per class

CALL TO BOOK 8375 6827

New people please phone 8375 6649

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 8375 6827

TROTT PARK

Strength & Tone

Haven't got time for fitness? This class brings all the elements of fitness together to bring an all over body conditioning class in 1 single class. Incorporates low impact, light cardio, strength, tone, light weights, core fitness and lots more in an ever changing program. Improve your overall fitness and feel stronger in a class that allows you to start from basic and gently grow stronger & healthier.

INTENSITY ★★★

Tuesdays, 11.15am–12pm

Cost \$8 per class

CALL TO BOOK 8375 6827

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 8375 6827



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 8375 6827

Creative pursuits



COOINDA

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

Weave New Connections

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. Newcomers welcome.

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

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 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

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

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.



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

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

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 8375 6827



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 8375 6827



Thank you

Thanks to all of our volunteers and group facilitators for their amazing contribution to our community.

If you are interested in volunteering at our centres visit:
marion.sa.gov.au/volunteering



TROTT PARK

SH

Art with Jillian

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.

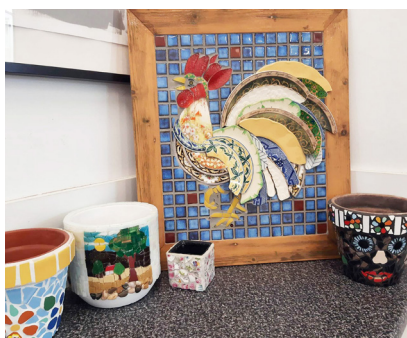
Book in quick to secure your seat in this popular program!

Tuesdays, 1.30pm–3.30pm

Thursdays, 10am–12pm

Cost \$10 per class

CALL TO BOOK 8375 6827



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 8375 6827

Call for new program expressions of interest and program feedback

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

Don't be shy. Get in touch with us call or visit your local Centre weekdays 9am–4pm.

Or contact us via email communityhubs@marion.sa.gov.au

Cooinda 8375 6703

Glandore 7420 6400

Mitchell Park 8375 6804

Trott Park 8375 6827

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



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



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, 9.30am–10.30am | 10.30am–11.30am 11.30am–12.30pm

Fridays, 9.30am–10.30am | 10.30am–11.30am 11.30am–12.30pm

Cost \$6 per session

CALL TO BOOK 7420 6400



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

MITCHELL PARK

Spanish for Beginners

¡Hola amigos! Did you know that Spanish is the second-most spoken native language in the world!? So why not come and learn Spanish in this friendly new class. Suitable for beginners.

Fridays, 1pm–2.30pm

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 8375 6827

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 8375 6827

Young people and families



COOINDA

Oz Harvest for Youth NEST Cooking Ed Program

Easy, practical and fun cooking lessons culminating with the sharing of a meal together. At the final workshop, everyone receives a certificate and take-home tool kit, with fact sheets and the OzHarvest Everyday Cookbook.

Suitable for ages 14–18 years.

6 WEEK COURSE

Wednesdays starting 27 March, 4pm–6.30pm

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com

GLANDORE

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 February, 4pm–5pm

Monday 4 March, 4pm–5pm

Monday 1 April, 4pm–5pm

Cost \$10 per class

BOOK ONLINE

marioncommunityhubs.eventbrite.com

GLANDORE

Japanese Playgroup

This playgroup offers support to young Japanese families, giving them the opportunity to celebrate culturally significant events with like-minded 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. 2024 fee is \$24 and can be paid directly to the community centre.*



GLANDORE

Oz Harvest for Youth NEST Cooking Ed Program

Easy, practical and fun cooking lessons culminating with the sharing of a meal together. At the final workshop, everyone receives a certificate and take-home tool kit, with fact sheets and the OzHarvest Everyday Cookbook.

Suitable for ages 14-18 years.

6 WEEK COURSE

Thursdays starting 28 March, 4pm-6.30pm

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com

GLANDORE

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. This playgroup is supported by Forbes Children Centre. 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



MITCHELL PARK

Kicking Goals

Kicking Goals is an inclusive movement program for young people that are home schooled, and their siblings. Come along and have some fun, learn some new skills and meet others socially at Mitchell Park Sports & Community Centre. Parents and carers must stay and be involved in the program. Some sessions will be held indoors and some will be outdoors when the weather allows.

Please wear a hat and sun-smart clothes and don't forget your drink bottle. On days where the weather forecast is over 38°C the sessions will be cancelled.

Suitable for ages 8-18 years.

Mondays, 10.30am-11.30am

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com

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

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 1 February, 4pm-6pm

Cost \$5 per session

BOOK ONLINE

marioncommunityhubs.eventbrite.com



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.

Tuesdays, 9.30am-11.30am

Cost \$4 per session

CALL TO BOOK 8375 6827

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, 11.30am-12.15pm

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. 2024 fee is \$24 and can be paid directly to the community centre.*

School holidays



COOINDA

Cupcake Decorating for Kids

A workshop for kids aged 8-12 to learn basics of cupcake decorating, using buttercream, fondant and other decorations. A box of 6 cupcakes to decorate will be supplied.

Please note that for this program only - dietary requirements cannot be catered for.

Tuesday 16 January, 2pm-3pm

Cost \$15

BOOK ONLINE

marioncommunityhubs.eventbrite.com



COOINDA

Decorate your own Cookies

Don't miss out on the sweetest event in town! This summer school holidays treat your kids to a delightful and creative experience at our Cookie Decorating Class. The perfect way for children to have a blast while expressing their artistic flair. It's a fun-filled opportunity for kids to learn, decorate in a safe kitchen environment.

Suitable for ages 8-12 years.

Wednesday 17 January, 2pm-3pm

Cost \$15

BOOK ONLINE

marioncommunityhubs.eventbrite.com



COOINDA

Table Tennis for Kids

Looking for an active and fun way to keep your kids entertained during the January school holidays? Look no further! Our casual table tennis for kids is here to serve up a smashing good time! Table Tennis is a great way for kids to socialize and make friends. Our casual program promotes teamwork and friendly competition.

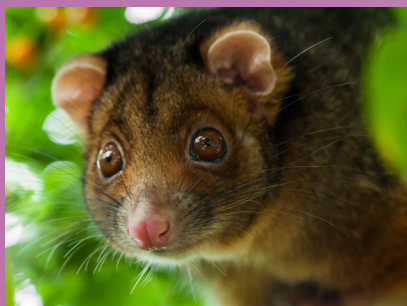
Suitable for ages 5-12 years.

Friday 19 January, 1.30pm-3pm

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com



COOINDA

Animals Anonymous

Are your kids animal lovers? This holidays Animals Anonymous are visiting our community centre with an assortment of friendly Australian native animals including a baby crocodile, pythons, lizards, marsupials and a bird. The show is very hands on and provides you with an opportunity to interact with the animals and plenty of time for photos.

Suitable for ages 5-12 years.

Tuesday 23 January, 1pm-2pm

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Paint a Portrait Workshop

Looking for a fantastic way to spend quality time with your child during the school holidays? Look no further! Join our 'Paint a Portrait' workshop, where you and your little one can let your creative juices flow in a fun and artistic environment. At the end of this workshop you'll both have a beautiful portrait of each other to take home as a cherished memory of your creative adventure.

Monday 15 January, 10am-12pm

Cost \$20 (includes child + adult)

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Pizza Party in the Community Garden

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.

Thursday 18 January, 11.30am-1.30pm

Cost \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com

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



GLANDORE

Create Your Own Masterpiece

A program of creativity exploring simple drawing and design techniques using different mediums and materials. You'll create a fun project you can display at home, give as a gift or use to inspire more creativity.

Monday 22 January, 10am–12pm

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Bricks N Bytes

Is your child interested in LEGO and digital tech? A program facilitated by the Marion Libraries that will explore a hands-on approach by building and coding a LEGO project using a LEGO education kit.

Thursday 25 January, 10am–11am

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

The Scientific Bubble Show

Discover the amazing science of bubbles with bubble-ologist Marty McBubble! How are bubbles created? Why do they pop? What shapes and colours can bubbles make? Is a bubble a solid, a liquid or a gas? What's it like to be inside a bubble? Children will discover all of this and much more as Marty engages their natural sense of wonder with his interactive bubbly experiments. Perfect for the whole family.

All ages welcome.

Tuesday 16 January, 2pm–3pm

Cost \$7

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Pop-up Playgroup

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

This pop-up playgroup allows your 0-5 year olds the opportunity to meet other children and adults, to play and 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. We hope to see you there!

Suitable for ages 0–5 years.

Tuesday 23 January, 10am–11.30am

FREE!

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Bingo for Kids

Come and join the excitement and try out bingo for kids! Match your numbers and join in the fun.

Suitable for ages 13–17 years

Monday 15 January, 1pm–2pm

Cost \$2

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Beading: Making Keyrings

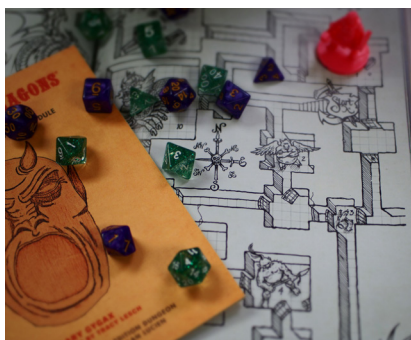
Join us for a fun-filled creative adventure this school holiday! Our keyring beading program offers children the opportunity to unleash their inner artists and craft beautiful keyrings they can cherish and share with friends and family. Not only will your child have a blast making keyrings, but they'll also develop essential fine motor skills, patience and a sense of accomplishment as they complete their beautiful creations.

Thursday 18 January, 10am–11.30am

Cost \$2

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Dungeons & Dragons

Our Dungeons and Dragons program is moving to a new location at Mitchell Park Sports and Community Centre. Don't know what it is yet? 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.

Proudly supported by Uniting SA.

Suitable for ages 13-17 years.

Thursday 18 January, 12.30pm-3.30pm
FREE!

BOOK ONLINE
marioncommunityhubs.eventbrite.com



MITCHELL PARK

Beading: Sun Catchers/ Bracelets

Join us for a fun-filled creative adventure this school holiday! Our beading program offers children the opportunity to unleash their inner artists and craft beautiful bracelets and sun catchers they can cherish and share with friends and family. Not only will your child have a blast making keyrings, but they'll also develop essential fine motor skills, patience and a sense of accomplishment as they complete their beautiful creations.

Monday 22 January, 1pm-2.30pm

Cost \$2

BOOK ONLINE
marioncommunityhubs.eventbrite.com

MITCHELL PARK

Henna Workshop

Workshop for beginners to learn basics of henna. Learn design and application. Learn about which products are safe to use. Kids will take home their own applicator to practice designs at home.

Suitable for ages 8-12 years.

Tuesday 23 January, 10am-11am

Cost \$15

BOOK ONLINE
marioncommunityhubs.eventbrite.com



MITCHELL PARK

Board Games & LEGO

Join us for a relaxing and inclusive holiday experience. We have plenty of board games and LEGO to choose from! Pictionary, Monopoly, Scrabble, Upwards... Take your pick!

Stay and play on the Mitchell Park playground afterwards or you could even try casual basketball shooting on the courts (court hire costs \$4.50).

Thursday 25 January, 10am-12pm
FREE!

BOOK ONLINE
marioncommunityhubs.eventbrite.com

MITCHELL PARK

Dungeons & Dragons

Don't know what it is yet? 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 25 January, 12.30pm-3.30pm
FREE!

BOOK ONLINE
marioncommunityhubs.eventbrite.com



TROTT PARK

Skate Day

We're rollin into the holidays with a FREE come and try rollerskating session, and we want to personally invite YOU to come with us! Are you between the ages of 10-17 and looking to test out a new skill? If YES, join us for a fun afternoon on Wednesday 17th January 2024 from 1PM - 3PM to roll it out at the Trott Park Community Centre. Register to secure your spot. All you need to do is bring your own helmet! See you later skater.

Suitable for ages 10-17 years.

Wednesday 17 January, 1pm-3pm
FREE!

BOOK ONLINE
marioncommunityhubs.eventbrite.com



TROTT PARK

Build a Train

Trott Park Men's Shed is hosting a 'Build a Train' school holiday program. Caregivers are welcome to stay and assist if needed while children assemble their creation.

Suitable for ages 7-12 years.

Thursday 18 January, 9.30am-11.30am
Cost \$15

BOOK ONLINE
marioncommunityhubs.eventbrite.com



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

Under The Sea, Beach Theme Art

Are you ready for an artistic adventure under the sea? Let your imagination run wild and create stunning underwater masterpieces in a fun, beach-themed atmosphere. Whether you're an aspiring young artist or just looking for a fun and creative way to spend your school holidays, our Under The Sea, Beach Theme Art session is perfect for you.

Tuesday 23 January, 10am–11.30am

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Teddy Bear Picnic Zoo Party

Join us and the Marion Libraries for story-telling, a treasure hunt, face painting and drawing activities. Bring your picnic rug, your favourite teddy and your favourite yummy snacks.

Wednesday 24 January, 10am–11am

Cost \$2

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Bingo for Kids with Butterfly Playgroup

Come and join the excitement and try out bingo for kids! Match your numbers and join in the fun.

Suitable for ages 4–12 years.

Thursday 25 January, 2pm–3pm

Cost \$2

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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Mondays fortnightly, 10am–12.30pm

Cost \$4 per session

CALL TO BOOK 8375 6703

New people please phone 8375 6649



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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Mondays fortnightly, 10am–12.30pm

Cost \$4 per session

CALL TO BOOK 8375 6703

New people please phone 8375 6649



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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Wednesdays, 10am–12pm

Cost \$4 per session

CALL TO BOOK 8375 6703

New people please phone 8375 6649



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

COOINDA

SH

Mah Jong

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

Fridays, 1.30pm-3pm

Cost \$4

CALL TO BOOK 8375 6703



COOINDA

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 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

FREE!

No need to book, just come along!

For more information contact the Flinders Legal Centre **7421 9985** leave a voice message or visit: Flinders.edu.au/legal-centre

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

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.

2nd Sunday of each month, 2pm-8pm

FREE!

No need to book, just come along!



MITCHELL PARK

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.

1st Monday of each month, 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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

Wednesdays, 12pm-2.30pm

Cost \$7 per session

CALL TO BOOK 8375 6804

New people please phone 8375 6649



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

Inclusivi-Tea

Join us in the heart of Trott Park for a warm and welcoming Inclusive Afternoon Tea. This fortnightly session brings people of all backgrounds and ages together, creating a space where no one feels isolated. Enjoy delicious tea, coffee and a treat in the air-conditioned café room. Have a chat as we foster connections and promote a sense of belonging in our wonderful community.

Wednesdays fortnightly, 1.30pm-2.30pm

Cost \$2 per session

CALL TO BOOK 8375 6827



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 (PAI) program is funded by the Commonwealth Government to provide services to people who are 65 years and over. Contact the PAI team on 8375 6649 to register your interest and find out the process of obtaining a referral code.

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

Cost \$7 per session

CALL TO BOOK 8375 6827

New people please phone 8375 6649



TROTT PARK

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 8375 6827

Living green



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

Saturdays, 9.30am–2pm

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

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

(Closed public holidays)



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 Community Centre. The garden is open and welcome to visitors on Wednesdays and Saturdays.

This group is proudly managed by volunteers.

Wednesdays, 10am–12pm

Saturdays, 10am–12pm

VISIT THE GROUP FACEBOOK PAGE FOR FURTHER INFORMATION

Trott Park Community Garden Inc

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)

Special events



GLANDORE

Sound Bath Meditation

This 60-minute sound immersion is a relaxing and restorative meditation experience that will support you into a blissful state of deep awareness and restoration. The perfect way to regenerate energy and replenish the body and mind.

Please refer to the Eventbrite page for important health considerations prior to booking.

Friday 19 January, 5.30pm-6.30pm

Cost \$10

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

SH

Pizza Days

After a long break Pizza Days are back! 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



GLANDORE

Barista Course

This 6-week course gives you the opportunity to learn the art of coffee making. Learn the basics to become a bonafide barista!

6 WEEK COURSE

Wednesday 21 February - Wednesday 27 March, 4pm-7pm

Cost \$80

BOOK ONLINE

marioncommunityhubs.eventbrite.com



GLANDORE

Cubby Building with Nature Play SA

Grab a picnic and rug and relax on the grounds of the Glandore Community Centre. This mobile cubby building experience develops creativity, cooperation and resilience. It allows children to use open-ended resources to problem solve, design and build imaginative cubby creations.

Saturday 24 February, 10am-12pm

Cost \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com



MITCHELL PARK

Mini-Retreat

Treat yourself to a 2 hour Mini Retreat to start 2024! To start with we will enjoy a luxurious yin yoga practice, helping to stretch your connective tissue, release physical tensions and surrender into stillness. Following the yin yoga practice experience the healing sounds from Tibetan singing bowls and crystal singing bowls cultivating a harmonic space to deepen into the relaxation and transformation. These clever sound waves work while you rest in a meditative state restoring harmony to your body and mind with ease.

This practice suits everybody, even those who have not practiced yin before. Rest assured that this will be a gentle, accessible, and low-impact practice, using the support of yoga props. Stay for a cup of herbal tea and chat about your experience with a newfound sense of peace and tranquillity.

Please refer to the Eventbrite page for important health considerations prior to booking.

Tuesday 16 January, 5.30pm-7.30pm

Cost \$20

BOOK ONLINE

marioncommunityhubs.eventbrite.com



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. Enjoy a hawaiian or margarita toppings or bring along your own favourite toppings.

Friday 2 February, 5pm-7pm

Friday 1 March, 5pm-7pm

Cost \$5 per pizza

BOOK ONLINE

marioncommunityhubs.eventbrite.com



TROTT PARK

Easter Cookie Decorating

Unleash your creativity and share the joy of Easter with friends and family. This event is perfect for adults and young people (12+) alike who want to learn the art of decorating delicious cookies. We'll provide all the supplies, from freshly baked cookies and an array of vibrant icing and decorative toppings. Whether you're a seasoned baker or a first-timer, our skilled instructor will guide you through the process of multiple decorating techniques. Don't miss this opportunity to craft beautiful, edible works of art together, and make this Easter season a little sweeter!

Participants will each take home 6 of their decorated cookies, presented in a box.

Thursday 28 March, 5.30pm-7pm

Cost \$20

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Meet Charlotte & Christine



Tell us a bit about yourself and how you first became involved with Trott Park Community Centre?

► **My name is Christine and I'm 35.** I first became involved with Trott Park in 2021. I knew Laura who worked at COM and she wanted to ask me some questions about playgroups as they were about to start one at TP and didn't know anyone who had little people to ask playgroup type research questions to. Somehow from that conversation over coffee, I ended up volunteering! I have 4 children and have been to many playgroups over the last 10 years so thought it would be something I could have a successful crack at and also bring my children along to enjoy it too.

► **My name is Charlotte and I'm 34.** I first came to Trott Park neighbourhood centre a month after we moved to Australia, our next door neighbour told me about it and how she used the centre too. Came to the playgroup and just felt so welcomed straight away and were people I could relate to and chat while the kids played.

What specific programs or activities have you participated in at the Centre, and what do you enjoy most about them?

► We run Butterfly Playgroup every week during term time and do a spin-

off playgroup session in one week of every school holidays. In the last holiday session, we did "Make a Morning Tea". The kids loved baking cookies and having a go at making their own mini-meal. I enjoy meeting lots of different people and having a chat and a laugh whilst the kids can play safe.

► I have helped run the butterfly playgroup for around 18 months and enjoy meeting and chatting with so many lovely people.

How has your involvement with the program/Centre benefited you personally or made a positive impact on your life?

► During the school holiday programs, I've had to bring my own children along to help. They love being at TP and the older 2 realise how important it is for people to volunteer and help each other, to enable these types of activities to happen. Hopefully one day they will officially volunteer too.

► My involvement in the playgroup has made a massive impact on my life as have made some amazing friends and learnt about different peoples backgrounds which I find really interesting. Also it has helped in my career change.

Have you made any new friends or connections through the

program/Centre, and how have these relationships enriched your life?

► I've met lots of different people through playgroup and a handful of them are now good friends. I also have become very good friends with the other PG Volunteer Charlotte. We have minimal family in Australia, so her children have become my children's cousins and likewise. We go camping, have BBQs and play lots of cricket together!

► Yes definitely, we don't have any family in Australia so it's amazing for us to have these friends that are more like family to us. We have family meet ups, camping trips and the kids all bike ride together.

Can you share a memorable experience or achievement you've had while being a part of the Program / Centre?

► Making morning tea with the playgroup children is always fun. As a mum, I know how hard it is to find time to bake with kids at home. The playgroup kids baked their own biscuits, for some this would have been their first time doing so. Everyone really enjoyed taking their tubs of biscuits home and everyone was super appreciative. It was a good morning all round!

► Christine brought into playgroup a massive cardboard box that a sofa had come in and we decided to turn it into an ice cream shop with a hatch to serve from and the kids loved it. Don't think they played with much else that day.

How do you believe the program/Centre contributes to the overall well-being of our community?

► I believe that our playgroup is a necessity to our/any community. Everyone needs their own 'village' and a playgroup is a place that anyone can go to start finding one. There is always someone to chat with, make you a cup of tea, and hold your baby! Playgroup is just as much about Mums/dads etc as it is for the children.

► It massively contributes to the wellbeing of our community. If you are having a bad day or are stressed, the people that run or attend the playgroup pick you up and turn your day around and be there for you with a cup of tea or coffee and a biscuit!

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 Neighbourhood 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.



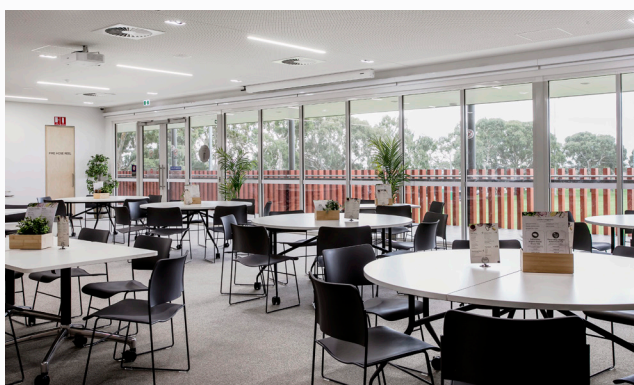
GLANDORE

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 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.

Call for new program expressions of interest and program feedback

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 8375 6827

\$15 Senior Saturday Specials

Mitchell Park Sports and Community Centre are now offering \$15 lunch specials for seniors.

Choices include:

- › Roast of the day
- › Beer battered fish and chips
- › Salt and Pepper Squid
- › Moroccan spiced roasted vegetable salad
- › Pasta of the day (Gluten free option)
- › Chef's Curry
- › Chicken Schnitzel

Walk-ins welcome or phone to book on 7420 6499.

Mitchell Park Sports & Community Centre

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.

We are here to listen and learn

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.

Community 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.

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 Community 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

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

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.

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

TROTT PARK COMMUNITY CENTRE

34 Hessing Crescent, Trott Park
T 8375 6827

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

