

# GLANDORE COMMUNITY CENTRE PROGRAM

25 NALDERA STREET

7420 6400

marion.sa.gov.au/glandore

<http://marioncommunityhubs.eventbrite.com>

**TERM 1, 2021**  
**28 JANUARY - 9 APRIL**

## Monday

### Art Evolution

10am - 12noon  
Cost \$7 per Art session  
or \$10 per Mosaic

### Sew Much Fun

10.00am - 12noon  
Cost \$4.00 per session  
Phone to book

### Mah Jong

1.00pm - 3.00pm  
Cost \$4.00 per class  
Phone to book

### ● Pilates

5pm - 5.45pm  
Cost \$7.00 per class  
Phone to book

### ● Kids Jam Dance

5pm - 5.45pm  
Cost \$5.00 per class  
Phone to book

### Salsa Dance

6.30pm - 8.30pm  
Cost \$10.00 per class  
or \$60 for 8 weeks

## Tuesday

### Heart Foundation Walking Group

8.30am - 9.30am  
FREE

### ACE Computing for Business & Work Level 2

9.30am - 12.30pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### Woodwork

9.00am - 12noon  
1.00pm - 4.00pm  
Cost \$6.00 per session

### Art with Suzy

10am - 12noon &  
1.00pm - 3.00pm  
Cost \$7.00 per class

### Community Garden

11.00am - 12.30pm  
Open to the public

### 1:1 Computing Help

9.30am - 12.30pm  
Cost \$6.00 per session  
Phone to book

### ● Stretch

5.00pm - 5.45pm  
Cost \$7.00  
Phone to book

### ● Cardio Circuit

6.00pm - 6.45pm  
Cost \$7.00  
Phone to book

## Wednesday

### 1:1 Computing Help

9.30am - 12.30pm  
Cost \$6.00 per session  
Phone to book

### Woodwork

9.00am - 12noon  
1.00pm - 4.00pm  
Cost \$6.00 per session

### Mindfulness Mandalas

10.00am - 11.30am  
Cost \$4.00 per session

### Blokes Business

10.00am - 12noon  
Cost \$4.00 if reg with My  
Aged Care phone to book

### Sketching

10.00am - 12noon  
Cost \$7.00 per class

### ACE Intorduction to Business Level 1

12.30pm - 3.30pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### Book Club

Last Wed. of month  
1.30pm - 2.30pm  
Cost \$4.00

## Extended Hours

### Irish Dance Sean-nós

7.30pm - 8.30pm  
Cost: \$4.00 per class

## Thursday

### ● Bro-ga 5 Weeks

9.15am - 10.00am  
Cost \$7.00 per class  
Phone to book

### Active Kids Playgroup

9.30am - 11.30am  
Cost \$4.00 per family  
Phone to book

### English Skills

9.30am - 11.30am  
Cost \$4.00 per class  
Phone to book

### ACE Skills for Work Level 1

12noon - 3.00pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### ACE Positive Mindset

12.30pm - 2.30pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### Meditation

2.00pm - 3.00pm  
Cost \$7.00  
Phone to book

### ACE English for Work Level 2

5.30pm - 7.30pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### The A-Team

Kids Autism Group  
4.30pm - 6.00pm  
[theAteam5043@outlook.com](mailto:theAteam5043@outlook.com)

### ● Yoga

5.00pm - 5.45pm  
Cost \$7.00  
Phone to book

## Friday

### Heart Foundation Walking Group

9.00am - 10.00am  
FREE

### ACE Digital Skills for Work Level 1

9.30am - 12.30pm  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### ● Tai Chi 5 Weeks

9.30am - 10.30am  
Cost \$7.00 per class  
Phone to book

### 1:1 Computing Help

9.30am - 12.30pm  
Cost \$6.00 per session  
Phone to book

### Coffee Fusion

10.00am - 12noon  
Cost \$5.00  
Phone to book

### Art House

4.30pm - 6.00pm  
Cost \$60 for Term  
Book via Eventbrite

### Artist in Residence

6.30pm - 8.30pm  
Topics/costs vary per  
term.

## Saturday

### Cafe 25

Coffee and cake.  
9.00am - 12noon  
Assorted Workshops

### 1:1 Computing Help

10.00am - 12noon  
Cost \$6.00 per session  
Phone appt available

### Yoga

11.00am - 12noon  
Cost \$7.00 per class  
Phone to book

# NIGHTS ARE BACK!

**TUESDAY COINDA 9.00AM - 7.00PM ALL YEAR**

**WEDNESDAY GLANDORE 9.00AM - 7.00PM**

**THURSDAY TROTT PARK 9.00AM - 7.00PM**



# GLANDORE

Community Centre

25 Naldera Street, Glandore  
Stop 10 Winifred Ave (Bus 241)  
Stop 180 Cross Rd (Circle Line)  
Stop 9 South Rd (Bus 720/721/725)  
Train Stop Emerson Crossing  
Tram Stop Beckman St



## DIGITAL LITERACY TECHNOLOGY

### Be Connected

There's never been a better time to get online. Whether you're a beginner or interested in learning new digital skills, we're here to help. Join our FREE group sessions. Learn how you can get more out of your digital devices and the internet.

**To book call 8375 6755**

**Get Started with Zoom: Thursday 4th February**

**Introduction to your iPad: Thursday 4th March**

**Cyber Safety: Thursday 1st April**

**Connect with Social Media: Thursday 29th April**

### One on One Computing

Is now 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.**

### Adult Community Education (ACE)

Looking for a fresh start in 2021? The ACE program can help create new opportunities and help build your confidence. We offer courses in computing skills, English skills, job search skills as well as preparing for work, wellbeing and resilience and business courses. View our full program on Eventbrite or email [ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

## FOR THE YOUNG ONES

### Art House

A space for Teens and young adults to express themselves through art. Coordinated by our talented tutor Mary, participants can tackle their own personal artwork, continue with a project from school or be directed by Mary and try something new.

**Fridays for 11 weeks. 4.30 - 6.00pm**

**Cost \$60.00 Bookings Essential via Eventbrite**

### A Team

A social group promoting engagement in fun, sensory and skill based activities for children with autism in grades 1 - 7. A full program is out now! Get your copy at the Centre or on our website. **Thursdays 4.30 - 6.00pm**

**Cost \$3 per session.**

**All enquiries: [theAteam5043@outlook.com](mailto:theAteam5043@outlook.com)**

### Active Kids Playgroup

Join this inclusive group that allows your 0 - 5-year old the opportunity to meet other children and the adults the chance to connect with others. Including indoor/outdoor play, craft, reading time and more.

**Thursdays 9.30am - 11.30am**

**Cost \$4.00 per session. Phone to book.**

### Kids Jam

On at the same time as parents can take pilates! Incorporating Hip Hop, Jazz, Latin and Bollywood

**Mondays 5.00pm - 5.45pm**

**Cost \$5.00 per session. Phone to book.**



### Artist in Residence

**Friday Nights 6.30pm-8.30pm**

A social evening with friends. A great way to unwind on a Friday night!

**Bookings via Eventbrite :**

**Term 1 Classes**

**Mosaics 5 weeks:**

**Starting Friday 29th Jan Cost: \$60.00**

**Clay 2 Weeks :**

**Starting Friday 5th March Cost: \$25.00**

**Lino Cutting 2 Weeks:**

**Friday 19th March Cost: \$20.00**

**Nuno Felting Workshop:**

**Friday 9th April Cost: \$35.00**

## FITNESS

### New Exercise Programs!

**Pilates:**

**Mondays 5.00pm - 5.45pm**

**Stretch:**

**Tuesdays 5.00pm - 5.45pm**

**Cardio Circuit:**

**Tuesdays 6.00pm - 6.45pm**

**Bro-ga 5 Weeks (Men's Yoga):**

**Thursdays 9.15am - 10.00am**

**Yoga:**

**Thursdays 5.00pm - 5.45pm**

**Saturdays 11.00am - 12noon**

**Tai Chi 5 Weeks:**

**Fridays 9.30am - 10.30am**

**Phone to book.**

### Walk Walk Walk

Walking for an average of 30 minutes a day can lower the risk of heart disease, stroke, and diabetes by 30 to 40 per cent. We are here to help you get your daily steps up!

### Heart Foundation Walking Groups:

Join Heart Foundation Walking, Australia's largest free walking network. Become part of our community of more than 30000 people and improve your heart health!

**Tuesdays 8.30am - 9.30am or**

**Fridays 9.00am - 10.00am Phone to book.**

### Walk Around Australia :

Missing travel, looking for a challenge in 2021, one Covid can't get in the way of? Join our Walk Around Australia teams. We start in Adelaide and head West, watch the virtual towns go by as your team receives emails on the highlights at each town you reach. Some of our 2020 teams are over half way now! So lace up your walking shoes, and grab some friends, a great way to keep motivated get fit and have some fun! It's not a competition (unless you make it one) Just register your team and for further information please email us at: [communityhubs@marion.sa.gov.au](mailto:communityhubs@marion.sa.gov.au)



## CAFE 25

### Cafe 25

Visit our relaxed café inspired by the needs of the community. A casual and social morning that is kid-friendly!

**Saturdays 9.00am - 12noon**

**Upcoming Workshops include:**

**Fundamental in Organic Gardening:**

**February 6th Cost: \$4.00**

**Tiny Doors Project - 2 Part**

**February 13th & March 6th Cost: \$30.00**

**Silk Scarves:**

**March 27th Cost: \$45.00**

For more information about any of our programs please visit: <http://marioncommunityhubs.eventbrite.com> or check out our Facebook page to see what's happening in your community @marionneighbourhoodcentres