

# GLANDORE COMMUNITY CENTRE PROGRAM

25 NALDERA STREET

7420 6400

marion.sa.gov.au/glandore

<http://marioncommunityhubs.eventbrite.com>

**TERM 4, 2020**  
**12 OCTOBER - 11 DECEMBER**

## 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

### ● Pilates

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

## Stay Connected

Want to stay in the loop with the latest programs, events and activities? Well call us about joining our mailing list and be the first to know what's happening in your local community!

## Refund Policy

Now with prebooking and prepayment being essential feel free to ask our staff for a copy of our Refund Policy. We can give you a hard copy or email it to you!

## Tuesday

### Heart Foundation Walking Group

8.30am - 9.30am  
FREE

### Digital Skills for Work Level 1

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 &  
1pm - 3pm  
Cost \$7.00 per class

### English Skills

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

### Community Garden

11.00am - 12.30pm  
Open to the public

### 1:1 Computing Help

9.30am - 12.30pm  
1.00pm - 4.00pm  
Cost \$6.00 per session  
Phone to book

### ● Stretch - 5 Week Course

5.00pm - 5.45pm  
Cost \$35.00  
Book via Eventbrite

## 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  
Phone to book

### Sketching

10.00am - 12noon  
Cost \$7.00 per class

### ● Body Moves

11.00am - 11.45am  
Cost \$7.00 per class  
Phone to book

## New After Hours

### ● KONGA@Jungle Bodies

5.00pm - 5.45pm  
Cost \$7.00 per class  
Book via Eventbrite

### Just Dance

4.30pm - 5.00pm  
Cost: \$45.00 for term  
Ages 8 +  
Book via Eventbrite

### Irish Dance Sean-nós

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

## Thursday

### Active Kids Playgroup

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

### Skills for Work Level 1

9.00am - 12noon  
Bookings Essential  
[ace@marion.sa.gov.au](mailto:ace@marion.sa.gov.au)

### Preparing for Work Level 2

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

### Meditation

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

## Friday

### Heart Foundation Walking Group

9.00am - 10.00am  
FREE

### Computing for work and business Level 2

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

### 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

### ● Zumba Low Impact

10.45am - 11.30am  
Cost \$7.00 per class  
Phone to book

### ● Body Moves

12 noon - 12.45pm  
Cost \$7.00 per class  
Phone to book

### Art House

4.30pm - 6.30pm  
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

### 1:1 Computing Help

10.00am - 12noon  
Cost \$6.00 per session

### Yoga

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

## EXERCISE CLASSES!

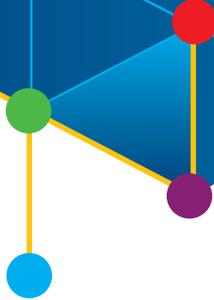
Each week, pay for 3 exercise classes and get **UNLIMITED** additional classes in the same week at any centre!

● - Offer only Valid for eligible classes

# 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



## Active Kids Playgroup

Our Active Kids playgroup is back. 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. Covid safe practices will change a few things but the fun is there for the taking.

**Thursdays 9.30am - 11.30am**

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

## One on One Computing

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.**

## Halloween Trick & Treat

Halloween Trick and Treat is unable to go ahead in the same format as previous years. Therefore we are holding school holiday programs for you to prepare for Halloween at home. Decorate your own trick and treat bag, fill it with cool candy that you create, scary recipe ideas for home, hand made decoration ideas and costume suggestions. This little bag will be filled with a host of ideas and fun. Included will be a Halloween puzzle you can do anytime over Halloween weekend (31st Oct - 1Nov), just pop into the Glandore Centre!

## Coffee Fusion

Come along for a morning of cappuccino, cake, conversation and great company.

**Fridays 10.00am - 12noon**

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

## Just Dance

A variety of dance activities for boys and girls aged 7 to 12years includes Hip Hop, Jazz, Latin, Bollywood and more. Gain fitness, have fun, develop coordination, strength and confidence.

**Wednesday's starting 14 Oct for 9 weeks**

**4.30pm - 5.30pm Cost \$45.00**

**Bookings Essential via Eventbrite**

## Art House Group for Teens

Welcome to the 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. After the upheaval we have all encountered this year the Art House Group may well provide the unconventional therapy you need to inspire resilience, relieve stress and increase self esteem.

**9 weeks starting Friday 16th Oct**

**4.30 - 6.00pm Cost \$45.00**

**Bookings Essential via Eventbrite**

## KONGA® - The Jungle Body

The KONGA® is an easy-to-follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats from all decades. Konga® is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload. Expect to squat, sprint & sweat like crazy while some big tunes transport you to your happy place. Whether you are super fit or totally uncoordinated, Konga® is for you! (BYO mat).

**Wednesday for 5 weeks starting 4th Nov**

**5.00pm - 5.45pm Cost \$35.00**

## Sound Bath

Experience a therapeutic sound bath and discover the power of sound to draw you into a deeply peaceful meditation. During a sound bath you are encouraged to get as comfortable as possible while you bathe in the mesmerising sounds of the gongs, Himalayan and crystal singing bowls, chimes, rain stick and other sound healing instruments.

**Friday 6th November 6.00pm - 7.30pm**

**Cost \$20.00**

**Bookings Essential via Eventbrite**

## Blokes Business

The blokes are back. Come along, bring a friend or make new ones. Enjoy morning tea, a chat and a game of pool.

**Wednesdays 10.00am - 12noon**

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

## Artisit in Residence

**Friday Nights 6.30pm-8.30pm**

**Bookings via Eventbrite**

<http://marioncommunityhubs.eventbrite.com>

**2 Weeks Clay Workshop :** Clay sculpture for the garden. Hand-building terracotta clay, to make quirky creations suitable for the garden. Pieces will be fired\* and returned at a later date for collection.

**Starting Friday 16th Oct Cost: \$25.00**

**4 Weeks Mosaic Workshop :** A creative and easy way to make use of broken tiles, plates, stones and glass. You are sure to surprise yourself with your ability to create a masterpiece.

**Starting Friday 30th Oct Cost: \$50.00**

**Nuno Felting Workshop:** Silk or gauze is the base for merino wool, threads, lace and other light fabric to embellish the piece. This is then felted to create a beautiful light soft scarf with added warmth. Use various embellishments to suit your creative needs and design your one of a kind Nuno Felting scarf.

**Friday 27th Novemeber Cost: \$30.00**

**Silk painting:** Silk painting is all about colour, blending, letting the dyes move and mix. There are endless possibilities and a few techniques to produce different effects. In this workshop you will experiment with techniques and you can paint a scarf to wear and one to give away as a Christmas gift.

**Friday 4th December Cost: \$40.00**

**Gelli printing:** Make your own Christmas stamp to create cards or labels for your gifts.

**Friday 11 th December Cost: \$12.00**

## 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**

## Yoga and Meditation with Master Os

Encouraging participants to focus on breath, alignment, and gentle adjustments, to cultivate inner peace and vital energy that strengthens and nourishes body, mind, and soul. This program may offer relief from stress, anxiety and depression, natuarally reconnecting with the wholeness of yourself.

**Saturday's 11.00am - 12noon**

**Cost \$7.00 per session. Phone to book.**

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