

MITCHELL PARK NEIGHBOURHOOD CENTRE PROGRAM

1 Cumbria Court Mitchell Park
Stop 28 Bradley Gr (Bus W90)

CALL 8375 6804

WEB marion.sa.gov.au/mpnc

TERM 3, 2019

Monday

ACE ESL Stage 1

10.00am - 12.00pm
Free - For Job Seekers
Bookings Essential
ace@marion.sa.gov.au

Flexi Fitness

12.30 - 1.30pm
1.30pm - 2.30pm
\$5.00 per class
A chair based, band and light weight exercise program. Suitable for people with medical conditions, returning to exercise or seniors.

Sisters of the World

Social Support Group
1.00pm - 2.30pm
Introductory Cost \$2.00

Tuesday

Heart Foundation Walking Group

9.00am - 10.00am
Free

Sewing Group

Basic Knowledge Required
10.00am - 2.00pm
Cost \$4.00

COMPASS Cancer Support Group

2.00pm - 3.30pm
Free

Weight Watchers

6.00pm - 8.00pm

Wednesday

Women's Walking Group

9.00am - 10.00am
Cost \$1.00
Includes coffee and biscuits

Beading for Beginners

9.30am - 11.30am
Basic materials included
Cost \$5.00

Wacky Wednesdays

11.00am - 2.30pm
\$14 or \$10 in registered with My Aged Crae

CHECK US OUT!

Make sure you jump onto our Evenbrite page to be upto date with all the fun and exciting things happening in our neighbourhood centres!

<http://marioncommunityhubs.eventbrite.com>

Thursday

Blokes Time Out

Mitchell Park Sport Club
9.00am - 11.30am
Cost \$5.00

Day Trippers

9.00am - 2.30pm
Cost \$8.50 pp for bus
Additional costs apply
Bookings Essential via Eventbrite

Knitting and Craft Circle

9.30am - 11.30am
Cost \$2.00

Out and About

Social Support Group
12.30pm - 4.00pm
Cost \$4.00

Friday

Playgroup

9.00am - 10.30am
0 - 4 years
\$2.00 per family

Conversations of Everyday Life

11.30am - 2.30pm
Cost \$4.00

Sewing Group

Experienced
11.30am - 2.30pm
Cost \$4.00

DID YOU KNOW?

GROW FREE!

Mitchell Park is home to a Grow Free produce cart! Give what you can from your garden or take what you need!

SENIOR SOCIAL GROUPS

Wacky Wednesdays

Over a delicious two course lunch enjoy laughter, fun and friendship. Enjoy guest speakers, theme days, activities and outings.

Wednesdays (Weekly)

11.00am - 2.30pm

Cost \$14.00 or \$10.00 if registered with My Aged Care.

Bookings Essential

For more information call

T 8375 6804

Silver Liners - Over 50's Social Group

Join this independent social group for the more active, independent seniors in our community. Silver Liners gives you the opportunity to make new friends and enjoy what life has to offer.

Enjoy walks in the local area to explore the heritage within our own community, go to bowling, visit cinemas and much more.

Thursdays (Fortnightly)

1.00pm - 4.00pm

For more information call T 8375 6804

Cost Varies based on activity.

Bookings Essential

Adult Learners Week

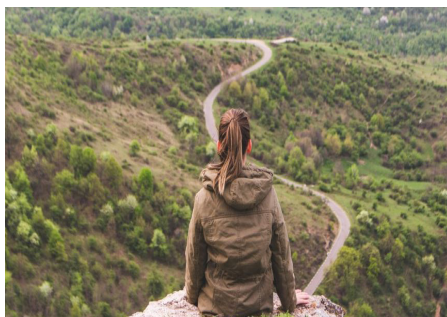


Look out for the City of Marion Community Centre and Libraries coming to the Castle Plaza Shopping Centre during the week of **September 2nd to September 7th**. Workshops, activities and information for everyone!

We will have people you can chat to about programs and services offered throughout our Centres and Libraries. Something for everyone. So keep these dates free to come into our Pop up Learning Hub at Castle Plaza during Adult Learner's Week 2019

MITCHELL PARK

Neighbourhood Centre
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Compass - 'Cancer Support Group' NEW

When it comes to Cancer, each person is on a different journey. Compass is about finding support while you walk this path. Beating Cancer is about more than just treating the tumour. It's about ensuring that people living with cancer have quality of life, during and after cancer treatment by also treating emotional, physical and health concerns of the individual. Come and join the discussion about quality of life with Robyn who is living with breast cancer. Her positive attitude is inspiring.

Tuesdays 2.00pm - 3.30pm
Cost FREE



Blokes Time Out

Join the men for a BBQ breakfast! Don't stay home on a Thursday morning when you can come together and have a chat, laugh and reminisce the morning away with other local blokes in the area. Held at the beautiful Mitchell Park Sports and Community Club.
Thursdays (Weekly) 9.00am-12 Noon
Mitchell Park Sports & Community Club
139 Bradley Grove Mitchell Park
T 8375 6804 *Bookings Essential*
Cost \$5.00 per session



Make Your Own Snakes & Ladders

Make your own snakes and ladders games with your 3-6 year olds this school holidays. Glue, colour, cut and paste to make your own paper snakes and ladders game!
Tuesday 9th July
10.00am - 11.00am
Cost FREE
Bookings Essential via Eventbrite
<http://marioncommunityhubs.eventbrite.com>
For more information call T 8375 6804



Reconciliation & NAIDOC WEEK Free Movie @ Mitchell Park The Sapphires

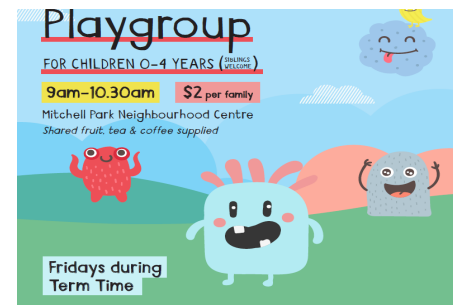
Includes movie, small snacks, tea and coffee. In 1968, four young, talented Australian Aboriginal girls learn about love, friendship and war as their all-girl group. The Sapphires travels to Vietnam to entertain the US troops. Based on a true story

Tuesday 2nd July 10.30am - 1.30pm

Cost FREE

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com>



Playgroup

For children from ages 0-4. Stories and song time. Siblings are welcome. Bring a piece of fruit to share. Tea & coffee supplied for parents.

Fridays

9.00am - 10.30am

Term Time

T 8375 6804

Cost \$2.00 per family



Large Games & Pizza!

Have fun exploring large and small games with your children for the school holidays including Connect 4, Jenga and chess. Pizza for all children booked in.

Tuesday 16th July

11.00am - 12.00pm

Cost \$5.00

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com>

For more information call T 8375 6804



Sisters of the World - NEW

Sharing Culture, friendship and experiences

Surround yourself with culture with our new Sisters of the world program. We are bringing women together of all cultures to share their music, traditional dress, food, stories and more in a friendly and welcoming environment.

Regardless of where we come from, the one thing we all have in common is that we now call Australia home.

Mondays, Starting 22nd July

Running Term Time

1.00pm - 2.30pm

Cost \$2.00 per session includes Tea & Coffee

T 8375 6804 for all enquires

Bookings Essential.

Day Trippers

A chance to get out, meet new people and learn about interesting attractions around Adelaide. Suitable only for adults who are independent. See our program online for more details.

Last Thursday of the Month

Mitchell Park Sports & Community Club

139 Bradley Grove

Mitchell Park

Cost \$8.50pp Additional costs may apply

For more information call

T 8375 6804

Bookings Essential via Eventbrite

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