

TROTT PARK NEIGHBOURHOOD CENTRE PROGRAM

34 Hessing Crescent Trott Park

CALL 8387 2074

WEB marion.sa.gov.au/tpnc

Monday

Zumba

9.15am - 9.55am

Cost \$6

Free crèche

Playgroup

9.30am - 11.30am

Cost \$3



Body Sculpt/Pilates

10.00am - 11.00am

Cost \$6

Seniors Fitness

2pm - 3.00pm

\$5 per class

Kids Yoga

4.00pm - 5.00pm

Only \$7 per class

Karate

Kids 6pm - 7.30pm

Adults 7.15pm - 9pm

Norrie 0402 133 387 or

8381 4504

Tuesday

French Conversation

10.00am - 12.00noon

Cost \$3

Boxing

10.00am - 11.00am

\$6 casual

Free crèche

Men's Shed

10.00am - 12.00noon **\$2**

Yoga

11.15am - 12.30pm \$7

Book Club 2nd Tuesday of the month

1.00pm - 2.00pm

Free

Painting & Drawing Class

2pm - 4pm \$10

Strong Girls

4.00pm - 6.00pm

Cost \$5 per week

Tai Chi Beginners

6.30pm - 7.15pm

Intermediate

7.15pm - 8pm

Rosemary 8381 7969

Wednesday

Stretch & Core

9.15am - 10.00am

Cost \$6

Hip Hop Funk

Children 3 - 4 years

10.15am - 10.45am

Cost \$50 per term

Machine Embroidery

10am - 3pm \$3



Mosaic Classes

10.30 - 12.30pm **Free**

Meditation

12.15pm - 1.45pm

Cost \$10

Sue 0421 915 591

Karate

Kids & Adult

6.30pm - 9pm

Thursday

Pilates

9.15am - 10.00am

Cost \$6

Zumba

10.15am - 11.15am

Cost \$6

Free crèche

Men's Shed

10.00am - 12.00noon

Cost \$2

Let's Do Lunch Aug 9, Sep 13, Oct 11

1pm - 3.00pm

\$14 or \$10 if reg with My Aged Care

Hip Hop Funk

Children 4-6 years

4pm - 4.45pm

Cost \$50 per term

Friday

Zumba - low Impact

9.15am - 10.00am

Cost \$6

Yoga

10.15am—11.15am

\$7 per class

Blokes' Brekky

\$4 Bookings essential

(1st Friday of each month) 9am - 11am

Distinguished Men's Group

From 11.30am

\$7 or \$5 if reg with My

Saturday

Community Garden

Open to the public every

Saturday between 10am and midday.

Pizza Mondays

Join us each Monday of school term, as we fire up the pizza oven between 11am and midday. Delicious mozzarella pizzas available for \$1.00 per slice. Fresh espresso coffee also available for \$2 per cup. No need to book, just turn up.



Plastic Free July Activity

Monday July 30th 12pm - 2pm

Beeswax Wraps, Produce Bags & Boomerang Bags

Plastic Free July aims to raise awareness of the problems with single-use disposable plastic and challenges people to do something about it. As part of Plastic Free July we are running a free workshop to give you the opportunity to make your own environmentally friendly products. **Bookings essential on 83872074**



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

Monday

Conversation Group
10:00am - 12:00pm
Cost \$4

Flexi Fitness

12:30pm - 1:30pm
1:30pm - 2:30pm
Cost \$5 Per Session



Tuesday

Walking Group
9:00am - 10:00am
Free

Sewing Group

10:00am - 2:00pm
Cost \$4



Guitar Lessons

2:00pm - 3.30pm
Cost \$4

Weight Watchers

6:00pm - 8:00pm

Wednesday

Women's walking group

9:00am - 10:00am
Cost \$1
(includes morning tea)

Beading for Beginners

9.30am - 11.30am
Cost \$5

Wacky Wednesday

11:00am - 2.30pm
\$14 or \$10 if registered
with My Aged Care

Public Trustee Wills

9:00am - 4:00pm
Enquiries 8226 9204

Girls Connect Autism group

3.45pm - 4.45pm \$2

Thursday

Blokes Time out

9.30am - 11.30am
\$7 or \$5 if registered
with My Aged Care

Knitting & Craft Circle

9.30am - 11.30am
Cost \$2

Silver Liners Social Group

1.00pm - 4.00pm
\$5 or cost of outings at
own expenses

Out and About

12.30pm - 4pm
Cost \$4

Friday

Sewing Group
10:00am - 1:00pm
Cost \$4.00



Under Construction

Boy's Autism group
4:00pm - 5.15pm
Cost \$2

Under Construction

"Building Fun, Building Friendships"

A social group for boys in years 1 to 7 on the Autism Spectrum.

Regular activities include ;

Lego table, Board games and access to sport and playground equipment.

Each child must be supervised by a parent or carer during the session.

Fridays 4pm - 5.15pm

(School term only)

\$2 per week



Beading for Beginners

What a great opportunity to learn to make some beautiful beaded bracelets or necklaces that can be given as a gift for a birthday or Christmas that has been hand made especially by you for that someone special.

Wednesdays

9.30am - 11.30am

Cost \$5



Silver Liners

If you were a teenager in the 50's 60s or 70s this is the group for you!

This vibrant group will provide opportunities to make new friends and enjoy what life has to offer. The group may adventure out to explore places of interest, attend a movie or go on a bus journey to various locations to enjoy a lunch together.

Thursdays fortnightly 12.30pm - 3.30pm

\$8.00 per week except on outings where you pay your own expenses. Bookings essential

