MITCHELL PARK NEIGHBOURHOOD CENTRE PROGRAM

1 CUMBRIA COURT MITCHELL PARK

Stop 28 Bradley Gr (Bus W90)

8375 6804

marion.sa.gov.au/mitchellpark
http://marioncommunityhubs.eventbrite.com

TERM 3, 2021
19TH JULY – 24TH SEPTEMBER

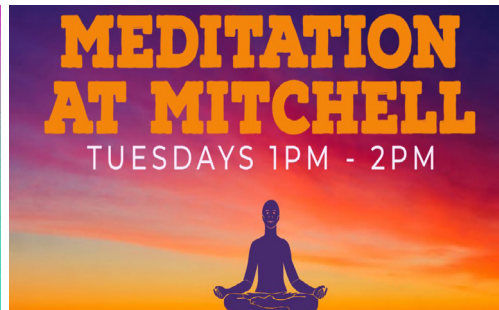| Monday	Tuesday	Wednesday	Thursday	Friday
Beading 9.30am - 11.30am $7.00 per class	**Heart Foundation Walking Group** 9.00am - 10.00am FREE	● **Dance and Tone** 10.00am - 10.45am $7.00 per class Phone to book	**Blokes BBQ Brunch** 9.00am - 11.00am $8.00 per session Phone to book	**Community Playgroup** 9.00am - 10.30am 0 - 4 years FREE
● **Fabulous & Fit, Stand or Sit** 11.45am - 12.30pm $7.00 per class	**Sewing Group** *Need Basic Knowledge* 9.30am - 11.30am $4.00 per session	**Wacky Wednesdays** 12.30pm - 2.30pm $10 if reg with My Aged Care (incl a frozen meal)	**JOIN OUR MAILING LIST!** Scan the QR code to sign up! Get exclusive access to bookings before the rest of the public know!	● **Zumba GOLD** 11.15am - 12.00pm $7.00 per class
1:1 English Help 12.00pm - 3.00pm **& Fridays** $2.00 per session	**Meditation NEW!** 1.00pm - 2.00pm $35.00 for 5 Weeks 10th Aug - 7th Sep	**Kids Hip Hop NEW!** 3.45pm - 4.30pm Ages 3-8 $50.00 for term		**1:1 English Help** 12.00pm - 3.00pm **& Mondays** $2.00 per session
	COMPASS Cancer Support Group 2.00pm - 3.30pm FREE Phone to Book			**The JOY Club NEW!** 1.00pm - 1.45pm $35.00 for 5 Weeks 6th Aug - 3rd Sep

The JOY Club NEW!

We are excited to welcome Annie Harvey back, TEDx presenter to bring us The JOY Club! A fun uplifting program using deep breathing, stretching and group laughter activities. A belly workout without the physical stress. Laughter exercise with Annie is light-hearted and fun! Meeting in a judgement free, calm and inviting space, assists towards a meditative state of laughter. Even hesitant guests are quick to find themselves losing their inhibitions to the energy that sweeps across the room. Come along and let happy endorphins go wild!

5 Week workshop Starting Friday 6th August - 3rd September 1.00pm - 1.45pm

Cost: $35.00 for workshop
Bookings Essential via Eventbrite or by calling the centre on 8375 6804

Meditation at Mitchell: 5 Weeks NEW!

Classes provide a beautiful journey of warmth, self healing & calming energy. Easy to learn Meditation methods to help you establish regular practice with ease. Please bring anything that makes your journey more comfortable - blankets, pillows, cushions, mats, water bottle. Suitable for everyone!

Tuesday's 1.00pm - 2.00pm starting 10th August - 7th September

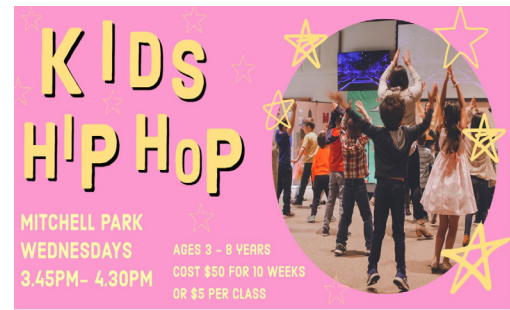**Cost: $35 for full course or $7 per class .**
Bookings Essential via Eventbrite or by calling the centre on 8375 6804

1:1 English Help:
No such thing as a silly question!

This is an opportunity for you to ask or clarify some of Australia's silly sayings. If you are confused with the words we use to describe things but don't want to look silly by asking that question, this is the safe space you need. Our volunteers can assist with basic English skills, conversation skills and basic form filling.

Book in for a 1 hour session Cost: $2.00
Mondays & Fridays 12noon - 3.00pm
Bookings Essential please call 8375 6804

Kids Hip Hop NEW TIME!

Let your littlies wear themselves out as they groove to the beat. Let the kids show off their moves as they are put through their Hip Hop paces. This term we have the opportunity to experiment with even more dance styles. For ages 3-8.

Wednesdays 3.45pm - 4.30pm Term time
Cost: $50 for term or $5 per class
Bookings Essential via Eventbrite or by calling the centre on 8375 6804

SCAN ME!

To check out any of our new and exciting programs scan our QR code! We have lots of fun things happening this term and would love to see some familiar and new faces!

Like us on Facebook to stay up to date with all that's happening in your community! Events, workshops, school holiday programs and more!
@MarionNeighbourhoodCentres