

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

Crystal Mindfulness & Healing

11am - 12.30pm

Cost \$5

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

Cost \$2

Yoga NEW

11.15am - 12.45pm \$7

Book Club 2nd Tuesday of the month

1.00pm - 2.00pm

Free

Painting & Drawing Class

2pm - 4pm \$10

Strong Girls NEW

4.00pm - 5.30pm

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 \$5

Machine Embroidery

10am - 3pm \$3

Meditation NEW TIME

12.15pm - 1.45pm

Cost \$10

Sue 0421 915 591

Mosaic Classes

10.30 - 12.30pm **Free**

Senior Fitness

2.00pm - 3.00pm

\$5 per class

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 May 10, June 14, July 12

1pm - 3.00pm

\$11 or \$9 if reg with My Aged Care

Hip Hop Funk

Children 4-6 years

4pm - 4.45pm

Cost \$50 per term

Art Therapy

10.00am - 12pm

Ten week program only

\$10 per week includes all materials.

CPR - 30 Training

17th May 12pm or

12.45pm

Learn the essentials for helping save lives. **FREE**

Friday

Zumba - low Impact

9.15am - 10.00am

Cost \$6

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 Aged Care (inc lunch)

Saturday

Community Garden

Open to the public every Saturday between 10am and midday.



Free CPR Training

Sudden cardiac Arrest affects more than 1800 people per year in SA. We are offering free training sessions in CPR conducted by the SA Ambulance Service. This life saving training is a hands-on activity that will help give you confidence to save a life.

Thursday May 17th 12:00pm - 12.45pm



Free Mental Health

This 2 day course teaches how to provide initial support to those developing a mental illness or experiencing a mental health crisis. Please note this is not a therapy or support group, rather an education course to learn how to give first aid to others.

Wednesday May 23 & 30 9am - 4pm

Crystal Mindfulness & Healing

Mondays 11.00am - 12.30pm

\$5.00 per week

Would you like to learn how crystals can help you live a happier life? Come and join Victoria to experience your own healing journey. You will learn how to choose your own personal crystal, cleanse, clear and charge them. Discover how crystals can benefit your everyday life and how to sense the energy of crystals and use them to heal. Learn how chakras, colours and gemstones work together. No experience necessary and crystals provided if you do not have your own.



MITCHELL PARK NEIGHBOURHOOD CENTRE PROGRAM

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

CALL 8375 6804

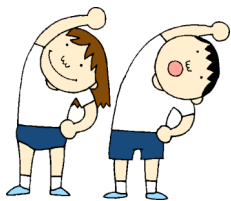
WEB marion.sa.gov.au/mpnc

Monday

ESL Literacy and Conversation
10:00am - 12:00pm
Cost \$4

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

Flexi Fitness
1:30pm - 2:30pm
2:30pm - 3:30pm
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
\$11 or \$9 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

Playgroup
9.30am - 11.30am
Cost \$3 per family

Knitting & Craft Circle
9.30am - 11.30am
Cost \$2

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

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



Playgroup

The Mitchell Park Neighbourhood Centre

Welcomes you to join other families in your local area whilst your children are having fun playing with other children. All families to supply a piece of fruit and a gold coin donation.

Thursdays 9.30am - 11.30am

During school terms only.

For further information contact 8375 6804



Blokes Time Out



Have you free time and would like to meet and chat with other retired men in your area?

Get out of the house, make new friends and chat whilst cooking and enjoying a delicious BBQ brunch.

Thursdays (weekly)

9.00m - 12.00pm

\$7.00 or \$5.00 if registered with My Aged Care.

Bookings essential 8375 6804

Free CPR Training

Sudden cardiac Arrest affects more than 1800 people per year in SA. We are offering free training sessions in CPR conducted by the SA Ambulance Service. This life saving training is a hands-on activity that will help give you confidence to save a life.

May 11th 2:00pm & 2.45pm
Bookings Essential



Mitchell Park knitting circle

Do you have any projects that need finishing or would you like to learn how to read patterns, stitches and to cast off?

This group can teach you all the basics as it is suitable from beginners to advance.

Thursdays 9.30am - 11.30am

\$2 donation . Any supplies of wool/needles would be greatly appreciated .