

**TERM 2, 2019**

Welcome to the Trott Park Neighbourhood Centre online newsletter. Below is our exciting Term 2 program.

Read on to find out more.

[VISIT OUR WEBSITE](#)

**Orchestra Fantastica !**

Explore the instruments of the orchestra in this engaging Adelaide Symphony Orchestra performance for young people. Presenter Peter Duggan, singer Elizabeth McCall and 12 ASO musicians brings the instruments to life through song, dance and actions to encourage active engagement with music. This content is a wonderful way of children to learn about the ways instruments are played and to hear them up close in a relaxed setting.



**Wednesday 24th April**  
**10.00am - 10.45am**  
**Ages : 4-8**  
**Cost: \$5.00**

*Bookings via link below*

[BOOK HERE](#)

**Resilient Leaders Training - 2  
Day Course**

These workshops are designed for volunteers, leaders and members of community groups, and active community members who would like to develop their leadership skills and be better able to support individuals and their community everyday, and during emergencies or traumatic events.

**the  
power of  
humanity**

**Dates: Friday 14th and 21st of June**  
**9.00am - 4.00pm both days**  
**Cost: FREE**

*Bookings essential spaces are limited.*

[MORE INFO](#)

**Kids Yoga**

A fun with children 5-10 years to learn yoga & meditation. Kids yoga gives children tools to deal with anxiety and concentration. A mix of exercise, relaxation and playing with others.



**Starting date : 30 April**  
**Tuesdays ( 10 weeks)**  
**4.00pm - 4.45 pm**  
**Cost: \$55.00 for 10 classes or \$6.00 per class**

*Bookings essential. Link Below.*

[BOOK HERE](#)

**#Youth Cooking**

Meet new people, learn how to cook healthy meals and then eat what you cook! Meals could include healthy options of pizza, hamburgers, crumbed chicken and tacos. Learn food safety and budgeting. A great starting point if you are interested in enrolling Espresso Coffee and Apply Food Safety.



**Saturday's**  
**Dates: 18th, 25th May and 1st, 8th, 15th, 22nd June**  
**Time : 10.00am - 12noon**  
**Cost: Free**  
**Ages : 16-25**

*Bookings essential. Link Below.*

[BOOK HERE](#)

## Raised Garden Bed Workshop

What can you grow in a raised 2.5 meter square garden bed? The Trott Park Community Garden Group will show you a simple structure you could build at home, where to build it in your garden and suggestions on plants to include in your raised garden bed.

Free Cappuccino/ hot chocolate included.

**Saturday 11th May**  
**10.00 am - 11.00 am**  
**Cost: FREE**

*Bookings essential. Link Below.*



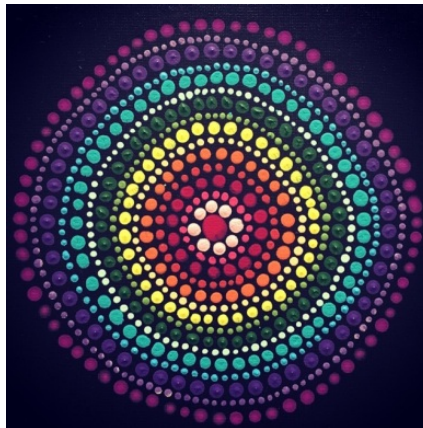
[BOOK HERE](#)

## Reconciliation & NAIDOC WEEK - Dreamtime Yoga

A session for children ages 5 plus that includes a fusion of Yoga and Aboriginal Cultural Elements. Parents and caregivers can join in with the children for connecting, sharing the fun or just sitting on the mats with them. Sessions includes Dreamtime Yoga, Meditation and small craft session.

**Thursday 30th May**  
**5.00 pm - 6.30 pm**  
**Cost: FREE**

*Bookings essential. Link Below.*



[BOOK HERE](#)

## Financial Information Service Series (FIS)

Put your mind at ease with this government run program that will assist you in understanding the ins and outs of managing your money.

### Topics Covered:

#### **Managing your Money**

Friday 31 May - 4.00 pm - 5.00 pm

#### **Understanding Superannuation**

Friday 28 June - 4.00 pm - 5.00 pm

#### **Understanding Retirement Income**

**Streams** - Friday 26 July - 4.00 pm - 5.00 pm

**Cost: Free**

*Bookings essential. Link Below.*

*\*Please note there is **3 separate** ticket types, one for each topic.*



[FIND SESSIONS AND BOOK HERE](#)

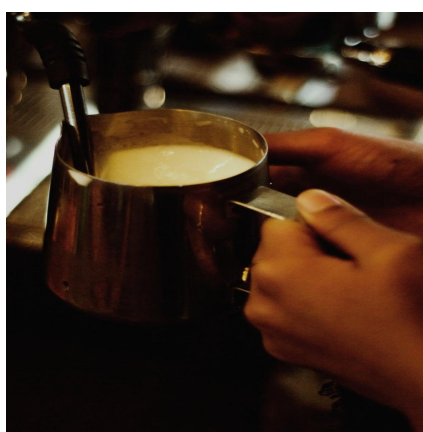
## Espresso Coffee and Apply food Safety TAFE Accredited course

Learn to make the perfect espresso coffee with our passionate and qualified lecturers who will inspire you to make coffee with enthusiasm and learn basic food handling techniques. This course is suitable for those working in or looking to start their career in the hospitality industry.

**Dates: 15,16,17,18 July**  
**Time: 9.00am - 3.30pm**  
**Cost \$50**

**Must be between Ages : 16-25 and an Australian Resident. Limited Spaces**

**For expression of interest please email:**  
[yasmin.neal@marion.sa.gov.au](mailto:yasmin.neal@marion.sa.gov.au)



[MORE INFO](#)

## Bringing Back the Butterflies

Learn how the BBB Project connects neighborhoods, brings butterflies back into your gardens and supports "Education for sustainability" with this talk from the Australian Association for Environmental Education - SA. Supported by office for Ageing Well and City of Marion

**Saturday 27th July,**  
**10.00 am - 11.30 am**  
**Cost: FREE**

*Bookings essential. Link Below*



[MORE INFO](#)

FOR A FULL LIST OF OUR  
PROGRAMS & EVENTS VISIT  
OUR EVENT CALENDAR

[CLICK HERE >](#)



Trott Park Neighbourhood Centre | 34 Hessing Crescent, Trott Park | 8387 2074

[VISIT OUR WEBSITE](#)