

TROTT PARK NEIGHBOURHOOD CENTRE PROGRAM

34 Hessing Crescent Trott Park

CALL 8387 2074

WEB marion.sa.gov.au/tpnc

TERM 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Zumba 9.15am - 9.55am Cost \$6 per class <i>Free crèche</i></p>	<p>French Conversation 10.00am - 12noon Cost \$3.00 per class</p>	<p>Stretch and Core 9.15am - 10.00am Cost \$6.00 per class</p>	<p>Pilates 9.15am - 10.00am Cost \$6.00 per class</p>	<p>Zumba- Low Impact 9.15am - 10.00am Cost \$6.00 per class</p>
<p>Playgroup 9.30am - 11.30am Cost \$3per session</p>	<p>Boxing 10.00am - 11.00am Cosr \$6.00 per class <i>Free crèche</i></p>	<p>Hip Hop Funk Children 3-4 years 10.15am - 10.45am Cost \$50 per term</p>	<p>Zumba 10.15am - 11.15am Cost \$6.00 per class</p>	<p>Yoga 10.15am - 11.15am \$7.00 per class</p>
<p>Body Sculpt/Pilates 10.00am - 11.00am \$6.00 per class</p>	<p>Men's Shed 10.00am - 12noon Cost \$2.00 per session</p>	<p>Mosaic Classes 10.30am -12.30pm Free</p>	<p>Men's Shed 10.00am - 12noon Cost \$2.00 per session</p>	<p>Blokes' Brekky \$4 Bookings Essential 1st Friday of month 9.00am - 11.0am</p>
<p>Senior Fitness 2.00pm - 3.00pm \$5.00 per class</p>	<p>Yoga \$7.00 per class Ring for times</p>	<p>Meditation 12.15pm - 1.45pm Cost \$10 per class ph: 0421 915 591</p>	<p>Let's Do Lunch 1.00pm - 3.00pm 2nd Thursday of month \$14 or \$10 if reg</p>	<p>Distinguished Mens Group From 11am. \$7 or \$5 if reg with My Aged Care</p>
<p>French Classes Classes available \$3.00 per 2 hour class Phone for more details</p>	<p>Book Club 2nd Tuesday of month 1.00pm- 3.00pm Free</p>	<p>Italian Conversation 1.00pm - 2.30pm \$6.00 or \$3.00 if reg with My Aged Care</p>	<p>Italian Conversation 1.00pm - 2.30pm \$6.00 or \$3.00 if reg with My Aged Care</p>	<p>Financial Information Service Series (FIS) 4.00pm - 5.00pm</p>
<p>Karate Kids 6pm - 7.30pm Adults 7.30pm - 9pm ph: 0402 133 387</p>	<p>Painting and Drawing 2.00pm - 4.00pm Cost \$10 per class</p>	<p>Strong Girls 4.00pm - 5.30pm Cost \$50 per tem</p>	<p>Hip Hop Funk Children 4 - 6 years 4.00pm - 4.45pm Cost \$50 per term</p>	
	<p>Kids Yoga 4.00pm - 4.45pm \$55 for 10 classes or \$6.00 per class</p>	<p>Karate Kids 6pm - 7.30pm Adults 7.30pm - 9pm ph: 0402 133 387</p>		
	<p>Tai Chi 6.30- 7.15pm Beginners 7.15-8pm Intermediate ph: 8381 7969</p>			

Saturday

Pop Up Cafe

Raised Garden Bed Workshop
Saturday 11th MAY
10.00am -11.00am

Free Event
Includes Free Espresso
Bookings Essential via Eventbrite

#Youth Cooking

Saturday's 18th , 25th May
1st, 8th, 15th, 22nd of June
10am - 12 noon

Free event
Bookings Essential Via eventbrite

<http://marioncommunityhubs>.

Let's Do Lunch

Come along to our monthly lunch group, bring a friend or make new ones. Topics and dates listed below. Cost \$14 or \$10 if registered with My Aged Care. Bookings Essential

The History of Sturt Road
Thursday 9th May
1.00pm -3.00pm
What was Sturt Road like before the heavy traffic? Ian Morphet will share his discoveries about the people, buildings and life as it was on Sturt Road in Marion's rural and historic past.

Gain Control of Your Energy Bills
Thursday 13th June
1.00pm -3.00pm
Do you find electricity, gas and water bills difficult to understand? What can you do to lower your bills? This session will give you tips to stay on top of your energy bills. Bring along your bills (optional) and questions.

Give Chi Ball a Try
Thursday 11th July
1.00pm -3.00pm
Chi Ball is a mind-body exercise that involves music, flowing movement and relaxation. This tastier will allow you to experience its benefits including improved balance, calm and sense of wellbeing.

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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 bring the instruments to life through song, dance and actions to encourage active engagement with music.

This concert is a wonderful way for children to learn about the way 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 Essential

aso.com.au/learning/community



Bringing Back the Butterflies

Learn how the BBB Project connects neighbourhoods, brings butterflies back into your garden 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, 10.00am - 11.30am

T 8387 2074

Cost: FREE

Bookings Essential

<http://marioncommunityhubs.eventbrite>.

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.

9.00am - 3.30 pm

15th, 16th, 17th, 18th July.

Must be between the ages of 16 - 25 years and an Australian Resident.

For expersions of interest please email:

yasmin.neal@marion.sa.gov.au

For more infomation call T 8387 2074

Cost : \$50.00



Kids Yoga

A fun way for 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.

Term 2 for 10 Weeks. Starting 30th April

Tuesdays, 4.00pm -4.45pm

For more infomation call

T 8387 2074

Cost \$55 for 10 classes

or \$6.00 per class

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com/>

Dreamtime Yoga

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

Thursday 30th May

5.00pm - 6.30pm

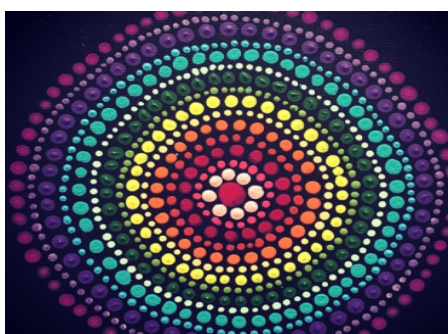
For more infomation call

T 8387 2074

Cost FREE

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com/>



Financial Information Service Series (FIS).

Managing Your Money

Reviewing your financial position & personal financial planning, dealing with financial stress. Planning for the future and protecting your assets.

Friday, 31st May 4.00pm - 5.00pm

Understanding Superannuation

Understanding some myths about super, making contributions, accumulation, tax and social security and Superannuation at retirement.

Friday, 28th June 4.00pm - 5.00pm

Understanding Retirement Income Streams

What they are, how they work, options available, human services assessment, tax assessment, choices and consequences

Friday, 26th July 4.00pm - 5.00pm

For more infomation call

T 8387 2074

Cost: Free

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com/>

#YouthCooking

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 in Espresso Coffee and Apply Food Safety.

Saturdays, 10.0am - 12noon

On Saturdays 18th, 25th May

1st, 8th, 15th, 22nd June

For more infomation call

T 8387 2074

Cost: FREE

Must be between the ages of 16 - 25 years

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite.com/>



Raised Garden Bed Workshop

What can you grow in a raised 2.5metre 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 10.00am - 11.00am

For more infomation call

T 8387 2074

Cost: FREE

Bookings Essential via Eventbrite

<http://marioncommunityhubs.eventbrite>.