

# TROTT PARK NEIGHBOURHOOD CENTRE PROGRAM

34 HESSING CRESCENT TROTT PARK

8387 2074

marion.sa.gov.au/trottpark

<http://marioncommunityhubs.eventbrite.com>

## TERM 3, 2021

### 19TH JULY - 24TH SEPTEMBER

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <p>● <b>Yoga</b><br/>9.30am - 10.15am<br/>\$7 per session</p>   | <p><b>Men's Shed</b><br/>9.00am - 12noon<br/>\$4.00 per session<br/>Induction Required</p>             | <p>● <b>Yoga Mama's</b><br/>9.15am - 10.00am<br/>\$7.00 per class</p>   | <p><b>Men's Shed</b><br/>9.00am - 12noon<br/>\$4.00 per session<br/>Induction Required</p>              | <p><b>Blokes Catch Up</b><br/>1st &amp; 3rd Friday<br/>of month Cost: \$4.00<br/>10.00am - 12 noon</p>  |
| <p><b>French Intermediate</b><br/>10.30am - 12.00noon<br/>\$4.00 per class</p>                                  | <p>● <b>Werk It! NEW!</b><br/>9.30am - 10.15am<br/>\$7 per session</p>                                 | <p><b>Hip Hop Plus</b><br/>Children 3-4 years<br/>10.30am - 11.00am<br/>Cost \$50 for 10 weeks</p>  | <p>● <b>Pilates</b><br/>9.15am - 10.00am<br/>Cost \$7.00 per class</p>                                  | <p><b>French Beginners</b><br/>10.30am - 12.00pm<br/>\$4.00 per class</p>   |
| <p><b>Meditation</b><br/>1.30pm - 3.00pm<br/>\$7.00 per class</p>   | <p><b>Italian Conversation</b><br/>10.00- 12.00pm<br/>Phone 8375 6703 to book<br/>\$5.00 per class</p> | <p><b>Community Mosaic</b><br/>12noon - 2.00pm<br/>\$2.00 Previous<br/>experience required</p>  | <p><b>Butterfly Playgroup</b><br/>9.30am - 11.30am<br/>Cost \$4.00 per family</p>                       | <p><b>Self Defence NEW!</b><br/>4.00pm - 4.45pm<br/>5 Week Series<br/>Empowering Families</p>   |
| <p><b>Sculpting with Plaster<br/>NEW!</b><br/>Children 10-16 years<br/>4.00pm - 6.00pm<br/>\$60 for 5 weeks</p> | <p><b>Book Club</b><br/>2nd Tuesday of month<br/>12.30pm - 1.30pm<br/>Free</p>                         | <p><b>JOIN OUR MAILING LIST!</b><br/>Scan the QR code to sign up! Get exclusive access to bookings before the rest of the public know!</p>  <p>SCAN ME</p> | <p><b>1:1 English Help</b><br/>9.30am - 12.30pm<br/>\$2.00 per session</p>                              | <p><b>Saturday</b></p> <p><b>Varied Workshops</b><br/>Cost and time varies<br/>Check out Eventbrite for whats on!</p> <p><b>Environmental Saturdays NEW!</b><br/>1st Saturday of Month<br/>Assorted Workshops<br/>Cost Varies</p> |
|   | <p><b>Painting and Drawing</b><br/>1.30pm - 3.30pm<br/>\$7.00 per class<br/>Phone to book</p>          |   | <p><b>Let's do Coffee &amp; Cake</b><br/>1.00pm - 3.00pm<br/>Cost \$5.00<br/>2nd Thurs of the Month</p> |   |
|   | <p><b>Kids Clay NEW!</b><br/>Children 8-15 years<br/>4.00pm - 5.30pm<br/>\$50 for 5 weeks</p>          |   |   |   |

## WHAT ELSE IS HAPPENING!

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!



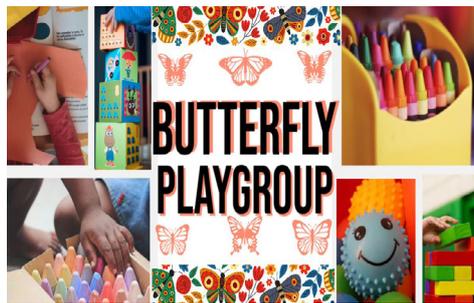
SCAN ME



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



### Butterfly Playgroup NEW!

Come and relax in our friendly new playgroup! Playgroups offer babies, toddlers and young children a wide variety of early learning experiences. Playgroup is a great way for your child(ren) to learn about the world, make friends and develop social skills. Playgroup also gives mums, dads, grandparents and caregivers a chance to share ideas and experiences. Many long-term friendships begin at Playgroup.

**Thursdays 9.30am - 11.30am**

**Cost: \$4.00 per family Ages 0-5.**

To book please call the centre!



## SCULPTING WITH PLASTER

**MONDAYS 4PM - 6PM  
5 WEEKS  
26 JULY - 23 AUG**

TROTT PARK

### Sculpting with Plaster NEW!

This new course is designed for those 10-16 year olds who have a creative side. Design your very own mask or sculpture or ornament using some clever techniques and easy to use Modroc plaster. Spend time planning, designing, and constructing a base. Let your imagination run wild as your work develops a personality over a number of weeks. Finish your creation with a dash of paint or a full body makeover and a coat of varnish

**Mondays 5 weeks starting 26 July 4pm - 6pm**

**Cost: \$60.00 Ages 10-16**

Bookings Essential via Eventbrite

# TROTT PARK

Neighbourhood Centre  
34 Hessian Crescent, Trott Park  
CALL 8387 2074  
WEB [marion.sa.gov.au/tpnc](http://marion.sa.gov.au/tpnc)



## Environmental Saturdays

Happening once monthly join into one or all of our environmental workshops!

**Beeswax wraps for Plastic Free July**

**Saturday 3rd July Cost: \$15.00**

**Bookings Essential via Eventbrite**

**Let's Scrap Food Waste!**

**Saturday 4th September Cost: FREE**

**No need to book - just come along!**



## CPR Training

The CPR course provides the knowledge and skills to manage an unconscious casualty, and perform cardiopulmonary resuscitation on a person who is unconscious and not breathing normally.

*HLTAID001 Provide cardiopulmonary resuscitation*

**Monday 12th July 9.00am - 12noon**

**Cost \$25 Usually costs \$65 Ages 16+**

**Bookings Essential via Eventbrite**

## 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**

**Thursdays 9.30am - 12.30pm**

**Bookings Essential please call 8387 2074**

# SELF DEFENSE

## EMPOWERING FAMILIES

\$50.00 for individuals  
\$125 for families  
(2 parents and maximum 3 children)

## Self Defence: Empowering Families 5 Weeks

Empower yourself and your family while learning strategies and techniques to keep you safe in potentially dangerous situations. Learn how to manoeuvre yourself if you were grabbed, held or pushed. Learn how to avoid situations from escalating and how to position yourself safely. Walk away feeling confident and empowered. Not just for families, individuals are also encouraged to come along and learn!

**5 Weeks Starting Friday 6th August till 3rd September 4.00pm - 4.45pm**

**Family Pass: \$125 (2 x Adults, Up to 3 Kids)**

**Individuals: \$50 for 5 weeks**

**Bookings Essential via Eventbrite**



## Kids Clay Play

Come and play with clay, and explore a range of techniques for creating handmade pottery. Back by popular demand! Experiment with this building technique a very different method to the previously learnt skills, but just as good as a beginners starting point in clay work. Great to get your hands dirty and get creative! Work on your clay skills over the 5 weeks and design peices for you to take home! Clay will be fired and available to collect at the end of the 5 weeks. All materials provided.

**Tuesdays 4.00pm - 5.30pm**

**5 Weeks starting 3rd August - 31st August**

**Suitable for ages 8-15.**

**Cost \$7.00 Cost: \$50.00**

## Saturdays @ Trott

Various workshops on Saturday mornings at Trott Park! A perfect way to start your weekend!

**Rag to Rugs**

**Saturday 10th July Cost: \$15.00**

**Origami Garland Workshop**

**Saturday 24th July Cost: \$10.00**

**Wet Felting Workshop**

**Saturday 14th August Cost: \$10.00**

**Watercolour Techniques with Mary**

**Saturday 21st August Cost: \$10.00**

**Dry Felting**

**Saturday 28th August Cost: \$10.00**

**Origami Workshop**

**Saturday 18th September Cost: \$10.00**

# FITNESS

## Yoga

Using stretch and breath work, you will relax into this fabulously nourishing class that will help you to deepen your poses and flow through the sequences. Deepen your breath + stretch, improve your posture and skeletal strength, slow your mind and calm your soul, immerse yourself in the wind down of Shavasana. Suitable for guys + girls!

**Mondays 9.30am - 10.15am \$7 per session**

## Werk It! NEW!

A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This 45 minute full body workout uses boxing, dance, light weights & cardio to transform your mind & body to some seriously good beats and fun.

**Tuesdays 9.30am - 10.15am \$7 per session**

## Yoga Mama's

This is just a space where Mama Bears (or Daddy's or Nanny's) + Baby Bears can connect, to breath together, to move together to unwind + just be. As peaceful as this sounds, we also know the chances of bub's being quiet in your moment of zen is unlikely and that is totally fine! Everyone is welcome in this all-inclusive class!

**Wednesdays 9.15am - 10.00am \$7.00 per session**

## Pilates

For those who would like to get to know & understand the foundations of Pilates, how to activate your core, learn the techniques & breath work in a slower paced class. The benefits that Pilates brings are endless: from alleviating aches + pains to increasing posture, strength, mobility and increasing your emotional wellbeing. Pilates helps reduce stress & improves sleep!

**Thursdays 9.15am - 10.00am \$7.00 per session**

**Bookings Essential please call 7420 6400**



## Kids Hip Hop

Preschool Hip Hop, is back with even more on offer. Our instructor will introduce even more dance styles throughout the term. Let your littlies wear themselves out as they groove to the beat.

**Wednesdays 10.30am - 11.00am**

**Cost \$50 for 10 weeks or \$5.00 per class**