

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 4, 2020
12 OCTOBER - 11 DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Beading 9.30am - 11.30am \$7.00 per class Phone to Book	Heart Foundation Walking Group 9.00am - 10.00am FREE	Dance and Tone 10.00m - 10.45am \$7.00 per class Phone to Book	Blokes Time Out 9.00am - 11.00am Cost \$4.00 Phone to Book	Community Playgroup 9.00am - 10.30am 0 - 4 years \$2.00 per family
Body Moves 12.15pm - 1.00pm 1.30pm - 2.15pm \$7.00 per class	Sewing Group <i>Basic Knowledge Required</i> 9.30am - 11.30am Cost \$4.00	Wacky Wednesdays 12.30pm - 2.30pm \$10 if reg with My Aged Care (incl a frozen meal to take home)	Mindfulness & Meditation 11.30am - 12.45pm Cost \$7.00 Phone to Book	Bro-ga (Men's Yoga) 11.30am - 12.15pm Cost \$7.00 Bookings via Eventbrite
	COMPASS Cancer Support Group 2.00pm - 3.30pm FREE Phone to Book	English for Work Level 1 5.30pm - 7.30pm Free - For Job Seekers Bookings Essential ace@marion.sa.gov.au		

EXERCISE CLASSES!

Each week, pay for 3 exercise classes and get **UNLIMITED** additional classes in the same week at any centre!

● - Offer only Valid for eligible classes

WE NEED YOU! Help Weave Mitchell Park

Want to share a story? Want to learn new skills? Want to contribute to the artwork to reflect local community and landscape? City of Marion is calling for members of the community with a connection to Mitchell Park (past and present) to help shape a community textile piece for the new Mitchell Park Sports and Community Centre. This project is to engage, connect and actively promote participation across residents, students, broader community members and businesses within Mitchell Park and adjoining areas. No experience necessary – and many different ways to get involved. To register your interest or share your story visit the website below:

www.makingmarion.com.au/mitchell-park-storytelling

Blokes Time Out

Don't stay home on a Thursday morning when you can come together and have a chat, laugh and reminisce the morning away with other local blokes in the area.

Thursday's 9.00am - 11.30am

Cost \$4.00 Bookings Essential Phone to book

Bro-ga (Men's Yoga) - NEW!

Can you touch your toes!? Mens Yoga is specifically designed to get you there and along the way, this class will help: Alleviate muscle tension, Improve flexibility and balance, Increase strength + emotional wellbeing Deepen your breath and awareness

Friday's 5 Weeks starting 16th October

12.00pm - 12.45pm Cost \$35.00

Bookings Essential via Eventbrite

Mindfulness & Meditation - NEW!

Learn about Mindfulness through colouring; incorporates a short meditation. A great place to start if you are looking to introduce yourself to this mind calming practice.

Thursday's 11.30am - 12.45pm

Cost \$7.00 per class

Bookings Essential Phone to book

Adult Community Education

Are You Preparing for Work? Adult Community Education courses can help you improve your foundation skills and give you the confidence to try study or find employment. If you are 17 years and above and of working age, then these courses can help you find direction, build your skills and create new possibilities.

For more information please call 7420 6400 or email ace@marion.sa.gov.au

Wacky Wednesday

Join our fun group of seniors for morning tea, fun and friendship. Everyone receives a frozen meal to take home and enjoy a night without cooking!

Wednesday's 12.30pm - 2.30pm Cost \$10 if reg with My Aged Care (incl a frozen meal)

GLANDORE CAROLS IN THE PARK GOES VIRTUAL

Glandore Community Centre is partnering with Marion Cultural Centre to bring you Carols in the Park, at home. This year our Carols in the Park will take on a new look as we go virtual and present a compilation of community groups, schools and choirs with a mix of live streamed traditional Carols supported by Marion City Band. So pull up a deckchair, follow on Facebook, download the song sheet and sing loud enough so the neighbours join in.

Wednesday 2nd December 6.00pm Cost: FREE

Compass Cancer Support Group

When it comes to Cancer, each person is on a different journey. Compass is about finding support while you walk this path. Beating Cancer is about more than just treating the tumour. It's about ensuring people living with cancer have quality of life, during and after cancer treatment by also treating emotional, physical and health concerns of the individual. Come and join the discussion about quality of life with Robyn who is living with breast cancer. Her positive attitude is inspiring.

Tuesdays 2.00pm - 3.30pm

Cost: FREE Bookings Essential Phone to book

Dance Tone

Remember the Grape Vine? This low impact class will get your heart rate up, your mind working and body grooving to a choreographed dance routine that is a lot of fun! Programmed for the fun loving 65's, you will know the fitness moves & tunes that will go along with it.

Thursdays 2.00pm - 2.45pm Cost \$7.00

Bookings Essential Phone to book

TROTT PARK NEIGHBOURHOOD CENTRE PROGRAM

34 HESSING CRESCENT TROTT PARK

8387 2074

marion.sa.gov.au/trottpark

<http://marioncommunityhubs.eventbrite.com>

TERM 4, 2020
12 OCTOBER - 11 DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>● Body Sculpt 9.15am - 10.00am Cost \$7 per session Phone to Book</p>	<p>Men's Shed 9.00am - 12noon Cost \$2.00 per session Phone to Book</p>	<p>● Stretch and Core 9.15am - 10.00am Cost \$7.00 per class</p>	<p>● Pilates 9.15am - 10.00am Cost \$7.00 per class</p>	<p>● Yogalaties 9.00am - 9.45am \$7.00 per class</p>
<p>French Intermediate 10.30am - 12.00noon Cost: \$4.00 Phone to Book</p>	<p>Book Club 2nd Tuesday of month 12.30pm - 1.30pm Free</p>	<p>Hip Hop Plus Children 3-4 years 10.30am - 11.00am Cost \$45 per term</p>	<p>Men's Shed 9.00am - 12noon Cost \$2.00 per session Phone to book</p>	<p>Blokes' Catch Up 1st & 3rd Friday of month Cost: \$4.00 9.00am - 11.00am</p>
<p>Textile Art 1.00pm - 3.00pm Topics/costs vary per term.</p>	<p>Painting and Drawing 2.00pm - 4.00pm Cost: \$7.00 Phone to book</p>	<p>Community Mosaic 12noon - 2.00pm \$2.00 Phone to Book</p>	<p>Lets do Coffee & Cake 1.00pm - 3.00pm Cost \$5.00 12 Nov & 10 Dec</p>	<p>● Yoga 10.15am - 11.15am \$7.00 per class Phone to book</p>
<p>Meditation 1.30pm - 3.00pm Cost: \$7.00 Phone to book</p>	<p>EXERCISE CLASSES!</p> <p>Each week, pay for 3 exercise classes and get UNLIMITED additional classes in the same week at any centre!</p> <p>● - Offer only Valid for eligible classes</p>			<p>● Senior Fitness 1.00pm - 1.45pm \$7.00 per class Phone to book</p>
<p>Frozen Meals</p> <p>See Staff for Menu Cost: \$7.00</p>				<p>New After Hours</p> <p>Working Towards Resilience 5.00pm - 7.00pm 4 weeks \$20.00</p>

Yogalaties

The disciplines of Yoga and Pilates come together to bring you a class that will lengthen and strengthen the body and soothe the soul! The class caters to all levels of fitness with options and modifications to ensure everyone can reap the benefits.

Fridays 9.00am - 9.45am Cost: \$7.00 per session Phone to Book

Let's Do Coffee & Cake

Save the date for an interesting guest speaker, the opportunity to socialise and enjoy coffee and cake.

Thur 12 Nov & 10 Dec 1.00pm - 3.00pm Cost: \$5.00 Phone to Book

Community Mosaic Project - 5 Weeks

Work on a community mosaic project for Trott Park Neighbourhood Centre. Learn concept design and basic mosaic techniques such as cutting methods and grouting. Our Saturday Cafe will be open for coffee and cake before or after class!

5 Weeks Starting Saturday 17th Oct 9.30am-11.30am Cost: \$35.00 for course Bookings Essential via Eventbrite

Sound Bath

Experience a therapeutic sound bath and discover the power of sound to draw you into a deeply peaceful meditation. During a sound bath you are encouraged to get as comfortable as possible while you bathe in the mesmerising sounds of the gongs, Himalayan and crystal singing bowls, chimes, rain stick and other sound healing instruments.

Thursday 3rd Dec 6.00pm-7.30pm Cost: \$20.00 per session Bookings Essential via Eventbrite

Working Towards Resilience

Looking for work but finding the process overwhelming? Join Indra as she introduces you to techniques to overcome the anxiety and fear as well as honing your interview skills. This is a opportunity to get one step ahead in the job search game.

4 week course Starting Thursday 5th Nov 5.00pm - 7.00pm Cost: \$20.00 for course Bookings Essential via Eventbrite

Textile Art

A social evening afternoon in a small group a great class to try on your own or with friends.

Bookings Essential via Eventbrite

What is an Alebrijies? 5 Week Course

This hands on class will have you create your version of an Alebrijies -Traditionally a Mexican folk art sculpture of a mythical creature. Use household items, recycling and paper mache to bring the creature in your mind to life. This is a relaxing class as you mould your creation over a couple of weeks and then paint the final sculpture to bring it to life.

5 weeks starting Monday 12th Oct 1-3pm Cost: \$35.00

How to use your sewing machine!

4 Week Course

Do you have a sewing machine? When was the last time you used it? This workshop will teach you how to do a basic service and clean your machine and explore what stitches to sew to get the most out of your machine. Students will also come away having made a lined tote bag.

4 weeks starting Monday 16th Nov t 1-3pm Cost: \$20.00