

Cheltenham Community Centre

62 Stroud Street North, Cheltenham SA 5014

T 08 8408 1390 F 08 8408 1122 www.charlessturt.sa.gov.au



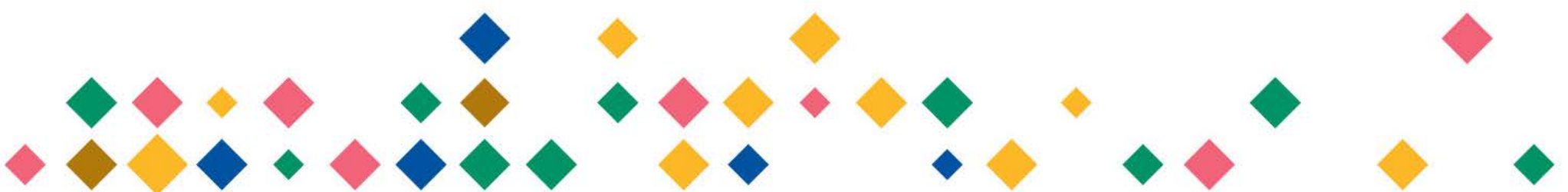
Cheltenham Community Centre

Timetable of Activities & Programs

Effective from June 2019



“Charles Sturt is a safe and healthy city that supports vibrant community life”



Specialist / Support Services

Details	Room	Time	Cost
Administrative Facilities Reasonable rates apply for use of our scanning, printing, photocopying and laminating services. Enquire at Reception on arrival. Contact: Reception - 8408 1390		9am - 3pm (Mon-Fri)	
Volunteering City of Charles Sturt volunteers contribute in many and varied ways to a vibrant community life. For information on how to become involved call the number below or check out <i>volunteering</i> on the City's website www.charlessturt.sa.gov.au Contact: Vanessa - 8408 1828			
Financial Counselling In partnership with Uniting Care Wesley Bowden, counsellors can help with credit/debt issues, managing bills, housing, mortgages, rent, loans, budgeting, and bankruptcy, understanding and general concerns about your money. Contact: UCWB - bookings and information 8245 7100		9am - 3pm (Friday Fortnightly)	
Friends of Cheltenham Community Centre An informal advisory group who meet occasionally to provide input into the activities and services provided at the Centre. Contact: Laurie - 8408 1390			
Tax Help 2019 FREE service provided by The Australian Taxation Office which will be conducted from mid-July until the end of October 2019. Bookings are essential and may be made by contacting Centre Reception between 9am and 3pm Monday to Friday anytime during the 2019 Tax Season. Contact: Reception – 8408 1390			Free (Bookings essential)



Proposed New Programs

Details

Cheltenham Community Garden

Expression of Interest Invited

The Centre welcomes residents wanting to volunteer to help maintain the Community Garden.

Contact: Laurie - 8408 1390

Cheltenham Playgroup

Expression of Interest Invited

All children 0-5yrs are welcome to this fun-filled weekly session. The children need to bring along their parents, grandparents and other adult carers to help out. BYO snacks, spare clothes, nappies, bottles, etc.

Contact: Laurie - 8408 1390

Men's Forum

Expression of Interest Invited

The Centre wishes to a group of like-minded men who might like to gather together in a comfortable and welcoming environment. Life is richer when it's shared, so if you live alone, care for a loved one, or just need company then come along and help decide what you'd like developed.

Contact: Laurie - 8408 1390



Monday

Activity	Room	Time	Cost
<p>Gentle Keep Fit</p> <p>Gentle, enjoyable exercises designed to maintain your fitness level while having some fun.</p> <p>Contact: Debra - 0405 973 556</p>	Hall	9.30am - 10.30am	\$7
<p>Basic Computer Classes for Migrants/New Arrivals and Job Seekers</p> <p>Supportive and stress free introduction to computer. Bookings essential.</p> <p>Contact: Dean - 8408 1390</p>	Computer Room	10am - 12pm School terms	Gold Coin Donation
<p>Western Bosnian Seniors Group</p> <p>Contact: Stojanka - 0428 129 928</p> <p>Russian Speakers' Seniors Group</p> <p>Contact: Natalia and Olga - 0416 537 271</p> <p>Social activities program for individuals from Bosnian and Russian backgrounds. Supported by Ethnic Link Services at UnitingSA. Subsidised meals available, as well as access to other Centre programs.</p>	Hall	10.45am – 1.45pm Fortnightly (Bosnians) and External Program (Russians)	\$8 (Includes lunch)
<p>Water Colour Painting</p> <p>Beginners welcome. Must supply own materials. Bookings are not required. First session introductory only - no materials required.</p> <p>Contact: Valli - 8408 1390</p>	Hall	1 – 3pm School terms	\$5 plus cost of materials
<p>SMR Jodo (Martial Arts)</p> <p>Jodo (the way of the stick) is an ancient martial art of stick against sword. It's great for fitness and coordination.</p> <p>Contact: Vladimir – 0413 199 482</p>	Hall	4.30 – 6.30pm	Gold Coin Donation



Tuesday

Activity	Room	Time	Cost
<p>Cheltenham Craft Group Delightful ladies working to raise funds for the needy whilst sharing skills, knowledge and friendship. Bookings not required. Contact: Lorice - 8408 1390</p>	Hall	9.30am - 12pm	Gold Coin Donation
<p>Sewing Classes for Everyone Women and men from all backgrounds are welcome to participate in this happy, vibrant group! Learn how to sew, make new friends and get support with other skills, including the English language. Contact: Pat – 8408 1390</p>	Hall	9.30am - 12pm	Gold Coin Donation
<p>Basic Computer Classes Falling behind with the Internet age? Learn the basics, along with e-mailing and Internet searching in a stress free environment. No prior knowledge needed. Morning and afternoon sessions available. Waiting lists may apply, bookings essential. Contact: Dean - 8408 1390</p>	Computer Room	10am - 12pm and 12 - 2pm School terms	Gold Coin Donation
<p>Cheltenham Walkers Socialise and exercise with a weekly walk around the Cheltenham area. Subject to weather conditions, join in with sunscreen, hat, sensible shoes and something to eat and drink. All welcome. Contact: Reception - 8408 1390</p>	Meet at Centre	10.30am - 12pm	Free
<p>Cheltenham 50s & Over Club Opportunity for people to get together to play indoor bowls, make good friends and go on bus trips. Bookings not required. Just come along and ask for Beverley. Contact: Beverley - 8408 1390</p>	Hall	12.30 - 3.30pm	\$10 Annual membership \$2 per visit
<p>Martial Arts & Fitness Club Learn self-defence through karate. Gain fitness, self-esteem and co-ordination through martial arts training with Dale, Cheltenham Community Centre's qualified coach from the Australian Karate Federation. Contact: Dale - 8235 2702</p>	Hall	7 - 9pm	\$5 13yrs & above (No joining fees)



Tuesday

Sahaja Yoga Meditation

Learn how to achieve a balanced state and enjoy improved mental, physical and emotional wellbeing.

Bookings not required.

Contact: Sue - 1300 724 252

Cottage
Room

7.30pm -
9pm
School terms

Gold Coin
Donation

Wednesday

Activity

Room

Time

Cost

Adult Education Classes

English, reading, writing and conversation. Ideal for new arrivals/migrants or persons wanting to improve their literacy skills to find employment.

Contact: Gerard - 8408 1390

Cottage
Room

10am - 12pm
School terms

Gold Coin
Donation

Needlecraft

Join this friendly, talented group for a fun and productive day at Cheltenham. Ribbon embroidery, tapestry and cross stitch are just some of the skills on show.

All welcome.

Contact: Yvonne - 8447 7841

Hall

10.30am -
2.30pm

Gold Coin
Donation

Wellness Wins

Learn different weight loss ideas in a fun, supportive and caring environment.

Contact: Rosemary – 0432 655 184

Hall

5pm - 7pm

From \$14.95
per week

Cheltenham Park Residents' Association

Local residents' group.

Meets on the first Wednesday of the month.

Contact: Trevor - 8356 4074

Cottage
Room

7pm - 9pm

Gold Coin
Donation



Thursday

Activity	Room	Time	Cost
GROW – Peer Group Support A caring and supportive community program for improving and maintaining mental wellbeing. Contact: Deb – 0401 033 382	Cottage Room	10.30am - 12.30pm	Gold Coin Donation
Cheltenham 50s & Over Club Opportunity for people to get together to play indoor bowls, make good friends and go on bus trips. Bookings not required. Just come along and ask for Beverley. Contact: Beverley - 8408 1390	Hall	12.30 - 3.30pm	\$10 Annual membership \$2 per visit
Martial Arts & Fitness Club (<i>relocated to Henley & Grange Community Centre during June</i>) Learn self-defence through karate. Gain fitness, self-esteem and co-ordination through martial arts training with Dale, Cheltenham Community Centre's qualified coach from the Australian Karate Federation. Contact: Dale - 8235 2702	Hall	7 - 9pm	\$5 13yrs & above (No joining fees)



Friday

Activity	Room	Time	Cost
Financial Counselling In partnership with UnitingCare Wesley Bowden, counsellors can help with credit or debt issues, managing bills, housing, mortgages, rent, loans, budgeting and bankruptcy, general understanding and concerns about your money. Fortnightly appointments. Contact: UCW Bowden - 8245 7100 for bookings and information on what to bring to your appointment	Eritrean Room	9am - 3pm Fortnightly	Free Appointments essential
Leatherwork Make your own leather accessories; belts, bags, diary covers, purses, wallets and more. Contact: Laurie – 8408 1390	Cottage Room	9.30am - 1.30pm	Gold Coin Donation
Fab Fridays – A Take Five Program A social group for people with disabilities by Uniting Communities. Contact: Kerrie – 8202 5291	Hall	10am -3pm	HACC/NDIS Eligible Clients
Friday Friendship Lunch and social interaction. Friendly group who come together to play games, chat and enjoy each other's company. Lunch available at 12pm. Games begin at 11.30am. Everyone welcome. Contact: Laurie - 8408 1390	Hall	11.30am - 3pm	\$3 per person for games Lunch extra



Saturday

Activity	Room	Time	Cost
Wellness Wins Learn different weight loss ideas in a fun, supportive and caring environment. Contact: Rosemary - 0432 655 184	Hall	9am - 10am	From \$14.95 per week

Sunday

The Jordan Church Ministries Incorporated Join the Congolese Community for Sunday Services. Contact: Croyant 0401 642 682	Hall	10.00am – 1pm	Free
Dance Club Traditional and ballroom dance in a fun, relaxing environment with supper. Contact: Van Tai Vo - 0413 138 826	Hall	6.30pm - 11.30pm	\$2 donation



Community Groups

Adelaide Metropolitan Malayalee Association (AMMA)

Community meets at Cheltenham frequently.

Contact: Deena – 0402 850 384

Eritrean Community Incorporated (SA)

Community meets at Cheltenham frequently.

Contact: Yared – 0403 686 772

Knanaya Association of SA (KASA)

Community meets at Cheltenham frequently.

Contact: Dilip – 0435 742 409; Jonu – 0402 740 049

Liberian Women's Group

Community members meet frequently at Cheltenham.

Contact: Triphana - 0422 444 867

Maltese Aged Care Association SA Inc

In-home support services to the elderly, younger people with a disability and their carers, including culturally appropriate meals.

Contact: Sue - 8241 0266 or 0412 014 313 or email:

reception@malteseagedcare.org.au

Oromo Community Association of SA (OCASA)

Community members meet frequently at Cheltenham.

Contact: Ahmed - 0467 079 855

SA Zimbabwe Community

Community members meet frequently at Cheltenham.

Contact: SAZA Secretary

David Shepherd Mutusva, 0452 414 609

or email: sazimbabwe@yahoo.com.au

We acknowledge this land as the traditional land of the Kurna people and their spiritual relationship with their country. We also acknowledge the Kurna people as the custodians of the greater Adelaide region and that their cultural and heritage beliefs are still important to the living Kurna people today.

