



TERM 3 2026

19 ON GREEN PROGRAM

Monday:

- **Miracle Babies Mum's Group:** Fortnightly 10am-12pm. Contact Nurture Line 1300 622 243
- **Meals on Wheels – Cook & Connect:** Join like-minded folk in a fun and supportive space, to cook & enjoy some good food. Over 65 years. Fortnightly: 11am – 1:30pm Contact: 1800 854 453 or wise@mealsonwheelssa.org.au
- **Family Drug Support:** Non-religious, non-judgemental, open meetings for family members and friends impacted by the use of drugs and/or alcohol by others. 7pm-9pm, Fortnightly. Contact: Jan 0490759649 or (02) 4782 9222

Tuesday

- **Free Bread:** Available from 9am, with thanks to the generous donation by IGA Bowden.
- **Carers SA:** Carers SA offers 1:1 support for unpaid carers. Monthly
- **Chair Yoga:** Join Yoga teacher Ginny Holmes for a wonderful way to bring a sense of wellbeing in body and mind no matter what age, body type or level of fitness. Weekly 10am – 11am. Price: \$8/class *
- **Banners to Bags:** Join our Eco warriors and transform old vinyl banners into a variety of functional items. Some sewing experience is preferred but not necessary. Fortnightly 1pm – 2:30pm. Contact *

Wednesday:

- **Grubbies on Green:** Nature based playgroup for children aged 2-5 years during school term. Weekly: 9:30am – 11am. Contact: 19 on Green * Price: \$50 / term / family.
- **Social Table Tennis:** Join David to enjoy some friendly table tennis, and a chat with other locals. Weekly: 6pm – 7pm. Contact: 19 on Green *. Price: \$2 per session.
- **Weekly Sound Immersion:** Experience a transformative journey of deep relaxation, healing and rejuvenation through our Immersive Sound Healing Meditation event. Bookings via Eventbrite. Price: \$20/session

Thursday:

- **HeartKids Playgroup:** Weekly. Contact 1800 432 785
- **Grow SA:** Join a peer support group who are striving to develop and maintain good mental wellbeing. Weekly 10:30am – 12:30pm. Contact Holly on 0413 421 863
- **Hindmarsh Archiving:** Join Vivienne and the team to enjoy the rich history of our pocket of SA, the ward of Hindmarsh. Weekly 10am – 4pm. Contact: 19 on Green on 8408 1860

* Contact 19 on Green reception on 8408 1860 *

Thursday continue:

- **Natty Knitters:** All ages and abilities are welcome to this social knitting group who make things for various charity groups. Fortnightly: 3pm-4:30pm. Contact: Jeanette on 0408 843 741. Price: \$2/session
- **The Inventors Club:** A group of like-minded people who enjoy the creative process of inventing in a fun and welcoming space. Open to all ages. Monthly (third Thurs): 7:30pm. Contact: Eric on 0403 225 871
- **Family by Family:** A network of families supporting other families to make the changes they want in their lives. Weekly 3pm - 5pm. Contact: 19 on Green

Friday

- **Chair Yoga:** Join Yoga teacher Ginny Holmes for a wonderful way to bring a sense of wellbeing in body and mind no matter what age, body type or level of fitness. Weekly 10am – 11am. Price: \$8/class *
- **Community Open Shed:** An open group for people interested in woodwork and repair. Join us in our community shed to work on individual and community projects. Weekly 1pm – 4pm. Contact: 19 on Green on 8408 1860. Price: \$5 per session

Saturday

- **Bowden Brompton Repair Café:** Don't Bin it! Repair it! A community-led repair café run but skilled volunteers. Bring in your broken household items to be repaired. Monthly (First Saturday) 1pm-4pm Contact: BBRepairCafe@gmail.com
- **Watercolour Society** – join this group of watercolour enthusiasts at their fortnightly meetup to paint, share creative ideas and spark artistic inspiration. For info, contact Erryn on errynlee@yahoo.com.au

Private Hire available

19 on Green has various spaces available for hire for special events, celebrations, kids birthday parties, meetings, cooking classes and more – visit **SpacetoCo.com** for bookings or pop in to see one of our friendly staff members to see the facilities. Conditions & Fees Apply.



Recycling:

Our recycling station takes x-rays, printer cartridges, CD & DVD cases, mobile phones, toothbrushes, pens, polystyrene, medicine blister packs, electronic beauty products, electrical waste and batteries.



Events, workshops & school holidays:
Scan the QR code to see what other activities are happening at 19 on Green.

Follow us on Facebook to stay up to date with ad hoc activities and events:

