TERM 4 2026
19 ON GREEN PROGRAM

Monday:

- **Miracle Babies Mum's Group:** Fortnightly 10am-12pm. Contact Nurture Line 1300 622 243
- **Monday Hub:** Social catch up to share afternoon tea. 2pm-4pm, monthly. Contact *
- **Meals on Wheels – Cook & Connect:** Join like-minded folk in a fun and supportive space, to cook & enjoy good food. Over 65-year-old welcome. 11am-1pm fortnightly. 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
- **Italian Language Classes:** All levels welcome, Weekly 6pm. email Matilde adelaideitalianlc@gmail.com

Tuesday

- **Free Bread:** Available from 9am, with thanks to the generous donation by IGA Bowden *
- **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. Free *
- **Signpedia** – Social craft group for our Deaf and hard of hearing community. Weekly 10am-2pm. Contact 0435 037 898 (Voice, SMS, call or video call).

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. Book via Eventbrite, $20/session

Thursday:

- **HeartKids Playgroup:** Weekly playgroup for little ones with heart conditions. Contact 1800 432 785
- **Grow SA:** Join a peer support group who are striving to develop and maintain good mental wellbeing. Weekly 10am – 12pm. 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

Thursday continue:

- **Rostrum – Public Speaking program:** Build confidence, learn new skills and have fun along the way. 2nd & 4th Thursday of month. 7:45pm. Contact Ashish 0481 782 465
- **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

- **Mindful Mamas:** Join our new community group to support local parents and enjoy some mindfulness. Caregivers of kids of all ages welcome. Monthly, Free. Contact: 19 on Green on 8408 1860
- **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, medicine blister packs, electrical waste, eye glasses, 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: