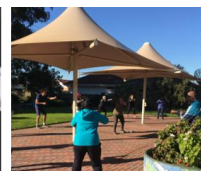


Findon Community Centre



MONDAY

1. Heart Foundation Walking Group

Depart from Linear Park

Benefits of walking include: reducing your risk of heart disease and stroke, managing your weight, blood pressure and cholesterol.

Time : 8-9.00am **Cost:** Free **Contact:** Brian – 8353 2177

2. The Knit Wits

Basic knitting for beginners and the more experienced. Also knitting for charity.

Time: 10.00-1pm **Cost:** \$2 per person **Contact:** Reception - 8408 1311

3. Pennies from Heaven

Enjoy a friendly game of cards similar to Canasta.

Time: 12-4pm **Cost:** \$2 per person

Contact: Centre Reception 8408 1310

4. Be Centre Connected

Helping seniors to get the most out of going on line. Developing new skills through the use of technology. Devices will be provided. Bookings Essential

Time: 2.30-3.30pm **Cost:** Free **Bookings:** Reception – 8408 1310 **or book on line at**
<http://bit.ly/FCCBe> Connected

5. World Tae Kwondo

Kids & Adult Classes – Improving strength and balance for children. Adult programs help you develop and maintain a sound body and mind. School Term only.

Time: 6-7pm For further information and bookings **Contact:** Grand Master Wahid 0412 909 500

6. The Herb Society of South Australia

Meets the 1st Monday of each month from 3 August 2020.

Time: 7-10.30pm **Cost:** Free **Contact:** Sandra 8445 6645

TUESDAY

7. Findon Community Playgroup

Fun & learning for babies, toddlers and pre-schoolers. Open to families with children aged 0-5 years. School Term only.

Time: 9.15-11am **Cost:** Free **Contact:** Alicia – 1800 171 882 (Free Call)

8. Heart Foundation Walking Group

Depart from Linear Park

Time: 8-9am **Cost:** Free **Contact:** Brian 8353 2177

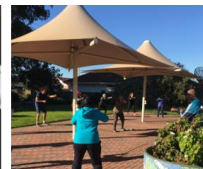
9. Dru Yoga with Katie

Gentle flowing Yoga for all ages and body types

Bring your own yoga mat & water. Wear comfortable clothing.

Time: 11.30-12.45pm **Cost:** \$10 per person **Contact:** Katie: 0405 535 311

Findon Community Centre



10. English Language & Literacy

Beginners & Advanced conversation, reading and writing classes.

School Term only. Bookings are essential. 10 people per class

Time: 10-12 noon Advanced Class – 12-2pm Beginners Class

Cost: \$2 per person **Contact:** Reception 8408 1310

11. Bits & Bytes Computing for Beginners

Learn basic computing or troubleshoot your PC problems. On-going one-on-one lessons.

Learn more about your device – I-Pad, Tablet, Smart Phone.

Time: 12.45-3.30pm **Cost:** \$2 per person **Contact:** Reception 8408 1310

12. Di's Dapper Tappers & Dance Movement

Basic Beginners to Intermediate. Increase your energy, keep a healthy heart and have fun.

Time: 4.30-5.15pm – Dance Movement – 5.15pm-6.00pm Tapping

Cost: \$4 each session **Contact:** Di – 8408 1310

WEDNESDAY

1. ANFE Active Ageing Exercise

Gentle exercise for wellbeing and health

Time: 9-10am **Cost:** \$3 per person **Contact:** 8234 5550

2. Toddlertime for 1-3 year olds

Move, sing, wiggle and read in this session perfect for toddlers. Live on Zoom from home, or with other families here at Findon Community Centre.

Time: 11-11.30am **Cost:** Free **Bookings Essential:** Book on line

3. Group PT in the Park

A fitness session suitable for people aged 16 & over. A 1 hour circuit of various exercises and FUN

Time: 8.30am-9.30am & 10.45am -11.45am **Cost:** \$2 per person **Contact:** Sue 0400 171 204

4. Sylvia Jane's Fitness

Fun, Fitness including aerobics, stretching & strength training.

Time: 5.30-6.30pm **Cost:** \$6.50 per person **Contact:** Sylvia 0432 510 716

5. Woodville South Neighbourhood Watch 2020

Meeting dates – 16 September & 25 November

Time: 6.30-8pm **Cost:** Free **Contact:** Daphne 8268 3737

THURSDAY

1. Basic Computing with Dean

Learn basics including emailing, facebook, skype, eBay. No prior knowledge necessary. Bookings essential.

Time: 9am-2pm **Cost:** \$2 per person **Contact:** Reception 8408 1310

2. Beyond 50 Fitness

Keep fit, active and healthy

Time: 9-10am **Cost:** \$10 per person **Contact:** Deb 0405 973 556

Findon Community Centre



3. Chi Ball

For fitness, harmony and well being – all ages welcome

Time: 10.30-11.30 **Cost:** \$10 per person **Contact:** Deb 0405 973 556

4. Teddy Bear Making

Hand make your very own unique Teddy Bear. Learn about patterns and materials.

Time: 10am-12pm **Cost:** \$5 per person plus Materials **Contact:** Reception 8408 1310

5. St Mary's Independent Christian Spiritual Church

Psychic Readings – Various Mediums

Time: 10-12noon – **Cost:** \$5 per person – Bookings Essential – **Contact:** Centre 8408 1310

6. Study Support

Are you needing help with your study/homework or maybe a quiet supportive space?

Come along to one of our free study support sessions for young people aged 12-25 years and get the support you need from our friendly volunteers.

Time: 3.30-6.30pm **Cost:** Free

For more information or to book a time slot please email your preferred day and time to

youthdevelopent@charlessturt.sa.gov.au or phone 8408 1315

7. Seed Savers

If you have an interest in seed saving, this group meets the 1 Thursday of the month in both August & October 2020.

Time: 7.30-9.30pm **Cost:** Gold Coin Donation **Contact:** Sandra 8445 6645

8. Zumba

A fun fitness class in which you burn calories by dancing to inspired styles such as salsa. Zumba is perfect for every BODY!

Time: 7-8pm **Cost:** \$10 per person **Contact:** Centre Reception 8408 1310

FRIDAY

1. Mosaics

Social skill sharing. Enjoy this beautiful craft.

Time: 9.00-12 noon **Cost:** \$2 per person plus materials **Contact:** Centre Reception 8408 131

2. Findon Bereavement Coffee Group

Meets 1st Friday of each month. QEH Assessment required

Time: 10.30am-12.30pm **Cost:** Gold Coin Donation **Contact:** Maryanne 0416 323 404 or Rosanna (Mon.-Thurs) – 8222 7748 on guest speakers and outings.

3. Findon Fabric Pieces

Social Quilting Group – BYO Projects

Time: 1-4pm **Cost:** \$6 per person **Contact:** Centre Reception 8408 1310

4. Machine Knitters Association

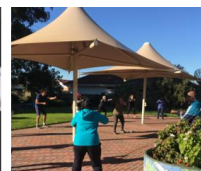
Social skill sharing. Enjoy this beautiful craft

Meets 2 Friday of the month

Time: 9.30-1pm **Cost:** \$20 annual membership – no monthly fee

Contact: Jeanette 8240 0412

Findon Community Centre



5. Spanish Seniors – Socialisation Group

My Aged Care Referral required. Need to be fluent in Spanish and over 65 years of age.

Time: 10-12pm **Contact:** 8241 02012 for further information.

6. Euchre Card Game

Weekly social game for experienced players only

Time: 1.30-4.30pm **Cost:** \$2 per person **Contact:** 8408 1310

7. Findon Fabric Pieces

Social Quilting Group – BYO projects

Time: 1-4pm **Cost:** \$6 per person **Contact:** Centre Reception 8408 1310

8. St Mary's Christian Independent Spiritualist Church

Psychic Readings – various mediums

Time: 7.30-10.30pm **Cost:** \$5 per person **Contact:** Centre Reception 8408 1310

SATURDAY

1. Thai Classical Dance Class

All welcome.

Time: 10-11am **Contact:** 0413 651 890 for further information.

2. Thai Language & Literacy Classes

All welcome

Time: 10-11am – basic reading and writing

11-12pm – basic listening and speaking class

Contact: 0413 651 890

SUNDAY

1. Sunyata Buddhist Meditation Group Adelaide

The morning includes meditation and Qui Gong Exercise. Need to be fluent in Vietnamese

Time: 9-12 noon **Cost:** Donation

2. Paradise of Cantonese Opera

Weekly Cantonese Opera singing and performance practice.

Time: 3-6pm **Cost:** \$3.50 **Contact:** Kasumi Hayama – 0432 380 980