



Findon Community Centre Program 2024

Phone: 8408 1310

Our Address: 222 Findon Road, Findon, SA 5023

Find us on Facebook <https://www.facebook.com/FindonCommunityCentre/>

SPECIAL EVENTS



HERB & SALVIA WORKSHOP



Sunday April 14 2024 – 2.00-4.00pm – Free Admission & Parking

The Herb Society of SA Inc

- **HERB & SALVIA PROPAGATION WORKSHOP – Rear of the Centre**
- Tour the Herb Garden and learn how to propagate herbs and salvias (materials provided – byo secateurs if you have some)

REGULAR PROGRAMS

MONDAY

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 : 8.00am - 9.00am
- Cost: Free Contact: Brian – 8353 2177

Uniting Care Wesley Bowden – Financial Counselling

- A free, confidential and non-judgemental service available to anyone experiencing financial difficulties. Appointments are available at various metropolitan locations. Interpreters available.
- Contact: 8245 7177

Sustainable Sewing (no experience necessary)

- A creative program includes re-vamping and up styling your clothes to a “designer piece”
- mending and furnishings. If you have long pins, strong threads, tape measure, bobbins, sewing machine and of course the item you want to work on please bring it all with you. The Centre has some sewing machines available to use.
- Time: 9.30-11.30am
- Cost: \$2.00 per person
- Contact: Reception 8408 1310

Pennies from Heaven – Card Players

- Enjoy a friendly weekly game of cards similar to Canasta.
- Time: 12-3pm
- Cost: \$2 per person
- Contact: Centre Reception 8408 1310

Carers SA (meets 3rd Monday of each month)

- Peer Support Group for Unpaid Carers
- Time: 12.30-2.00pm.
- Cost: Free
- Contact: John at Carers SA 0423 342 423

Bosnian Speaking Seniors – Socialisation Group

- Need to be fluent in Spanish and over 65 years of age. My aged Care referral required. Meets fortnightly.
- Time: 10.30am-2.30pm Contact: 84486260

The Herb Society of South Australia

- Soak up the expertise and experience of learning from the best on growing herbs.
- Meets the 1st Monday of each month.
- Time: 7-10.30pm Cost: Free Contact: Sandra 8445 6645

Zumba (weekly class)

- fun fitness class where you will burn calories by dancing to inspired styles such as salsa.
- Zumba is perfect for every BODY!
- Time: 7.45-8.45pm
- Cost: \$15 per class \$130 for 10 classes
- Contact: Reception 8408 1310

TUESDAY

Findon Community Playgroup

- Fun & learning for babies, toddlers and pre-schoolers. Open to families with children aged 0-5 years. Weekly School Term only.
- Time: 9.15-11am Cost: Free Contact: Alicia – 1800 171 882 (Free Call)

Heart Foundation Walking Group (weekly program)

- Depart from Linear Park – Gain the health benefits of walking.
Time: 8-9am
- Cost: Free Contact: Brian 8353 2177

Sing for Joy Choir (weekly program)

- Are you aged 65+ and would like to experience the fun and enjoy the health benefits that belonging to a choir can bring?
- Class support via Commonwealth Home Support Program (CHSP) Social Group referral. Home Care Packages, NDIS or Customer funded price on request.
- Time: 1.00pm – 3.00pm Cost:
- \$10 if covered by the above funding, if not price on request.
- Contact: 1300 224 477

English Language & Literacy

- Pre-beginners/Beginners and Intermediate English reading and writing classes.
- Elementary to Intermediate Conversations classes.
 - Time: Conversation 9.30-10.30am – 10 people per class;
 - 10.30am-12.00pm Intermediate 10 people per class;
 - Pre-Beginners 12.20pm - 2pm.00 6 people per class.
- Cost: \$2 per person per class
- Contact: Reception 8408 1310
- ***All of the above are weekly classes during School Term only.***

Di's Dapper Tappers & Dance Movement – Adults

- Basic Beginners to Intermediate.
- Increase your energy, keep a healthy heart, have fun. Costumes, music and performances or just attending weekly classes. Cool comfortable clothing essential along with your tap and dance shoes if you have them. If not to begin with a hard sole shoe for tap dancing and soft sole shoe for dance movement. Age is not a barrier!
- If you are thinking of joining us, do it now as new steps and routines will begin from March.
- Time: Dance Movement 4.30pm - 5.15pm
- Tap Dancing: 5.15pm -6.16pm
- Cost: \$6 per session
- Contact: Di 8408 1310

West Torrens Council Band (weekly)

- The band is a no audition band and we welcome all musicians with grade 3 or higher to come along to rehearsal and join.
- Our band is made up of people from all ages and walks of life, teenagers to retirees, doctors and students.
- Time: 7.00pm -9.45pm
- Cost: Yearly Membership Contact: Mandy 0430 099 198

WEDNESDAY

Society of Saint Hilarion – Tempo Mio

- A socialisation group for Italian speaking elders. Have fun and enjoy the company of others.
- Assessment required.
- Time: 10.30am -2.30pm
- Cost: \$15 includes lunch
- Contact: Patrizia 0458 188 655

Findon Quilters & Craft Group

- Inviting like-minded people to join us, not just for quilting.
- Bring along your own handicrafts, for example, crochet, embroidery, hand sewing, projects, patterns and supplies. We are a sharing, self help group and we look forward to your company.
- Time: 11.00-3.00pm Cost: \$10 per person
- Contact: Beverley 0439 880 851

Findon Knit Wits

- Basic knitting for beginners and the more experienced.
- Also knitting for charity. A very social group. You will feel welcome.
- Time: 1.15pm -3.15pm
- Cost: \$2 per person
- Contact: Centre Reception 8408 1310

Sylvia Jane's Fitness (weekly sessions)

- Fitness including aerobics, stretching and strength training.
- Time: 5.30pm -6.30pm
- Cost: \$10 per session payable monthly
- Contact: Sylvia 0432 510 716

THURSDAY

Beyond 50 Fitness (weekly class)

- Keep fit, active and healthy with like minded people.
- Time: 9.30am - 10.30am
- Cost: \$12 per person
- Contact: Deb 0405 973 556

Chi- Ball (weekly class)

- For fitness, harmony and well- being. All ages welcome. Weekly Class
- Time: 11.00am-12.00pm
- Cost: \$12 per person
- Contact: Deb 0405 973 556

Teddy Bear Making (weekly sessions)

- Learn to make your very own unique Teddy Bear. Learn about patterns and materials.
- Create a special hand-made gift for your child, grandchild and friends. .
- Time: 10am – 12.00pm
- Cost: \$5 per person plus material costs
- Contact: Reception 8408 1310

Findon Seniors Indoor Bowls

- Enjoy a social game of indoor bowls each week.
- Time: 12.30 - 2.30pm
- Cost: \$2 per person
- Contact: Centre Reception: 8408 1310

St Mary's Independent Christian Spiritual Church (weekly meetings)

- Psychic Readings, various mediums.
- Time: 10.00am – 12.00pm
- Cost: \$5 per person
- Contact: Centre Reception: 8408 1310

Seed Savers (meets on the 1st Thursday of the month)

- If you have an interest in seed saving,
- Time: 7.30pm - 9.30pm
- Cost: Gold Coin Donation
- Contact: Sandra 8445 6645 to check dates and for further information.

Zumba (weekly class)

- A fun fitness class where you will burn calories by dancing to inspired styles such as salsa.
- Zumba is perfect for every BODY!
- Time: 6.45pm - 7.45pm
- Cost: \$15 per class \$130 for 10 classes
- Contact: Reception 8408 1310

FRIDAY

Mosaics

- Social skill sharing. Enjoy this beautiful creative craft. This is a very popular weekly class.
- Time: 9.00am-12pm Cost: \$2 per person plus materials Contact: Centre Reception
- 8408 1310

Findon Bereavement Coffee Group (meets 1st Friday of each month)

- For recently or long term bereaved. Guest Speakers, general support and group outings.
- Time: 10.00am-12.30pm
- Cost: \$5 includes coffee/tea
- Contact: Maryanne 0416 323 404

Machine Knitters Association (meets 2nd Friday of each month)

- Social skill sharing. Enjoy this machine knitting craft, everyone welcome.
- Time: 9.30am – 1.00pm
- Cost: \$30 annual membership – no monthly fee
- Contact: Jeanette 08 8240 0412 or 0406 895 171

Spanish Speaking Seniors – Socialisation Group (meets fortnightly)

- You will need to be fluent in Spanish and over 65 years of age. My Aged Care referral required.
- Time: 10.30am-12.30pm
- Contact: for further information regarding costs phone 8241 0201

Euchre Card Game (weekly session - for experienced players only)

- Time: 1.30pm - 4.30pm
- Cost: \$3 per person
- Contact: Reception 8408 1310

St Mary's Christian Independent Spiritualist Church (weekly sessions)

- Physic Readings – Various Mediums – All welcome.
- Time: 7.30-10.30pm
- Cost: \$5 per person
- Contact: Reception 8408 1310

SATURDAY

Private Hire available for:

- Special Events, Celebrations, Family Reunions, Adult and Children's Birthday Parties. Small Intimate Weddings & Exhibitions
- Conditions Apply.
- ***Please make application for hire through SpacetoCo.com***
- You are most welcome to visit the Centre to discuss your requirements with one of our friendly staff members.

SUNDAY

Southern Bricks Lego (meets monthly)

- Share LEGO hobby with other and in doing so build great friendships and LEGO models. Most of all enjoy yourself. Open to all Ages.
- Time: 1.30-4.30pm
- Cost: Free Contact: email southernbrickslug@gmail.com

Paradise of Cantonese Opera

- Cantonese Opera Singing and performance practice.
- Time: 3.00 pm-6.00pm
- Cost: \$3.50
- Contact: Kasumi Hayama 0432 380 980

GROUPS/AGENCIES WHO MEET REGULARLY AT FINDON COMMUNITY CENTRE

- *ACH Group*
- *Carers SA*
- *Adelaide Christian Tamil Fellowship*
- *North West Junior Soccer Association*
- *Skylight Mental Health (from January 2004)*
- *UnitingSA Ethnic Link Services – Spanish & Bosnian Group*
- *Uniting Care Wesley Bowden*
- *CubeSA*
- *Unity Housing (from January 2004)*
- *Lakers Triathlon Club*