



Findon Community Centre Program 2024

Phone: 8408 1310

Our Address: 222 Findon Road, Findon, SA 5023

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

SPECIAL EVENTS

Friday 8 March 2024 – 10am-12.15pm

Join us for a FREE Information session and Q&A with:

Department of Health and Aged Care for a discussion on Commonwealth funded aged care services, how to access them via MyAgedCare and the assessment process.

City of Charles Sturt Ageing Well team to explore about available programs and services that can support older residents living in the area.

FREE: Book your seat now.

For more information, contact Community Engagement Officer on 0417 878 077

Wednesday 13 March 2024 – 10am-2.00pm – Teddy Bears Picnic - Free

For Kids 0-5 years of age. Bring your favourite Teddy, rug and your lunch.

Our roving Teddy Bear will be giving out Teddy Bear Biscuits and there will be lots of fun and entertainment too. There will be hand knitted tiny Teddies and larger handmade Teddy Bears on display and for sale on the day.

If the weather is inclement we will come inside.

Contact: 8408 1310 to book.

Friday 15 March 2024 – 10.00am-12pm – Dementia Australia

It starts with you – If you are passionate about your local community and want to make it more dementia-friendly then this session is for you.

You will understand common myths and stereotypes and discuss the many ways people can live well with dementia every day. You will explore practical examples and identify a process for 'getting started' as an individual or as a community, to enable your community to be dementia-friendly.

Cost: Free – Bookings Essential – Book on: <https://iswyfindon.eventbrite.com> or

Contact: Liz Withall on 0491 691 663 or liz.withhall@dementia.org.au

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 : 8-9.00am 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**
Peer Support Group for Unpaid Carers Meets 3rd Monday of each month.
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
A fun fitness class where you will burn calories by dancing to inspired styles such as salsa. Zumba is perfect for every BODY! Weekly class.
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
Depart from Linear Park – Gain the health benefits of walking. Weekly program. Time: 8-9am Cost: Free Contact: Brian 8353 2177

Yoga with Niki

Gentle flowing Yoga for all ages and body types.
Bring your own yoga mat, water along with a firm cushion and blanket.
Wear comfortable clothing.
Time: 10.00-11.15am Cost: \$15 per person casual visit Contact: Niki 0438 889 841

- Sing for Joy Choir
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. Weekly program.
Time: 1-3pm 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-12pm Intermediate 10 people per

class; Pre-Beginners 12.20-2pm 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 4.30-5.15pm - Tap Dancing 5.15-6.16pm

Cost: \$6 per session Contact: Di 8408 1310

West Torrens Council Band

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: 7.00-9.45pm weekly Cost: Yearly Membership Contact: Mandy 0430 099 198

Wednesday

- 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
- Society of Saint Hilarion – Tempo Mio
A socialisation group for Italian speaking elders. Have fun and enjoy the company of others.
Assessment required.
Time: 10.30-2.30pm Cost: \$15 includes lunch Contact: Patrizia 0458 188 655
- Findon Knit Wits
Basic knitting for beginners and the more experienced. Also knitting for charity. A very social group. You will feel welcome.
Cost: \$2 per person Time: 1.15-3.15pm Contact: Centre Reception 8408 1310
- Sylvia Jane's Fitness
Fitness including aerobics, stretching and strength training. Weekly sessions.
Time: 5.30-6.30pm Cost: \$10 per session payable monthly Contact: Sylvia 0432 510 716

Thursday

- **Basic Computing with Dean**
Learn the basics including emailing, internet, face-book and skype. No prior knowledge necessary. Gain confidence using your lap-top, I-pad and mobile phone. There are computers available to use during class.
Time: 9-12pm & 12-2pm. Book for your 1 hour session. Cost: \$2 per session Contact: Reception 8408 1310
- **Beyond 50 Fitness**
Keep fit, active and healthy with like minded people.
Weekly Class Time: 9.30-10.30am Cost: \$12 per person Contact: Deb 0405 973 556
- **Chi- Ball**
For fitness, harmony and well- being. All ages welcome. Weekly Class Time: 11.00am-12.00[, Cost: \$12 per person
Contact: Deb 0405 973 556
- **Teddy Bear Making**
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. Weekly sessions.
Time: 10am-12pm 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**
Phsyhic Readings, various mediums. The group meets weekly.
Cost: \$5 per person Time: 10am-12pm Contact: Centre Reception: 8408 1310

Seed Savers

If you have an interest in seed saving, this group meets on the 1st Thursday of the month Time: 7.30-9.30pm Cost: Gold Coin Donation Contact: Sandra 8445 6645 to check dates and for further information.

- Zumba

A fun fitness class where you will burn calories by dancing to inspired styles such as salsa. Zumba is perfect for every BODY! Weekly class. Time: 6.45-7.45pm 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

For recently or long term bereaved. Guest Speakers, general support and group outings.

Meets 1st Friday of each month.

Time: 10am-12.30pm Cost: \$5 includes coffee/tea Contact: Maryanne 0416 323 404

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- Machine Knitters Association

Social skill sharing. Enjoy this machine knitting craft, everyone welcome. Meets 2nd Friday of each month.

Time: 9.30am-1pm Cost: \$30 annual membership – no mob=monthly fee Contact: Jeanette 08 8240 0412 or 0406 895 171

- Spanish Speaking Seniors – Socialisation Group
You will need to be fluent in Spanish and over 65 years of age. My Aged Care referral required.
Meets fortnightly.
Time: 10.30a-12.30pm Contact: for further information regarding costs phone 8241 0201
- Euchre Card Game
Social game for experience players only. Weekly sessions
Time: 1.30-4.30pm Cost: \$3 per person Contact: Reception 8408 1310
- St Mary's Christian Independent Spiritualist Church
Physic Readings – Various Mediums – All welcome. Weekly sessions
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
Share LEGO hobby with other and in doing so build great friendships and LEGO models. Most of all enjoy yourself. Open to all Ages.
The group meets monthly from 2nd April 2023.
Time: 1.30-4.30pm Cost: Free Contact: email southernbrickslug@gmail.com

- Paradise of Cantonese Opera

Cantonese Opera Singing and performance practice.

Time: 3pm-6pm 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