



Monday:

- **Heart to Hand Knitters:** Join this group of ladies who knit and crochet for various local charities. Meet second and fourth Monday of the month 10am – 12pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Bower Cottages Playgroup:** Facilitated in partnership with Playgroups SA, our Playgroup is a friendly, inclusive space for babies, toddlers and preschoolers to play, explore and grow — and for parents and carers to meet, chat and feel supported. Ages 0-5 years. Every Monday during school term 10 – 11:30am. Contact Bower Cottages on 8408 1395 for booking. Cost – Free.
- **Bower Bird Quilters:** Social group of experienced quilters that enjoy the company of others and sharing their skills. Meet weekly 10am – 12pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Pyrography:** Pyrography is an ancient craft used to decorate timber items. For those wishing to learn, we have pyrography tools available, along with materials and simple patterns to start with. Meet weekly 2 – 3:30pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Oriental Martial Arts Academy:** Develop confidence, fitness and self-defence in Taekwondo for kids. Mental & physical fitness for over 50's based on ancient Korean art of Hapkido. Weekly during school term Kids Taekwondo 5:45 – 6:15pm, Teens & Adults Hapkido 5:45 – 6:30pm and Adults Hapkido 6:30 – 7:30pm. Contact Michael on 0402 542 994. Cost - \$13 per session.

Tuesday:

- **Justice of the Peace:** Our JP is authorised to witness & attest all sort of documents, as well as certify copies of original documents. Weekly 9:30 – 11:30am. Contact Bower Cottages on 8408 1395. Free.
- **Mandarin Classes:** Classes are designed to provide the necessary skills to succeed in any Chinese language. Weekly classes 10 – 11am. Contact Angel on 0425 226 285. Cost - \$10 per session.
- **Mahjong:** A social group with a friendly teacher who shares the fun of the traditional game. Come to learn or play. Weekly 11:15am -12:45pm. Contact Angel - 0425 226 285. Cost - \$2 per session.
- **Afternoon Craft Group:** Join this friendly group of ladies that have fun and have a passion for all things crafty. Meet weekly 1 – 3pm. Contact Bower Cottages on 8408 1395. Cost - \$3 per session.
- **Wellness Group:** A social group of likeminded people coming together to share ideas on health and wellbeing. Meet weekly 1 – 4pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Knitters & Chatters:** A group which is passionate for knitting. Meet during the winter months weekly 1:30 – 3:30pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.

Wednesday:

- **Australia Sewing Guild:** Sharing and furthering the art of sewing. There is no formal teaching in the group, but members offer support and share knowledge. Meets second Wednesday of the Month 9:30am – 12:30pm. Contact Glenys on 0427 495 029. Cost - \$5 per session.
- **Embroidery:** Come and share the passion for embroidery with other members. No formal teaching but sharing knowledge. Meet weekly 10am – 12pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Bower Cottage Quilters:** Share the timeless art of quilting. While there is no formal teaching, members provide support and share their knowledge with one another. Meet weekly 10am – 12pm. Contact Bower Cottages on 8408 1395. Cost - \$5 per session.
- **Crafters Cottage:** Unleash your creativity and connect with new friends. Enjoy the company of like-minded crafters or just join for a cuppa & chat. Meet weekly 12:30 - 3pm. Contact Bower Cottages on 8408 1395. Cost - \$3.50 per session.

Thursday:

- **Compost Thursday:** Learn how to make the good quality compost from our experienced gardeners. Meet weekly 9 – 10am. Contact Bower Cottages on 8408 1395. Free.
- **Evergreen Social Group:** A warm and friendly social group for seniors, to enjoy the company of others, enjoy lunch prepared by retired cooks and chefs and amateur cooks at a cost of \$10 per head. Enjoy the fun with our sub-groups of Karaoke or Ukulele. Occasional health talks, and day outings. Meets weekly 12 – 3pm. Those interested please call Vicky 0493 163 009.
- **Bower Cottages Book Club:** Enjoy & join in the wonderful world of books. Meets third Thursday of the month 1:30 – 3pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.

Friday:

- **Breast Cancer Support Group:** A very warm and friendly support group for women who have experienced breast cancer. Meets fortnightly 10am – 12pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Oriental Martial Arts Academy:** Mental & physical fitness for over 50's based on ancient Korean art of Hapkido. Every week during school term 10 – 11am. Contact Michael on 0402 542 994. Cost - \$13 per session.
- **Chair Yoga:** Inclusive of all abilities, especially physically challenged participants Every week during school term 11:30am – 12:30pm. Contact Bower Cottages on 8408 1395. Cost - \$8 per session.
- **Friday Social Art Group:** Our Friday Social Art Group is a welcoming space for people to work on their own art projects while connecting with others in the community. Bring along your own materials and enjoy painting, drawing, or any creative activity at your own pace while sharing a coffee and conversation with fellow art lovers. Meet weekly 1 – 3pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.

- **Skylight Mental Health:** Skylight Mental Health, in partnership with Carers SA, offers a monthly Carer Peer Support Group for people registered with Carers SA who are supporting a loved one living with mental health challenges. These groups provide a safe and supportive space to connect and share experiences, exchange practical tips, and find strength in knowing we are not alone. If you would like more information or are interested in joining, please contact Francesca at francesca@skylight.org.au

Saturday:

- **Fruit & Veg Swap:** Celebrate nature and community with us! Bring your organically home-grown excess fruit, vegetables, herbs, seedlings & plants and share with the community. Fourth Saturday of every month 10am. Swap starts when bell rings at 10:30am. Contact Bower Cottages on 8408 1395.
- **Social Mosaic Group:** A social group who like creating beautiful mosaic pieces. Meet weekly 10am – 1pm. Contact Bower Cottages on 8408 1395. Cost - \$2 per session.
- **Yoga with Emy:** Yoga classes designed to bring balance, calm, and strength to both body and mind. Each session blends mindful movement, breath awareness, and relaxation to help you reconnect with yourself. Whether you're new to yoga or deepening your practice, you'll find a welcoming space to move, breathe, and unwind. Meet weekly 10 – 11 am. Contact Emy on 0413 658 618. Cost - \$18 casual pass. Also, 5 and 10 classes pass are available.

Sunday:

- **Christian Fellowship:** Prayers, praise and worship. All are welcome. Meet weekly 10am – 2pm. Contact Olek on 0407 333 313.

Special Program:

Mates to Mates: A weekly free program for men to connect and try something new. Good food, good yarns, and having a go together. Join us every Wednesday afternoon get-together with lunch and a different hands-on activity each session - fishing, kayaking, cooking, gardening, art, woodwork and more. Every Wednesday from 1pm - 4pm. Bookings are essential, call us on 8408 1395 to book.

We have spaces available to hire for meetings and celebrations. For more information, please give us a visit at 200 Bower Road, Semaphore Park or contact us on 8408 1395.

Stay up to date with all our special activities and event by following us on Facebook using the QR code below.

QR Code to our Facebook page:



QR Code to our website:



Updated: 6th August 2026