

Bower Cottages Community Centre Program

MONDAY

HEART TO HAND KNITTERS - 10.00-12.00 pm:

Join this group of ladies who knit and crochet for various local charities. Meet second and fourth Monday of the month. \$2 per person per session. For further information, contact Bower Cottages on 8408 1395.

BOWER BIRD QUILTERS - 10.00-12.00 pm:

Social group of experienced quilters that enjoy the company of others and sharing their skills. Meets weekly. For further information, contact Bower Cottages on 8408 1395.

PYROGRAPHY - 1:30-3:30 pm:

Pyrography is an ancient craft used to decorate timber or leather items. For those wishing to learn, we have pyrography tools available, along with materials and simple patterns to start with. Meets weekly. \$2 per person per session. For further information, contact Bower Cottages on 8408 1395.

ORIENTAL MARTIAL ARTS ACADEMY - 6.00-6:45 pm and 6:45-7:30 pm:

Develop confidence, fitness and self-defence in Taekwondo for kids. Mental & physical fitness for over 50's based on the ancient Korean art of Hapkido. For more information, contact Vasilka 0417 892 411. \$10 per person per session.

NIFTY NINE PATCHERS - 7.00-9.00 pm:

A social patchwork quilting group. Meets weekly, contact Sandy 0422 146 016.

TUESDAY

JUSTICE OF THE PEACE - 9:30-11:30 am:

Our JP is authorised to witness & attest all sort of documents, as well as certify copies of original documents. A weekly free service. For further information, contact Bower Cottages on 8408 1395.

MANDARIN CLASSES - 10.00-11.00 am:

Classes are designed to provide the necessary skills to succeed in any Chinese language. Meets weekly. For more information contact Angel - 0425 226 285. \$10 per session.

MAHJONG - 11:15-12:45 pm:

A social group with a friendly teacher who shares the fun of the traditional game. Come to learn or play. Meets weekly. For more information contact Angel - 0425 226 285. \$2 per session.

AFTERNOON CRAFT GROUP - 1.00-3.00 pm:

Join this friendly group of ladies who have a passion for all things crafty. Meets weekly. For further information, contact Bower Cottages on 8408 1395.

WELLNESS GROUP - 1.00-4.00 pm:

A social group coming together to share ideas on health and wellbeing and participate in regular fun activities. Meets weekly. \$2 per person per session. For further information contact Bower Cottages on 8408 1395

KNITTERS & CHATTERS - 1.30-3.30pm:

A vibrant group of ladies who knit for charity. Winter months only. \$2 per person per session. Meets weekly. For further information, contact Bower Cottages on 8408 1395.

TABLE TENNIS - 7:30-10:00pm:

Come and enjoy a social game of Table Tennis, \$2 per person per session. For further information, contact Bower Cottages on 8408 1395.

WEDNESDAY

AUSTRALIAN SEWING GUILD - 9.30-12.30 pm:

Sharing skills and furthering knowledge around the art of sewing, \$5 per session. Meets the second Wednesday of the month. For further information, contact Glenys on 0427 495 029.

EMBROIDERY - 10.00-12.00 pm:

Share and learn beautiful handicrafts. Meets weekly. For further information, contact Bower Cottages on 8408 1395.

BOWER COTTAGES QUILTERS - 10.00-12.00 pm:

Share the timeless art of quilting in a friendly environment. Meets weekly. For further information, contact Bower Cottages on 8408 1395.

QUILT LOVERS - 1.00-3.00 pm:

Enjoy the company of like-minded quilters. Meets weekly.

For further information, contact Bower Cottages on 8408 1395.

GAMBLERS ANONYMOUS - 7:30-9:30pm:

For those needing support with gambling addiction. Meets weekly.

For further information, contact - 8212 6933.

THURSDAY

STEPPING OUT WALKING GROUP – 8:30-9:30 am:

Walk for fitness and get to know your community, all fitness levels welcome. Gather at the back of the cottages in the car park. Walking weekly.

For further information contact Bower Cottages on 8408 1395.

COMPOST THURSDAY - 9.00-10.00 am:

Learn how to make the good quality compost in our beautiful garden, this is free and the group come together weekly.

For further information contact Bower Cottages on 8408 1395.

RESTORATIVE YOGA - 9:30-11.00 am:

Gentle yoga suitable for new students, the elderly, and to recovery from illness. Meets weekly, \$18 per session.

For further information contact Niki on 0438 889 841.

SOCIAL GAMES & CUPPA - 1.00-4.00 pm:

Drop by & join this social and inclusive group, enjoy social games and friendship. Meets weekly, \$2 per person per session.

BOWER COTTAGES BOOK CLUB - 1:30-3.00 pm:

Enjoy the wonderful world of books. Meets the third Thursday of the month, \$2 per person per session.

For further information, contact Bower Cottages on 8408 1395.

FRIDAY

BREAST CANCER SUPPORT GROUP - 10.00 - 12.00 pm:

A very warm and friendly support group for women who have experienced breast cancer. Meets fortnightly, \$2 per person per session. For further information contact Bower Cottages on 8408 1395.

ORIENTAL MARTIAL ARTS ACADEMY - 10.00 – 11.00am:

Mental & physical fitness for over 50's, based on the ancient Korean art of Hapkido. Meets weekly during school term, \$10 per person. For more information, contact Vasilka 0417 892 411.

FRIDAY ART GROUP – 1.00 - 3.00 pm:

Come along to our centre every Friday to melt away the stress of the week and explore your creativity. Master the materials such as watercolours and acrylic paints at your own pace. Guided by our tutor, and suitable for all levels. Bring your own materials. Meets weekly during school term, \$2 per person per session. There may be a waiting list for this class. For further information, contact Marijana on 0436 036 336.

SATURDAY

FRUIT & VEG SWAP - 9.00-10.00 am:

Bring your organically home-grown excess fruit, vegetables, herbs, seedlings & plants. Fourth Saturday of month. Contact Reception for more information on 8408 1395.

YIN AND YANG YOGA - 9:30-11.00 am:

Going deeper into restorative and cardiovascular yoga. Weekly. Cost \$18 per session. Contact Niki - 0438 889 841.

SOCIAL MOSAIC GROUP - 10.00-1.00 pm:

A social group who like creating beautiful mosaic pieces. Weekly Cost - \$2 per person per session. For further information: Contact Bower Cottages on 8408 1395.

SUNDAY

CHRISTIAN FELLOWSHIP 10.00-12.00pm:

Prayers, praise and worship. All are welcome. Weekly. Cost: \$2 per Person. Contact - Oleg Zubstricky – 0407 333 313.

Updated 20/10/2022.

For more information, please contact

Bower Cottages Community Centre

200 Bower Road, Semaphore Park SA 5019

T 08 8408 1395 F 08 8408 1122 www.charlessturt.sa.gov.au

Or check out our Facebook [Page](#)

