



Term 1 2024

Monday:

- **Debra's Gentle Keep Fit:** Enjoyable exercises for all abilities designed to maintain your fitness level while having some fun. Weekly 9.30am - 10.30am. Contact Debra on 0405 973 556. \$12 per class.
- **Basic Computing Class:** Falling behind with the Internet age? Learn the basics, along with e-mailing and Internet searching in a stress-free environment. No prior knowledge needed. Weekly 10am - 12pm. Contact Dean via Reception on 8408 1390. \$2 per class.
- **Acrylic Painting at Cheltenham:** Do you want to learn how to paint? Then join Marijana and realise your potential! Materials are provided to begin with, but you are welcome to bring along your own paints and brushes. Weekly 2.15-4.15pm. Bookings essential. Contact Marijana on 0436 036 336. \$2 per class.
- **Dru Yoga with Dani:** Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. Sessions 7 – 8.15pm. Contact Dani on 0414 589 602 for more information.

Tuesday:

- **Sewing Classes for Everyone:** Women and Men from all backgrounds are welcome to join this happy, vibrant group! Learn how use a sewing machine or an overlocker, make new friends and get support with other skills. For Beginners through to Experienced. Weekly during school terms only 9.30am – 12pm. Contact Pat via Reception on 8408 1390. \$2 per class.
- **Basic Computing Class:** Falling behind with the Internet age? Learn the basics, along with e-mailing and Internet searching in a stress-free environment. No prior knowledge needed. Weekly 10am – 12pm & 12pm – 2pm. Contact Dean via Reception on 8408 1390. \$2 per class.
- **Cheltenham Over 50's Group :** A fun social group meeting weekly to play some high-quality Indoor bowls whilst having a great time socialising and making friends. Weekly 12:30pm – 3:30pm. Contact Trevor Lowe on 0414 906 103
- **Martial Arts & Fitness Club (Karate):** Learn self-defence through karate. Gain fitness, self-esteem, and co-ordination through martial arts training. Weekly 7pm – 8pm. 13yrs & above. Contact: Dale on 8235 2702. \$5. (No joining fees).

Wednesday:

- **Cheltenham Walkers:** Social walk around the Cheltenham area. Subject to weather conditions. Join in with sunscreen, hat, sensible shoes, and something to eat and drink. Meet at Centre, weekly at 10.30am. No bookings required. Contact Reception on 8408 1390. Free.

- **Needlecraft:** Join this friendly, talented group for a fun and productive day at Cheltenham. Knitting, ribbon embroidery, tapestry and cross stitch are just some of the skills on show. All welcome. Weekly 10.30am -2.30pm. Contact Jillian and Kay via Reception on 8408 1390. \$2.
- **Cheltenham Park Residents' Group:** Residents' group meeting on the first Wednesday of the month. 7 – 9pm. Contact Robert on 0402 281 740. Free.

Thursday:

- **Cheltenham Over 50's Group :** A fun social group meeting weekly to play some high-quality Indoor bowls whilst having a great time socialising and making friends . Weekly 12:30pm – 3:30pm. Contact Trevor Lowe on 0414 906 103
- **SMR Jodo (Martial Arts):** Jodo (the way of the stick) is an ancient martial art of stick against sword. Great for fitness and coordination. Weekly 5.30 – 7.30pm. Contact Vladimir on 0413 199 482. \$2.
- **Meditation:** Presented by Sahaja Yoga Meditation. Learn how to achieve a balanced state and enjoy improved mental, physical and emotional wellbeing. No bookings required. Weekly during **APRIL** 7.30 – 9pm. Contact Sue or Greg on 1300 724 252. \$2 donation to Community Centre.

Friday:

- **Financial Counselling:** In partnership with UnitingCare Wesley Bowden, counsellors can help with credit or debt issues, managing bills, housing, mortgages, rent, loans, budgeting and bankruptcy, general understanding, and concerns about your money. Fortnightly 9am - 3pm. Bookings essential. Contact UCW Bowden on 8245 7177 for bookings and information. Free.
- **ECH Board Games Group:** Join a fun social group meeting weekly to play board games and socialise over a cuppa. Eligibility criteria may apply and Bookings essential. Contact Melaine at ECH on 8169 9680

Saturday:

- **Fortuity Pty Ltd (Formerly Weight Watchers):** Learn different weight loss ideas in a fun, supportive and caring environment. Weekly 9am –10am. Contact Jennifer on 0400 416 382. From \$14.95/week.
- **Meditation Workshop:** Presented by Sahaja Yoga Meditation. Learn how to achieve a balanced state and enjoy improved mental, physical and emotional wellbeing. Monthly Workshop on Saturday afternoons. Contact Sue 1300 724 252 or Reception for specific dates. \$2 per session.
- **Sree Narayana Misson Adelaide:** (SNMA) a dedicated group following the path of Sree Narayana Guru whose philosophy and teachings focused on equality and unity of all humans. Meet Monthly on Saturday evenings. Contact Vimaldas on 0403 672 425 for further details.

Sunday:

- **The Jordan Church Ministries Inc:** Join the Congolese Community for Sunday Services. Weekly 10am -1pm. Contact Croyant on 0401 642 682. Free.

- **Alcoholics Anonymous:** Open meeting of Alcoholics Anonymous, for the purpose of recovery from alcoholism. All Welcome and no cost involved. Contact Connor on 0401 728 677 for further details. Weekly 6:30pm - 7:45pm

Pop Ups :

- **Little Kids and Books Kids Free Workshop:** In partnership with UCWB foster a love for sharing and reading books. Morning tea provided. Perfect for 0-5 years old. Date – Tuesday 20 February 10am – 11:30am. Bookings Essential on 0448 887 495.
- **Gnosis Adelaide:** A three-week course on the natural functionalism of the consciousness: the Perennial and universal philosophy. Mondays 19,26 February and 4 March @ 7pm. Contact 0401 683 649/ 0423 097 337 for further details.
- **Easter Craft and Egg Hunt :** Join us for a fun morning of Easter basket making followed by a traditional garden Easter Egg hunt.
Date: Tuesday 26 March 10am – 11:30am. Cost \$2.00 per person.
Booking details to Reception 8408 1390
- **April School holiday program released soon.**