



Monday:

- **Drop-in Digital Support:(facilitated)** Feel free to drop into our Digital Room to seek Digital Support with Carmel. Computers and free wi-fi also available while having a cuppa and chat with others Weekly 10am - 12pm. Wait times may apply if busy. Contact Reception on 8408 1390. FREE
- **Welcome Walking Group:** In partnership with Skylight Mental Health social walk around the Cheltenham area. Join in with sunscreen, hat, sensible shoes, and drink. Meet in Reception, weekly at 10:30am. Contact Jacqui on 0400 354 765 to register. Subject to weather conditions. Free.
- **Intermediate Acrylic Painting at Cheltenham:** Build on your acrylic painting skills with our art facilitator Marijana. Some materials are provided to begin with, but you are welcome to bring along your own paints and brushes. Weekly 2pm -4.15pm. Bookings essential. Contact Reception to be added to waiting list. on 8408 1390 \$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 7pm – 8.15pm. Contact Dani directly on 0414 589 602 for more information and costing.

Tuesday:

- **Cheltenham Playgroup:** Join us each term for weekly sessions from 10am – 11:30am In partnership with Playgroup SA explore opportunities for fun, social play and early childhood development. Contact Reception on 8408 1390 for further details. \$5.00 per family per session incl's refreshments.
- **Drop-in Digital Support:(facilitated)** Feel free to drop into our Digital Room to seek Digital Support with Philip. Computers and free wi-fi also available while having a cuppa and chat with others Weekly 10am - 12pm. Wait times may apply if busy. Contact Reception on 8408 1390. FREE
- **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 for further details and costs.

Wednesday:

- **Needlecraft:** Join this friendly, talented group for a fun and productive day at Cheltenham. Knitting, ribbon embroidery, tapestry, card making 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 per session.
- **Cheltenham Park Residents' Group:** Residents' group meeting on the first Wednesday of the month. 7 – 9pm. Contact Robert on 0402 281 740. Free.

Thursday:

- **500 Card's Group:** Enjoy playing the card game, 500's? Meeting every Thursday fortnightly over a cuppa and chat. 11:30am – 2:30pm. Contact reception for further details. Cost - \$2 per person
- **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 for information and costs.
- **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 for further details.

Friday:

- **Friday Fortnightly Free Bread Food hub:** In partnership with UnitingCare Wesley Bowden and kindly donated by Bakers Delight drop into the Community Centre to take what bread you need. Fortnightly from 9:30am. Contact Reception or check Facebook for availability – 8408 1390
- **Bolivia Card Playing Group:** Join a fun and social card playing group that meets weekly over a cuppa. 10am – 1pm. Weekly – Contact Reception for further details - \$2 per person.
- **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 UCWB directly on 8245 7177 for bookings and information. Free.

Saturday:

- **Weight Watchers -** Learn all about weight health in a fun, supportive, and caring environment. Each Saturday between 9am –10am. For further information, call 1800 958 288.
Membership prices vary, but you can scan this QR code for 60% off joining fees



- **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 for dates. Cost - \$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.

Other events and activities

Follow our Facebook page to stay up to date with Ad-hoc activities and events, including School Holiday programs and more.

Link to Facebook page -

