Community development wellbeing programs

Connect, learn and thrive at your local community centre

Jan–Dec 2020
Our community development programs are a great way to learn new skills, make new friends and participate in your local community.

An initiative of the City of Tea Tree Gully, funded by the Department of Human Services. All of these funded programs, symbolised by the ‘Connect and Wellbeing Program’ logo, are either free or low cost and are aimed at providing participants with the opportunity to learn new skills, connect with others and participate in the community.

If you would like to receive the Community Development Wellbeing Programs via email please register at cttg.sa.gov.au/comcentrecontact

H denotes Hirer – non-Council run program
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School holiday program

A range of school holiday activities are available every school holidays with bookings open two weeks before the start of each school holiday period. Visit cttg.sa.gov.au/shp for more information.

School terms and holiday dates 2020

**Term 1**
Tue 28 Jan – Thu 9 Apr
Holidays: Fri 10 – Sun 26 Apr

**Term 2**
Mon 27 Apr – Fri 3 Jul
Holidays: Sat 4 – Sun 19 Jul

**Term 3**
Mon 20 Jul – Fri 25 Sep
Holidays: Sat 26 Sep – Sun 11 Oct

**Term 4**
Mon 12 Oct – Fri 11 Dec
Holidays: Sat 12 Dec – Mon 31 Jan 2021

Storytime
Giving Back 2020

Are you passionate about making a difference in your community? This interactive program encourages young people between the ages 14–20 years to be actively involved for one school term, by participating, planning, designing and delivering community services that will benefit others. Choose one of our four inspiring programs that are aimed at caring and like-minded individuals.

Japanese Youth Cultural Group

Interested in Japanese culture and keen to learn some basic language skills? Join us and other Japanese enthusiasts on the third Wednesday of each month, 4–5.30pm for ages 12–22 years.

For more information visit cttg.sa.gov.au/japanese

Term 1 – Animal Welfare

The program is perfect for young people who are passionate about animal rights and needs. Find out how to care for injured native animals, host a fund-raising event and organise a food collection for animals in shelters.

Wed (school term) 4–5.30pm
571 Montague Road, Modbury

More info:
cttg.sa.gov.au/givingback

Young leaders
Monday

My Toddler – Little Jumpers
Weekly children’s playgroup with activities, music time and a fruit platter. Morning tea provided. Mon (school terms) 9.30–11.30am Jubilee Community Centre $3 per session

Bookings essential: cttg.sa.gov.au/events

Kids Kitchen
Five-week program for 7–12 year olds who love to cook. Mon (school terms) 4–5.30pm Jubilee Community Centre $12 per session

Bookings essential: cttg.sa.gov.au/events

Movers and Shakers
Dance, shake, hear stories, sing and play musical instruments – most of all have fun. For 2–5 year olds and their parent/carer. Mon (school terms) 10–11am Surrey Downs Community Centre $5 per session

Bookings essential: cttg.sa.gov.au/events

Tuesday

Jump Start Art
Fun art classes for 7–12 year olds. Six-week program. Tue (school terms) 4–5.30pm Jubilee Community Centre $6 session

Bookings essential: cttg.sa.gov.au/events

Theatre Bugs
Dancing, acting and singing for kids. Mon 4.30–7.30pm Jubilee Community Centre

Bookings and enquiries: 8332 1228

Groovexone
Hip-hop and breakdance classes. Mon 4–9pm
Holden Hill Community Centre

Bookings and enquiries: Michelle 0401 070 258

Golden Heights
Calisthenics
For children aged 3+. Mon 3–8.30pm
Greenwith Community Centre

Bookings and enquiries: KerryAnne 0410 516 270
Theatre Bugs
Dancing, acting and singing for kids.
Tue 4–8pm
Jubilee Community Centre
Bookings and enquiries:
8332 1228

Groovexone
Hip-hop and breakdance classes.
Tue 4–9pm
Holden Hill Community Centre
Bookings and enquiries:
Michelle 0401 070 258

Wednesday

Crafty Kids
Fun craft sessions for 2–5 year olds supported by an adult. Fruit platter and activities supplied. Six-week program.
Wed (school terms) 9.30–10.30am
Jubilee Community Centre
$5 ea or $8 family (up to 3 children)
Bookings essential:
c ttg.sa.gov.au/events

Girl Power Workshop
‘Roar’ Girl Power Workshop provides fun, interactive, wellbeing workshops for girls aged 7–12 years.
Wed 15 Jan & 22 Apr 9.30am–3pm
Jubilee Community Centre
Bookings and enquiries:
girlpowerworkshops.com.au

Little Tikes on Bikes
4th Wed of month (school terms)
9.30–11.30am
Road & Cycle Safety Centre
Hazel Grove, Ridgehaven
$2 per session
Bookings essential:
c ttg.sa.gov.au/events

Curious Cooks
Cooking classes for 2–5 year olds supported by an adult. Four-week program.
Wed (school terms) 1–2pm
Jubilee Community Centre
$12 per session
Bookings essential:
c ttg.sa.gov.au/events

Dance SA School of Performing Arts
Performing arts for children.
Wed 3.45–7.30pm
Jubilee Community Centre
Enquiries: 0408 988 483
Thursday

**Busy Little Bumble Bees Brekky Playgroup**  
Indoor/outdoor play, craft and sing time for children aged 1–5 years (younger siblings welcome). Light breakfast provided.  
Thu (school terms) 9–11am  
Holden Hill Community Centre  
$3 per session  
**Bookings essential:** ct tg.sa.gov.au/events

**Little Explorers**  
Explore the world through sensory and nature play. Sessions are messy so please wear appropriate clothing. For 0–5 year olds and their parent/carer.  
2nd & 4th Thu of month (school terms) 9.30–10.30am  
Surrey Downs Community Centre  
$4 per session  
**Bookings essential:** ct tg.sa.gov.au/events

**Storytime @ Surrey Downs**  
1st & 3rd Thu (school terms)  
10–11.30am  
Surrey Downs Community Centre  
$4 per session  
**Bookings essential:** ct tg.sa.gov.au/events

**My Baby Short Course**  
Join us and other parents for six informative and interactive workshops based around your child. For parents/carers with babies from newborn to 12 months.  
Thu (school terms) 10–11.30am  
Greenwith Community Centre  
Cost: Free  
**Bookings essential:** ct tg.sa.gov.au/events

**Dance SA School of Performing Arts**  
Performing arts for children.  
Thu 3.30–6pm  
Jubilee Community Centre  
**Enquiries:** 0408 988 483

**Theatre Bugs**  
Dancing, acting and singing for kids.  
Thu 4.30–8.30pm  
Jubilee Community Centre  
**Bookings and enquiries:** 8332 1228

**An Hour with Dad**  
Dads and kids... Four-weeks of fun together. For dads/male carer and their children aged 3–10 years.  
Thu (school terms) 6–7pm  
Surrey Downs Community Centre  
$10 for four weeks  
**Bookings essential:** ct tg.sa.gov.au/events
Golden Heights Calisthenics
For children aged 3+.
Thu 3–8.30pm
Greenwith Community Centre
Bookings and enquiries:
KerryAnne 0410 516 270

Friday

Kinderballet
Pre-school ballet classes.
Fri 9.30–11am
Greenwith Community Centre
Bookings and Enquiries:
1300 606 949

Little Tikes on Bikes
2nd & 4th Fri of month (school terms) 9.30–11.30am
Road & Cycle Safety Centre, Hazel Grove, Ridgehaven
$2 per session
Bookings essential:
cttg.sa.gov.au/events

Saturday

Jane Grech Dance Centre
Classes for children aged 3+.
Sat 9am–noon
Greenwith Community Centre
Bookings and Enquiries:
Brian 0404 847 759 or janegrechdancecentre.com.au

Groovexone
Hip-hop and breakdance classes.
Sat 9am–1pm
Holden Hill Community Centre
Bookings and enquiries:
Michelle 0401 070 258

Theatre Bugs
Dancing, acting and singing for kids.
Sat 9am–1pm
Jubilee Community Centre
Bookings and enquiries:
8332 1228
BOOK YOUR NEXT BIRTHDAY PARTY
at the Road and Cycle Safety Centre

• 2-hour parties
• Saturdays and Sundays
• Full access to track
• Bikes and helmets supplied
• Up to 20 children, 4–13 years
• $13.50 per child

Visit us at cttg.sa.gov.au/rsc
or call 8397 7444 for more information
Monday

**Chair Pilates**
This relaxed, 10-week program is focused on balance, knee and leg strength and is suitable for those with hip or knee pain. Wear comfy clothing and bring a drink.
Mon 10–11am
Greenwith Community Centre
$5 per week
**Bookings essential:**
cttg.sa.gov.au/events

**Dance Flow**
Six-weeks of fun and rhythmic women’s adult dance classes. Develop strength, balance and coordination to invigorating music.
Mon (school terms) 2.30–3.30pm
Jubilee Community Centre
$5 per session
**Bookings essential:**
c ttg.sa.gov.au/events

**Harmony of Yoga**
Harmonise body, mind and spirit. Beginners and experienced students welcome.
Mon 7–8.30pm
**Bookings and enquiries:**
Jeanette 0410 466 100

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Friday

**Tai Chi In The Park**
Ideal for beginners and those with a little experience.
Mon (school terms) 7.30–8.30am
Illyarrie Reserve, Surrey Downs
$20 per term
**Bookings essential:**
c ttg.sa.gov.au/event

**Yoga Nidra**
with Rochelle
Guided relaxation and meditation.
Mon 8.15–9.15pm
Jubilee Community Centre
**Bookings and enquiries:**
Rochelle 0433 244 398

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Tuesday

**Pilates**
Mat pilates suitable for beginners.
Tue 9–10am
Jubilee Community Centre
**Bookings and enquiries:**
Davide 0420 268 544
Chair Yoga
A gentle form of Yoga practiced on or using a chair for support. Ideal for those who have difficulty kneeling or getting on or off the floor.
Tue (school terms) 2–3pm
Surrey Downs Community Centre
$5 per session
**Bookings essential:**
c ttg.sa.gov.au/events

Fitness @ Bentley
Low impact weekly outdoor fitness program aims to improve muscular strength and endurance, improve cardiovascular and general fitness.
Tue 5.30–6.15pm
Bentley Reserve
Free
**Bookings essential:**
c ttg.sa.gov.au/events

Yoga
For those with basic yoga experience. Bring your own yoga mat and throw-over blanket.
Tue (school terms) 6.30–7.45pm
Greenwith Community Centre
$8 per session
**Bookings essential:**
c ttg.sa.gov.au/events

World Taekwondo
Tue 6.30–8pm
Greenwith Community Centre
**Bookings and enquiries:**
Wahid 0421 909 500

Wednesday
Jubilee Walkers
Free social walking group for people with medium to high fitness levels.
Wed (school terms) 9–10am
Jubilee Community Centre
Free
**Bookings essential:**
c ttg.sa.gov.au/events
Mums, Tots & Bubs
Fitness sessions for mums and toddlers aged 1–4 years. Your little guy or gal can join in too or play with toys provided.
Wed (school terms) 9.30–10.15am
Surrey Downs Community Centre
$5 per session
Bookings essential:
cctg.sa.gov.au/events

Mums and Bubs
Exercise
Build fitness and have fun with your little one! For mums and their bubs (newborn to pre-walking).
Wed (school terms) 10.30–11.15am
Surrey Downs Community Centre
$5 per session
Bookings essential:
cctg.sa.gov.au/events

Helping Hand Aged Care Tai Chi
Wed 1.30–4pm
Surrey Downs Community Centre
Bookings and enquiries: 1300 653 600

Corefitness™
Pilates and mat work for body conditioning.
Wed 6–7pm
Holden Hill Community Centre
Bookings and enquiries:
Darrell 0403 949 016

Yoga Restorative for Inner Peace & Stress Relief
Yoga meditation group.
Wed 7.45–9.15pm
Jubilee Community Centre
Bookings and enquiries:
Rochelle 0433 244 398

First Taekwondo
Beginners welcome.
Wed 7.15–8.15pm
Greenwith Community Centre
Bookings and enquiries:
Louise 0415 977 148

Thursday

Kathak
Indian classical dance classes.
Thu 3–4pm
Holden Hill Community Centre
Bookings and enquiries:
Sakshi Kumar 0413 676 087
More info:
sakshi-kumar.com
**Friday**

**Pilates**
Floor and mat pilates.
Fri 9–10am & 10.15–11.15am
Surrey Downs Community Centre
**Bookings and enquiries:**
Janet 0422 159 859

**Chair Yoga**
A gentle form of Yoga practiced on or using a chair for support. Ideal for those who have difficulty kneeling or getting on or off the floor.
Fri (school terms) 9.30–10.30am
Holden Hill Community Centre
$5 per session
**Bookings essential:**
cttg.sa.gov.au/events

**Corefitness™**
Pilates and mat work for body conditioning.
Fri 5.30–6.30pm
Holden Hill Community Centre
**Bookings and enquiries:**
Darrell 0403 949 016

**Sway Dance Academy**
Classes for youth and adults.
Fri 6–9.30pm
Surrey Downs Community Centre
**Bookings and enquiries:**
Luke 0431 555 881

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**Saturday**

**Sway Dance Academy**
Classes for youth and adults.
Sat 9–11am
Surrey Downs Community Centre
**Bookings and enquiries:**
Luke 0431 555 881

**First Taekwondo**
Beginners welcome.
Sat 11am–noon
Greenwith Community Centre
**Bookings and enquiries:**
Louise 0415 977 148

**Kathak**
Indian classical dance classes.
Sat 1.30–2.30pm
Holden Hill Community Centre
**Bookings and enquiries:**
Sakshi Kumar 0413 676 087
**More info:**
sakshi-kumar.com

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**Sunday**

**Mindful Meditation**
Reconnect with your inner essence and calm your mind.
3rd Sun of month 9–10am
Holden Hill Community Centre
**Bookings and enquiries:**
Angela 0419 864 391
**Tuesday**

**Computing For Men**
All stages, including beginners.  
Tue 12.30–2.30pm  
Holden Hill Community Centre  
$3 per session  
**Bookings and enquiries:**  
8397 7425

**Bring Alive Your Family Tree**
Family history and genealogy fun.  
Tue 6.30–8.30pm  
Greenwith Community Centre  
$2 per session  
**Bookings essential:**  
Jackie 0411 664 026

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**Wednesday**

**Simple Living**
Meet with others who enjoy keeping life simple. These monthly sessions are a time to catch-up over a cuppa. Workshops will be planned throughout the year.  
1st Wed of month 9.30–11.am  
Surrey Downs Community Centre  
$4 per session  
**No bookings required**

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**Thursday**

**The Smith Family**
Financial literacy program.  
Thu 9.30am–12.30pm  
Jubilee Community Centre  
**Bookings and enquiries:**  
Stacey 0417 048 689

**Tea Tree Gully Toastmasters**
Improve your public speaking skills.  
Thu 7–9pm  
Jubilee Community Centre  
**Bookings and enquiries:**  
Anthony 0400 123 500
Monday

**Toughlove**
Helping parents with strategies for dealing with challenging teenage behaviour.
Mon 7.30–9.30pm
Surrey Downs Community Centre
Bookings and enquiries: 0407 046 689

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**Tuesday**

**Sands SA**
Pregnancy loss support group.
Tue 7–9pm
Jubilee Community Centre
Bookings and enquiries: Jess 0477 014 775

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**Wednesday**

**Lyell McEwin Volunteer Association/Northern Respite Care**
Men’s outing group (respite care).
Wed 10–11.30am
Jubilee Community Centre
Bookings and enquiries: Peter 8182 9651

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**Grief and Loss Group for Parents**
For parents experiencing grief from the loss of a child.
By appointment
Holden Hill Community Centre
$2 per session
Bookings essential:
8397 7425

**Al-Anon Family Group**
Self-help meeting for family and friends affected by alcoholism.
Wed 8–9.30pm
Surrey Downs Community Centre
Bookings and enquiries:
0407 724 344

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**Friday**

**Sunnybrook Cancer Support Group**
For people living with cancer. Guest speakers, craft and outings.
Fri (school terms) 10am–noon
Jubilee Community Centre
$3 per session
Bookings essential:
cttg.sa.gov.au/events
Monday

Social Acrylics
Suitable for beginners or those looking to do their own project in a social environment.
Mon (school terms) 10am–noon
Holden Hill Community Centre
$4 per session
Bookings essential:
cttg.sa.gov.au/events

Gone Fishing
Dust off your fishing gear for an afternoon of relaxed fishing. Bait and lunch provided. Bring a folding chair.
Mon quarterly (see website for details) 10.45am–3pm
Holden Hill Community Centre
$5 per person
Bookings essential:
cttg.sa.gov.au/events

Gunnadoo Craft
Bring your own work and share ideas. Afternoon tea supplied.
Mon (school terms) 11.30am–2pm
Jubilee Community Centre
$3 per session
Bookings essential:
cttg.sa.gov.au/events

Knit ‘N’ Yarn
Knitting, crocheting, spinning. Afternoon tea supplied.
Mon (school terms) 12.30–2.30pm
Jubilee Community Centre
$3 per person
Bookings essential:
cttg.sa.gov.au/events

Social Sewing
Enjoy a sew and a chat, with help for beginners. Sewing machines, thread, some fabric and tea/coffee supplied. Bring along your own projects or combine with fellow participants on a community project.
2nd & 4th Mon of month (school terms) 1–3pm
Holden Hill Community Centre
Free
Bookings essential:
cttg.sa.gov.au/events

Crochet Club
Beginners, would you like to learn how to crochet? Please join us for 5-weeks and learn the basics. Wool and hook supplied.
$15 per person
Monday 5.30–7.30pm
Surrey Downs Community Centre
Bookings essential:
cttg.sa.gov.au/events
Tuesday

Painting Pathways
Connect with other creative people and be involved in local community projects. Open to all experience levels, all media welcome. Afternoon tea provided.
Tue (school terms) 11am–2pm
Jubilee Community Centre
$3 per session
Bookings essential: cttg.sa.gov.au/events

Gully Gardeners
Different topics each month.
3rd Tue of month (excl. Dec & Jan)
12.30–2pm
Surrey Downs Community Centre
Bookings essential: cttg.sa.gov.au/events

Garden Group
Take a rest from your garden and join others for a cuppa and a chat about gardening. Feel free to bring along a small amount of produce, garden cuttings and seeds to share.
1st Tue of month (excl. Jan)
12.30–1.30pm
Surrey Downs Community Centre
Free
Bookings essential: cttg.sa.gov.au/events

Sewing for Beginners
6-week program to learn the basics of sewing while you make a simple project. Sewing machines available for use.
Tue 4–6pm
Surrey Downs Community Centre
$15 for 6-weeks
Bookings essential: cttg.sa.gov.au/events

Creative Art Journaling
Do you enjoy to journal or would you like to know how? Join us for some ‘me’ time and learn journaling basics – drawing, painting, writing and collage.
Selected Tue 6–8pm
Jubilee Community Centre
$5 per session
Bookings essential: cttg.sa.gov.au/events

Wednesday

Simple Living
Meet with others who enjoy keeping life simple. These monthly sessions are a time to catch-up over a cuppa. Workshops will be planned throughout the year.
1st Wed of month 9.30–11.am
Surrey Downs Community Centre
$4 per session
No bookings required
School House Sewing Circle
Work on your crafts with us. Supper supplied.
Wed (school terms) 7.30–9.30pm
Jubilee Community Centre
$3 per session
Bookings essential:
Judy 8263 1717

Thursday

Watercolours for Beginners
1st & 3rd Thu of month (school terms) 9.30–11.30am
Jubilee Community Centre
$3 per session
Bookings essential:
cttg.sa.gov.au/events

Joe’s Italian Cooking Class
Learn to make tasty Italian Dishes with this four-week short course. All materials and food supplied.
Thu (school terms) 7.30–9.30pm
Jubilee Community Centre
$10 per ses
Bookings essential:
cttg.sa.gov.au/events

Friday

Scrapbooking with JD
Bring your photos and album and we will help you get going. Shared resources available.
Fri fort nightlyly 9.30am–9.30pm
Holden Hill Community Centre
$3 per session
Bookings essential:
Joan 8261 5474

Triple C
(craft, coffee, chat)
Learn card making, beadcraft, 3D work and scrapbooking.
Fri fort nightlyly 9.30am–4pm
Holden Hill Community Centre
$3 per session
Bookings essential:
Joan 8261 5474

RC Drift Matsuri
Radio controlled indoor car racing facilitated by experienced volunteers.
Fri (school terms) 7–11pm
Jubilee Community Centre
$3 per session
Bookings essential:
Chris 0406 004 812
Saturday

Jubilee Quilters
Sewing and quilting.
Sat noon–4pm
Jubilee Community Centre
Bookings and enquiries:
Vicky 0423 951 682

Mother Earth’s Market
A market dedicated to all things natural, sustainable, creative, eco friendly and just downright good for you!
Sun 5 April
Sun 15 Nov
10am–4pm
Greenwith Community Centre
Bookings and enquiries:
omtherearthsmarketplace.com.au

Watercolours for Beginners
**Social activities**

**Men’s Shed**  
Join in woodwork activities.  
Weekdays 10am–3pm  
Holden Hill Community Centre  
$3 per session  
**Bookings essential:**  
8397 7425

**Monday**

**Drop-in Group**  
Women’s weekly friendship group.  
Mon (school terms) 9.30am–noon  
Holden Hill Community Centre  
$3 per session  
**Bookings essential:**  
cttg.sa.gov.au/comcentrecontact

**Indoor Carpet Bowls**  
Social indoor carpet bowls.  
Mon noon–2.30pm  
Greenwith Community Centre  
$2 per session  
**Bookings essential:**  
Peggy 8265 0163

**Rock ‘n’ Roll School of Dance**  
Dance classes, beginners to advanced.  
Mon 8–9.30pm  
Greenwith Community Centre  
**Bookings and enquiries:**  
George 0418 821 383

**Tuesday**

**Men’s Shed Social Group**  
A men’s friendship group with guest speakers.  
Tue 1–3pm  
Holden Hill Community Centre  
$3 per session  
**Bookings essential:**  
8397 7425

**Women’s Workshop Group**  
Join in woodwork activities.  
Tue 1–4pm  
Holden Hill Community Centre  
$3 per session  
**Bookings essential:**  
8397 7425
**Wednesday**

**Seniors Carpet Bowls**  
Indoor carpet bowls. No experience necessary.  
Wed (school terms) 9.30–11am  
Jubilee Community Centre  
$3 per session  
**Bookings essential:**  
8397 7422

**Thursday**

**The Bent Needles**  
Quilting. Please bring your own project and sewing items.  
Thu (school terms) 6.30–8.30pm  
Jubilee Community Centre  
$3 per session  
**Bookings essential:**  
Vicki 8264 3436

**Friday**

**Music By The Lake**  
Live band and performances for people with a disability and their carers. Coffee, cake and toasties available for $2.  
4th Fri of month noon–2pm  
Jubilee Community Centre  
$3 per session  
**Bookings essential:**  
8397 7422

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**Lighthouse Disability Boom Box Disco**  
Boombox disco for people with a disability.  
1st Fri (monthly) 7–9.30pm  
Greenwith Community Centre  
**Bookings and enquiries:**  
8256 9820

**Games Night**  
Various card and board games.  
Fri 6.30–9.30pm  
Holden Hill Community Centre  
$3 per person  
**Bookings and enquiries:**  
8261 5474

**Nor’easters Over 50s Social Group**  
For people over 50 looking to make social connections.  
1st Fri 7.30–11.30pm  
Jubilee Community Centre  
$3 per session  
**Bookings essential:**  
Milton 0415 295 377
Connect
Learn
& Thrive
at your local community centre
cttg.sa.gov.au/comcentres

Greenwith Community Centre
The Golden Way
Greenwith
Ph 8397 7444

Holden Hill Community Centre
82 Valiant Road
Holden Hill
Ph 8397 7425

Jubilee Community Centre
7 Jubilee Way
Wynn Vale
Ph 8397 7422

Surrey Downs Community Centre
6 Zanoni Crescent
Surrey Downs
Ph 8397 7423