

except the last Friday of each month. Women only. Halal. \$3/class.

Community Lunches: enjoy a 3 course meal on the last Friday of each month, during school term. Entertainment included. All welcome. 12.30 - 2.30pm. \$5/person.

Nutrition Consultations: by a qualified Clinical Nutritionist. Mary 0435-639-296 to book an appt. 2-4pm. \$5/session.

Art Therapy/Drumming Workshops for the Intellectually Disabled: use drumming to de-stress & have fun. 3.30-4.30pm. \$5/person (if not a HCO client).

SATURDAY

Vietnamese Veterans Association: meetings to discuss various issues. 9am-12pm. Dinh 046-934-0176.

Music In Motion: a more gentle workout using different dance styles and exercise movements. Suitable for 60+ years, people with a disability or for people returning to exercise following an injury. 9-10am. Free.

SUNDAY

Bethany Chinese Sunday School: 10am-2pm. Jia 0488-222-128.

Computing (Vietnamese community): 10am-5pm. Son Vo 043-345-0921.

Soul Space Community Meals: bring a plate to share or just pop in for a free meal. All welcome. Hosted by SoulSpace Christian Community. 4-7pm. Steve 0411-888-517. Free.

GOT A NEW IDEA ?

Tell us if you're interested in having a particular class or activity run at the centre, and we will do our best to accommodate your request.

EXPRESSIONS OF INTEREST

Please let us know if you'd like a Beginners Bellydancing class arranged.

PARENTING COURSES

Circle of Security - a relationship based early intervention program for parents & children (8wks).

Who's In Charge - a program for parents who constantly feel challenged by their children's abusive behaviour towards them (8wks).

MISSION STATEMENT

The Junction Community Centre aims to create a welcoming, responsive, inclusive and supportive environment, working with the community to help it meet the needs of individuals, families and community groups in the local area.

We are a Child Safe organisation.

The Junction holds a Certificate Level - Australian Service Excellence Standard Award (Quality Assurance).

Suggestions for new courses welcome.

Opt to volunteer at the centre.

Hall/room hire available on a regular basis or for special occasions.

Most classes follow the SA school term dates; please ring to confirm start/end dates.

Other social activities will be held throughout the year.

ACKNOWLEDGEMENTS

The Junction is supported by the Department for Communities and Social Inclusion, Adult Community Education, the City of Port Adelaide-Enfield, the Alberton Mission Fund & a pool of great volunteers.



Junction Community Centre

Term 1, 2018

(Jan-April)

2A May Tce.,

Ottoway, SA 5013

(PO Box 34, Rosewater East, 5013)

Ph: 8341-1334

admin@junctioncommunity.org.au

Facebook:

The Junction Community Centre

www.junctioncommunity.org.au

MONDAY

Beginner-Intermediate English: for adults wishing to develop their English language skills. 10am-12.30pm. \$2/class.

NDIS Inreach: information for clients/services from the Port. No appt necessary. 10.30am-2.30pm. Free.

Haircuts: for the whole family. Private room available. 10.30am-2.30pm. For appts call 8341-1334. Adults \$15, kids \$10.

Bellydancing (advanced): shimmer and shake. 11-11.30am. Sharon 041-912-6942. \$5/class.

Bollywood Dancing (beginners): Indian style. 11.30am-12pm. Sharon 041-912-6942. \$5/class.

West Air: information & support for people suffering respiratory illness. First Monday/month, 1-3pm.

Active Ageing: gentle exercise for the over 65s. 1.30-2.30pm. \$2/class.

Nutrition Consultations: by a qualified Clinical Nutritionist. Mary 0435-639-296 to book an appt. 2-4pm. \$5/session.

Aerial Silks/Pixie Dance/Circus Skills:

2.30-3.30pm: Aerial (adults)

3.30-4.30pm: Aerial (kids—all ages)

: Pixie Dance & Circus Skills (kids 3-7yrs) - foundation in dance & music appreciation

4.30-5.30pm: General Circus (kids—all ages) -stilt walking, hoops, fire twirling, hip hop, drumming.

: Cirque Du Sorbet: performance group (pre-requisite: General Circus class)

5.30-6.30pm: open training/rehearsals.

Cost: \$5/class

Zumba: a total workout including cardio, muscle conditioning, balance & flexibility. 7-8pm. \$8/class (\$5 concession). Rog 0433-655-639.

TUESDAY

ANFE Seniors: lunch & social activities for seniors of the Italian community. 9:30am- 2:30pm.

Contact Gianni on 8234-5550.

Basic Computing: an introduction to computing. Bookings essential. One course/term. 10:00am – 12:00pm. \$4/class plus \$4 for the manual.

Financial Counselling: Anglicare provide advice on money matters. No appt necessary. 10am-12pm. Free.

Music Jam Sessions: bring an instrument & jam with other musicians. 12-2.30pm. \$2/class.

Ariel Silks: modern dance using a trapeze & silk ribbons. Adults 3.15-4.15pm, kids 4.15-5.15pm. Cost: \$5/class.

Okinawa Karate: traditional karate training for self defence & confidence building. Mixed class. 5.25 – 6.25pm. \$10/class (adults), \$7/class (students over 10yrs) plus membership fees. Shane 043-021-6483.

Ryukonkai Kubodo: traditional staff training. Strictly non-contact. Builds hand-eye coordination & stamina. Mixed class. 6.30-7.30pm. \$10/class (adults), \$7/class (students over 13yrs) plus membership fees. Shane 043-021-6483.

Literacy/Numeracy 1:1 tuition for the Intellectually Disabled: One hour classes from 5-7pm. Free.

WEDNESDAY

Playgroup: a great way for both parents & their children to make friends & have fun with other locals. 10:00am - 12:00pm. \$1/session. Bring a piece of fruit to share.

Sewing: learn to use a sewing machine/overlocker to make clothing or do your own mending. Material/haberdashery provided. Supported by Lutheran Community Care. 10am - 12pm. \$2/class.

West Air: an information & support group for people suffering respiratory illness. Last Wed/even months, 1-3pm.

Life Skills/Personal Interest Computing for the Intellectually Disabled (Basic-Intermediate): explore Google & other websites. Bookings essential. Use the centre's desktops or BYO laptop. 6 week course run each term. 1-2.30pm. \$4/class.

Computing (Intermediate): explore the internet. Bookings essential. 2.30-4.30pm. \$4/class.

Filipino Women's Dance/Social Group: have fun, make friends and get fit. 7-9pm. Contact Mary on 0435-639-296. \$10/class.

THURSDAY

Card Making & Craft: try different styles or create your own. 10am-12pm. \$2/class.

Financial Counselling: UCWPA offer interest free loans. Anh 8440-2299 to book appts. Free. 10am-1pm.

Learn To Ride A Bike: practice indoors with an instructor. Bike & helmet provided. 12.30-2.30pm. \$2/class.

Wellbeing Workshops: 4wk courses about taking care of yourself, life & feeling better. 12-2pm. Free.

Advanced Computing: enjoy using Facebook, Twitter, Skype & more. Bookings essential. Use the centre's desktops or BYO laptop. 1-3pm. \$4/class.

Tai Chi: gentle exercise class using martial art techniques to improve energy flow. 2:15pm – 3.15pm. \$4/class.

Zumba: a total workout including cardio, muscle conditioning, balance & flexibility. 7-8pm. \$8/class (\$5 concession). Rog 0433-655-639.

FRIDAY

Yoga: relax whilst improving your health. Please bring a yoga mat or towel. 8:30 - 9:40am. \$5/class.

Women's English As A Second Language: build your confidence using English. 9.30-11.30am. \$2/class.

Art Group: join painters of all abilities to have a coffee & be inspired by each other. This is not a teaching class. 10am - 1pm. No class on the last Friday/month. \$4/class.

Mindfulness Course for Women: Relax, refresh and re-energise your mind. Find your inner balance and inspiration using meditation and other techniques. 5wk courses. 10am– 11.30am. Free.

Novelty Cooking Classes: cook dishes from different regions of the world and/or treats for those special occasions. 4wk blocks. 11:30am-1:30pm every Friday