

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 those returning to exercise following an injury. 10-11am. \$4/class

Random Acts Of Coffee Pop-Up: Barista coffee \$3, free bread, kids activities, good conversation. 10am-12pm in the centre carpark. Contact Steve on 0411-888-517.

SUNDAY

Cross Breaks Chain Church: enjoy the presence of God together. 10am-1pm. John 0411-893-507.

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

Soul Space Community Meals: first Sunday each month from 4-7pm. At 4pm: worship & prayer. 5pm: bring & share a meal. 6pm: teaching & training. All welcome. Hosted by Soul Space Christian Community. Steve 0411-888-517. Free.

PARENTING COURSES (8wks)

Who's In Charge - a program for parents who feel challenged by their children's abusive behaviour towards them. One course run each term. Please call 83411334

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.

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.



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

We are a Child Safe organisation.

- 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.
- Social activities 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 and our wonderfully loyal locals.



Junction Community Centre

Term 1, 2019

January — April

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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

Bellydancing (technique & practice): shimmer and shake. 10.00-11.00am. Sharon 041-912-6942. \$5/class.

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

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

Bollywood Dancing: 11.00am-12.00pm. Sharon 041-912-6942. \$5/class.

Active Ageing: gentle exercise for the over 65s. 1-2pm. \$2/class.

West Air: information & support for people suffering respiratory illness. First Monday/month, 1-3pm. Contact Jackie Kemp on 8340 3943

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

Circus Skills, Dance & Yoga (various activities inc. aerial/silk ribbons, stilt walking, hoops, fire twirling, Hip Hop, drumming & yoga): foundation in dance & music appreciation. 3.45pm-5.15pm: circus/dance skills for 2-10yrs. 5.15pm-6.45pm: dance/drumming for 10-18yrs. \$5/person.

Zumba: a total workout including cardio, muscle conditioning, balance & flexibility. 7-8pm. \$8/class (\$5 concession). Contact 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. 6wk course. 10am - 12pm. \$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.

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.

WEDNESDAY

Family Support Worker: Free support and referral services for families. 9:30am-2:30pm. Supported by Lutheran Community Care.

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

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

JCC Social Group: variety of fun activities to join and make friends. 12.30-2.30pm. Contact Eugenia on 8341-1334. \$2/class.

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 wk course. 1-2.30pm. \$4/class.

Cross Breaks Chains Church: enjoy the presence of God together. 5-7pm. John 0411-893-507.

THURSDAY

Sewing Workshops: sewing for a cause. Learn how to make items from scratch - keep some for yourself & donate others to those in need. Material/ haberdashery provided. Supported by Lutheran Community Care. Free. 9.30am-12.30pm.

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

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.

Okinawa Karate: traditional karate training for self defence & confidence building. Mixed class. 5.30pm - 6.30pm. \$10/class (adults), \$7/class (students over 10yrs) plus membership fees. Shane 043-021-6483.

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.

1:1 ESL/Literacy Classes: build your confidence using English or expand your literacy skills. 1-hour each by appointment, for anyone wanting private tuition. Contact centre. 9.30am-12:30pm. \$2/class.

Art Group: join painters of all abilities - be inspired by each other. 10am - 1pm. No class on the last Friday/month. \$4/class.

Gentle Movement & Meditation: 10:30am-11:30am. \$2/person. 83411334. For those wanting to improve flexibility & balance

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

Nutrition Consultations: with a qualified Clinical Nutritionist. Mary 0435-639-296 to book a 15min 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)

Cross Breaks Chains Church: enjoy the presence of God together. 5-7pm. John 0411-893-507. (fortnightly)