

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. Free.

Pop-Up Coffee Van & Carpark Market: Random Acts Of Coffee Pop-Up has Barista coffee \$3 plus 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.

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.

Circle Of Security - an attachment based parenting course for parents with young children. Kay 8341-1334.

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.

- We welcome volunteers.
- Hall/room hire available on a regular or casual basis.
- Most classes follow the SA school term dates; please ring to confirm start/end dates.
- Social activities for the whole community are 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 2, 2019

May — July

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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.

Burundian Women's Playgroup: relax & have coffee, let the children play in a safe supported space. Alternate Mondays-starts May 13th. 10am-12pm. Free.

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: aerial/silk ribbons, stilt walking, hoops, fire twirling, Hip Hop, etc): foundation in dance & music appreciation. 3.45pm-5.15pm: circus/dance skills for 2-10yrs. 5.15pm-6.45pm: dance 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.

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

Jeet Kune Do (Karate): 'the art of fighting without fighting' developed by Bruce Lee. Explore the philosophy of martial arts movements. 6.30pm. \$10/class plus membership fees. 12+ yrs. Daniel 044-704-2709.

WEDNESDAY

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

Playgroup: a great way for both parents & their children have fun with other local families. 10am - 12pm. \$1/session and 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. 10am - 12pm. \$2/class.

JCC Choir: no experience required. All ages welcome. 1.30-3.30pm. \$2/class. Eva 0421-914-443.

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. 12.30-1pm. \$2/class.

Swinging 60's Dance: exercise using different dance styles (Nutbush, line dancing, etc) for 60+ yrs. \$2/class. 1-2pm.

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.

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.

Mindful Moves & Grooves: 10:30am-12pm. For those wanting to improve flexibility & balance through exercise and meditation. \$2/person. Starts May 17th.

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. 9pm-12am. John 0411-893-507. (fortnightly)