

## SATURDAY

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

**Music in Motion:** a 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. Ph: 8341-1334.

**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. Vicki 0431-778-548.

**African Women's Quranic Recitation Group:** 1-8pm (alternate weeks starting Jan 25th). Ph: Kadiatu 0401-629-843.

**Badenya African Women's Support Group:** discuss issues of concern. 6pm-11pm (alternate weeks starting Feb 1st). Ph: Kadiatu 0401-629-843.

## SUNDAY

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

**Pastoral sessions:** discuss religion & life matters with Paster Theo. 3pm-6pm. Ph: 0415-795-402.

## 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 8341-1334.

**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 ASES Award (Australian Service Excellence Standard).**

**We are a Child Safe organisation.**

- We welcome volunteers.
- Hall/room hire is 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. Follow our Facebook.

## ACKNOWLEDGEMENTS

***The Junction is supported by the Department of Human Services, Adult Community Education, the City of Port Adelaide/Enfield, the Alberton Mission Fund, Reclink Australia plus a pool of great volunteers and our wonderfully loyal locals.***



# Junction Community Centre

**Term 1, 2020**

**January – April 2020**

**2A May Tce.,**

**Ottoway, SA 5013**

**(PO Box 34, Rosewater East, 5013)**

**Ph: 8341-1334**

**Facebook: The Junction**

**Community Centre**

**[www.junctioncommunity.org.au](http://www.junctioncommunity.org.au)**

## MONDAY

**Bellydancing (technique & practice):** shimmer and shake. 10-11am. Sharon 0419-126-942. \$5/class.

**Beginner-Intermediate English:** for adults wishing to develop their English language skills. 10am-12.30pm. \$2/class. Ph: 8341-1334.

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

**Bollywood Dancing:** 11am-12pm. Sharon 0419-126-942. \$5/class.

**Active Ageing:** gentle exercise for the over 65s. 1-2pm. \$2/ class. Ph: 8341-1334.

**Nutrition Consultations:** qualified Clinical Nutritionist. Ph: Mary 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. 3.45-5.15pm: circus/dance skills for 2-10yrs. 5.15-6.45pm: dance for 10-18yrs. \$5/ person. Ph: 8341-1334.

**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-2:30 pm. Contact Gianni on 8234 5550.

**Basic Computing:** an introduction to computing. 6wk course. 10am-12pm. \$4/ class plus \$4 for the manual. Ph: 8341-1334.

**Backbone Music with Sean:** 1:1 music tuition. 12-3pm. \$2/class. Ph: 0475-067-013.

**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 0447 042 709.

## WEDNESDAY

**At Work Disability Employment Service:** by appt by contacting Rebekah 044-990-3196. 9am-1pm.

**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. Ph: 8341-1334.

**Sewing:** learn to use a sewing machine/ overlocker to make clothing or do your own mending. Material/ haberdashery provided. 10am - 12pm. \$2/class. Ph: 8341-1334.

**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. Extra support provided. 1-2.30pm. \$4/class. Ph: 8341-1334.

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

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

**Youth with Love – African Youth Support Group.** 6-8pm. Contact Aisata on 041-389-0254.

## 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. \$2/class 10am-12 pm. Ph: 8341-1334.

**Saver Plus Financial Management course:** run by The Smith Family. 10am-1pm. Ph: Ashlyn

**Swinging 60's Dance:** exercise using different dance styles (Nutbush, line dancing, etc) for 60+ yrs. \$2/ class. 12-1pm. Ph: 8341-1334.

**Zumba for Women:** dance, exercise, sweat & have fun. Women only. 1-2pm. \$2/class. Ph: 8341-1334.

**Advanced Computing:** enjoy using Facebook, Twitter, Skype & more. Use the centre's desktops or BYO laptop. 1-3pm. \$4/ class. Ph: 8341-1334.

**Tai Chi:** gentle exercise class using martial art techniques to improve energy flow. 2.15-3.15pm. \$4/ class. Ph: 8341-1334.

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

## FRIDAY

**Yoga:** relax whilst improving your health. Please bring a yoga mat or towel. 8:30 - 9:40am. \$6/class. Susannah 0409-015-954.

**1:1 ESL/Literacy Classes:** build your confidence using English, improve your literacy skills. One hour each by appointment. 9.30am-12:30pm. \$2/class. Ph: 8341-1334.

**Art Group:** join painters of all abilities - be inspired by each other. 10am - 1 pm. 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. Ph: 8341-1334.

**Community Lunches:** enjoy a 3-course meal on the last Friday/ month, during school term. All welcome. 12.30-2.30pm. \$5/ person. Bookings essential. Ph: 8341-1334.

**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). Baljit

**Cross Breaks Chains Church:** enjoy the presence of God together. 9pm-12am. John 0411 893 507. (fortnightly)

**Mustard Seed Chapel – overnight vigil – 3<sup>rd</sup> Friday/month 10pm-5am. Ph: Theo 0415-795-402.**