

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. To resume later in the year.

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

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 (6 weeks)

Who's in Charge - a program for parents who feel challenged by their children's abusive behaviour towards them. Kay 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).

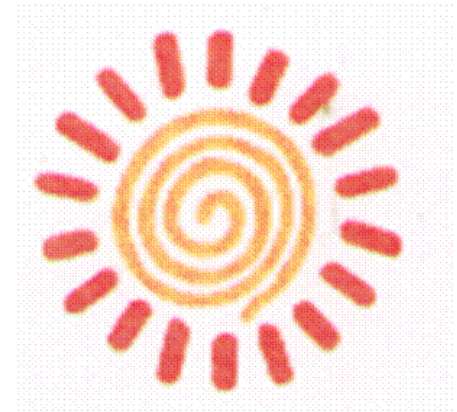
We are a Child Safe organisation.

COVID-SAFE PRACTICES MUST BE ADHERED TO AT ALL TIMES!

- Hall/room hire is available on a regular or casual basis. No private function hire for this term – reviewed again in Oct, 2020.
- Most classes follow the SA school term 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 3, 2020
(July – September)**

**2A May Tce.,
Ottoway, SA 5013
(PO Box 34, Rosewater East, 5013)
Ph: 8341-1334**

**Facebook: The Junction
Community Centre**

www.junctioncommunity.org.au

MONDAY

Bellydancing (technique & practice): shimmer and shake. 10.30am-12pm. Sharon 0419-126-942. \$5/class.

Beginner-Intermediate English: for adults wishing to develop their English language skills. Starts Aug 3rd. 10am-12pm. \$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: 12-1pm. 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.

Art In Motion (Circus Skills, Dance & Yoga inc 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

At Work Disability Employment Service: by appt by contacting Emily 0409-657-843. 9am-5pm.

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. Starts Sept 1st.

1:1 Personalised Computing/Mobile Phone session: 20 min appts to make your device do what you want! Bookings essential. \$2/class. Ph: 8341-1334.

Calisthenics: practice sessions. 4-5pm. Karen 0438-999-367.

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

Playgroup: to resume later in the year.

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. Starts in October.

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

At Work Disability Employment Service: by appt by contacting Emily 0409-657-843. 9am-1pm.

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.

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. Starts Sept 3rd.

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

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

Henna Tattooing: to resume later in the year.

Community Lunches: to resume later in the year.

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 8241-0887.

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

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