

## SUNDAY

**Church of Christ** — 10.00 am—12.00 pm

Join the service.

Ph: Emmanuel on 0423 871 633.

**Disciples of Christ:** 2.30—4.30 pm

Ph: Pastor Gladys: 0432 168 474.

### PARENTING COURSES (8 wks)

**Who's in Charge:** a program for parents who feel challenged by their children's abusive behaviour towards them. Ph. Trevor Cresswell on 8405 6600.

**Circle of Security:** an attachment-based parenting course for parents with young children. Ph. Trevor Cresswell on 8405 6600.

### 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.*

### ACKNOWLEDGEMENTS

The Junction is supported by the:

- ◆ Dept of Human Services
- ◆ Dept of Industry and Skills
- ◆ City of Port Adelaide-Enfield
- ◆ Alberton Mission Fund
- ◆ Reclink Australia
- ◆ Various other funding bodies
- ◆ A pool of great volunteers
- ◆ Our wonderfully loyal locals.

### 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.



EVERYONE from near or far is WELCOME

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.
- Bookings may need to be cancelled or changed depending on the Government's COVID-19 rulings.
- Most classes follow the SA state school term dates.

Social activities and community events for the whole community — plus holiday activities for youth — are held throughout the year. Follow our Facebook page for more details!



# The Junction Community Centre

Term 4, 2021  
(October—December)

2A May Terrace,  
OTTOWAY SA 5013  
(PO Box 34, ROSEWATER EAST SA 5013)  
Ph: 8341 1334

Facebook: *The Junction Community Centre*

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

## MONDAY

**Beginner-Intermediate English:** for adults wishing to develop their English language skills. 10am—12pm. \$2/class. Ph: 8341 1334.

**Advanced Belly dancing (technique & practice):** shimmer and shake. 10.30am—12pm. \$5/class. Sharon Ph. 0419 126 942.

**Introduction to Hospitality:** Learn basic cooking skills whilst making meals for the homeless/disadvantaged, plus safe storage, hygiene and serving skills. Mondays 10am—1pm. \$3/class. Ph: 8341-1334.

**Oldies but Goldies Fitness classes:** gentle exercise for the over 65s. Chair based exercise. 1—2pm. \$2/ class. Ph: 8341 1334.

**Zumba:** a total workout including cardio, muscle conditioning, balance & flexibility. 7—8pm. \$8/ class. Ph. Rog 0433 655 639.

**Church of Christ— Bible Studies** 6.00—7.00 pm Phone Emmanuel 0431 534 182

## TUESDAY

**At Work Disability Employment Service:** 9.00 am—5pm by appt Ph 1300 080 856

**ANFE Seniors:** lunch & social activities for seniors of the Italian community. 9:30 am—2:30 pm. Ph. Gianni on 8234 5550.

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

**Community Circus (Aerial, Basic Gymnastics & Dance (Hip-Hop, Contemporary & Ballet. Classes)):** 4.30—7pm. 3-18yrs. \$5/ per person – stay as long as you wish. Ph: 8341 1334.

**Congolese Sewing Class:** 4.30—6.30 pm (alternate weeks). \$2/class. Ph. Everine 0423857845.

## WEDNESDAY

**At Work Disability Employment Service:** 9.00 am—5pm appt contact Ph 1300 080 856

**18 Rays of Sunshine Playgroup:** an interactive group for carers and their children. Bring a piece of fruit. 10.00 am—12.00 pm. \$2/child.

**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.

**Indoor Bowling:** play as individuals or as a team. \$2/session. 10.00 am—12.00 pm Ph: 8341 1334.

**Coffee/Chat Sessions:** have a coffee and enjoy the sunshine in our Alfresco area. 12.00—1.00pm. Free

**Karaoke:** no experience required. All ages welcome. 1.00—3.00pm. \$2/session. Ph. 8341-1334.

## THURSDAY

**At Work Disability Employment Service:** 9.00 am—5pm by appt Ph 1300 080 856

**Sewing Workshops:** Sewing for a Cause. Learn how to make items from scratch — keep some for yourself, or donate to those in need. Material/ haberdashery provided. \$2/class 10am- 12 pm. Ph 8341 1334

**Zumba for Women:** dance, exercise, sweat & have fun. Women only. 12.00—1.00pm. \$2/class. Ph: 8341 1334.

**Swingin' Singing 60's:** half exercise/half karaoke for 60+ yrs. \$2/ class. 1.00—2.00 pm. 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.

**Church of Christ:** Bible Studies 5 pm—7.00 pm. Ph. Emmanuel 0431 534 182.

**Zumba:** a total workout including cardio, muscle conditioning, balance & flexibility. 7—8pm. \$8/ class. Ph. 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—2:30pm. \$2/class. Ph: 8341 1334.

**Art Group:** join painters of all abilities - be inspired by each other. 10.00 am—1.00 pm. No class on the last Friday/month. \$4/class. BYO paint, brushes & canvas.

**Community Lunches:** last Friday of the month, during school term. 12.30—2.00 pm. \$5/person. Two course meal. Ph: 8341 1334.

**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. 3.30—4.30pm. \$5/person. (it not an HCO client) Ph: Baljit on 8341-0413.

## SATURDAY

**Vietnamese Veterans Association:** meetings to discuss various issues. 9am—12pm. Ph. Dinh 0469 340 176

**Pop-Up Coffee Van Carpark Market:** Random Acts of Coffee Pop-Up with Barista. Free coffee plus, bread, kids activities, good conversation. 10am—12pm in the JCC centre carpark. Ph. Vicki 0431 778 548.

**Art Therapy/ Drumming Workshops for people with Intellectual Disabilities:** use drumming to de-stress & have fun. 10.30—11.30am. \$5/ person (if not an HCO client). Ph. Baljit 8241 0887.

**African Women's Quranic Recitation Group:** 1—8pm (alternate weeks). Ph: Kadiatu 0401 629 843.

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

**Church of Christ:** Bible Studies 12.00—1.00 pm. Ph. Emmanuel 0431 534 182.