

## MONDAY

**Beginner-Intermediate English:** 10am—12.00 noon. For adults wishing to develop their English as a second language. Free creche available—join at any time \$3/class.

Ph: 8341 1334.

**Advanced Belly dancing / Bollywood (technique & practice):** 10.00am—11.30 am shimmer & shake. \$5/class.

Ph. Sharon 0419 126 942.

**Introduction to Hospitality/Women's Life**

**Skills:** 10.00am—1pm. develop your cooking skills whilst making meals for the homeless/disadvantaged; plus practice safe storage, kitchen hygiene and serving skills. \$3/class. Ph: 8341 1334.

**Golden Oldies Fitness classes:** 1.00pm—2.00pm. Gentle chair based exercise for the over 60's. \$5/ class. Ph: 8341 1334

**Church of Christ:** Bible Studies

6.00pm—7.00 pm

Phone Emmanuel 0431 534 182

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

**Free child minding service in creche.**

**10 am — 12 noon.**

**Monday and Thursday:  
For those involved in ACE activities.**

## TUESDAY

**Basic Computing:** Introduction to computing 10am—12noon. \$5.00/class.

**Kids Flo Program**—11.30—1.30 pm (free)

**1:1 Digital Literacy** 12.30 pm—2.30 pm Personalise your mobile etc. 1 hr per student by appointment only. Phone 8341 1334 \$5/ session

**Healthy Minds and Bodies**

2.00—3.30 pm (free)

**Junction Community Circus (fire twirling, aerial, partner acrobatics and gymnastic training):** aerial speciality

3.45pm—4.45 pm; general circus & aerial for 3-18yrs 4.45pm—5.45 pm; adults aerial and fitness 5.45pm—7.15pm. \$5/ per person – stay as long as you wish.

Ph: 8341 1334

## WEDNESDAY

**Come and Try Boxing:** 10.00am—10.30 am. Bookings essential, spaces strictly limited. Please ring 8341 1334.

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

**1:1 Digital Literacy** 12.30 pm—3.30 pm Personalise your mobile etc. 1 hr per student by appointment only. Phone 8341 1334 \$5/ session.

**Karaoke:** 1.00—3.00pm. No experience required. All ages and talents welcome. Sing in English or a different language. \$3/session. Ph. 8341 1334.

## THURSDAY

**Sewing classes:** 10.00 am—12 pm. Learn how to make items from scratch or just do some mending. Material/haberdashery provided. \$3/class. Ph 8341 1334.

**Zumba for Women:** 12.00 noon—1.00pm. Dance, exercise, sweat & have fun. Women only. \$5/class. Ph: 8341 1334.

**Advanced Computing:** 1pm—3pm. Enjoy using Facebook, Twitter, Skype & more. Use the centre's desktops or BYO laptop. \$5/class.

Ph: 8341 1334.

**Tai Chi:** 2.15pm—3.15pm. Gentle exercise class using martial art techniques to improve energy flow. \$5/class. Ph: 8341 1334

**Church of Christ:** 6.00—7.00 pm. Bible Studies Ph. Emmanuel 0431 534 182.

## FRIDAY

**1:1 Literacy Classes:** By appt. 9.30 am—2:30 pm. build confidence and improve your literacy skills. For native English speakers. \$3/class. Ph: 8341 1334.

**Healing Group for Aboriginal Elders** (women only) 12.30—2.30pm. Free. Art/craft to de-stress.

**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. \$5/class. BYO paint, brushes & canvas.

**Community Lunch:** last Friday of the month. Come together with other locals to enjoy a freshly cooked 2 course meal, \$6/person. Bookings 8341 1334.

## SATURDAY

### **Playgroup:** \$3 per family

Free food available. 9.30am—11.30am.

**Pop-Up Coffee Van Carpark Market:** 9.30 am—1.30 pm. Random Acts of Coffee. Free coffee plus bread, kids activities, good conversation in the centre's carpark. Ph. Vicki 0431 778 548.

**Zumba for All:** 10.00am—11.00am. \$5/class. Ph: 8341 1334.

**Music in Motion:** 11.00am—12.00 noon. A gentle workout using different dance/exercise movements. For people with a disability/limited movement. \$5/person (it not an HCO client) Ph: 8341 1334.

**Vietnamese Veterans Association:** 9am—12 noon. Meetings to discuss various issues. Ph. 0432 933 957.

## SUNDAY

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

Join the service. Ph: Emmanuel 0423 871 633.

### **FADC Ottoway** —12.30pm—3.30 pm

Join the multicultural congregation.

Ph: Celia Kapao 0420 457 177 or Nooroa Kapao 0420 597 177.

### GOT A NEW IDEA?

*Tell us if you're interested in having a particular class or activity at the centre, and we'll do our best to accommodate your request.*

**Hall hire for special occasions available on Friday, Saturday and Sunday evenings, plus Saturday afternoons (conditions apply).**

## 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.*

**EVERYONE from near or far are WELCOME.**



- *Hall/Room hire is available on a regular or casual basis.*
- *Classes, activities and bookings may need to be cancelled or changed depending on the Government's COVID-19 rulings at the time.*
- *Most classes follow the SA state school term dates. Please check with the Group Facilitator.*
- *Community events and school holiday activities are held regularly.*
- *Follow our Facebook page for more details!*
- *We also provide advocacy, referrals and some drop-in services.*
- *We're here if you just need to chat.*

### ACKNOWLEDGEMENTS

The Junction is supported by the:

- Dept of Human Services
- Dept of Industry and Skills
- City of Port Adelaide Enfield
- ReLink Australia
- Alberton Mission Fund
- Suzanne Elliot Charitable Trust
- Office For Ageing Wellness
- Various other funding bodies and partners
- A pool of great volunteers and wonderful locals



# The Junction Community Centre

**Term 3 2023**

**(July — September 2023)**

**2A May Terrace,**

**OTTOWAY SA 5013**

**Ph: 8341 1334**

**(PO BOX 34, ROSEWATER EAST, SA 5013)**

**Facebook: @thejunctioncc**

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



**COVID SAFE practice:- if COVID is in the local area we will continue to request COVID safe practices (even if government rulings have ceased ) to protect our more vulnerable clients**