

## MONDAY

**Advanced Belly dancing / Bollywood (technique & practice):** 10.00am-11.30 am shimmer & shake. \$5/class.  
Ph. Sharon 0419 126 942.

**Beginner-Intermediate English:** 10.00 am-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.

**Introduction to Hospitality/Women's Life skills:** 10.00am-1.00 pm. 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.

**Hairdresser:** 2nd year apprentice. \$5 per cut. Hair must be clean. Monthly, by appointment. Phone 8341 2334

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

**Chair-based exercise for Aboriginal Elders:** 2-3:30pm fortnightly. Gentle chair-based exercise. Pilot program-Free. Ph:831 1334

**Congolese Church of Christ:** Bible Studies 6.00pm-7.00 pm  
Phone Emmanuel 0431 534 182

**Free child-minding service in creche on Mondays from 10 am - 12 noon (for those involved in ACE activities).**

## 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.**

## TUESDAY

**Community Circus includes**

**1. Advanced Aerial speciality:** 4.00-5.00 pm - Invitation Only

Ph: Jennifer 0424 829 345. \$5/person

**2. General Circus:** 5.00-6.00 pm 3-16 years old welcome. Range of activities include Aerial, Drumming, Dance, Hip hop \$5/person

Phone: Jennifer 0424 829 345

**3. Ladies Aerial and yoga:** 6.00-7.00pm. \$5 per person

Phone: Jennifer 0424 829 345

**Basic Computing:** Introduction to computing 10am—12noon. \$5/class.

Phone 8341 1334

**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/person

## WEDNESDAY

**Tai Chi:** 10.00am-11.00am. Gentle exercise class using martial art techniques to improve energy flow. \$5/class. Ph: 8341 1334

**Intergenerational Play Group-Happy Space**

10am-12 pm. Kids and parents can play, sing and do crafts. Join us in learning and sharing together. Bring a gold coin and fruit. Free giveaways

**Coffee/Chat Sessions:** 12.00-1.00pm

Have a coffee, a chat and enjoy the sunshine in our Alfresco area. Free.

Phone: 8341 1334

**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:** 11:30-1:30pm. 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.

\$5/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

**All Abilities Cheer and Dance:**

4.30 pm-8.15 pm

All ages welcome. Dance for people with disabilities. Physical therapy incorporated in a fun and musical environment.

Phone: For further information please ring Alana 0420 466 064

**Church of Christ:** 6.00-7.00 pm.

Join the Congolese Community for prayer

Ph. Emmanuel 0431 534 182.

## FRIDAY

**1:1 Literacy Classes:** For native English speakers.

By appt. 9.30 am-2:30 pm. For those with learning difficulties or interrupted schooling to build confidence and improve literacy skills. \$5/class.

Ph: 8341 1334.

**Art Group:** join painters of all abilities - be inspired by each other. 10.00 am-12.00 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 two course meal, \$7.00 per person.

Bookings 8341 1334.

**Filipino Church of Christ:** 6 pm-8 pm

Choir practice. Phone Dennis 0432 873 262

## SATURDAY

**Vietnamese Veterans Association:** 9am-12 noon. Meetings to discuss various issues and socialise.

Phone: Dang-Thao 0432 933 957.

**Playgroup:** Join us for singing, playing, sharing and learning. Free. 9.30am-11.30am.

**Pop-Up Coffee Van Carpark Market:** 9.30 am-11.30 am. Random Acts of Coffee. Free coffee plus bread, kids activities, good conversation in the centre's carpark. Ph. Vicki 0431 778 548.

**Seeds for Change:** 10am-12pm.

Plant propagation to Green Ottoway. We meet fortnightly. Free for all.

Phone: Belinda 0475 772 678

**Intergenerational Zumba:** 10.00am-11.00am. \$5/class. Bring the kids and dance together! 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)

## SUNDAY

**Congolese Church of Christ:** 10.00am - 12.00pm. Join the Congregation.

Ph: Emmanuel 0423 871 633.

**Faith Church:** 12.30pm-3.30 pm

Join the congregation from the Cook Islands.

Ph: Celia 0420 457 177

**Hall hire for special occasions is 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 is WELCOME.**



- *Hall/Room hire is available on a regular or casual basis.*
- *Most classes follow the SA state school term dates. Please check with the Group Facilitator.*
- *Community events 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
- DHS Community Connections
- Dept of State Development
- City of Port Adelaide Enfield
- Alberton Mission Fund
- Suzanne Elliot Charitable Trust
- Office For Ageing Well
- Various other funding bodies and partners
- A pool of great volunteers and wonderful locals



# The Junction Community Centre

**Term 3 – 2024**

**(July – September 2024)**

**2A May Terrace,**

**OTTOWAY SA 5013**

**Ph: 8341 1334**

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



**[facebook.com/thejunctioncc](https://facebook.com/thejunctioncc)**

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

