

MONDAY

Advanced Belly dancing / Bollywood (technique & practice): 10.00 am - 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: 10.00 am - 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: Monthly by appointment.– 30 min appts. 10.00 am—1.30 pm, Hair must be clean. \$10 : 8341 1334 Commencing 4/5/26

Poetry Therapy 11.30 —12.30 pm Free: Share your thoughts and insight Ph: 8341 1334

Music Therapy —12.30 to 1.30 pm Didgeridoo and cultural information exchange with Alex(free)

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

Youth Hub— 3.30pm—5.30 pm \$10/person for unlimited activities inc. Dance, didgeridoo, drumming, cooking, craft + more

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

TUESDAY

Basic Computing: 10.00 am - 12.00 noon. Surviving in a digital age; getting online; avoiding scams; Emails; Google, My Gov. Use the Centre's desktop or BYO laptop. \$5/class. Ph: 8341 1334

1:1 Digital Literacy: 12.30 pm - 2.30 pm 1:1 assistance to set up/sort any issues with your mobile or laptop. \$5/person. Half hour session. By appointment, Ph 8341 1334

Community Aerial Silks– By Appointment
Phone: Jennifer 0424 829 345

Advanced Children's Session. 4.00 pm - 5.00 pm - **Assessment required**

TUESDAY

Community Aerial Silks cont... Beginner Children's Session: 5-16 yrs 5.00 pm - 6.00 pm. All welcome

Beginner Adults Session: 6.00 pm -7.00 pm (All Community Aerial Silks: \$10 per session, \$5 concession)

WEDNESDAY

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

KWY Parenting Group -Little Steps group
Commences May 2026 10.30 am—12.30 pm
Supports Aboriginal and Torres Strait Islander women to develop healthy relationships and parenting skills Free Phone: (08) 8377 7822 or
Email:- kwy.org.au for referral form

Karaoke: 11:30 am - 12:30pm. No experience required. All ages and talents welcome. Sing in English or a different language. \$3/session. Ph. 8341 1334.

Coffee/Chat Sessions: 12.00 noon - 1.00 pm
Have a coffee, a chat and enjoy the sunshine in our Alfresco area. Free. Ph: 8341 1334

NEAMI Wellness Group 1.00 pm - 2.30 pm
A safe supportive space to talk and do art therapy; To work through a mental health recovery journey. Register through NEAMI Phone:- (08) 8714 9040 or
Email: artsa@neaminational.org.au

Zumba: Dance, exercise, sweat & have fun. 6.30 pm - 7.30 pm. All Welcome.
Ph: Lynco 0406 191 987 Individual class or multi pass available

Free child-minding service in creche on Mondays from 10.00 am - 12.00 noon (for those involved in ACE activities).

**AT WORK AUSTRALIA
INCLUSIVE EMPLOYMENT AUSTRALIA**

Monday to Friday 9.00—5.00 pm
"We connect people and business so both can thrive"
Ph: 1300 080 856

THURSDAY

Sewing classes: 10.00 am - 12.00 noon. Material/haberdashery provided.. Learn how to mend something different each week, eg put in zips, take up hems \$5/class. Ph 8341 1334

Yoga:-10.00am—11.00am. \$5 per class

Looking for a way to relax, clear the mind and exercise. For all fitness levels. Wear comfortable clothing. Bring your own yoga mat and water

Music In Motion: 11.00 am—12 noon

A gentle workout using different dance/exercise movements. For people with disability/limited movement. Chair based or stand ups as required \$5/person Ph: 8341 1334.

Zumba for Women: 12.00 noon - 1.00 pm.

Dance, exercise, sweat & have fun. Women only. \$5/class. Ph: 8341 1334.

Advanced Computing: 1.00 pm - 3.00 pm. "Tutoring in a digital world", Online connecting; online shopping, banking; social media, online safety/avoid scams. Use the centre's desktops or BYO laptop. \$5/class. Ph: 8341 1334.

Tai Chi: 2.00 pm - 3.00 pm. Tai Chi. Gentle exercise class using martial art techniques to improve energy flow. \$5/class. Ph: 8341 1334

Congolese Church of Christ: Mid week prayer 6.00 pm - 7.00 Ph: Emmanuel 0431 534 182

FRIDAY

1:1 Literacy Classe 9.30 am - 2:30 pm.

For native English speakers with learning difficulties, disabilities or had interrupted schooling. 1 hr/ per student. \$5/class.

By appointment Ph: 8341 1334.

1:1 Digital Literacy 10.00 am - 1.00 pm

1:1 assistance to set up/sort any issues with your mobile or laptop. \$5/person half hour session. By appointment, Ph 8341 1334

Art Group: 10.00 am - 12.00 pm. Join painters of all abilities - be inspired by each other.

No session on the last Friday/month. \$5/class. BYO paint, brushes & canvas.

Community Lunch: 12.30 pm - 2.30 pm, **During Term.** On last Friday of the month. Come together with other locals to enjoy a freshly cooked two course meal. \$7/person. Bookings essential 8341 1334.

SATURDAY

Vietnamese Veterans Association: 9.00 am - 12.00 noon. Meetings to discuss various issues and socialise.

Ph: Dang-Thao 0432 933 957.

Playgroup: 10.00 am - 12.00 noon. Join us for singing, playing, sharing and learning. Grandparents and Carers welcome. Free.

Intergenerational Zumba: 10.00 am - 11.00 am. Bring the kids and dance together! Men and women welcome. \$5 class. Phone 8341 1334 \$5/class. Ph: 8341 1334.

SUNDAY

Church of Christ (Congolese Church) 10.00 am - 12.00 noon. Join the Congregation.

Ph: Emmanuel 0423 871 633.

Jordan Church Ministries (Congolese Church):

10.00 am—12.00 pm Join the congregation.

Ph: Valentine 0421 703 736

Faith Church: 12.30pm - 3.30 pm. Monthly

Phone Celia 0420 457 177

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 ac-

Hall hire for special occasions is available on most evenings including Friday, Saturday and Sundays, plus Saturday and Sunday afternoons. (conditions apply) Other room hires are also available

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 hires are 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
- Dept of State Development
- City of Port Adelaide Enfield
- Alberton Mission Fund
- Suzanne Elliot Charitable Trust
- Uniting Church in Australia-Synod of SA
- Uniting SA
- Various other funding bodies and partners
- A pool of great volunteers and wonderful locals
- ANCHA
- DHS Community Connections/Skylight



The Junction Community Centre Inc

Term 2

April 2026 — July 2026

**2A May Terrace,
OTTOWAY SA 5013**

Ph: 8341 1334

(PO BOX 34, ROSEWATER EAST, SA 5013)



facebook.com/thejunctioncc

www.junctioncommunity.org.au

