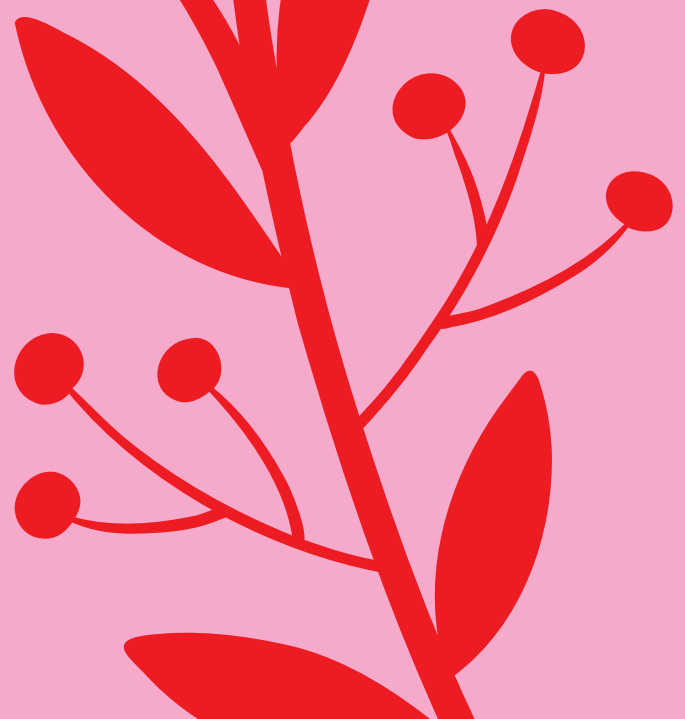




Annual Program 2025



Looking for a Venue?

We have a wide range of rooms and halls available for hire. We welcome inspection of the facilities and invite you to discuss your specific needs with the individual Centres.

Visit unley.sa.gov.au to obtain details of floor plans, capacity, conditions of hire and rates, or contact the Centre directly.

 unley.sa.gov.au/venues-for-hire

 [@unleycommunitycentres](https://www.facebook.com/unleycommunitycentres)

CLARENCE PARK COMMUNITY CENTRE

72-74 East Avenue
BLACK FOREST 5035

Mon-Thurs, 9am-3pm, Fri 9am-12noon

Ph: 8293 8166

cpcc@unley.sa.gov.au

FULLARTON PARK COMMUNITY CENTRE

411 Fullarton Road
FULLARTON 5063

Mon-Fri, 8.30am-5pm

Ph: 8372 5180

fpcc@unley.sa.gov.au

UNLEY COMMUNITY CENTRE

18 Arthur Street, UNLEY 5061

Mon, Tue, Thurs, Fri, 8.30am-4.30pm
(Office Closed Wednesdays)

Ph: 8372 5128

ucc@unley.sa.gov.au

GOODWOOD COMMUNITY CENTRE

32-34 Rosa Street
GOODWOOD 5034

Mon, Tues, Thurs, Fri 9.00am-2.00pm

(Office closed Wednesdays)

Ph: 8372 5143

gcc@unley.sa.gov.au

GOODWOOD LIBRARY

101 Goodwood Road
GOODWOOD 5034

Ph: 8372 5166

Mon 10.30am-5pm

Tues 10am-6pm

Wed 1pm-5pm

Thurs 10am-6pm

Fri 10am-5pm

Sat 10am-1pm

Sun Closed

libraries@unley.sa.gov.au

UNLEY TOWN HALL

181 Unley Road, UNLEY 5061

Ph: 8372 5100

UNLEY OVAL COMMUNITY HUB

Trimmer Terrace, UNLEY, 5061

Ph: 8372 5128

ucc@unley.sa.gov.au

Our Commitment to the Community

To develop vibrant and welcoming community hubs for connection and learning, inspiration and opportunity, celebration, and collaboration.

2025 Community Centres' Annual Program

DISCOVER GREAT PROGRAMS AND ACTIVITIES AT YOUR LOCAL COMMUNITY CENTRE

 unley.sa.gov.au

 [@unleycommunitycentres](https://www.facebook.com/unleycommunitycentres)

The City of Unley is a vibrant network of neighbourhoods with plenty to offer its residents and visitors. This program aims to help you make the most out of living in the City of Unley area, by connecting you with the many community services and activities provided by Council through your local Community Centres.

Our Community Centres located at Clarence Park, Fullarton, Unley and Goodwood are easily accessible and friendly, each offering a huge array of activities for individuals, families, children and young people, older persons and cultural groups. Each Centre has its own unique history and character, shaped in part by the neighbouring residents and the identified needs and interests of the local community.

Our Centre staff are happy to discuss new ideas for programs, courses, or initiatives for enriching life in your local community. Community members have the opportunity to be actively involved in the management and operations of each of our Centres.

Take time to get out and discover our village charm and city style at your local City of Unley Community Centres and venues.

Updates to the Annual Program

This is our planned Annual Program, listings are subject to change. For updates throughout the year, look out for us in the Unley Life magazine, visit the Council website, find us on Facebook, or call our Centres for more information.



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★ Denotes Hirer program not a Centre run program



Health, Relaxation and Fitness



CLARENCE PARK COMMUNITY CENTRE

BALANCE BOOST ★

Improve your balance through a routine designed to challenge the physical and mental aspect of the skills required for stability. One-on-one assessment and ongoing monitoring of progress at your request.

Tuesdays 10.30-11.15am

Cost: \$11 per session plus initial assessment fee \$25 and review assessment fee \$10

For more information contact Mary 0400 718 100

or email mariavoulg@y7mail.com

BUJINKAN BRADY DOJO ★

A combination of nine martial arts styles originating in Japan. Includes traditional practices with contemporary applications.

Wednesdays 7.30-9.00pm

Cost: \$10 per lesson/\$50 annual membership

For more information contact Joel 0410 825 819

or email joelbrady@internode.on.net

CONTEMPORARY DANCE FOR SENIORS ★

A gentle, mostly chair-based dance class designed to accommodate the needs of older people with varying levels of mobility and balance. This includes those with Parkinsons or other movement disorders. First class free.

Fridays 10.15-11.15am

Cost: \$15 (cash only)

For more information contact Veronica 0402 235 592

or email veronica_shum@hotmail.com

or visit veronicashum.com

FITNESS CLASSES WITH MARY VOULGARAKIS ★

Aerobics, strength, endurance and stretching for the over 50s.

Tuesdays 9.15-10.15am

Strength training and stretching for all adult ages.

Thursdays 10.15-11.15am

Cost: \$12 per class

For more information contact Mary 0400 718 100

or email mariavoulg@y7mail.com

FLEXIBLE MIND FLEXIBLE BODY ★

Like to improve your flexibility, balance, coordination, breathing and posture?

Join our gentle and profound class.

Let go of old habits and work wiser, not harder!

Fridays 10.00-11.00am

Cost: \$20/\$17 concession or 10-week term \$170/\$150 concession

For more information contact Susie 0423 258 015

or email susanfraser@gmail.com

or visit feldenkrais.org.au

FREE SUNDAY YOGA ★

Morning yoga focusing on improving flexibility and balance.

Suitable for everyone. Bring yoga mat, blanket and water.

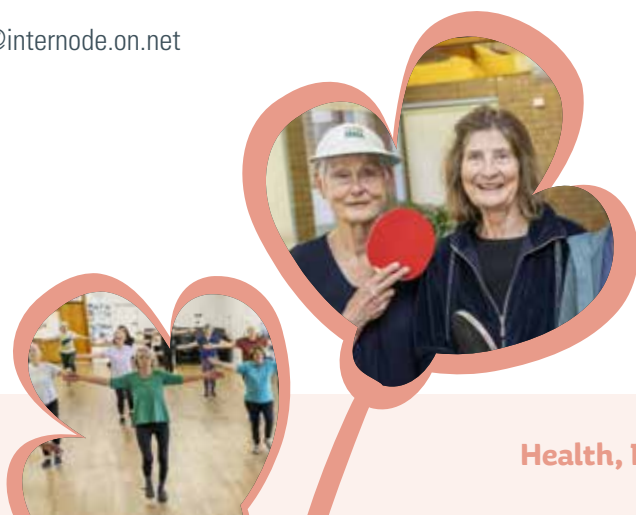
Always welcoming new faces and keeping it fun.

Sundays 8.45-9.45am

Cost: free

For more information contact Tom 0406 975 035

or email thomascassidy219@gmail.com



GUIDED MEDITATION CLASS ★

Take a break, let go and enjoy the peace and calm of this heart centred, easy to follow Guided Meditation class in a comfortable seated room.

Class duration: 45-60 minutes

Cost: \$12

For more information and times contact Angeline 0411 139 029

or email pinkflamemeditations@gmail.com

HEALTH AND WELLBEING WORKSHOPS

Join Mary Voulgarakis and special guests at these one-off workshops to encourage health and wellbeing.

There will be more workshops announced, so look out for further information throughout the year.

WORKSHOP 1 HEALTHY ADULT SLEEP

Presented by Mylee Zsech

Learn the secrets to restful nights with our Healthy Adult Sleep workshop run by Mylee Zsech of Little Big Dreams. Learn insights into common sleep challenges, important sleep hygiene practices and daytime habits that directly enhance your night-time rest. At the end of the workshop, you will have the opportunity to ask your own sleep questions.

Tuesday 4 February, 2.00-3.30pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

WORKSHOP 2 BETTER NUTRITION FOR IMPROVED BONE HEALTH

Presented by Rebecca Greco

This workshop will explore the critical role of diet in maintaining healthy bones throughout life. The session will address key nutrients which support bone density, practical dietary strategies, foods to prioritise, and lifestyle habits that contribute to long-term bone health.

Tuesday 4 March, 2.00-3.30pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

WORKSHOP 3 KNEE AND HIP OSTEOARTHRITIS

Presented by Motion Therapy Physio

Learn the primary anatomy of the hip and knee, whilst developing an understanding of osteoarthritis pathophysiology and learn strategies to help alleviate pain and dysfunction.

Tuesday 3 October, 12.30-2.30pm

Cost: \$5. Bookings essential.

For more information phone 8293 8166

INDOOR CARDIO WALK ★

Indoor low-impact cardio walk. Medium to high intensity aerobic exercise to increase the heart rate while minimising the stress on the joints. Suits all fitness levels.

Wednesdays 9.00-9.30am

Cost: \$10

For more information contact Mary 0400 718 100

or email mariavoulg@y7mail.com

MAINTENANCE YOGA ★

Based on Hatha Yoga, Maintenance Yoga includes warm-ups, posture work, relaxation, breath control and meditation.

A fitness class suitable for everyone. Work at your own pace. Bring yoga mat, blanket, and water.

Wednesdays 10.30-11.30am

Cost: \$10 per class

For more information contact Evaristo 0410 354 240

or email yellowevar@gmail.com

MOVING HEALTH FELDENKRAIS ★

A class of effortless movement activity. No matter how limiting your diagnosis, attendees find their path to comfortable flow and ease of movement

Wednesdays 6.00-7.00pm

Cost: varied. Class \$20, concession and sliding scale of fees apply

For more information contact Alastair 0419 814 317

or email alastair@movinghealth.com.au

or visit movinghealth.com.au

OHOKWAN INTERNATIONAL - CHENG'S TAEKWONDO ★

Established in 1986, this traditional and Olympic style Taekwondo is suitable for all ages. Designed to improve health, fitness, self-defence, and self-confidence.

Mondays and Thursdays 6.30-8.00pm

Cost: varied

Contact Alan 0431 302 577

or email alanchengtkd@yahoo.com.au

SACRED MUSIC ADELAIDE ★

Sacred music, chanting and meditation for beginners and experienced alike.

Sunday: Satsang, music and meditation

Thursday: Mantra meditation

Fortnightly Sundays commencing April 6 ending September 21, 10.30-11.45am

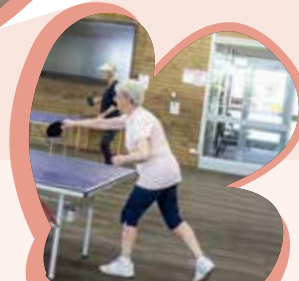
Fortnightly Thursdays commencing April 10 ending September 25, 6.30-7.30pm

Cost: donation

For more information contact John 0411 082 725

or email info@thetruelifecoach.com

or visit thetruelifecoach.com



SOUNDBATH WORKSHOPS ★

Be transported and renewed as you're immersed in healing frequencies that ground, soothe and nurture. Explore your inner world as the sounds dance through your being, guiding you to home within.

Join Rebecca for this installation of sound experiences centred around connection, restoration and deepening in the essence of peace.

Chairs will be available to use or bring your own mat.

Wednesdays 26 February, 30 April, 25 June, 27 August, 29 October

Time: 3.45-5.15pm

Cost: \$15 per session

For more information phone 8293 8166

STRENGTH FOR LIFE

In partnership with the Council of the Ageing (COTA), the Strength for Life program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance and improve balance and cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Mondays, Tuesdays, Wednesdays, and Thursdays

Cost: one-off personal assessment fee of \$50 and then \$8-\$10 per class. First class is complimentary. Pre-paid cards are available for 5 classes.

For more information phone 8293 8166.

STUDIO TANGO ADELAIDE ★

Join us in a friendly, inviting atmosphere to either practice or begin your journey in the exotic, intoxicating dance of Argentine tango.

Fourth Sunday of the month
5.00-7.00pm

Cost: \$10 practice

For more information contact
Mark 0403 905 110

or email studiotango.adelaide@gmail.com

or visit [facebook.com/studiotangoadelaide](https://www.facebook.com/studiotangoadelaide)

THE WALKING GROUP ★

A social way to get fit. Walk to King William Road for a coffee, have a chat and enjoy the scenery along the way.

Meet on Canterbury Terrace at the Centre.

Thursdays departing at 9.00am sharp.

ZUMBA FITNESS WITH BRIDGE TO FITNESS ★

A mix of low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Zumba Fitness is so much fun, you won't even realise you're working out!

All fitness levels catered for.

Tuesdays 6.30-7.30pm

Cost: \$15 per casual class/\$60 for 5 classes/\$120 for 10 classes

For more information contact
Bridget 0409 347 229

or email bmolan@inet.net.au



FULLARTON PARK COMMUNITY CENTRE

ADELAIDE WING CHUN KUEN ★

Wing Chun Kung Fu is a combative martial art, but the training is not aggressive and can be practised by people of any age or body type.

Tuesdays 7.30-10.00pm

Cost: \$20 per night

For more information contact
Lindy Scott 0431 681 163

or email lindy.scott24@gmail.com

or visit adelaidewingchun.com

AUSTRALIA KRIYA YOGA ASSOCIATION ★

'Kriya Yoga' is an ancient form of meditation that assists the practitioner to achieve higher states of consciousness through the practice of breath control and other yoga techniques. PLEASE NOTE, attendance at the weekly Guided Meditation sessions is free but restricted to Kriyavans who have learned the techniques taught by authorised teachers of the AKYA affiliated Kriya Yoga International Organisation (KYIO)

Thursdays 6.30pm, Sundays 9.30am

Cost: free

If you are interested in learning Kriya Yoga, please visit the Australia Kriya Yoga Association (AKYA)

Visit kriya.org.au

BHARATHANATYAM: CLASSICAL INDIAN DANCE CLASSES ★

Bharathanatyam is one of India's most ancient and revered classical dance forms, combining graceful movements, intricate footwork and expressive storytelling. More than just a dance, it's a complete mind-body experience that builds strength, flexibility, and concentration while offering a profound connection to South Asian heritage and culture.

Perfect for students aged six and above, these classes offer expert and experienced instruction in traditional dance techniques, cultural education through movement and music, development of rhythm, coordination and memory skills, improved focus, discipline and physical fitness in a supportive, inclusive learning environment.

No prior dance experience needed – just bring your enthusiasm and willingness to learn.

Starting on Monday afternoons in 2025.

For more information phone
0401 734 532

or email somi.somehsa@gmail.com

or visit apsaraartsadelaide.com

BETTER BALANCE CLASSES

A group exercise class that is specifically designed with the intention of improving your balance. An accredited Exercise Physiologist will guide you through a range of exercises targeted at preventing people from falls.

The class aims to improve your balance and confidence whilst building your strength and endurance, all in a fun and social environment.

Thursdays 11.00-11.45am or
12.00-12.45pm

Cost: Level 1 \$9, Level 2 \$12,
Level 3 \$20 per class

A My Aged Care Social Support Group referral is required.

For further information and bookings
phone 8372 5191

or email
WellbeingProgram@unley.sa.gov.au

CHAIR YOGA ★

Chair Yoga is for everyone! Join us for an adapted form of yoga that invites you to experience yoga-focused poses while comfortably seated. Perfect for those with mobility limitations, seeking extra support, or managing injuries. Chair Yoga offers a nurturing space to explore movement and relaxation.

Wear comfortable clothes

Fridays 3.00-4.00pm

Cost: \$120 per term (10 sessions)
or \$15 casual (cash only)

For more information contact
Andriza Freitas 0404 136 755

or email hello@andrizafreitas.com.au

or visit andrizafreitas.com.au

CHOO LA LA BURLESQUE FUSION ★

Learn to unleash your inner show girl with Choo la la. All levels welcome. Get in touch with us and learn how to shimmy and shake.

Wednesdays 6.30pm or 8.30pm

Cost: classes start from \$22

For more information contact
Mel 0415 118 619

or email comms@choolala.com.au

or visit choolala.com.au

DANCE MIX ★

Dance Mix is a fun and inclusive full body aerobic workout. The class is based on a variety of different dance styles from all over the world, and the steps are easy to follow. Through a combination of fun, music and accessible steps, Dance Mix offers an enjoyable workout experience for everyone. Suitable for people over 50.

Wear comfortable clothes.

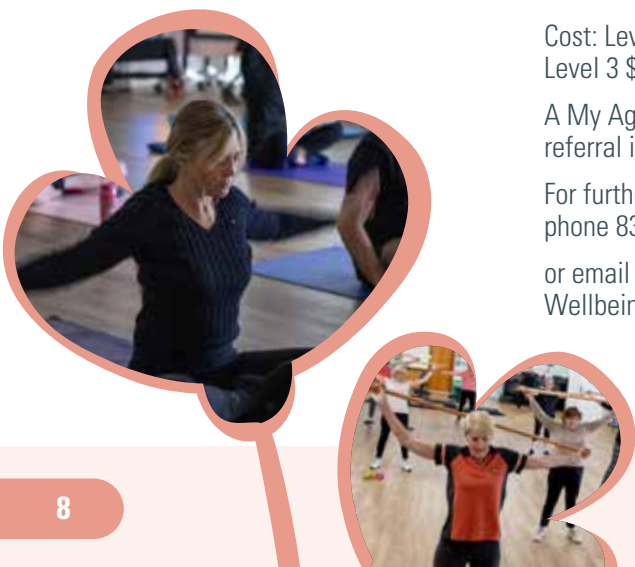
Fridays 2.00-3.00pm

Cost: \$120 per term (10 sessions)
or \$15 casual (cash only)

For more information contact
Andriza Freitas 0404 136 755

or hello@andrizafreitas.com.au

or visit andrizafreitas.com.au



EFT TAPPING WITH ANNIE O'GRADY ★

EFT Tapping is a uniquely effective stress reduction method you can learn for yourself and others; fast and gentle for anxieties, chronic pain, and much more. Tapping on acupuncture points is easy.

Dates:

Level 1 February 8 and 9,
May 17 and 18, August 16 and 17

Level 2 March 15 and 16, June 14 and 15, September 20 and 21

Times: Saturday and Sundays
9.30am-5.30pm

Cost: Level 1 \$395 early bird, or \$495
Level 2 \$495 Early Bird, or \$545

For more information contact
Annie O'Grady 0448 338 289

or email annie@eftemotionalhealing.com

or visit eftemotionalhealing.com

FITNESS AFTER FIFTY ★

An active over 50s class that includes aerobics, stretching, strengthening, balance and Pilates, all to great music.

Mondays 4.30-5.30pm

Cost: \$10 per class

For more information contact
Sharon 0458 678 523

or email sharoncooper@adam.com.au

FOOD FOR LIFE ★

Nutrition and Cooking 5-Week Course

High quality nutrition program by the Physicians Committee for Responsible Medicine brought to you by Dr Heleen Haitjema, certified Food for Life instructor. Providing research-based nutrition information with cooking demonstrations and tastings.

Thursdays 1, 8, 15, 22, 29 May, and
Thursdays 30 October, 6, 13, 20, 27
November

Time: 7.00-9.00pm

Cost: \$160 per 5-week course

For more information contact
Heleen Haitjema 0432 994 909

or email drheleenhaitjema@gmail.com

or visit drheleenhaitjema.com.au

FUN IN THE PARK

We have a table tennis table located in the playground area and two chess tables located next to the Art Studio for your enjoyment. There should be bats and balls located under the table, if not, please let us know and we will provide you with some. If you want to play chess and don't have a set, you can borrow one from the office during office hours, otherwise feel free to come and play anytime.

LIFE FLOW MOVEMENT ★

Mat Pilates suitable for all age groups. Modifications given for all levels. Core strength, mobility, flexibility, breath and flow.

Tuesdays 9.30-10.30am

Cost: \$12 casual. Passes available
10 for \$100, 20 for \$180

For more information contact
Leonie Nicholas 0407 668 676

or email nicholas5@adam.com.au

MEDITATION AND MODERN BUDDHISM CLASSES ★

Guided meditations and Buddhist teachings that are very practical and easily applied to help solve daily problems and experience more peace of mind. Everyone welcome.

Wednesdays

For more information phone
0402 495 008

or email info@meditateinadelaide.org

or visit meditateinadelaide.org

MICHAEL CHEESMAN : BREATH ★

Breath classes build awareness of and connection to your breath. A myriad of benefits flow from there including improved management of stress and anxiety.

Thursdays (Contact Michael for dates)

Time: 6.45pm

For more information phone
0400 366 228

or email info@breathdepth.com

NOELA MALETZ COUNSELLING SERVICES ★

Counselling and psychotherapy for depression, anxiety, grief and loss, relationship issues.

Monday to Friday 9.00am to 5.00pm

Consulting hours by appointment

Cost: concessions available

For more information contact
Noela 0431 865 815

REBALANCE WITH FREQUENCIES ★

Rebalance your body and mind with quantum technology including Rife, Scalar, Trivector, Electro Acupuncture. Trauma counselling also available.

Fridays by appointment only

Cost: negotiable

For more information contact
Heidi 0407 777 550

or email revitaliseme@yahoo.com

SENIORS TABLE TENNIS

We are a table tennis group who meet every Monday for two hours. We have two tables and usually play doubles. We have a wide range of capabilities and undertake the sport for general fitness, social interaction and coffee! There are no defined teams or competition structure. We do not keep records of games; it is purely social. Typically, players have the opportunity to play multiple games. We currently have approximately 20 members with 10-12 attending each week.

Mondays except public holidays
commencing 20 January.

Time: 1.30-3.30pm

Cost: \$3 per session

Contact the Centre for further
information 8372 5180

or email fpcc@unley.sa.gov.au

TAOIST TAI CHI SOCIETY OF AUSTRALIA INC ★

Taoist Tai Chi's Internal Arts of Health, are specifically designed to improve holistic health. The significant degree of turning and stretching in the movements, combined with the adaptability of the form to suit individual needs are just some of the factors contributing to its focus on restoring, improving, and maintaining health.

Dates: Mondays 9.00am-12.30pm

Tuesdays 6.45-8.45pm

Cost: adult and concession/student rates. See website for details.

For more information contact Robyn Furniss, Branch Leader 1800 108 801 or 0409 099 346

or email adelaide@taoistaichi.org

or visit taoistaichi.org

THE INTERLUDE CLUB

Do you find yourself in awkward situations where you are not sure what to say, or feel that you always say the wrong thing? Do you sometimes want to respond by lashing out, but you know it will only make things worse? This program has been written just for you! Develop confidence and techniques to respond to people in social situations and to help you read social cues.

The Interlude Club isn't assertiveness training, but it will introduce you to a four-step process so that you can respond with something useful and effective when someone upsets you.

2nd Wednesday of the month

Time: 9.30-10.30am

Cost: free

For further information phone 8372 5180

or email fpcc@unley.a.gov.au

VINYASA YOGA with ESTHER ★

We invite you to enjoy a slow yoga flow. We workshop postures and aim to find a connection between breath and movement. This class is available to all levels of yoga experience and offers many options to suit your body.

We work towards improving strength, flexibility and mobility while integrating breath and movement. You are the expert of your own body and experience, and this practice aims to support you in fostering physical, emotional and mental wellbeing.

Mondays 6.00-7.00pm with the exception of public holidays

Cost: \$15 per session

For more information contact Esther 0413 765 464

or email esther.deleeuw12@gmail.com

NB email or text preferred



GOODWOOD COMMUNITY CENTRE

ADELAIDE KENYUKAI ★ KENDO CLUB

The word kendo means 'The Way of the Sword' and can be best described as Japanese Fencing. Adelaide Kenyukai offers free trial lessons and intake of new students once a month.

Mondays 7.00-8.00pm (community) and 8.00-9.00pm (seniors)

Wednesdays 8.00-9.00pm (senior sparring)

Saturdays (community & seniors) please check with Club for dates and times

Cost: varied

Bookings essential.

For more information email contact@adlkenyukai.com

AUSTRALIAN WORLD TAEKWONDO ★

Students training in World Taekwondo develop their mind and body through training based on time-tested techniques taught by qualified instructors with decades of experience.

World Taekwondo self-defence techniques are designed to condition the body and promote good health and wellbeing. It is an activity that can be enjoyed by families, all genders and ages.

Sundays during school holidays 5.30-6.15pm

Cost: \$5.00

For more information contact Grand Master Wahid Halimee 0412 909 500

or email info@worldtaekwondo.com.au

or visit worldtaekwondo.com.au

BODHI INSTITUTE AUSTRALIA (BIA) ★

BIA aims to provide a full range of courses and assistance to the new generation of immigrants with Chinese-speaking backgrounds and people who understand Chinese in our community. Helping to adapt to Australian society and overcome the culture-shock of a new country, we are committed to using Buddhist theory and meditation teaching to guide people to maintain a healthy mentality.

Sundays 1.30-5.30pm

Cost: free

For more information contact Miles Chen 0432 142 819

or email cmiles19740504@gmail.com

D-VOLLEYBALL SA (SITTING VOLLEYBALL) ★

Looking for something different that will help your fitness?

Try Sitting Volleyball. It's a Paralympic sport promoted for players with a physical impairment but can be played by everyone.

'I can sit on the floor unaided. I can move at least one arm. I can see a ball moving through the air. I can slide around on the floor. I can catch and throw a soccer size ball or play it back one hand'. If you answer yes to these, we're looking for you!

Alternate Sundays on a fortnightly basis 10.00am-1.00pm

Cost: free (subject to change)

For more information contact Heather 8272 1495

or email crheatherbrown@yahoo.com.au

FALUN DAFU ★

An ancient Chinese cultivation practice of refining both the body and mind through slow-moving exercises and meditation. Study Falun Dafa scriptures followed by meditation exercises.

The movements are repetitive and easy to follow.

Sundays 8.25am-12.15pm

Cost: free

For more information contact Peter 0488 562 868

or email pbktiong8@bigpond.com

GOODWOOD VOLLEYBALL ASSOCIATION ★

Goodwood Volleyball Association encourages players with competent to elite volleyball skills to play in a social competition in games "best of five sets", no time limits.

Tuesdays and Thursdays 6.00-11.00pm.

Bookings essential.

Cost: \$10 per player per game

For more information contact Tony Shillitoe 0447 797 955

or email tshillitoe@gmail.com

or visit [facebook.com/groups/212789052109817](https://www.facebook.com/groups/212789052109817)

NO LIGHTS NO LYCRA

Lights out - it's time to dance!

NLNL is a weekly 1-hour lights-off chance to dance in the dark for the pure joy of dancing. It's a place to shake out the stresses of the week, let go of your inhibitions and completely be yourself.

NLNL occurs in over 75 locations around the world.

Thursdays 7.15pm-8.30pm commencing 23 January 2025

Cost: \$10/\$8 concession per session bookings via [eventbrite.com](https://www.eventbrite.com)

visit [facebook.com/nlnlgoodwood](https://www.facebook.com/nlnlgoodwood)





ORIENTAL MARTIAL ARTS ACADEMY ★

Exercise increases emotional wellbeing at any age, including release of stress, increase of self-confidence and motivation. We believe there is always a reason for every person to learn self-defence. Adults Hapkido and Kids and Teens Taekwondo will help develop confidence and self-discipline and will enable a more balanced to your daily life.

Dates: Wednesdays (during school terms)

5.45-6.15pm - Kids Taekwondo - develop confidence, fitness, and self-defence

5.45-6.30pm - Teens and Adults Taekwondo - teaching traditional techniques, sparring, dynamic kicks and self-defence moves

6.30-7.15pm - Adults Hapkido - based on the ancient Korean art of Hapkido "The way of harmony and inner power."

Cost: \$10

For more information contact the Academy 0402 542 994

or visit

orientalmartialartsacademy.com.au

PHOENIX COUNSELLING PSYCHOTHERAPY SERVICES ★

Pamela is an accredited Mental Health Clinician and a qualified social worker.

She went into her own private practice in 2014 following further studies in psychotherapy and gaining experience in working with a broad range of issues.

Pamela can assist many people with crisis situations, with experience and training in working with loss, grief and trauma, depression, anxiety, stress, workplace issues, relationship issues, domestic violence and more.

To make an appointment contact Pamela 0466 214 992

SKYLIGHT MENTAL HEALTH GROUP ACTIVITY PROGRAM ★

Skylight Mental Health Group Activity Program runs groups for people experiencing mental health challenges. The program promotes wellbeing in a supportive environment where people can build skills, develop friendships, be accepted and connect with the community from the Goodwood Community Centre where we run 3 groups: Music, Art and 'Cooking for One'. A separate group orientation needs to be completed before attending. Please call Skylight to arrange a time.

Wednesdays weekly 12.15-2.45pm

For further information phone 8378 4100

or email crt@skylight.org.au

or visit skylight.org.au

SOUTAR FC

Soutar FC is a weekly community inspired, indoor social soccer program open to community members 18 years +.

Come along, register to play, meet like-minded locals and get some high-energy, mid-week physical activity!

Wednesdays 8.00-10.30pm

Cost: \$5 per player

Please contact the Centre before attending 8372 5143

or email gcc@unley.sa.gov.au

SOUTHERN JAZZ CLUB INC ★

A full jazz orchestra brings 1920s-50s swing magic. Dance floor and cabaret seating. BYO drinks. Bring a platter. Dance, listen and enjoy.

Saturday 24 May & Saturday 15 November 2025

Doors open 6.30pm, music from 7.30pm

Cost: \$25 members, \$30 non-members

For more information contact Jenny Maslen 0419 822 956

or email hello@southernjazzclub.org.au

or visit southernjazzclub.org.au

STRENGTH FOR LIFE

In partnership with the Council of the Ageing (COTA), the Strength for Life program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance and improve balance and cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Mondays 9.30-10.30am & 10.45-11.45am

Thursdays 1.00-2.00pm

Cost: one-off personal assessment fee of \$50, then \$8-\$10 per class. Pre-paid cards available for five or ten classes. Complimentary first class. Fees are subject to change.

Assessments and bookings are essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

THE ART OF LIVING ★

Yoga for adults improves flexibility, strength, and balance, reduces stress and enhances mental clarity. It promotes overall well-being through mindful poses, breathing exercises, and relaxation techniques.

Our yoga sessions include light gentle yoga poses followed by warmups. We emphasise on focused systematic breathing during teaching and ping these poses. Teaching specialised breathing exercise followed by deep relaxation.

Wednesdays 6.00-7.00pm commencing 22 January 2025

Cost: \$8 per person

For more information contact Manpreet 0422 474 782

or email roja.passion@gmail.com



UNLEY COMMUNITY CENTRE

ALL ABILITIES CHEER AND DANCE ★

All Abilities Cheer and Dance provide competition pom dance teams to people with disabilities.

Wednesdays during school terms.

4.00-5.00pm, 5.00-6.00pm and 6.00-7.00pm

Cost: enquire via email

For more information contact
Alana 0420 466 064

or email alana@allabilitiescheeranddance.com

or visit allabilitiescheeranddance.com.au

CHAIR YOGA ★

Chair yoga classes that incorporate breathing exercises, stretches, yoga poses and relaxation techniques to increase flexibility and strength and improve posture and balance.

The classes are taught using classic yoga poses that have been modified to be performed in a chair.

Tuesdays 11.00am-12.00noon

Cost: \$11 per class

For more information contact

Leonie 0417 832 477

or email leonie.lete@gmail.com

FUNCTIONAL EXERCISE WITH MARY

Learn how to move and recover more efficiently while boosting strength and aerobic capacity. Movement that has a practical impact on your everyday life.

Suitable for varying fitness levels.

Wednesdays 12.30-1.15pm

Cost: \$8 per class

For more information phone 8372 5128

LEONIE LEATE YOGA ★

Yoga and meditation incorporating breath work and relaxation. Build strength and increase flexibility while being mindful and in the moment. Safe and professional environment.

Wednesdays 8.30-9.45am

Cost: \$12

For more information contact

Leonie Leate 0417 832 477

or email leonie.lete@gmail.com

LET'S DANCE

Experience the joy that dancing brings with a friendly and fun group. Attendees enjoy a variety of ballroom dances. Partners not required and guidance available for beginners.

Fridays 1.00-3.00pm

Afternoon tea available for a low cost at the half-way break.

Cost: free

For more information phone 8372 5128

LINE DANCERS OF SA ★

Exercise your body and mind to great music in a low-impact, social environment. Classes run by a fully trained, professional and experienced instructor.

Thursdays 12.45-1.45pm

Cost: \$10 per class

For more information contact

Peter 0407 970 418

or email peter@linedancersofsa.org

or visit linedancersofsa.org

MOVING MEDITATION SCHOOL OF TAI CHI ★

Tai Chi is a gentle and effective exercise which with regular practice, will improve fitness, posture, flexibility, sleep, and balance.

Thursdays 9.55-10.55am for beginners and intermediate students

Thursdays 11.00am-12.00noon for advanced students

Cost: \$10 per class

For more information and bookings contact Rosemary 0434 847 524

or email

movingmeditation@mytaichi.com.au

SOUNDBATH WORKSHOPS ★

Be transported and renewed as you're immersed in healing frequencies that ground, soothe and nurture. Explore your inner world as the sounds dance through your being, guiding you to home within.

Join Michelle for this installation of sound experiences centred around connection, restoration and deepening in the essence of peace.

Chairs will be available to use or bring your own mat.

Mondays 24 March, 5 May, 7 July, 29 September, 17 November

Time: 3.45-5.15pm

Cost: \$15 per session

For more information phone 8372 5128



STRENGTH FOR LIFE

In partnership with the Council of the Ageing (COTA), the Strength for Life Program offers quality strength training programs to people over the age of 50. Participants receive a tailored exercise program designed to improve and increase muscle strength and endurance and improve balance and cardiovascular health. Classes are also a great way to have fun and meet new people at the same time.

Daytime classes offered at various times Monday to Friday. Enquire for times and availability. Please note waiting lists may apply.

Cost: one-off personal assessment fee of \$50 then \$8-\$10 per class. Pre-paid cards available for five or ten classes. Complimentary first class.

Assessment and bookings essential.

For more information phone 8372 5128

THE JUNGLE BODY GETLOW/KONGA

A low impact dance-based program that fuses cardio, boxing, weights and dance to music of the 50s, 60s, 70s, 80s and more.

Wednesdays 10.00-10.45am

Cost: \$10 per class or \$95 for a 10-visit pass

For more information contact Nadia 0402 289 870

or email thefitnesstemple.au@gmail.com

or visit

[facebook.com/thefitnesstemple.au](https://www.facebook.com/thefitnesstemple.au)

TRADITIONAL YOGA

Traditional yoga activities to help community members, promoting true yoga.

Mondays 7.00-8.30pm

Cost: donation

For more information contact

Raj 0422 367 837

or email rppandey.isg@gmail.com

or visit [rajkrityoga.com.au](https://www.rajkrityoga.com.au)

UNLEY COMMUNITY CENTRE RIDE

Join Monica Broniecki in this weekly social cycling group exploring the Cycleways of Unley (and beyond) at a leisurely pace. Open to all. Beginning at the front lawns of the Unley Community Centre at 9.30am, stopping for coffee along the way, and returning to the Community Centre around 12noon.

This group is run in conjunction with the Unley Bicycle User Group (UBUG).

Tuesdays 9.30am-12.00noon

Cost: free. BikeSA membership is encouraged.

For more information contact Monica 0415 042 468

or email mbroniecki@unley.sa.gov.au

or visit [unleybug1.wixsite.com/ubug](https://www.unleybug1.wixsite.com/ubug)

UNLEY EXPLORERS WALKING GROUP

Enjoy a leisurely, social walk through the streets of Unley with like-minded locals. We welcome people, pets, prams, walkers, gophers, and wheelchairs. Leaving at 8.30am sharp from Unley Community Centre every Tuesday.

Cost: free

For more information phone 8372 5128

VENTON'S STRETCH AND FLEX

Venton's Stretch and Flex class is chair based with occasional standing. It emphasises stretching and uses light weights. A friendly atmosphere and suitable for those with arthritis.

Fridays 10.00-11.00am

Cost: \$10 per class

For more information contact Venton 0402 608 993

or email venton.cook@aapt.net.au

VENTON'S TAI CHI

Venton's Tai Chi is an intermediate level class. The class includes Qi gong, Sun and Yang styles of Tai Chi in a friendly atmosphere. Beginners are welcome.

Thursdays 8.30-9.30am

Cost: \$10 per class

For more information contact Venton 0402 608 993

or email venton.cook@aapt.net.au

YUE JIA PHYSICAL HEALTH AND CULTURE ASSOCIATION

The promotion of mental wellbeing through non-contact physical exercise, originally developed in China as a battlefield martial art.

Wednesdays 7.30-9.30pm

Cost: \$60 per month

For more information contact Chris Chong 0412 168 459 or Tsai Wing 0457 145 514

or email

yuejiaquanassociation@gmail.com



Education



CLARENCE PARK COMMUNITY CENTRE

ANCIENT EGYPT STUDY GROUP ★

Study all aspects of Ancient Egyptian society and culture.

First Thursday of the month 12.30pm
Hieroglyphs, 1.30pm General

Cost: \$40 per year or \$55
for both sessions

For more information, dates and times,
contact Helen 8294 3670
or 0439 825 360

ENGLISH CONVERSATION CLASSES

Do you want to become more confident speaking English? Come and practise in a welcoming place.

Classes are facilitated by a volunteer and are for adults to build confidence in English conversation.

Wednesdays 12.30-1.30pm

Cost: free

For more information phone 8293 8166

KUMON BLACK FOREST EDUCATION CENTRE ★

Individualised Maths and English programs for students of all ages and abilities.

Mondays and Thursdays 3.00-7.00pm

Cost: \$160 per subject

For more information contact
Irene 0430 554 044

or email iprotary@hotmail.com

STEM BIRDS ROBOTICS & CODING ★

Coding and robotics classes for primary school students. STEM Birds specialise in introducing kids to coding and robotics by igniting and encouraging curiosity and creativity.

Wednesdays (8 weeks - school terms only) 6.00-7.00pm

Cost: \$275 per term

For more information contact

Vinita 0408 209 060 or Abhijit 0429 656 511

or email hello@stembirds.com.au

or visit stembirds.com.au

FULLARTON PARK COMMUNITY CENTRE

ENGLISH LANGUAGE CLASSES

Is English your second language? Need help learning to read, speak and write in English?

These friendly classes give you greater confidence in speaking English, learning about Australian culture, and making new friends.

Tuesdays and Fridays 10.00am-12.00noon (school terms only)

Cost: \$4 per session, \$21 for a 10-class card, \$36 for a 20-class card

For more information contact the Centre 8372 5180

RMT MANAGEMENT MODELLING AND FILM ACTING WORKSHOPS ★

We are a commercial talent agency which trains children and adults as actors and models for professional engagement with the media and fashion industries.

Workshops are run at various times throughout the year and school holidays.

For more information contact
admin@rmtmanagement.com

or visit rmtmanagement.com/training

SAFE SPROUTS ★

Baby and Child First Aid Workshops for Parents and Caregivers.

Monthly

Morning and afternoon sessions available

Cost: \$165 per person

Contact: Kat Mason
kat@safesprouts.com.au

or visit safesprouts.com.au

TRIPLE C COMPUTER CLUB ★

Learn more about using your computer. Learn what you need to know and what you don't know.

We are very informal!

Every Thursday (30 January to mid-December) 10.30am-12.00noon

Cost: \$5 per session

For more information contact
Stefan Kreslin 0401 495 010

or email kreslsj@gmail.com

GOODWOOD COMMUNITY CENTRE

HEALTH AND WELLBEING WORKSHOPS

ADHD SEMINAR

What is ADHD? Why does it feel like everyone has it? What can you do if someone has it?

What if you have it?

These days it feels like every second person is being diagnosed with ADHD, but is it just about getting distracted? Don't we all get distracted? Why do people feel like they need a label? Why do ADHD children get into so much trouble? What do I do if a teacher has advised me to get my child assessed but I don't agree?

Come to hear Michelle Lewis, founder of 'i.am.me' talk about ADHD from her perspective as an educator of over 30 years with ADHD lived experience.

Tuesday 29 April 2025, 7.00-8.00pm

Cost: free

Bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

EATING WELL- COOKING WORKSHOPS

Goodwood Community Centre is excited to offer the following workshops, please note bookings are essential. When booking into workshops please let us know if you have any dietary requirements prior to the workshop.

EATING FOR YOUR BODY

This workshop is all about how to cook foods to support a healthy body, to improve both fibre intake and hydration which assists overall digestion and improves skin tone, as well as supporting the immune system. Presented by Kathryn Hill who has a doctorate in Education and has worked in the tertiary education sector for many years both overseas and here in Australia.

Friday 11 April, 1.30-3.30pm

Cost: \$10 per person, includes tastings.

Recipes (gut health juice, all-fruit sorbet, raw crunch salad) will be made available to attendees after the workshop.

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

EATING WITH ALLERGIES

This workshop follows on from the 2024 workshop about allergies and how to understand why and what foods are likely to cause allergic reactions. The cooking class will demonstrate how to substitute typical foods with more allergen friendly options. Presented by Kathryn Hill who has a doctorate in Education and has worked in the tertiary education sector for many years both overseas and here in Australia.

Friday 13 June, 10.00am-12.00noon

Cost: \$10 per person, includes tastings.

Recipes (egg-free mayonnaise, zucchini, lentil and coconut stew, avocado chocolate mousse) will be made available to attendees after the workshop.

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

WARMING AND NOURISHING WINTER COOKING

Come along to see how you can make quick yet nourishing meals to keep you warm and well fed during colder months. This class will focus on quick ways to maintain healthy and nutritional eating without high levels of fats. Presented by Kathryn Hill who has a doctorate in Education and has worked in the tertiary education sector for many years both overseas and here in Australia.

Friday 22 August, 10.00am-12.00noon

Cost: \$10 per person, includes tastings

Recipes (chilli with corn bread, hug in a mug chicken soup, semolina custard dessert pots) will be made available to attendees after the workshop.

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

LIGHT AND BREEZY SPRING SALADS

With warmer weather, a delicious crunchy salad ticks all the nutritional boxes for digestive support, high fibre and gut health. This workshop will look at quick and tasty salads to whip up that will have you glowing with health! Presented by Kathryn Hill who has a doctorate in Education and has worked in the tertiary education sector for many years both overseas and here in Australia.

Friday 28 November, 10.00am-12.00noon

Cost: \$10 per person, includes tastings

Recipes (crunchy broccoli with speck, green goddess salad – diabetic friendly, Hawaiian salad with honey and lime dressing) will be made available to attendees after the workshop.

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au



ENHANCING INTERPERSONAL SKILLS AND SOCIAL CUE RECOGNITION FOR INDIVIDUALS WITH ASD

This interactive workshop aims to help individuals with autism spectrum disorder (ASD) enhance their interpersonal skills and social cue recognition. Participants will gain practical tools and techniques to improve their daily social interactions and build stronger relationships. Presented by Jeffery Tan, registered counsellor with CCAA.

Monday 24 February 10.00-11.00am or 11.15am -12.15pm

Cost: free

Limited places, bookings essential.

For more information phone 8372 5143 or email gcc@unley.sa.gov.au

GLOBAL COOKING WORKSHOPS LATIN AMERICAN CUISINE

Due to popular demand, global cooking workshops are back!

Explore the rich and flavourful world of Latin American Cuisine with us in this cooking class. We will be preparing three traditional Latin American dishes that are both delicious and budget friendly. Learn 10 interesting facts about Latin American culture and take home some recipes

Friday 30 May 10.00am-12.00noon

Cost: \$10 per person

Limited places, bookings essential.

For more information phone 8372 5143 or email gcc@unley.sa.gov.au

P.A.C.H.★

Professional Association of Classical Homeopaths

Wednesdays 7.15-9.30pm, monthly

For anyone interested in knowing more about homeopathic medicine.

For more information email floortwenty@hotmail.com

SMART SENIORS

How do YOU keep YOUR brain fit and active? If you would like to give your brain a workout while having fun, why not join us to participate in some brain-powered activities? Exercises include puzzles, quizzes, brain teasers, memory games, lateral thinking and much more.

These free sessions will challenge your cognitive function, providing a space to connect with others while playing fun games.

Tuesdays 2.00-3.00pm

Cost: free

Bookings essential.

For more information phone 8372 5143 or email gcc@unley.sa.gov.au

SPANISH CLASSES★

Come and have fun with us! For ages 1-9 years old.

This program is based on play as a learning tool to provide young minds with tools, vocabulary, and confidence to express themselves in Spanish, while doing what comes naturally through play. Sensory activities, story reading, dancing, songs, role-playing games, painting, experiments.

Saturdays 1.00-2.00pm

Cost: \$10 per person

For more information contact Olga Escobar 0432 606 222

or visit our Facebook page Pajaro Azul Spanish classes

WORKSHOP DETOXING YOUR BODY YOUR PATHWAY TO WELLNESS

Join us as we explore: -

- How to recognise the signs your body needs detoxing
- Where to begin your detox journey
- Daily habits to support your body's natural detox processes
- And so much more!

Whether you're new to detoxing or looking to deepen your understanding, this presentation will provide practical steps to elevate your health and vitality. Presenter Michelle Fenech is an Iridologist, Integrated Health Coach, and Detoxification Specialist, and is passionate about empowering others to harness their body's natural ability to heal and thrive.

Friday 21 February 2025, 10.00-11.00am

Cost: free

Bookings essential.

For more information phone 8372 5143 or email gcc@unley.sa.gov.au



**WORKSHOP
DIY – MAKE YOUR OWN BATH
BOMBS, PERFUME, BREATH SPRAY,
SALT SCRUB, FACE MASKS, CHEST
RUB AND ROOM SPRITZERS.**

Discover the benefits of making your own personal care products! Learn how to create toxic-free, environmentally friendly alternatives that are not only better for your health but also cost-effective compared to supermarket brands. Plus, it's a fun and creative activity you can enjoy with your kids. Michelle will also be discussing why it's important to remove toxic chemicals from your personal care products for long-term health and well-being. Join us to explore easy recipes and tips for healthier, homemade products that are kind to both your body and your wallet! Presenter Michelle Fenech is an Iridologist, Integrated Health Coach, and Detoxification Specialist, and is passionate about empowering others to harness their body's natural ability to heal and thrive.

Friday 27 June 2025 10.00-11.30am

Cost: free

Bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

**WORKSHOP
FINDING HOPE IN THE MIDST OF
DEPRESSION**

This empowering workshop is designed for individuals struggling with depression. It offers a supportive environment to explore strategies for rediscovering hope. Participants will learn practical techniques to manage symptoms, reframe negative thoughts, and build resilience. Through guided exercises and group discussions, attendees will create a personal toolkit for navigating tough times and fostering a more positive outlook. Presented by Jeffery Tan, registered counsellor with CCAA.

Thursday 29 May 10.00am-11.00am or 11.15am -12.15pm

Cost: free

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

**WORKSHOP
OVERCOMING ANXIETY AND
REBUILDING SELF-WORTH**

This workshop tackles anxiety and its effects on self-worth. Participants will learn how anxiety and self-esteem intertwine and discover effective ways to manage anxious thoughts and boost self-confidence. Through hands-on activities and group talks, attendees will gain practical tools to question negative self-views, nurture self-compassion, and build a more positive self-image. The goal is to help people break free from anxiety-fuelled self-doubt and recognize their true value. Presented by Jeffery Tan, registered counsellor with CCAA.

Monday 28 July 10.00-11.00am or 11.15am -12.15pm

Cost: free

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

**WORKSHOP
RECOGNISING AND RESPONDING
TO DOMESTIC VIOLENCE**

Join us for an eye-opening workshop on identifying the subtle and overt signs of domestic abuse. This interactive session will equip participants with the knowledge to spot early warning signs in relationships and discover local resources for support. Presented by Jeffery Tan, registered counsellor with CCAA.

Monday 27 October 10.00-11.00am or 11.15am -12.15pm

Cost: free

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

UNLEY COMMUNITY CENTRE

CIRCUIT COOKING 101

Are you looking to ignite or reignite a passion for cooking?

Offered monthly and covering a variety of topics, Circuit Cooking 101 is designed to make cooking simple, easy, and most importantly, enjoyable. Workshops incorporate demonstrations, tastings and lots of practical tips and tricks.

Facilitated by our very own Cook and Circuit Café Coordinator Chloe Apostolides, these workshops will motivate and inspire you to get back into the kitchen.

2nd Monday of every month (excluding March and June)

1.30-3.00pm

Cost: varied

Bookings essential.

For a copy of the monthly program phone 8372 5128

**HEALTH AND WELLBEING
INFORMATION SESSIONS**

Ageing is a cause for celebration in the City of Unley.

Our people are living, longer, healthier lives. We want our residents to be fulfilled right through their lifespan and for our city to be a great place to age. Community Centres are vital in Unley's vision to be an age-friendly city.

These monthly information sessions at the Unley Community Centre are designed to provide useful information to our older community members on a range of topics.

3rd Monday of each month, 1.00pm (excluding January and December)

Cost: free

For a copy of the program or for more information phone 8372 5128



Creative Pursuits



CLARENCE PARK COMMUNITY CENTRE

CLARENCE PARK FRIDAY JAMMERS ★

A weekly jamming session for ukulele players to practise and gain experience with a friendly group. Some experience required.

Friday afternoons 2.00-3.30pm (school terms only)

Cost: \$2 per session

For more information contact

Susan 0409 242 648

or email iansaunders60@gmail.com

CRAFTY ONES

Have you been bitten by the craft bug? Come for a chat, a laugh and share ideas, experiences and learn new skills while you work on your individual craft project. Enjoy companionship in a creative environment. It's fun and informal.

New members are always welcome.

Wednesdays 1.00-3.00pm

Cost: \$3.00

For more information phone 8293 8166

CREATE AND TALK ★

A creative workshop led by community members. Participants get to know each other as they engage in creative activities together. A play area can be set up for young children on request. While children are always the responsibility of their adult carer, the format is informal enough to allow adults to also engage in the activity.

Registration required.

Second Wednesday of each month (excluding January)

10.00am-1.00pm

Cost: free

For more information phone 8293 8166

or email create@uniity.com.au

or visit facebook.com/uniityfriendships

THE SHED (WORKSHOP)

Join our friendly, welcoming, and supportive community Shed.

We are open to all who are wanting to connect, share skills, experience, be challenged and learn or rekindle old skills.

We work with wood and have a wide range of tools (powered and hand) and use a huge variety of different timbers. We repair, create bespoke items, and upcycle. If you have the time, we have the place!

Tuesdays 9.00am-12noon and Thursdays 9.00am-3.00pm

Cost: membership fees apply

For more information contact Sharon, The Shed Coordinator 8293 8166

or email theshed@clarencepark.org.au

THE SHED SALES

Did you know we make items for sale?

Items all lovingly handmade or repaired by 'The Shed' members using recycled and reclaimed timbers. Items include:

- New wooden toys
- Cheese, chopping & charcuterie boards
- Wooden repairs
- Made to order eg book nooks, mud kitchens - the list is endless!

Come and see us with your request.

Support your community!

Support your local Shed!

All monies from sales are returned to the community program.

Tuesdays 9.00am-12noon and

Thursdays 9.00am-3.00pm

For more information contact Sharon, The Shed Coordinator 8293 8166

or email theshed@clarencepark.org.au



FULLARTON PARK COMMUNITY CENTRE

CHINESE WATERCOLOUR CLASSES ★

Chinese Watercolour Classes offered by an experienced professional artist. Whether you are a seasoned artist, or just starting out, this course will be a great introduction to a new art form. You will learn new techniques and effect, and bring life and character to your personal compositions.

Saturdays 2.00-3.00pm

Cost: \$23 per lesson (including all materials)

For more information contact
Zhuo Wei Krstic 0467 594 839

or email zhuoweikrstic@yahoo.com

or visit [facebook.com/zhuoweikrstic](https://www.facebook.com/zhuoweikrstic)

CLOTH DOLL CLUB OF SA INC ★

Encouraging artistic expression in cloth and mixed media by making cloth dolls.

Sunday 2 February, 6 April, 1 June, 3 August, 28 September, 7 December

11.00am-3.00pm

Cost: \$25 annual fee, \$6 per meeting

For more information contact
Christine 0419 823 784

or email swright@adam.com.au

FRIDAY SOCIAL ART GROUP

A friendly and welcoming group who get together weekly to paint and have a chat and a laugh. New members always welcome. Bring your own supplies.

Fridays 10.00am-12.30pm

Cost: \$3 per session

For more information phone 8372 5180

or email fpcc@unley.sa.gov.au

HANDMADE CRAFT

A variety of handmade craft items are available at a low cost. The range includes a variety of toys, bags, masks and much more. All lovingly made by our Quilters group. Funds raised go to charity. Find the display cabinet in the front foyer and see reception for purchases.

Cost: various prices (cash only)

PAINTING WITH IGNACIO ROJAS



Short courses providing an opportunity for you to learn the fundamentals of oil painting, portraits, and a variety of other forms with a very experienced and professional artist and art educator. Ignacio has exhibited and taught across Australia and the USA including at the prestigious San Francisco Art Institute.

For more information contact

Ignacio 0409 816 840

or email ignaciorojas.art@gmail.com

or visit [instagram@ignacio_rojas_artist](https://www.instagram.com/ignacio_rojas_artist)

SARAH MCDONALD'S ART SCHOOL ★

Art classes specialising in painting.

This art school offers specialist painting classes, in short courses taught by a fully qualified teacher who is also a successful exhibiting artist. Under Sarah's guidance, develop the skills, technique, and confidence to create your own artworks. A stimulating, non-threatening environment that encourages freedom of expression with no fear of failure. Class sizes are kept small for a high level of tutor interaction and to cater to different levels of ability and interests. Courses in eight-week blocks coincide with school terms.

Choice of 9 session times:

Tuesdays 9.30am-12noon, 12.30-3.00pm or 7.00-9.30pm

Wednesdays 9.30am-12noon, 12.30-3.00pm or 7.00-9.30pm

Thursdays 9.00-11.30am, 12noon-2.30pm or 7.00-9.30pm

For more information contact
Sarah 0402 263 913

or email studio@sarahmcdonald.com.au

or visit [sarahmcdonald.com.au](https://www.sarahmcdonald.com.au)

SEW CRAFTY

We are a group who meet weekly in a supportive and friendly way to share our many interests, skills and ideas in various textile crafts including quilting, embroidery, knitting and crochet.

Wednesdays 10.00am-3.00pm

Cost: \$3.50 per session

For more information contact
Kay 0457 023 948

or email fpcc@unley.sa.gov.au

THE HOSPITAL RESEARCH FOUNDATION CREATIVE HEALTH



Led by art tutor Kaz Pedersen, these weekly sessions are an opportunity for veterans to continue their creative practice. Materials provided. New participants welcome.

Mondays 9.00am-4.00pm

Cost: free

For more information contact
Robyn Brookes 0413 417 416

or email rbrookes@creativehealth.org.au

or visit [creativehealth.org.au](https://www.creativehealth.org.au)





GOODWOOD COMMUNITY CENTRE

BEARS AND FRIENDS ☆

A group of bear makers and collectors of old and new bears and other soft toys, who meet for social activities, guest speakers, fun, and friendship.

BYO lunch and a project to work on, or just chat.

The more formal part of the day begins at 1.00 pm and includes afternoon tea.

Visitors and new members always welcome.

Third Saturday of the month (excluding January, May, and October, April will be the 2nd Saturday)

12.00noon-4.00pm

Cost: \$4.00 per session

For more information phone
Claire 0414 344 597

or email lindenbears@yahoo.com.au

CHINESE MUSIC AND ARTS OF SA INCORPORATED – ADULT CLAY CRAFT WORKSHOPS

Take some time for yourself and get creative with this relaxing, hands-on workshop. Using air-dry clay that requires no baking, you'll have the opportunity to focus on your own creativity and unwind. Explore new techniques, practise fine motor skills, and take home a one-of-a-kind keepsake.

First Wednesday of the month
commencing 5 February 2025

10.30-11.30am

Cost: \$ 8 per workshop
(materials included)

Age: 16+

For more information contact
Shal 0425 576 722

UNLEY COMMUNITY CENTRE

DRAWING AND SKETCHING

A fun and relaxed drawing class for anyone who loves to draw. These weekly classes cover a variety of mediums and techniques. The support and guidance provided by our experienced instructor will allow you to develop your creative drawing talents.

Wednesdays 10.30am-12.00noon

Fridays 10.00am-12.00noon, 1.00pm-
2.30pm

Cost: \$8-10. Pre-paid cards available for
five/ten classes.

To register or for more information
phone 8372 5128

CRAFT AND CHAT

Meet weekly in a warm, informal setting where you can connect with others, enjoy a cuppa, and a chat while you craft. Bring along your own project to work on, or try one from our collection of easy activities.

Tuesdays 9.30-11.00am

Cost: free

Tea/coffee available to participants.

For more information phone 8372 5128

PAINTING WITH ACRYLICS

Join this weekly art group meeting to practise painting with acrylics. Enjoy painting at your own pace and in your own style. Share your ideas, skills and abilities and be inspired by the creativity and support of those around you. Bring your own materials and artwork to continue or start something new. Occasional lessons and demonstrations offered throughout the year by experienced artists.

Tuesdays 1.00-3.00pm

Cost: \$3. Pre-paid cards available for
five/ten classes.

To register or for more information
phone 8372 5128

PAINTING WITH WATERCOLOURS

Learn the art of painting with watercolours in a relaxed and friendly environment. Our experienced instructor will guide and support you at every step enabling you to discover your artistic potential.

Thursdays 10.30am-12.30pm and
1.00-3.00pm

Cost: \$8-\$10. Pre-paid cards available
for five or ten classes.

Bookings essential.

For more information phone 8372 5128



Children and Families



CLARENCE PARK COMMUNITY CENTRE

CHILDCARE

Are you looking for occasional childcare that isn't full time? Our sessional childcare program is based on imaginative and creative play for children from two to five years, in a purpose-built setting with a large garden. Children bring fruit for morning tea and their own lunch. Bookings essential and visits welcome.

Tuesdays to Fridays 8.30am-1.00pm

Cost: fees apply

For more information contact the Centre 0456 962 940

or email childcare@clarencpark.org.au

CHILDREN'S HALL AND GARDEN FOR HIRE

Dedicated childcare area and garden play space area suitable for playgroups, children's activities, and children's birthday parties.

For more information phone 8293 8166

or visit unley.sa.gov.au/venues-for-hire

KIDS' MARKET

Stalls are available for kids to sell their items to other kids. Put the dates in your calendar for a fun, low-cost activity to pick up some bargains, or make some cash from unwanted toys. Designed for child stallholders only. Bookings for stalls open 6 weeks before market dates.

(Note: adults wanting to sell their own wares please contact the Fullarton Market).

Saturday 12 April 1.00-3.00pm

Saturday 20 September 1.00-3.00pm

For more information phone 8293 8166

KIDZ SHED

Woodworking for kids during the school holidays. Join our skilful woodworking volunteers who provide support and guidance as you work on a take home project and learn new wood working skills. All wood and craft items included. Suitable for ages 8 and up.

Different activities are scheduled for April, July, and September/October holidays

Cost: varied

For more information phone 8293 8166

KINDERMUSIK BY MINI MUSIC MAKERS

Sing, dance, move, play, and learn.

Early music education, movement and fun for newborns to 5-year olds.

Fostering language, listening, problem-solving skills and socialisation.

Small friendly classes.

Mondays, Tuesdays and Thursdays, various sessions

Cost: \$170 per 9-week term

Bookings essential.

For more information contact Cathy 0421 276 970

or email cathy@minimusicmakers.com.au

or visit minimusicmakers.com.au

PLAYGROUP

Held in our Childcare area with a Playgroup leader, it is a chance for caregivers and children to have fun together and to meet others from the local community. Well-equipped play area with excellent resources, including a garden playground. New families are always welcome.

Mondays 10.00am-1.00pm (school terms only)

Cost: \$5 per family

For more information phone 8293 8166



SCHOOL HOLIDAY PROGRAM

Different activities are scheduled for April, July, and September/October holidays.

Cost: varied

For more information phone 8293 8166

WRIGGLY STORYTIME

Presented by Unley Libraries, join this active Storytime for your wriggly little person! Join us for stories, songs and movement and take home a craft to further your child's learning at home. For ages 2-5 years.

Wednesdays 10.30am

19 February, 19 March, 21 May,

18 June, 20 August, 17 September,

15 October, 19 November

Cost: free

For more information phone 8372 5100

CONNECT AND PLAY

Connect and Play is a free series of play-based sessions for parents/ caregivers and children 0-3 years to connect and explore a range of developmentally appropriate play experiences.

Wednesdays 10.30am-12.30pm

22 January, 26 February, 26 March,
23 April, 28 May, 25 June, 23 July

Cost: free

For more information phone 8372 5100

FULLARTON PARK COMMUNITY CENTRE

ADELAIDE GO ACADEMY ★

Unlock your child's potential! Our engaging Go/Weiqi (an ancient Asian strategic game) lessons build critical thinking, focus, and problem-solving skills for kids aged 6yrs+.

Wednesdays 4.00-5.00pm

Cost: \$198 for 9-week term

For more information and bookings contact Terrill 0413 138 034

or email
adelaidegoacademy@gmail.com

visit [facebook.com/adelaide.go.academy](https://www.facebook.com/adelaide.go.academy)

ADELAIDE MATHS TUTOR ★

Adelaide Maths Tutor offers group or individual maths tutoring for students in years 7-12.

Wednesdays during school terms

For further information contact John Absolon 0433 630 797

or email john@adelaidemathstutor.com.au

ARTY KIDS ★

Fun, quality, children's art classes for your child. Your child will have fun learning a wide range of Art. Suitable for all children aged 5-15years.

Saturdays 11.15am-12.15pm or
12.30-1.30pm

(Term 1 commences 3 February
for 8 weeks)

Cost: \$190 for 8-week term

For more information and bookings contact Helen Favretto 0418 821 217

or email nitsa4@bigpond.com

or visit artykids.net

BALLET @ FULLARTON PARK ★

The aim of these classes is to enable young students to develop the poise, discipline and other benefits from learning ballet in a caring, nurturing environment, without the pressure of exams, competitions or costumes.

Wednesdays after school from 4.15-6.15pm – class time varies according to age (school terms only)

Cost: \$130-\$140 per term

For more information contact

Judi Corcoran 0401 242 859

or email moggidance@hotmail.com

CARLA PAPA DANCE - CPD ★

Dance classes for 5-18 year olds.

Dance education at CPD provides your child with quality dance tuition in a professional and nurturing environment. Specialising in jazz technique, commercial jazz, lyrical and tap, students are provided with solid technical and performance training.

Tuesdays and Thursdays (school terms)

For bookings and fees scan the QR code.

or contact Carla Papa 0403 196 942

or email carla.centro@live.com.au



CHILD & YOUTH HEALTH SERVICES ★

Located in the cottage at the rear of 411 Fullarton Road, Fullarton. Driveway access from Fisher Street entrance.

For appointments and enquiries phone 1300 733 606

or visit cyh.com



CHILDREN'S UNIVERSITY ACTIVITIES

Fullarton Park Community Centre has developed a Fact Finding Fun and Word Find that is listed on the Children's University site. Completion of the activity counts for 1 hour in your passport. Feel free to download from the University's website or pop into the Centre for a copy.

All our school holiday workshops are valid with Children's University passports.

IVORYROSE MOTHERHOOD CONNECT

8-week guided community group suitable for first-time mums, along with second, third and beyond. A space to come together and experience connection, share stories and resources, develop friendships and learn from industry experts on a range of topics.

Tuesdays 10.00-11.30am

Cost: \$279

For more information contact
Brittanie Schell 0401 569 209

or email
community@ivoryrosephysio.com.au

or visit ivoryrosephysio.com.au

LOVING PARENT MEETING

At this meeting we make our way through the Loving Parent Guidebook. This book helps you to become your own loving parent.

Sundays 2.00-3.30pm

Cost: free

For more information email
adultchildrensa@gmail.com

or visit aca-sa.org/meetings/sunday

FREE PARENT EDUCATION SEMINAR PRESENTED BY HELEN KOWALENKO from INCLUSIVE INSIGHT

COMMENCING PRESCHOOL – WHERE DO I START????

For all parents, that first step into the world of education can be both exciting and daunting. Making decisions about where to go and when can be confusing.

For parents of children with additional needs, this next step can be even more confusing and can create stress and uncertainty as they navigate the options out there.

This session will provide information around:

- What processes are involved in starting a preschool?
- Do they have to go to preschool?
- Making decisions around when to start/what to consider
- Looking at options including local and specialist options
- What can be expected a preschool in terms of support and inclusion?
- What will be your role as parents?
- Planning for school

What's next? Opportunity will be given in this session for questions that are relevant to your own circumstances and hopefully assist you in moving forward into the next phase of your child's life.

Thursday 13 March 10.00-11.30am

or Monday 17 March 7.00-8.30pm

For bookings and further information
phone 8372 5180

or email fpcc@unley.sa.gov.au

FREE PARENT EDUCATION SEMINARS AND DISCUSSION GROUPS BY MARK LE MESSURIER

SA Senior Australian of the Year 2022

Mark Le Messurier's Seminars and Discussion Group Sessions are taken from his new book, 'Guiding Kids Through the Tough Moments' (2023), released in 40 countries.

The questions Mark ask in the book are "What about when one of your kids decides not to listen, challenges you, is rude, or worse? What is your intrinsic response in these hot and heavy moments? Do you puff yourself up, get just as loud, show anger, threaten to withdraw privileges, or even withdraw emotional connection?"

This is the space the book works within because it's a tough space, and there is always room to reshape how we handle these TOUGH MOMENTS. Mark helps parents build a skill set that nurtures a child's pride and leaves them in a position where they are more likely to want to make changes, rather than having their autonomy stolen and feeling gazumped by an adult yet again. Children today need adults in their lives who know how to be a positive influence, especially in those TOUGH MOMENTS.

Seminar 1: Monday 24 March

The BIG 5 Learning Difficulties

Dyslexia, Dysgraphia, Dyscalculia, Dyspraxia and ADHD – understanding how these needs can be met for our children's sake.

This presentation is in admiration of the children who set off to school intending to learn, to read, to write, to do maths, but falter because of an unexpected learning difficulty, or difficulties connected to ADHD (executive functioning).

Soon after starting, they realise that their learning, organisation, and concentration is not the same as the others. This wasn't their dream, and a dreadful shame replaces the dream to be successful at school.

A few turn their shame inwards and stop trying. As the emotional ache grows some give up, become sad, lose friendships, and disengage. Others display anxiety. A few find this learning



impasse so debilitating they become depressed. They contemplate the incomprehensible seeing this as a better option than dealing with their shame in front of peers every day. For those who prefer to act out their shame, the script plays out with surprising speed, volatile emotion, and errant behaviour. Not being able to crack 'the spelling code', 'the number code,' 'the writing code,' or 'the remembering code,' 'the being ready and organised code' hurts deeply as they continue to stumble.

Let's unpack the BIG 5 Learning Difficulties: Dyslexia, Dysgraphia, Dyscalculia, Dyspraxia and ADHD (executive functioning) to understand how these needs can be met, and how we can keep our kids thriving.

Seminar 2: Monday 16 June

The BEAUTY and WONDER of NEURODIVERSITY

The content of this workshop comes from my heart, my head, and from lived experiences with family and clients. For too long neurodivergence has been defined by the stigma of deficits, disorders, disability, limitation and being broken.

Today, science and the neurodiversity movement are showing us how to view differences in the human rhythm through a lens that offers, pride, strength, and hope. There is an amazing shift in the way we think about, discuss, respond and offer support to people under the neurodivergent umbrella - and it's energising, somewhat challenging and beneficial to all.

My mission is to explore this space. I want you to feel uplifted and liberated by this revolution! In this workshop you will learn some facts about Autism, but this isn't my real goal. My goal is to introduce you to others who have had a lived experience with Autism, in the hope you will be touched in a way, that facts alone can never touch people. I do have 2 facts to share right now. The first is that our neurodivergent kids are not broken, not less, not disordered, and do not need to be fixed up. They walk to the beat of another drum. The second is they always will walk to the beat of that different drum. They will grow up to be adults with Autism. Please, let's value Autism, and what it means, so our kids can grow into it with pride.

Seminar 3: Monday 18 August

What does Behaviour and 'MIS' Behaviour tell us?

Understanding and respecting our children's emotional needs

Welcome to a workshop designed to make sense of behaviour and help us respond appropriately to so-called MISbehaviour. Yes, it is a beautifully, real, and practical workshop! From the outset, never assume that the ART of managing your child's behaviour is easy. It's not. Managing our own behaviour is hard. Managing someone else's behaviour is much harder.

In this session I'm offering an invitation to you, to change gears and work with a special technique, "soft eyes and warm hearts." To feel affection for your child when they are being stubborn, argumentative, even oppositional. It is a call for us to be at our most respectful when, sometimes, they are at their least.

In this space, we hold a child or teen accountable. Yes, we do hold them accountable by using an almost 'counterculture mindset'. One that connects leadership and strength, directly with kindness and connection. A technique that builds a precious space where children might want to make changes, rather than feeling shamed or forced to make changes.

This technique nurtures a child's pride and esteem. It safeguards a young person's emerging spirit because we separate their behaviour (or so-called MISbehaviour) from who they are, and who they might be in the future.

The mission of this workshop is to highlight a few key principles that will help your child develop the best brand of obedience. That is, one that develops from within. The days of imposing obedience ON kids have gone, and no longer work anyway. And now, you have a sense of the STYLE I want to develop with you!

Seminar 4: Monday 27 October

BACK TO BASICS – Why? When? How? What does this look like?

Current Australian and international research shows more kids are struggling with more complex needs, at younger ages, and in greater numbers than ever before. Why is this happening? The leading contributor appears to be the result of intensified environmental stress we have inserted into the lives of our children.

Stress factors range from parents trying to keep up with the increasing demands of life – financial, emotional, social, to the inescapable draw to a multitude of digital platforms. Suddenly, there's no escaping from being plugged into the lives and judgement of others. But missing out can feel worse than the overload and anxiety it creates. And for many, adults too, these stress factors establish dysfunctional day-to-day habits and communication patterns.

Some mental health issues arise from the unexpected twists and turns of life. They are outside of our control and include disability, trauma, disorders, loss, sickness and so much more. However, the principles to live a mentally healthy life are therapeutic to draw on when life feels like it's falling apart.

This workshop focusses on the everyday, ordinary things we can do, to support and maintain the best mental health of our kids and ourselves. Come along for a reset - I promise to present a range of totally practical ideas to help. So much of raising an emotionally balanced child comes from being a clever 'life-coach' who is prepared to chip away, gently, and intelligently, at how to live. They are dependent on us knowing how to invest in them.



FREE PARENT EDUCATION SEMINARS BY MADHAVI NAWANA PARKER

Free parenting education seminars presented by the popular and well-respected Madhavi Nawana Parker. Madhavi is a widely published author of confidence, resilience, wellbeing, and social-emotional literacy books, who has worked with families and schools for over two decades. She is the Director of Positive Minds Australia.

facebook.com/madhavinawanaparker
or visit positivemindsaustralia.com.au

Seminar 1: Monday 12 May

MANAGING YOUR EMOTIONS

This workshop is based on Madhavi's books on social and emotional wellbeing, resilience, confidence and happiness. In particular, it is based on Madhavi's latest book, 'Unmad: tiny habits, monumental change: A 31-day parenting quest to yell less and connect more. Madhavi will bring parents of pre-adolescents and adolescents, evidence-based tools to help you confidently navigate the inevitable (and very real) ups and downs of life with a teenager. Madhavi will teach simple and practical ways to regulate your own stress and emotions, while building in daily happiness.

Seminar 2: Monday 9 September

PRO SOCIAL RELATIONSHIPS:

Helping Children and Teenagers respond to Friendship Difficulties and Bullying

Social and friendship challenges are common. Learning how to get along with others, regulate emotions and impulses when socially isolated or threatened and respond proactively to bullying are crucial life skills. This workshop will help parents and professionals identify the difference between bullying and social clumsiness, providing practical and constructive ways for young people to cope with confidence and resilience.

ALL SEMINARS

7.00-8.30pm

Cost: FREE

Bookings essential.

For more information phone 8372 5180

or email fpcc@unley.sa.gov.au

FREE PARENT INFORMATION AND DISCUSSION GROUP – PRESENTED BY MARK LE MESSURIER

SA Senior Australian of the year 2022.

These groups will run throughout the year. They will be on selected Wednesdays 10.00am-12noon. Participants are welcome to enrol for all 7 or attend individual sessions. The format is casual, and the number of participants are limited so there is plenty of scope to talk and exchange ideas.

Discussion 1: March 12

THE BIG 5 Learning Difficulties – Dyslexia, Dysgraphia, Dyscalculia, Dyspraxia and ADHD

This presentation is in admiration of the children who set off to school intending to learn, to read, to write, to do maths, but falter because of an unexpected learning difficulty or difficulties connected to ADHD (executive functioning). Soon after starting, they realise that their learning, organisation, and concentration is not the same as the others. This wasn't their dream, and a dreadful shame replaces the dream to be successful at school. A few turn their shame inwards and stop trying. As the emotional ache grows some give up, become sad, lose friendships, and disengage. Others display anxiety. A few find this learning impasse so debilitating they become depressed. They contemplate the incomprehensible seeing this as a better option than dealing with their shame in front of peers every day. For those who prefer to act out their shame, the script plays out with surprising speed, volatile emotion and errant behaviour. Not being able to crack 'the spelling code', 'the number code', 'the writing code', or 'the remembering code', 'the being ready and organised code' hurts deeply as they continue to stumble.

Let's unpack the BIG 5 Learning Difficulties: Dyslexia, Dysgraphia, Dyscalculia, Dyspraxia and ADHD (executive functioning) to understand how these needs can be met, and how we can keep our kids thriving.

Discussion 2: May 21

BUILDING EMOTIONAL RESILIENCE IN CHILDREN

Today, we understand that developing resilient qualities in our children is more than luck. It is a process that is well researched and understood.

This workshop presents a collection of PRACTICAL resilience building ideas, I call them the 10-Cs. They are can-do attitudes, confidence, connections, capacity to change, contributing to others, core value awareness, controlling what you can, communication, composed parenting and common sense.

You'll adore the 10-Cs. They provide an insightful guide for parents to become the best resilience coach for their children. Here's the thing: isn't it ironic that our children's resilience hinges on our knowledge, resilience, and how we model it over the first 20 years of their lives? They are dependent on us knowing how to invest and enable.

Discussion 3: June 18

BACK TO BASICS: principles to live a mentally healthy life. Why? When? How? What does this look like?

Current Australian and international research shows more kids are struggling with more complex needs, at younger ages, and in greater numbers, than ever before. Why is this happening? The leading contributor appears to be the result of intensified environmental stress we have inserted into the lives of our children.

I want to explore three spaces in this workshop, and you'll delight in them!

Firstly, what are you doing to protect your physical and emotional health? This needs to be a conversation because every day your kids need you to be well, and in the right frame of mind to connect, and lead them.

Secondly, what can you do to look after yourself because parenting is hard? To find our resiliency we need to consciously find moments to feel renewed.

And, finally, I reached out to clients, many who've become friends. I asked them to reflect on their childhood, on their parents, the place of family, special teachers, and school memories. Their reflections will melt your heart, inspire you to take heart, and appreciate the deep, lingering influences you are creating RIGHT NOW. I did this because when we're caught up in the chaos of life it is hard to see "the forest for the trees".

Discussion 4: August 13

"Grrrrrr...GET OFF THAT DEVICE, NOW!"

This workshop is not a cybersafe workshop, although indirectly it is. Rather it is an opportunity to review and reset your thinking about your child's love for screens - video gaming, YouTube, Tik Tok and all things social media. It is concerned with the psychology, emotion and behaviour required to get the balance right. The truth is, there are no quick fixes, just sensible understanding, hard work, leaver guidance, deft management and persistence. What a brave new world you face as parents. You are the first generation to parent children growing up with technology built to be absolutely irresistible. Given that the 'off switches' in kid's brains are not fully developed until they reach their mid to late twenties, it's no wonder that the lure of screens creates a 'perfect storm' in so many homes and classrooms.

Let's get practical and keep our eye on the greatest prize. This is to maintain a buoyant and connected relationship with our kids, even through the tough times. By doing so, we can chip away at teaching balance between screens, recreation, and real life. And, to do this our kids need us on their side - not against them, fighting them, being superior and putting their interest down. When we blatantly fight them, we turn their desire for screens into a crazed chase for forbidden fruit. As soon as they know you 'hate screens' and you're the 'screen police', the battle is on and can become seriously fierce and destructive. Yes, yes, yes, limits on screens are necessary, but the goal and method must be about managing 'time' - never going to war over screens.

Discussion 5: September 24

SIBLING RIVALRY – See it differently so you can empower your children and build their bond.

Arguments and fights between siblings are normal, even though they are irritating and can sound awful. Do you remember arguments and annoyances with your sibling or siblings? It wasn't easy, most of us have memories of frayed tempers, injustices, and perceived favouritism.

Firstly, sibling rivalry begins when the second child arrives, and the first-born is 'dethroned'. Their universe suddenly becomes a shared one, and 'number two' can easily be viewed as a threat! From that moment children must share, and the stage for 'sibling rivalry' is set.

Secondly, the usual motivations behind sibling rivalry involve children competing for the same basic resources - for time, attention, love, toys, screens, being first, and approval from their parents. Interestingly, the closer siblings are in age, or developmentally, the more intense the love, the play and the rivalry.

I promise to offer you a sensible and sustainable plan. A plan filled with optimism and some highly constructive tools to work with. After all sibling relationships are often the longest lasting and the most intimate relationships formed by human beings, and frequently last longer than most friendships, through the deaths of parents and beyond many, many marriages.

Sharing an extended history from early childhood into adulthood and beyond is significant and can add to the protective layers necessary for good mental health.

Discussion 6: October 22

THE BEAUTY and WONDER of NEURODIVERSITY – See it differently so you can empower your children and build their bond.

The content of this workshop comes from my heart, my head, and from lived experiences with family and clients. For too long neurodivergence has been defined by the stigma of deficits, disorders, disability, limitation and being broken.

Today, science and the neurodiversity movement are showing us how to view differences in the human rhythm through a lens that offers, pride, strength, and hope. There is an amazing shift in the way we think about, discuss, respond, and offer support to people under the neurodivergent umbrella - and it's energising, somewhat challenging and beneficial to all.

My mission is to explore this space. I want you to feel uplifted and liberated by this revolution! In this workshop you will learn some facts about Autism, but this isn't my real goal. My goal is to introduce you to others who have had a lived experience with Autism, in the hope you will be touched in a way, that facts alone can never touch people. I do have 2 facts to share right now. The first is that our neurodivergent kids are not broken, not less, not disordered, and do not need to be fixed up. They walk to the beat of another drum. The second is they always will walk to the beat of that different drum. They will grow up to be adults with Autism. Please, let's value Autism, and what it means, so our kids can grow into it with pride.

Discussion 7: November 19

The Intriguing 'ART' of managing tricky behaviours, kindly and effectively!

This workshop introduces the practical skills to help our kids move in the right direction. The reason for this workshop is that sometimes, when we become battle weary and can't see the wood for the trees, we forget the subtle and effective techniques. Instead, we jump straight into tell-offs, shouting and threats. I will take you through 3 critical stages.

The FIRST STAGE begins at the clever 'art' of REDIRECTION.

This is an efficient style that guides a child's behaviour from the unsuitable to the more suitable. A method perfect for younger children, but one that can be refined for teens too.

The SECOND STAGE is, how to HOLD YOUR CHILD ACCOUNTABLE, while remaining calm and kind. I admit - this takes awareness and courage otherwise we can easily become victims to our own heightened emotions.

Finally, STAGE THREE. How to apply a CONSEQUENCE.

I prefer EDUCATIVE CONSEQUENCES because they are free of punishment, and again, we deliver them with kindness and connection! It is a call to be at our most respectful when, sometimes, they are at their least. We try to feel affection for our kids, when they are being stubborn, argumentative, even oppositional. In this space, we hold a child or teen accountable using an almost 'counterculture mindset'. One that connects leadership and strength, directly with kindness.

I'll remind you, that you are on your LEARNER PLATES, so cut yourself some slack! Everything you do is for the first time, and because of this, it's natural to feel there is a lot at stake in the hot and heavy moments. Please be kind to yourself. You never have to be perfect. Your willingness to improve and tweak things is enough.

DISCUSSION GROUP SESSIONS

Time: 10.00am-12noon

Cost: FREE

Bookings essential.

For more information phone 8372 5180 or email fpcc@unley.sa.gov.au

PELICAN PRODUCTIONS MUSIC THEATRE CAMP/SPOTLIGHT ★

MTC and Spotlight are intensive performing arts day camps held in the January school holidays. For performers 8-19 years, they will receive training in singing, dancing, and acting from seasoned industry professionals. Taking the best of the best from Broadway and the West End, MTC and Spotlight culminate in the presentation of a music theatre performance like no other. Don't be fooled by the age of the cast, the talent we have in Adelaide is nothing short of incredible, it is an experience not to be missed!

For more information contact Anthea 0415 918 222

or email pelicanproductionsmtc@gmail.com

or visit pelicanproductions.com.au

SCHOOL HOLIDAY PROGRAM

Recreational workshops for children aged 5-16 years in the April, July, and September/October holidays.

We create a new program every season that features favourite activities from past workshops and some great new stuff too!

Are you on our SHP mailing list? Program flyers are issued before all school holidays, so jump on our mailing list.

All school holiday workshops can be included in your Children's University Passport.

Bookings essential.

For more information phone 8372 5180

YOUNG GUNS ACTING COURSE ★

An acting course for ages 8-11years (Mondays) and 12-15years (Tuesdays). Students learn how to create characters, learn lines and act in front of a camera.

Mondays and Tuesdays 4.15-5.45pm

For further information contact Angie or email admin@rmtmanagement.com or visit rmtmanagement.com/training

GOODWOOD COMMUNITY CENTRE

CHINESE MUSIC AND ARTS OF SA INC – CHILDREN'S CLAY CRAFT WORKSHOPS ★

Perfect for young children to come along and work with child safe, air-dry clay that requires no baking. Students practise fine motor skills and express their creativity with this hands-on session. Plus, you'll get to take home your one-of-a-kind creation as a keepsake of your newly learnt skills

First Thursday of the month commencing 6 February 2025

4.00-5.00 pm

Cost: \$8 per workshop (materials included)

For more information and bookings contact Shal 0425 576 722

GOODY KINDERGYM

This class combines structured group activity and free time exploring new and challenging activities. Develop confidence, coordination, creativity and self-esteem while interacting with others. Come along and join the fun!

Fridays 9.30-10.30am, 11.00am-12noon, commencing Friday 31 January 2025 .

Cost: \$8 per family, annual membership \$28 per child per calendar year

Bookings essential via Eventbrite, booking fee may apply

For more information phone 8372 5143 or email gcc@unley.sa.gov.au



GRINNERS DISCO CLUB

Community disco for kids of all abilities. Come along and have some fun, dance and sing along to your favourite songs.

Fridays - 4 April, 27 June, 19 September, 5 December 2025

3.45pm-4.30pm. Doors open at 3.30pm for a 3.45pm start

Cost: \$5

Bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

INTERGENERATIONAL PLAYGROUP

Older friends will be joining our Playgroup session. Bring family members, grandparents, and friends to share some fun experiences. Perfect for children 0-5 years and their caregiver.

Tuesdays 10.00-11.30am, commencing Tuesday 30 January (school terms only)

Cost: \$5 per family, to be paid on the day.

Bookings not required.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

KIDS MUSIC AND MOVES

Cultural music and dance classes for preschoolers (18m-7 years). Explore world dance, songs about native animals, action songs, ear training and a variety of percussion instruments. Learn rhythm, tempo and pitch while developing school-ready skills like listening and following directions in a fun and inclusive environment.

Wednesdays 9.30-10.15am and 10.30-11.15am (school terms only)

Cost: \$170 per 9 week-term for the whole family

For more information contact Lizzie 0444 581 751

or email lizzie@kidsmusicandmoves.com

or visit kidsmusicandmoves.com

PLAYGROUP

A fantastic opportunity for children and caregivers to have fun together and meet others from the local community. Well-equipped play area with excellent resources, including an outdoor play space.

New families are always welcome.

Mondays 10.00-11.30am, commencing Monday 29 January (school terms only)

Cost \$5 per family, to be paid on the day

Bookings not required.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

READY STEADY GO KIDS!

Australia largest multisport and exercise program for preschoolers. Ten sports taught in a fun non-competitive environment. This program runs during school terms commencing 29 January 2025.

Wednesdays and Thursdays 9.15-11.30am

Saturdays 8.30am-12noon

Sundays 8.45-11.00am, times can be subject to change.

Cost \$15.95/\$19.95 per class

For more information phone 1300 766 892

or visit readysteadygokids.com.au



THE ART OF LIVING – YOGA FOR CHILDREN

Kids' yoga offers a fun and engaging opportunity for children to enhance their flexibility, balance and focus. It promotes physical strength, mindfulness, relaxation and emotional well-being through playful poses. This practice helps children manage their emotions while boosting their confidence in an enjoyable way.

Kids' yoga (5-8years old)

Tuesdays 9.30-10.30am, commencing 14 January

Thursdays 9.30-10.30am, commencing 23 January

Children's yoga (8-12years old)

Fridays 9.30-10.30am, commencing 24 January

Cost: \$5 per child per session

For more information contact Sandipana 0412 367 845

or email roja.passion@gmail.com

or visit artofliving.org

**Please remember to bring a yoga mat, drink bottle and wear loose clothing.

WRIGGLETIME & BABYTIME WITH UNLEY LIBRARIES

Wiggletime - alternate Fridays at Unley Town Hall and Goodwood Community Centre.

Perfect for wiggly toddlers, with action songs to keep busy toddlers moving. These fun sessions also include interactive play with beanbags, scarves and shakers. Babies are also welcome.

10.30-11.00am

Babytime - alternate Fridays at Unley Town Hall and Goodwood Community Centre.

Suitable for children 0-2 years. Join us for 30 minutes of songs, rhymes, finger play and stories with your baby in your lap. If you have a baby and a toddler, why not try both sessions?

11.30am-12noon

Cost: free

Check location and booking requirements on the Unley Libraries website

unley.sa.gov.au/librarykids

Special Clubs and Special Interest



CLARENCE PARK COMMUNITY CENTRE

ADELAIDE AMIGA AND PC USER GROUP ★

A computer interest club where visitors are always welcome. The group often helps computer users, whether beginners or advanced. Come along, try for free and only contribute when you're a regular.

Mondays 7.00-9.30pm

Cost: \$3 per session, \$20 annual membership

For more information contact Marc 8339 3930

AMATEUR WINEMAKERS AND BREWERS CLUB OF ADELAIDE INC ★

Monthly meetings for those interested in winemaking and brewing. Activities include competitions, tastings, educational speakers, bus trips, awards ceremony, maintaining a vineyard and syndicate winemaking. New members welcome.

1st Tuesday of the month 8.00-10.30pm (excluding January)

Cost: \$30 per annum/pensioners \$25

For more information contact Jane 0414 272 926

or email secretary@awbca.org.au or visit adelaideferment.org.au

EVENING LIGHT ASSEMBLY ADELAIDE ★

We're an interdenominational Christian Church believing in Jesus Christ the same yesterday, today and forever and his promises in our day according to Malachi 4:4-6 and Revelation 10:1-7.

Alternate Fridays 5.30-7.30pm and Sundays 10.00am-1.30pm

Cost: free

For more information contact Claude 0433 021 088

GRACE COMMUNION INTERNATIONAL ★

Come and join us for Christian worship and fellowship, everyone is welcome. Stay for refreshments after the service.

Cost: free

Alternate Sundays 10.30am-12noon

For more information contact Ken 0419 033 003

or email kthamm.39@gmail.com or visit adelaide.gci-au.church

LGBTQIA+ CUPPA AND CATCH UP

Are you part of the LGBTQIA+ communities? A very informal, inclusive space to chat and get to know other LGBTQIA+ people in your local area.

Come and make a cup of tea and sit out under the orange tree, take a stroll through our biodiversity garden, or enjoy our beautiful play space.

All ages and all welcome.

1st Tuesday of the month 1.00-3.00pm

Cost: free

No bookings required.

For more information phone 8293 8166

PANCARE FOUNDATION – UPPER GI CANCER SUPPORT GROUP

We understand that living with upper gastrointestinal cancer can have profound impact on your wellbeing. Our PanSupport Patient Support Group provides an opportunity to interact with people who share similar experiences with you.

Last Friday of the month 11.30am-1.30pm

Cost: free

For more information contact Alison 1300 881 698

or email support@pancare.org.au or visit pancare.org.au



FULLARTON PARK COMMUNITY CENTRE

FOREIGN SHORTHAIR CAT CLUB OF SA ★

Our club focuses on all aspects of the care and showing of shorthair cats. We have 28 breeds under our jurisdiction and breed information is freely available. Cat related topics are discussed, including current updates from the Dog and Cat Management Board. We often have guest speakers. Visitors are most welcome.

2nd Saturday of the month, February to November (except June is the 7th)

1.00-3.00pm

Cost: free

For more information contact Maggie Johnston 0400 293 603 or Pam 8265 1198

or email vyatka@adam.com.au

FULLARTON PARK SENIORS CLUB

We welcome new members to our small and very friendly group. We play rummikins and card games fortnightly and bingo once a month. We enjoy having lunch together and having a chat.

Bring your own lunch.

Tuesdays fortnightly 10.30am-2.30pm

Commencing 4 February, last session 9 December

Cost: \$20 annual fee

For more information contact

Jean Gardner 0403 957 381 or the Centre 8372 5180

or email fpcc@unley.sa.gov.au

FULLARTON ROAD SOUTH TRADERS ASSOCIATION INC ★

Our goal is to bring awareness to the community surrounding Highgate Village of the wide range of businesses in Highgate and the benefits of supporting them.

2nd Wednesday of the month, 6.00-8.00pm

Cost: free

For more information contact

Richard Ockenden 0412 910 063

or admin@afterdark.com.au

or visit destinationhighgate.com.au

LANDLORDS ASSOCIATION (SA) INC ★

Are you a Landlord? Attend one of our Landlords' Association (SA) Inc meetings and discover what we are about. Membership joining fee applies.

6.50pm for a 7.00pm start

Cost: free

For meeting dates contact Marco 0415 701 691

or email president@landlords.org.au

or visit landlords.org.au

LOSS and GRIEF SUPPORT ★

You are warmly invited to join our meetings where we can share our experience of grief after losing someone close to us. These meetings provide an opportunity to connect with others facing similar challenges. We share and explore coping strategies, and our goal is to foster connections and personal wellbeing. We welcome all adults who are navigating the journey of bereavement, regardless of the circumstances of their loss.

Cost: free

For bookings and enquiries contact Kate Jurgens, Adaptive Grief Counselling 0492 978 512

or email kate@adaptivegrief.com.au

MAH JONG

Experienced players and those who have attended Mah Jong lessons are welcome.

Mondays 10.00am-1.00pm and 1.30-4.15pm, commencing 20 January

Wednesdays 1.00-4.00pm, commencing 22 January

Cost: \$3 per session

For more information phone 8372 5180

THE RED ROOM

This is a Community Lounge where you can drop in and meet friends, chat, have a coffee, read or just relax.

Available on various days and times depending on use of the room. If the room isn't available there are tables and chairs in the foyer.

Cost: free

PROBUS CLUB OF UNLEY INC ★

We are a combined club of active retirees. Women and men, all welcome. Join us to hear stimulating speakers, enjoy interesting excursions and maintain special contact with fellow retirees.

1st Monday of the month (if it is a public holiday it is held on the second Monday of the month)

10.00am business, 10.30am morning tea, 11.00am guest speaker

Cost: \$50 annual membership

For more information contact Don Priestly (President) 0412 354 162

or email unleyprobus@gmail.com

or visit probussouthpacific.org/microsites/Unley

UNLEY SWIMMING CENTRE



THE CITY of
Unley

SCAN
FOR
MORE
INFO



SA CHAPTER EXIT INTERNATIONAL ★

Come along and spend time with like-minded people. Guest speakers and panel discussions.

Thursdays 11.00am-12.30pm

20 February, 22 May, 21 August and 6 November

Cost: must be a member

For more information contact Molly 0481 098 339 or Sue 0430 045 871

or email molly.mckinnonclaire@gmail.com

or visit exitinternational.net

SPRITE CLUB OF SOUTH AUSTRALIA ★

A classic car club for enthusiasts of Austin Healy Sprites and MG Midgets. Visitors are welcome.

1st Monday of the month (if it is a public holiday it is held on the second Monday of the month) from 7.30pm

Cost: see website

For more information contact Robin Dunk 0431 247 746

or email president@spriteclub.com.au

or visit spriteclub.com.au

UNLEY MENSA ★

This is a fortnightly community lunch for senior citizens. Play cards, bingo and 8-ball. Everyone welcome.

Wednesdays fortnightly from 5 February to 10 December (school terms only).

10.30am-3.00pm

Cost: members \$20 per person per visit. Non-member \$25 per person per visit. Annual Membership \$10 (paid in February)

For more information contact Marisa La Bella 0412 936 023 or 8272 6949

GOODWOOD COMMUNITY CENTRE

BIRTHING KIT ★ FOUNDATION AUSTRALIA

Birthing Kit Foundation (Australia) is an Adelaide-based NGO working to reduce deaths from preventable causes related to pregnancy and childbirth, by enabling cleaner, safer childbirth. Our primary strategy over the last decade has been to increase access to clean supplies for birth with disposable Birthing Kits.

We also work with Field Partners to undertake community development projects.

How can you help? Kit International provides an opportunity for volunteers to fundraise for and engage in the assembly of Birthing Kits by hosting assembly days.

For more information visit bkfa.org.au

GREEK SENIORS

The Greek Seniors' group meets weekly for a friendly gathering in a welcoming environment, fostering connections and combating loneliness. Come along for a fun game of bingo and enjoy a chat with friends over coffee and biscuits.

Thursdays commencing 6 February 2025

9.00am -12noon

Bookings not required.

Cost: \$5 (includes coffee, tea, biscuits and a game of bingo)

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

GREEK WOMEN'S SOCIETY OF SA 'TAXIARCHIS' INC ★

Senior Greek Women's fitness and wellness program serving the community since 1937, one of the oldest migrant women's organisations in South Australia.

Weekly strength training classes lead by a personal trainer, followed by a social time of morning tea and bingo after the class encouraging health and wellbeing.

Occasional bus trips and guest speakers.

Tuesdays, commencing 11 Feb

9.30-10.30am exercise class

10.30-12pm morning tea and bingo

Cost: \$4 for bingo/coffee and light refreshments

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

LET'S PLAY TOGETHER ASSOCIATION INC ★

An informal gathering for mainly Russian speaking people but open to anyone else who is interested.

A friendly, fun night participating in social activities, including cards and volleyball.

Fridays 8.00-11.00pm, various dates

Cost: \$5 per session

For more information contact Harry 0419 380 620

or email garik.ovanesyan@gmail.com

THE VETERAN AND VINTAGE MOTORCYCLE CLUB OF SOUTH AUSTRALIA (VVMCCSA) ★

The VVMCCSA was started by a dedicated group interested in preserving pre-1930s motorcycles and hold monthly meetings.

Tuesdays monthly (end of month)

For further information contact Brian Forth 0409 514 213

or email forthy@tpg.com.au

WALKING OUT AND ABOUT IN GOODWOOD

Meet new people and get out and about in Goodwood.

An enjoyable hour walking around the neighbourhood.

Meet at the main entrance of the Goodwood Community Centre, with coffee and conversation afterwards.

Fridays 8.30am

For more information phone 8372 5143

or email gcc@unley.sa.gov.au



UNLEY COMMUNITY CENTRE

ADELAIDE RETRO COMPUTING GROUP ★

A group of retro computer and gaming enthusiasts that display machines and all things retro.

2nd Friday of the month

5.30-10.30pm

Cost: free or \$10 to display

For more information contact
Craig Marshall 0437 969 783

or email
adelaidetrocomputinggroup@gmail.com

BOLIVIA

Join this group meeting at the Centre to learn and enjoy this stimulating card game. A member of the Rummy family, if you like Canasta then you will get a buzz from Bolivia.

Come and give it a try.

Fridays 1.00-4.00pm

Cost: free

For more information phone 8372 5128

BUDGERIGAR SOCIETY OF SOUTH AUSTRALIA ★

Our club promotes the keeping of, welfare, breeding and exhibition of Australia's favourite pet - the budgerigar.

All welcome, from colony breeders to exhibition standards.

1st Tuesday of each month, February to November

7.30-9.00pm

Cost: free

For more information contact
Chris 0409 799 627

or email cmurphy68@msn.com

or visit bssainc.org.au

C3 PARKSIDE ★

We have Sunday services building a strong Christ-centred community. Our prayer is that no one in our city will go through life isolated and alone.

Sundays 10.00am

For more information contact
Georgia Williams 8388 1758

or email hello@c3parkside.org.au

or visit c3parkside.org.au

CLASSIC MOVIES

Looking for a social outing? Come and enjoy a great classic movie in a relaxed and friendly atmosphere. Both old and recent favourites guaranteed to entertain.

4th Monday of the month, February to November

1.00-4.00pm

Cost: free screening, \$3 for afternoon tea or enjoy a delicious lunch at the Centre beforehand.

Bookings essential.

For monthly programs or more information phone 8372 5128

FOCUS - FRIENDS OF THE CITY OF UNLEY SOCIETY INC ★

FOCUS is a resident group working to preserve the historic built and green amenity of Unley.

2nd Tuesday of each month. Refer to website for meeting dates.

7.30-9.30pm

Cost: free

For more information contact
Mary 0450 434 167

or email focusonunley@gmail.com

or visit focusonunley.org

FRIENDSHIP FORCE OF ADELAIDE ★

Friendship Force is an international organisation that aims to provide opportunities for cultural exchanges and to develop understanding and respect between different nationalities.

2nd Tuesday of the even months

6.00-10.00pm

Cost: membership \$65. Two course dinner with drinks \$28.

For more information contact
Virginia 0408 517 100

or email ginnie@y7mail.com

SPECTRUM WRITING ★

Spectrum Writing provides supportive, creative connections for neurodivergent people. The Creative Writing workshop program is designed to teach participants a variety of writing skills. The Dungeons and Dragons program is a friendly roleplaying social game where players experience dice-rolling fun and story adventure.

Creative Writing Program

Mondays and Wednesdays 6.00-7.30pm

Dungeons and Dragons Program

Wednesdays 6.30-9.30pm

Cost: NDIS fees

For more information contact
Jason 0407 520 503

or email info@spectrumwriting.com.au

or visit spectrumwriting.com.au

THE HANDKNITTERS GUILD OF SA INC. ★

Founded in 1987, the Handknitters Guild of South Australia Inc. is an association of artisans who provide education for people learning and mastering the craft of knitting and crochet.

1st and 3rd Saturdays,
February to November

12.00noon-4.00pm

Cost: \$10 joining fee, \$4 per meeting and \$35 annual membership fee

For more information contact the
Secretary 0473 442 247

or email
handknittersguildsouthaust@gmail.com

or visit handknittersguildsouthaust.wordpress.com

Living Green



CLARENCE PARK COMMUNITY CENTRE

BIODIVERSITY GARDEN

Our biodiversity garden is in the grounds around our 'House Next Door'. Discover the local native species of the Black Forest area and how they can create a charming garden in suburbia.

Visitors are welcome in the garden during daylight hours and can follow our walking trail.

For more information phone 8293 8166

CLARENCE PARK FOOD CO-OP ★

Volunteer run food co-operative.

The Co-op sells nuts, dried fruit, grains, legumes, seeds, honey and more.

All at low cost.

Monday to Wednesday and Saturdays

10.30am-12.30pm

During the school holidays the Co-op only opens on Saturdays.

Cost: \$1 for life membership

For more information contact Ashley 8297 6249

GROW FREE SHARE TABLE

Come to our Produce Share Table, with gifts from the earth, grown by the community for the community. They're for giving and taking. Organic fruit, vegetables, herbs, and seedlings.

Surplus home-grown produce is always welcome.

Drop in and see what's on the table.

RECYCLING AT CLARENCE PARK

You can recycle your batteries, bread tags and small e-waste (phones, computers, kettles etc) at the Centre. Collection bins in the office. Available during office hours.

UNLEY REPAIR CAFE ★

Toss it? No way... fix it!

Learn how to fix your broken household items with the help of volunteer repairers. Bring along your small furniture, electrical appliances, toys, clothes, garden and household bits and bobs. Sorry no clothing alterations, watches, microwaves or coffee machines. All welcome.

Last Saturday of the month (excluding December)

9.30am-12.30pm (last repairs at 12pm or earlier if we're busy).

Cost: free (but donations are always welcome)

For more information contact Rose 0408 836 567

or email repaircafe@sustainablecommunitiessa.org.au

or visit [facebook.com/unleyrepaircafe](https://www.facebook.com/unleyrepaircafe)

or unleyrepaircafe.wordpress.com/

FULLARTON PARK COMMUNITY CENTRE

COMMUNITY ORCHARD

Did you know that we have a free community orchard in the Northern Park near Fisher Street? There are a variety of fruit trees, and you are most welcome to help yourself to some when the fruit is ready for picking. While there, take some time to look at our Aboriginal Totem Poles.

RECYCLING AT FULLARTON

You can recycle your batteries, blister packs, bread tags and small electronics (phones, laptops, keyboards etc) at the Centre. Collection bins are in the front foyer. Available during office hours.

UNLEY GARDENERS PLANT RESCUE GROUP

We would love your unwanted plants. Unley Gardeners Plant Rescue is a not-for-profit group seeking donations of good quality plants to revitalise and sell at our sales. Rare and different plants that discerning gardeners would find interesting (camellias, hibiscus, roses etc) as well as unwanted 'but much loved' pot plants and hanging baskets.

The group formed in 2003 and raised over \$135,000 for charity from sales. You can deliver your plants via the rear entrance to Fullarton Park Community Centre. We can collect plants in the Unley area by arrangement. If you are downsizing your garden, moving to a



new house or into residential care and want your plants to go to a good home while helping charity, please contact us.

For more information contact
Bev Glenn 0408 437 348

or email bglenn@bigpond.net.au

Follow us on Facebook for updates and dates for plant sales.

GOODWOOD COMMUNITY CENTRE

CACTUS AND SUCCULENT SOCIETY OF SA INC

The Cactus and Succulent Society of South Australia is a dedicated group of South Australians interested in the fascinating range of flora from which we take our name. We have members of all ages and levels of experience.

Cost: annual membership \$35
(household and concession rates apply)

For more information regarding meetings and annual shows

email secretary@csssa.org.au

or visit csssa.org.au

HORTICULTURE WORKSHOP - GETTING THE MOST FROM YOUR GARDEN

Whether you want to grow great veggies to save on your grocery bill or want to create health and attractive spaces to relax and enjoy, this workshop is designed to set you up for success.

It doesn't matter if you are renting or retired, growing plants in the ground, pots or on a window seal, many gardening fundamentals are the same, so come along and enjoy learning the ropes with fellow green thumbs.

This introductory workshop will cover topics including soil improvement, propagation and planning, plant nutrition, plant pests and diseases.

A hands-on soil testing session will also be included, and participants are encouraged to bring along a zip-lock bag of their own garden soil to test along with any gardening questions.

Friday 21 March 2025 10.00am-
12.00noon

Cost: free

Limited places, bookings essential.

For more information phone 8372 5143

or email gcc@unley.sa.gov.au

SA BONSAI SOCIETY

Monthly meetings and workshops with items for sale. Meetings generally involve demonstrations and talks on a range of topics, or guest speakers.

Workshops are limited to members; however, members of the public may attend and join the club on the night. All members are invited to bring along trees to work on or gain advice from other members of the club.

Lessons for beginners are usually held from April to September and cover bonsai styles, soils and watering.

First and third Tuesday of the month

7.30-9.30pm

Annual Show 11 and 12 October 2025

Cost: membership \$40 per annum

For more information email

David Russell

secretary.sabonsai@gmail.com

or visit bonsaisa.org.au

THE SOUTH AUSTRALIA CHRYSANTHEMUM AND FLORAL ART SOCIETY INC

The Society's aim is to provide knowledge and information relating to floriculture (specifically chrysanthemums) and to facilitate activities associated with floral arrangements.

Monthly meetings on the second
Saturday (most months)

2.00-4.30pm

Annual show in May, annual plant sale
on the second Saturday in October.

New members are always welcome. If you are interested in growing and exhibiting champion blooms or growing beautiful flowers for the garden, please join us.

For more information, follow us on Facebook at The Official South Australian Chrysanthemum and Floral Art Society

or phone the President 0498 546 412

or email at president.sacfas@gmail.com

UNLEY COMMUNITY CENTRE

AUSTRALIAN PLANTS SOCIETY - ADELAIDE

We have speakers on topics related to Australian plants. Members plants will be on display and there is the occasional weekend field trip.

Fourth Thursday of the month
(excluding December)

7.15-9.30pm

Cost: Gold coin donation to cover hall
hire and tea/coffee

For more information contact
Margaret 8296 1849

or email editor@australianplantssa.asn.au

or visit australianplantssa.asn.au

GROW GROW GROW YOUR OWN

Sustainable Communities SA Unley gardening workshops are designed to encourage the community to grow their own food, including herbs and vegetables.

Workshops Sundays (various dates,
approximately 7 per year)

2.30pm

Cost: free

For more information contact
Anne 0424 425 135

or email

gggyo@sustainablecommunitiessa.org.au

or visit

sustainablecommunitiessa.org.au

Cafès, Gallery, Readers' Advisory Service and Markets



CLARENCE PARK COMMUNITY CENTRE

BOOK NOOK

This tiny library and book exchange service depends on donated books. Come and pick one up, donate or swap a book! It's open all the time, topped up by local residents, so the turnover is amazing. Keep an eye on this little community gem.

Donations are always welcome, just pop them in the Book Nook.

Located on the corner of Canterbury Terrace and East Avenue by the mosaic furniture.

READ AND TALK ★

An opportunity for people to get to know each other through sharing thoughts on what they and others choose to read. Just turn up or contact us via email in advance so we know to look out for you.

First Friday of each month (excluding January)

10.00-11.30am

Location: Hey George Café,
157 Goodwood Rd, Goodwood

Cost: free. You are invited to purchase a drink and/or food of your choice from the café menu.

For more information phone 8293 8166
or email create@uniity.com.au

TEA AND TALK ★

An informal get together in a local coffee shop for companionship and conversation.

You will be welcomed by a volunteer host and other friendly people. Look for the Unity sign on the table (usually in the outdoor area).

Wednesdays (excluding 2nd Wednesday of the month)

10.00-11.30am

Sublime Café, 55 East Avenue,
Clarence Park

Cost: free. You are invited to purchase a drink and/or food of your choice from the café menu.

For more information phone 8293 8166
or email create@uniity.com.au

FULLARTON PARK COMMUNITY CENTRE

BOOK NOOK

We have a Book Nook in Fullarton Park too. Books for all ages, the titles are constantly turning over, topped up by residents. Keep checking this nook for good reads.

Located at the front of the Centre, near the driveway.

Donations are always welcome, just pop them in the Book Nook.

READERS' LOUNGE ADVISORY SERVICE

Do you love books? Pop into our Readers' Advisory Service and chat to our staff and volunteers. They know lots about reading and will help you order your next read online through Unley Libraries. You can collect and deposit books here and there is a drop in Library where you can borrow books off the shelf and return them when you've read them.

Tuesdays 12.30-3.00pm

BOOK CLUBS

The Book Clubs gather on the 2nd Monday and Tuesday and 4th Thursday of the month in the Readers' Advisory Room.

For more information phone 8372 5486
or email libraries@unley.sa.gov.au



FULLARTON MARKET ★

A country market in the middle of the city, with a real sense of community atmosphere. Coffee, plants, baked goods, jewellery, clothing and much, much more

4th Saturday of the month January to November (3rd Saturday in December)

9.00am-1.00pm

For more information contact

Jason 0408 682 826

or email fullartonmarket@gmail.com

HUGHES GALLERY

The Hughes Gallery is located inside the front entrance to Fullarton Park Community Centre. The gallery features regular visual art exhibitions which change over each month (February to December). Entry to the gallery is free. Exhibitions feature traditional or contemporary artwork in a variety of media.

We encourage artists to enquire about holding exhibitions at the gallery. The gallery provides an intimate and elegant space for artists to exhibit their work. Further information relating to conditions, fees and proposal forms can be found on our website.

The gallery is open weekdays 10.00am-4.00pm (weekends as advertised).

You will find the exhibition listing at the rear of this program.

For more information phone 8372 5180

or visit unley.sa.gov.au/hughesgallery

GOODWOOD COMMUNITY CENTRE

ROUND SHE GOES MARKET ★

Round She Goes Market is a market dedicated to quality women's preloved fashion.

25 May, 17 August, 26 October

10.00-3.00pm

Cost: \$3 entry

For more information contact Emma info@roundshegoes.com.au

or visit roundshegoes.com.au

UNLEY COMMUNITY CENTRE

CIRCUIT CAFÉ – DELICIOUS FOOD AND GREAT SERVICE

Enjoy the wonderful lunch meal service prepared on site by our Coordinator and team of volunteers, with up to three courses including a choice of mains. All your favourites, roast, schnitzels and more. The menu changes daily, and regularly offer vegetarian and gluten-free options.

Bring a friend, or neighbour, or come and make new friends in the Circuit's relaxed, friendly environment.

Transport may be available to My Aged Care eligible residents.

Monday 9.30am-1.00pm

Tuesday, Thursday, Friday 11.30am-12.30pm

Cost: \$14 for three courses or \$3 Soup, \$8 Main, \$3 Dessert

Bookings essential.

For current menu or more information phone 8372 5128



Special Events



Please refer to City of Unley website for upcoming Events and Online offerings.

 [UNLEY.SA.GOV.AU/EVENTS-PROGRAMS-FACILITIES](https://unley.sa.gov.au/events-programs-facilities)

CLARENCE PARK COMMUNITY CENTRE

ANNADAN (OFFERING FOOD) ★

Annadan comprises two words - Annam (food) and danam (act of donating). Join the Vishva Hindu Parishad of Australia Inc. (World Hindu Council) for a free Indian vegetarian meal for community members, along with cultural activities to showcase the diversity of India and inclusiveness of the culture. Everyone is welcome.

First Saturday of each month (excluding December and January)

12.00noon-2.00pm

Cost: free

Bookings essential.

For more information and dates contact
Deepti 0428 174 699,
Dayawati 0469 570 186,
or the Centre 8293 8166

or email deepti.pandey@vhpsa.org.au
or dayawati.pandey@vhp.org.au

or visit vhpsa.org.au

CLARENCE PARK COMMUNITY CENTRE AGM

The CPCC Board would love you to join them at their 2025 AGM and to take the opportunity to catch up with other community friends.

Wednesday 24 September 4.00pm

For more information phone 8293 8166

EVENTS

Various events are held at our Centre throughout the year. Check the City of Unley website and City of Unley Community Centres' Facebook page for updates.

FRINGE EVENTS 2024

TOTALLY 80'S YOGA

Get ready to bend and stretch to the best hits of the 80's. Pull up your leg warmers and join Tom for fun and energetic yoga flow inspired by your favourite 80s music trends.

Friday 8 March 7.00pm

Saturday 9 March 10.00am and 7.00pm

Sunday 10 March 11.00am, 2.00pm and 7.00pm

Cost: \$25

Bookings essential.

For more information contact
Tom 0406 975 035

To book, visit adelaidefringe.com.au

TASTES AND FLAVOUR SENSATIONS OF MIDDLE EASTERN COOKING WITH THE AHMADIYYA MUSLIM WOMEN

The Ahmadiyya Muslim Women will be sharing their women's culture through a series of tastings and cooking demonstrations, with the goal to bring women from the wider community together. Learn to make authentic dishes unique to their culture and enjoy a shared lunch afterwards.

This is a women's only event, women for women.

7 May, 2 July, 3 September, and 5 November

11.30am-2.00pm (lunch served at 12.30pm)

Cost: \$10

Bookings essential (limited numbers).

Due to popularity, payment is required on booking.

For more information phone 8293 8166



FULLARTON PARK COMMUNITY CENTRE

AUSTRALIAN PLANGON (ANTIQUE AND MODERN DOLL) COLLECTORS CLUB INC

An exhibition of various Dolls, Bears and Memorabilia. Members sell a variety of collectables including dolls and bears. Trash and Treasure table, charity raffles and light refreshments available to purchase. Something for everyone of all ages. Proceeds go to charity.

Sunday 18 May 10.00am-4.00pm

Cost: Adults \$7, children (under 16) \$3

For more information contact
Jeanette Mossop 0407 800 460
or 8258 9295

or email jrmossop@gmail.com

or visit plangon.webs.com

AVICULTURAL SOCIETY OF SOUTH AUSTRALIA

ADELAIDE BIRD SALE / EXPO

Hundreds of aviary birds for sale;
Parrots, Finches, Quails and much more.

BBQ, refreshments and raffle.

Sunday 28 September

11.00am-1.00pm

Cost: \$4 entry fee

For more information contact
Lyn Leedham 0402 987 051

or email sle5299@hotmail.com

BEESWAX WRAP

Join KESAB for a hands-on workshop to make your own reusable and eco-conscious beeswax wrap. Gain valuable sustainability knowledge and practical tips to help avoid and reduce waste in your home whilst making your own custom wrap that helps the planet and your hip pocket.

Tuesday 6 May

11.30am-12.30pm

Cost: free

For more information and bookings
phone 8372 5180

or email fpcc@unley.sa.gov.au

FOOD AND CULTURAL EVENTS

Various events are held in our parks throughout the year. Check the City of Unley website and City of Unley Community Centres' Facebook page for updates.

FULLARTON CHRISTMAS FAIR

Selling unique handmade gifts, Christmas decorations and presents, children's clothes and toys, homewares, candles, jewellery, plants, food and so much more. One of Adelaide's first markets, it has been running every year since 1981.

Saturday 15 November
9.00am-4.00pm

Sunday 16 November 9.00am-3.00pm

Cost: free

For more information contact
Jane 0403 230 161

or email jane.wyly@outlook.com.au

HERB SOCIETY OF SA INC

Salvia Sales

These attractive plants are water wise and bird attracting, a fantastic addition to any garden.

Sunday 27 April and Sunday 26 October

8.30am-12.00noon

Annual Herb Day

Garden plants, displays, herb craft, sale of herbs.

Sunday 2 November

10.00am-2.00pm

For more information contact

Sandra 8445 1626 or 0467 786 636

or email herbsocietysa@gmail.com

or visit herbsocietysa.com.au

SRI LANKAN FOOD FESTIVAL AND CUTURAL DAY

Held in the Southern Park at Fullarton Park Community Centre. It is a family friendly event and will be the association's 13th Food Festival. This ever-popular event has grown over the years. It is colourful event with over 10 food stalls serving authentic, delicious Sri Lankan food. There will be a live band playing music cultural dancers and activities for children. The event is organised by ASLA and supported by the City of Unley.

Sunday 23 February

11.00am-4.30pm

Cost: gold coin donation

For more information contact
Nishani Senavirantne 0401 731 542

or email presidentasla2022@gmail.com

or visit facebook.com/ASLA13

WHICH BIN IS IT?

To celebrate World Environment Day, join us for an informative and enjoyable information session to learn how you can avoid, reduce, reuse, recycle and compost waste and which bin to use. This information session will be presented by Megan Bekesi, Leader of Education and Promotions at East Waste.

Thursday 5 June

10.30-11.30am

Cost: free

For more information and bookings
phone 8372 5180

or email fpcc@unley.sa.gov.au



GARISI 'MA

GOODWOOD COMMUNITY CENTRE

THE IRIS SOCIETY OF SOUTH AUSTRALIA 1 DAY SHOW

Flower displays, trading table, commercial growers and good ol' fashioned community hospitality. Bring your family and friends for a wonderful day of flowers and friendly atmosphere.

Saturday 25 October 10.00am-5.00pm

Cost: \$5.00 (children under 12 free)

For more information visit sairissociety.org.au

RIOT CITY WRESTLING

Live professional wrestling events featuring talent from all over Australia. Great family friendly environment. Licenced. Suitable for all ages.

Various events throughout the year, see social media for dates.

7.30-10.30pm

Cost: tickets range from \$19.00-\$39.00

For more information find us on Facebook

facebook.com/RiotCityWrestling

or visit riotcitywrestling.com

THE SA CHRYSANTHEMUM & FLORAL ART SOCIETY PLANT SALE

Saturday 11 October 9.00am-1.30pm

For more information, follow us on Facebook at The Official South Australian Chrysanthemum and Floral Art Society

SOUTH AUSTRALIAN BONSAI SOCIETY ANNUAL SHOW

The South Australian Bonsai Society presents their 2025 Annual Show. A comprehensive display of bonsai, demonstrations and the opportunity to purchase bonsai, pre-bonsai material, tools and pots.

Saturday 11 October,
Sunday 12 October 2025

10.00-3.00pm

Cost: gold coin donation

For more information visit bonsaisa.org.au

UNLEY COMMUNITY CENTRE

CELEBRATE THE FESTIVE SEASON AT THE UNLEY COMMUNITY CENTRE WITH TRADITIONAL CHRISTMAS LUNCHES AND A VARIETY OF ACTIVITIES.

Various dates and times

For more information on what's on in 2025, phone 8372 5128.



**COMMONWEALTH
HOME SUPPORT
PROGRAM**

IN-HOME SUPPORT SERVICES

Subsidised Services for older people

*Some conditions apply

Domestic Assistance	Essential Gardening	Window Cleaning	Basic Handy Person	Gutter Cleaning	Spring/ Seasonal Clean
Home Modifications					

**For more information about these programs contact the
In-Home Support Team on 8372 5198**

WELLBEING AND SOCIAL PROGRAMS

Programs include:

<p>Tai Chi Enjoy a series of gentle exercises that create harmony between the mind and body</p>	<p>Walking Group A weekly easy-paced walking group for people of all fitness levels</p>	<p>Shopping Assistance Help to either take you shopping or do your shopping for you from a list</p>	<p>Wellbeing Phone Calls Enjoy a regular chat with one of our friendly volunteers</p>
<p>Social Bus Trips Monthly bus trips with other residents to places of interest throughout Adelaide and surrounding areas</p>	<p>Accompanied Support Assistance to attend appointments, pay bills, visit loved ones and more</p>	<p>Technology Assistance A volunteer can visit you in your home and assist you with your technology needs</p>	<p>Belles Breakfast Social breakfast program for women to catch up with each other in a friendly, relaxed environment</p>
<p>Better Balance Classes Classes aim to improve your balance and confidence whilst building strength and endurance</p>	<p>1:1 Friendly Visiting A service that will match you with a volunteer who can regularly spend time with you at home, or take you out</p>	<p>Buddies at Breakfast Social breakfast program for men to catch up with each other in a friendly, relaxed environment</p>	<p>Respite A worker to look after your loved one while you take some time to recharge</p>

Client contribution fees apply, and a My Aged Care referral is required to access these services. You can contact **My Aged Care on 1800 200 422** or we can assist you with this process if required.

For more information about these programs contact our CHSP Wellbeing Program Coordinator on 8372 5191.

Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.
Kaurna Country

COMMUNITY TRANSPORT SERVICES

COMMUNITY CAR TRANSPORT

The Community Car Transport Program, supported by volunteers, provides transport to medical and health-related appointments. Depending on volunteer availability, we may also assist with transport to social programs, clubs, community centers, visits to friends or family, shopping trips, banking, hairdresser appointments, and more.

Client contribution fees apply, and a referral from My Aged Care is required to access these services. You can contact **My Aged Care directly at 1800 200 422**, or we can assist you with the referral process.

For more information, please contact the Community Transport Coordinator at 8372 5405.



CITY OF UNLEY COMMUNITY BUS

Door-to-Door Bus Service for City of Unley Residents

Did you know that the City of Unley offers a convenient, door-to-door bus service to some of your favourite local destinations? This service is available to all residents living in the City of Unley and is designed to make getting around easier and more enjoyable.

Regular Bus Services

Our buses run regularly to popular shopping hubs like Unley Shopping Centre and Castle Plaza, providing a reliable and stress-free way to do your grocery shopping, run errands, or simply enjoy a day out.

Monthly Special Services

In addition to our regular routes, we offer monthly trips to destinations such as Burnside Village, Pasadena Shopping Centre, West Lakes Shopping Centre, and Gaganis Bros. These trips are a great way to explore a wider range of stores, enjoy some time out, and socialise with other passengers.



The Benefits

- **Convenience:** This service brings you from your doorstep to your destination, ensuring you don't have to worry about driving, parking, or public transport.
- **Social Connection:** It's not just about getting from point A to point B; our bus trips are a fantastic opportunity to meet new people, enjoy friendly conversations, and have a more sociable outing.
- **Independence:** While you must be able to board and disembark the bus independently and be self-sufficient at the destinations, this service allows you to maintain your independence while enjoying the convenience of door-to-door transport.

To register for this service and receive the timetable, please contact the Community Bus Coordinator at 8372 5131.

****Please note that the availability of our services is subject to the capacity of individual programs and the availability of grant funding. To ensure we can provide the highest quality of care without exceeding program limits, we recommend contacting the relevant program directly to confirm service availability prior to arranging a My Aged Care referral or similar processes.**



Unley Karen
Volunteer

Unley

Unley Community Centre
100 Unley Road
Unley SA 5015
Phone: 08 8333 1111
Fax: 08 8333 1112
Email: unley@unleycommunitycentre.org.au
Website: www.unleycommunitycentre.org.au

Become a Volunteer

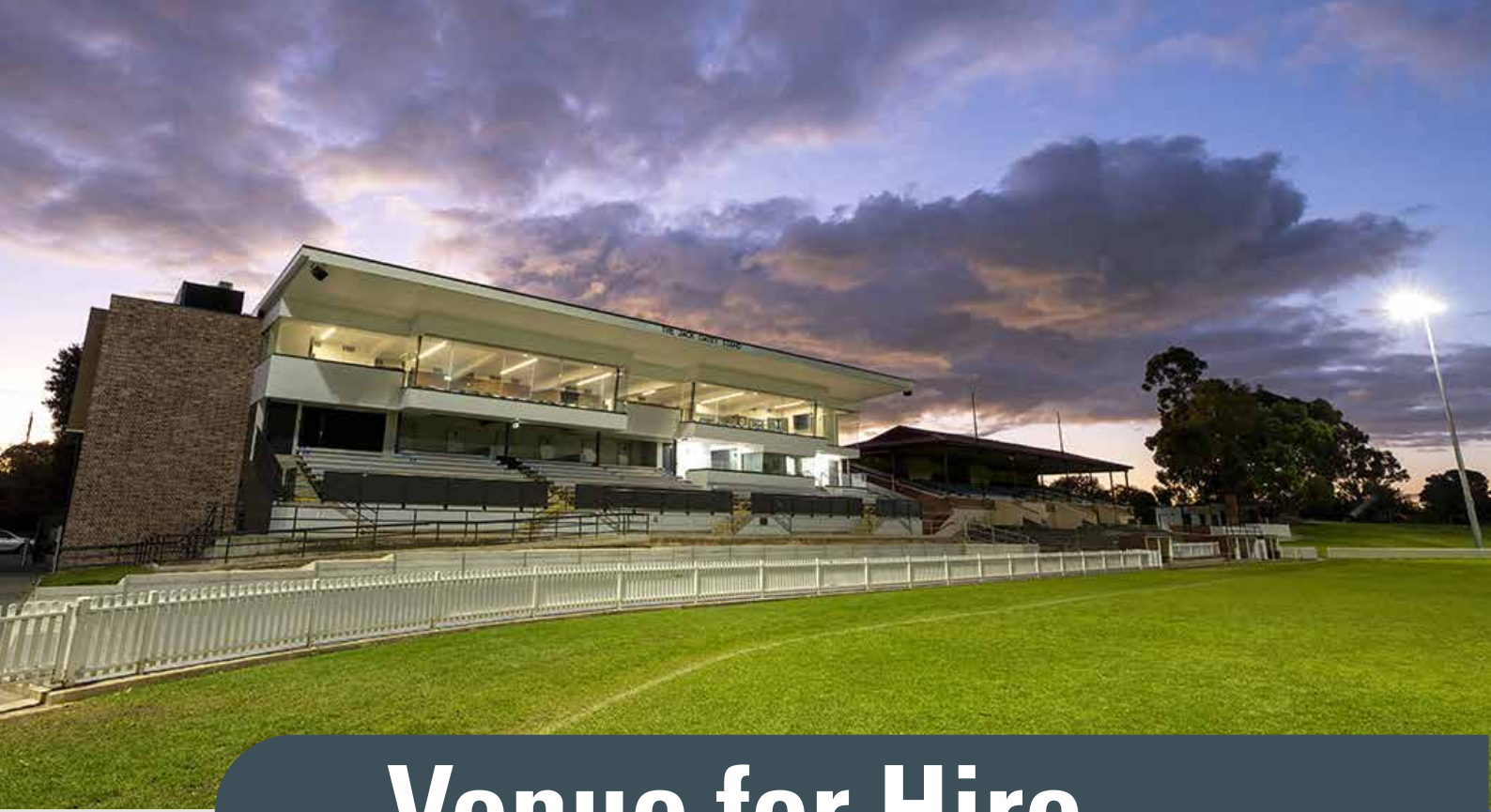


Volunteers develop and strengthen the bond between Council and the community, and contribute to creating a vibrant, healthy and positive place to live.

Please visit our website unley.sa.gov.au or speak with our Volunteer Coordinator on 8372 5111 to find out about our current volunteer opportunities.

Are you interested in joining our amazing team of volunteers?





Venue for Hire

Unley Oval Community Hub

Trimmer Terrace, Unley

Overlooking Unley Oval, the Community Hub provides a large, carpeted, multi-function space for hire.*

Developed as part of the Stage 2 upgrades to Unley Oval, the hub is located inside the newly furnished Jack Oatey Stand.

Approximately 335m², this versatile space includes a commercial kitchen, tables and chairs. A variety of TV screens can be operated individually or linked together for group presentations. The room meets all disability access standards with the inclusion of lift access and accessible toilets.

To obtain details of floor plans, capacity, conditions of hire and rates, please visit unley.sa.gov.au/venues-for-hire or phone **8372 5128**.

City of Unley Museum

Old Unley Fire Station Building

80 Edmund Ave, Unley SA 5061

Ph: (08) 8372 5117

 unley.sa.gov.au/museum

 @unleymuseum

 @unleymuseum

Museum Opening Hours

Monday to Wednesday 10.00am-4.00pm

Thursday 10.00am-6.00pm

Saturday 10.00am-1.00pm



WHAT'S IN A NUMBER?

Until April 2025

Unley Museum

Why do cats have nine lives, and who came up with a seven-day week? Journey through time and space, from ancient civilizations to modern technology and discover how numbers shape our world.

Dive into interactive displays and get ready for a hands-on adventure as you challenge yourself or your friends to a live board game. Roll the dice and try to reach the final challenge to become the Master of Numbers.

Suitable for kids and adults.

Cost: free



ZAKYNTHEANS OF ADELAIDE

May-August 2025

Unley Museum

Zakynthos has a fascinating and rich culture, and Unley has become home to many of its people. Discover this unique and beautiful island and explore the stories of the diasporic Zakynthians and their remarkable culture that continue to thrive right here in our city.

Cost: free



City of Unley Libraries



Join the Unley Libraries e-Newsletter to keep up to date with all the latest events and happenings at the Libraries.

Phone 8372 5100 for more information or visit us at the Unley Libraries.

 unley.sa.gov.au/libraries

 @unleylibraries

 @unleylibraries

Unley Civic Library

181 Unley Road, Unley

Phone 8372 5100

Goodwood Library

101 Goodwood Road, Goodwood

Phone 8372 5166

CHILDREN'S ACTIVITIES

BABYTIME

Join us for 30 minutes of songs, rhymes, finger play and stories with your baby in your lap.

Suitable for children 0-2 years.

Alternate Fridays at Unley Town Hall and Goodwood Community Centre

11.30am-12.00noon

Cost: free

Check location and booking requirements on the website.

unley.sa.gov.au/library-kids-events

WRIGGLETIME

Perfect for those wriggly toddlers.

With action songs to keep busy toddlers moving, these fun sessions also include a story and interactive play with beanbags, scarves and shakers.

Babies are also welcome.

Alternate Fridays at Unley Town Hall and Goodwood Community Centre

10.30-11.00am

Cost: free

Check location and booking requirements on the website

unley.sa.gov.au/library-kids-events

BABY CONNECT

Morning tea catch up once a month following on from the Babytime early literacy program. A great opportunity to meet fellow parents and carers of babies 0-2yrs, make new connections and find support.

Fridays, once a month Unley Town Hall, Oxford Tce, Unley

12.00noon

Cost: free

Bookings not required. Check dates on the website.

unley.sa.gov.au/library-kids-events

STORYTIME

Storytime is a shared story and song experience and gives you the opportunity to engage with other parents and children, while extending your child's early literacy skills. Stay after the storytelling for an educational activity or craft.

Tuesdays 10.30am Unley Town Hall

Thursdays 10.30am Goodwood Library

Cost: free

Check location and booking requirements on the website.

unley.sa.gov.au/library-kids-events

UNLEY TOY LIBRARIES

Toys, games, and expert advice to assist your child's development. 4000+ toys to explore and borrow covering a wide range of developmental areas. Variety of membership options available.

Unley Civic Library

Goodwood Library

Please see the website for Toy Library opening hours and membership details.

unley.sa.gov.au/unley-toy-library



YOUNG CREATIVES GROUP

This program is held every four weeks on a Monday afternoon from 4.00-5.30pm. Aimed at 8-12 year olds, the program is based around creative ideas to improve literacy. This may include different forms of writing, drama, debating, public speaking, art and music!

Cost: free

Bookings essential. Check dates on the website.

For more information phone 8372 5100

or email libraries@unley.sa.gov.au to express interest in attending

unley.sa.gov.au/library-kids-events

KIDS REBOOT

Join our Kids Reboot STEAM Club every four weeks on a Monday afternoon 4.00-5.30pm (school terms) as we explore the world of science, technology, engineering, arts and mathematics.

Bookings essential. Check dates on the website.

For more information phone 8372 5100

or visit unley.sa.gov.au/kids-reboot

SCHOOL HOLIDAY PROGRAMS

Every school holiday period, the Libraries offer a program of activities, including workshops, drop in sessions and performances. Pick up a program at your local library before the holidays!

YOUTH ACTIVITIES

TEEN BOOK CLUBS

Do you love reading and discussing books? Why not start up your own Teen Book Club? Unley Libraries has a young teen book club collection targeted at young people aged 10-14 years.

If you would like help or tips on joining or starting up a book club, phone 8372 5100

or email libraries@unley.sa.gov.au

unley.sa.gov.au/libraryyouth

CRAFTERNOONS

Do you love creativity and craft? Get crafty, creative and chat with others at these facilitated sessions.

Wednesdays every four weeks
4.00-5.30pm

Unley Civic Library

Cost: free

Bookings essential. Check dates and age requirements on the website.

unley.sa.gov.au/libraryyouth

DIGITAL DRAWING GROUP

Creative activity for ages 12-18yrs. Our group explores digital techniques for drawing and illustration using tablets and Procreate. We have some devices available to try, please bring your own if possible. On occasion we have guest artists attend our group to teach us new skills.

Thursdays, every four weeks,
4.00-5.30pm

Unley Civic Library

Cost: free

Bookings essential.
Check dates on the website.

Please contact the Literacy & Learning team at libraries@unley.sa.gov.au if you would like to join.

ADULT ACTIVITIES

BOOK NOOKS

The Unley Libraries Book Nooks can be found across the City of Unley in various places.

You can find them at:

Heywood Park, Clarence Park Community Centre, Fullarton Park Community Centre, Windsor Street (near the Fern Avenue Playground) and the Leicester Street Playground.

SHUT UP & WRITE

Join with other writers in the community for a free monthly session allowing you a block of time to write 'guilt free'. We welcome anyone who writes, for any kind of project - be it a novel, short story, essay, poem, screenplay, or anything else.

Seek inspiration, talk over ideas, or use the time to write on your own. Shut Up & Write is an international movement for like-minded enthusiasts. Best suited to adults, but age friendly.

Saturdays 11.30am-1.00pm

Unley Civic Library

Cost: free

No bookings required. Bring your note pad, pen or electronic device.

unley.sa.gov.au/libraryevents

YARNISTAS

Do you love to crochet or knit, or would like to learn? Join a friendly group once a month to share skills and learn hints and tips. Be inspired to try new techniques and meet others who also share an interest in these crafts.

First Saturday of the month 2.00-3.30pm

Unley Civic Library, Oxford Terrace, Unley

Please bring your own supplies.

unley.sa.gov.au/libraryevents

REBOOT DIGITAL LITERACY PROGRAM

Reboot is Unley Libraries' digital literacy program. It is designed to spark your learning, improve your confidence, and help you get the most out of the latest technology.

Sessions are one-on-one, in small groups, or larger presentation formats.

Cost: varied

Check location and booking requirements on website.

unley.sa.gov.au/reboot

EVENTS AND EXHIBITIONS

Unley Libraries offer a range of small group, hands on workshops and large author events and presentations. Check out the Unley Libraries to see various exhibitions throughout the year.

unley.sa.gov.au/libraryevents

Hughes Gallery 2025 Program




Fullarton Park Community Centre

411 Fullarton Road, Fullarton 5063

Ph: (08) 8372 5180

 unley.sa.gov.au/hughesgallery

 @hughesgalleryfullarton

 @unleycommunitycentres

Gallery Opening Hours

Monday to Friday 10.00am-4.00pm

Weekends and public holidays only available if artist is in attendance (please enquire beforehand for viewing times).



RARE ADELAIDE

Celia Moriarty

**14 February -
7 March 2025**

Australian plants are stunning. They calm us, shield us, support us. They connect us with the land on which we live. What is all around us can often go unseen. The purpose of this exhibition is to inspire through vibrant macro large scale paintings and invite you to engage with the beauty of our native plants, particularly those that are in danger of extinction. Now you see it...



BIRDS – ART AND PHOTOGRAPHY COLLIDE

Susan Forby

14 March - 6 April 2025

I am passionate about birds and concerned about their future. This spurs me to create artistic images to express my feelings and emotions about them and hopefully to evoke wonder and curiosity for others. The creative process, for me, begins with one of my photographs which are enhanced through a variety of post processing techniques to arrive at my final image.



THE ENCHANTED GARDEN

Irina Nazarova

11 April - 4 May 2025

I present a collection of artworks inspired by Australian indigenous flowers and plants that I find incredible and fascinating, along with the European flowers that I grew up with. I observe, document, dream up and sometimes create new flowers, play with the colours and shapes of the artwork. Enjoy the intricacy of the flowers that surround us.



NOISE FORMS AND VISIONS

Elijah Vartto

9 May - 1 June 2025

A collection of layered visual works utilising spray paint on guillotined metal shapes. The works are guided by the creation of worlds in audio forms. Figurative, atmospheric and evocative. Noise forms to create a vision and vice versa.



ALL CONNECTIONS TO UNLEY ART PRIZE

City of Unley

10 June - 27 June 2025

This exhibition showcases the finalists for this \$5000 prize produced and presented by the City of Unley. Submissions were selected from many entries, and the diverse range of artworks (2D and 3D) reflects a real connection to the City of Unley currently or historically. [photo: Anastasia Benveniste, 'You Are Here. Unley.' 2023 Winner]



ARTISTIC JOURNEYS

Australian-Polish Arts Society of SA

5 July - 27 July 2025

A mixed medium exhibition by artists connected to Poland, showcasing diverse styles through vibrant colours and expressive techniques. Since 1974, the Society has fostered and promoted artistic talent through regular exhibitions. We warmly invite you to explore our latest display in the Hughes Gallery.



UKIYO AND THE RABBITS OF OKUNOSHIMA

Peter Fitton
SALA Festival

2024 SALA Active Ageing Award Winner

1 August - 24 August 2025

The 'Ukiyo' series of paintings continues Peter's exploration of the complex feelings and emotions evoked by the transient nature of our existence. The 'Rabbits of Okunoshima' looks at our ability to subconsciously choose how we see the world around us.



THE LITTLE THINGS

Sarah McDonald's Art School Students

1 September - 19 September 2025

A group exhibition of smaller works by students of Sarah McDonald's Art School celebrating all the little things in life that bring joy.



LINO CUTS AND TREASURED TEXTILES

Colleen Morrow

26 September - 19 October 2025

Continuing in the fine art tradition of Australian print makers, Colleen brings a new lens to the exploration of themes that have captivated her over the last 40 years. As ever, there is an exciting match between substantive concept and technical skill.



WHEN YOU DREAM

Broughton Art Society

24 October - 16 November 2025

Please enjoy our 57th annual exhibition. This vibrant, eclectic collection of art evokes the aspirations of our artists to provoke your own hopes and sense of ambition. Our artists are challenged by a diagnosis of living with disability. We provide our group with the opportunity to stimulate the imagination and enjoy the experience of hands-on activity.

THE CITY of
Unley

unley.sa.gov.au/communitycentres

