

Program Guide

Community Centres

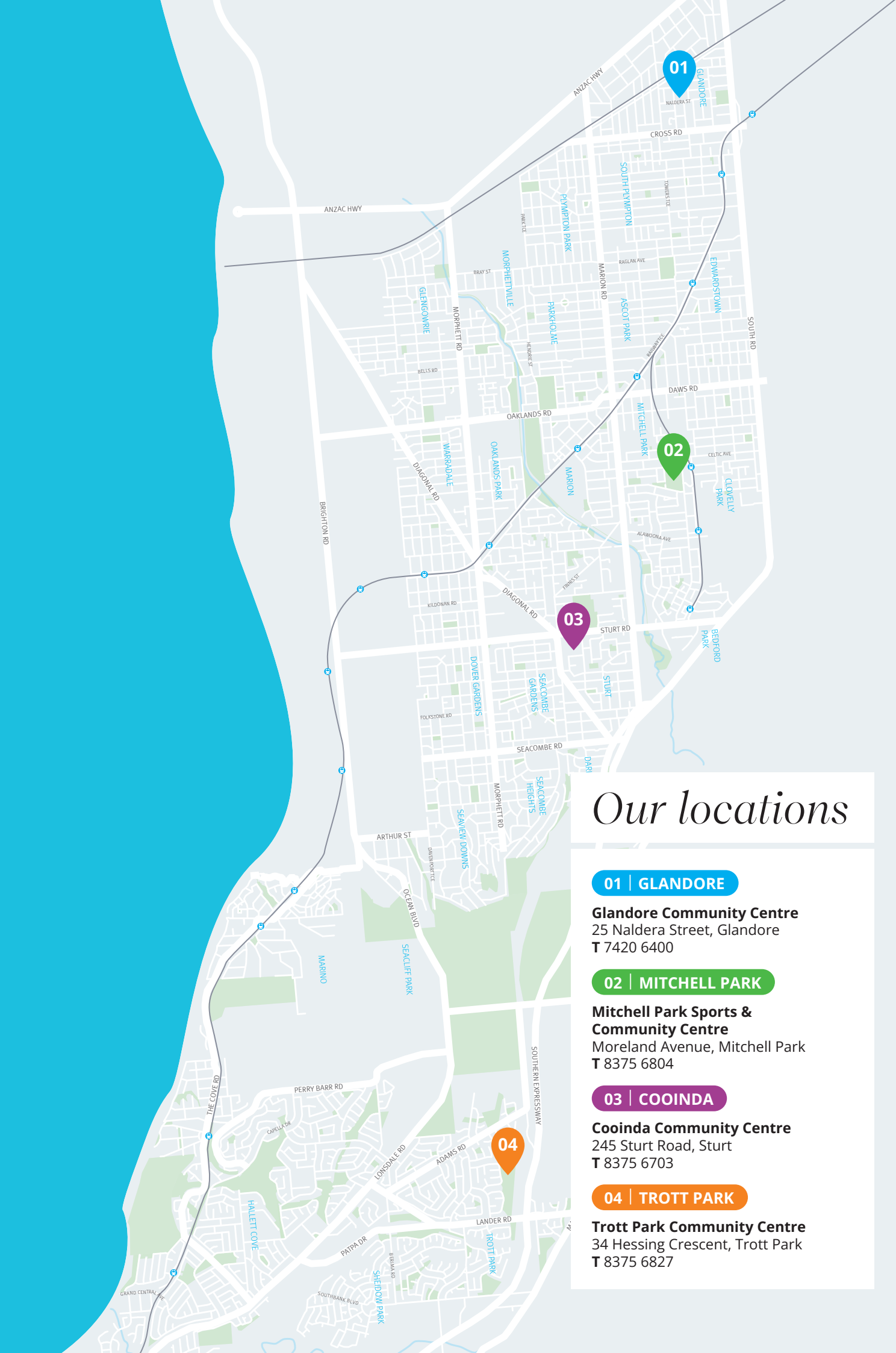


Inside

- › School Holidays
- › Social and Cultural
- › Health and Fitness
- › Playgroups
- › Education

A great place to *play*.

TERM 2 | APR - JUL | 2026



Our locations

01 | GLANDORE

Glandore Community Centre
25 Naldera Street, Glandore
T 7420 6400

02 | MITCHELL PARK

Mitchell Park Sports & Community Centre
Moreland Avenue, Mitchell Park
T 8375 6804

03 | COOINDA

Cooinda Community Centre
245 Sturt Road, Sturt
T 8375 6703

04 | TROTT PARK

Trott Park Community Centre
34 Hessing Crescent, Trott Park
T 8375 6827

Welcome

We create welcoming places that provide opportunities for our community to develop genuine connections, encourage lifelong learning, and inspire personal growth.



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The City of Marion acknowledges we are situated on the traditional lands of the Kaurna people and recognises the Kaurna people as the traditional custodians of the land.

Ngadlu tampendi Kaurna meyunna yailya mattanya yaintya yerta

Cooinda Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Patchwork and Quilting 9:30 am to 11:30 am Page 13	Fit, Flexible and Fabulous (CHSP) 9:30 am to 10:30 am Page 6	Art Wednesday 9:30 am to 11:30 am Page 13	Craft Connection 9:30 am to 11:30 am Page 13	Art on Fridays 9 am to 12 pm Page 14
Pool and Snooker 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm Page 21	Pool and Snooker 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm Page 21	Indoor Bowls 9:30 am to 11:30 am Page 22	Fit, Flexible and Fabulous (CHSP) 9:30 am to 10:30 am Page 6	Blokes Brekky 9:30 am to 11:30 am Page 22
Polish Social Group (CHSP) 9:30 am to 12:30 pm <i>(fortnightly)</i> Page 21	Art with Jillian 10 am to 12 pm Page 13	Pool and Snooker 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm Page 21	Pool and Snooker 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm Page 21	Pool and Snooker 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm Page 21
Persian Social Group (CHSP) 9:30 am to 12:30 pm <i>(fortnightly)</i> Page 21	SA Rocks 11 am to 1 pm Page 13	Tutti Insieme (CHSP) 10 am to 12 pm Page 22	Ceramics 10 am to 1 pm Page 14	Tech Tutoring 10 am to 10:50 am 11 am to 11:50 am 12 pm to 12:50 pm Page 17
Dance and Tone 1 pm to 1:45 pm Page 6	Gentle Chi Ball (CHSP) 11:30 am to 12:30 pm Page 6	Keep Fit (CHSP) 12:30 pm to 1:30 pm Page 7	Wellness Stress Management 11 am to 12:15 pm Page 7	The Golden Years (CHSP) 12:30 pm to 3 pm <i>(select dates apply)</i> Page 22
Tai Chi for Arthritis 2 pm to 2:45 pm Page 6	Elementary English 12 pm to 1:45 pm Page 17		1:1 English Tutoring 11 am to 12 pm 12 pm to 1 pm Page 17	Chef's Table Cooking Demonstration (CHSP) 12:30 pm to 2 pm <i>(monthly)</i> Page 22
Narcotics Anonymous 6:30 pm to 7:30 pm Page 6	Weave New Connections 1 pm to 2:30 pm Page 13		Rock 'n' Roll 12:30 pm to 2 pm Page 7	Adelaide Bluegrass Cloggers 6 pm to 7 pm Page 7
Vocalize Choir 7 pm to 9 pm Page 21	Social Bingo 1:30 pm to 3:30 pm <i>(monthly)</i> Page 21		Social Table Tennis 2:30 pm to 4:30 pm Page 7	
	Beginner English 2 pm to 3 pm Page 17			
	Tasty Tuesdays 5 pm to 6 pm Page 21			
	World Dance 5:30 pm to 6:30 pm Page 21			
	Yoga Flow 6:30 pm to 7:30 pm Page 6			
	Chinese Martial Arts 7 pm to 9 pm Page 6			

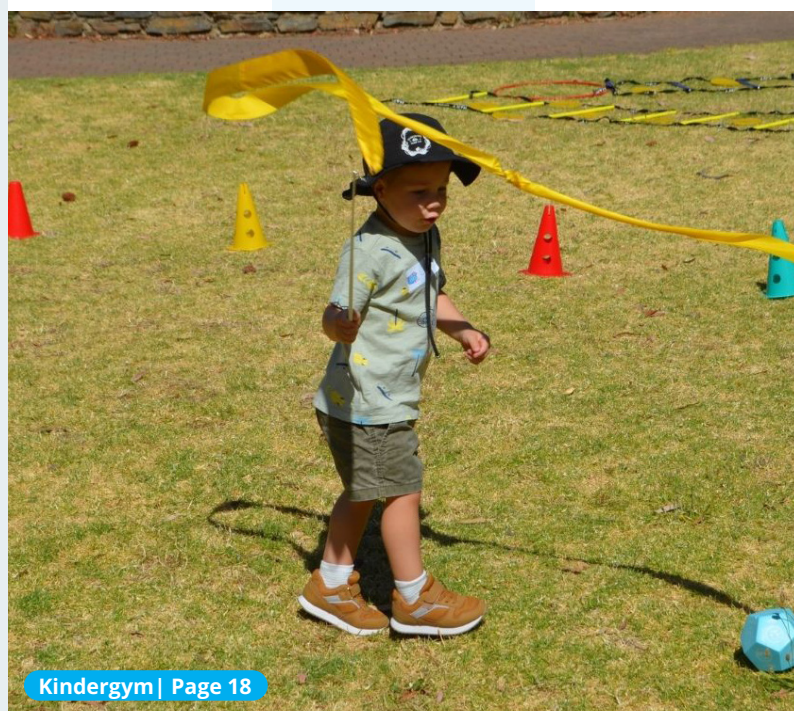


Art Exhibition Launch Friday Art Group | Page 24

Saturday	Sunday
Yoga and Meditation 9:30 am to 10:30 am Page 7	Sunset Twirlers Dance Club Inc. 6 pm to 7 pm Page 7
Let's Talk English 10 am to 11:30 am Page 17	
Adelaide Board Game Group 1 pm to 7 pm <i>(monthly)</i> Page 22	
Pastel Artists of South Australia Inc. 1:30 pm to 4 pm <i>(monthly)</i> Page 14	

Glandore Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Mosaics 10 am to 12 pm Page 14	Heart Foundation Walking Group 8:30 am to 9:30 am Page 8	Sketching 9:30 am to 12 pm Page 14	Financial Counselling 9 am to 12 pm 1 pm to 3 pm (fortnightly) Page 17	Heart Foundation Walking Group 8:30 am to 9:30 am Page 8
Lights! Camera! Dance! 10:30 am to 11:15 am Page 7	Community Garden 9:30 am to 2 pm Page 26	Tech Tutoring 9:30 am to 10:20 am 10:30 am to 11:20 am 11:30 am to 12:20 pm Page 17	KinderGym 9:30 am to 10:15 am Page 18	Community Choir 9:30 am to 11:30 am Page 23
Mahjong 1 pm to 3 pm Page 22	Community Woodwork Shed 9:30 am to 12:30 pm 1 pm to 4 pm Page 14	Community Woodwork Shed 9:30 am to 12:30 pm 1 pm to 4 pm Page 14	Chatty Café 10:30 am to 11:30 am Page 23	Community Playgroup 9:30 am to 11 am Page 18
Pilates 1 4:15 pm to 5 pm Page 7	Japanese Playgroup 10 am to 12:30 pm Page 18	Mindfulness Mandalas 10 am to 11:30 am Page 15	Immunisation Clinic 1 pm to 4 pm (monthly) Page 19	Tech Tutoring 9:30 am to 10:20 am 10:30 am to 11:20 am 11:30 am to 12:20 pm Page 17
Pilates 2 5 pm to 5:45 pm Page 7	Sing for Joy Choir 10 am to 12 pm Page 22	Zumba Gold 10:30 am to 11:15 am Page 8	Folk Group 2 pm to 3 pm Page 15	Mindful Yoga 12 pm to 1 pm Page 8
Lords Dojo 6:30 pm to 8:30 pm Page 7	stART 10 am to 12 pm Page 14	Crafternoon 1 pm to 3 pm Page 15	Meditation 2 pm to 3 pm Page 8	
	Pizza Days 11:30 am to 1:30 pm (monthly) Page 25	Taskforce 72 7:30 pm to 9 pm Page 15		
	BoxFit 5 pm to 5:45 pm Page 8	Lords Dojo 6:45 pm to 8:45 pm Page 7		
			Saturday	Sunday
			Pilates 9 am to 10 am Page 8	Svenska Skolan i Adelaide 10 am to 12 pm Page 17
			Community Garden 9:30 am to 12 pm Page 26	Eritrean Women's Group 4:30 pm to 8:30 pm (monthly) Page 23
			Yoga 10:30 am to 11:15 am Page 9	



Kindergym | Page 18

Kindergym

Facilitated by Gymnastics SA
qualified Kindergym Instructor.
Suitable for ages 0 to 5 years.

Packed with activities to develop gross and fine motor skills, music and rhythm, success and challenges. Kindergym develops the whole child - socially, emotionally, cognitively and physically.

Mitchell Park Sports and Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Spark a Revolution Fitness 6 am to 7 am 9:15 am to 10:15 am 6:15 pm to 7:15 pm Page 9	Spark a Revolution Fitness 6 am to 7 am 9:15 am to 10:15 am 5:30 pm to 6:30 pm Page 9	Spark a Revolution Fitness 6 am to 7 am 6:15 pm to 7:15 pm Page 9	Spark a Revolution Fitness 6 am to 7 am 9:15 am to 10:15 am 6:15 pm to 7:15 pm Page 9	DrumFIT 9:15 am to 10 am Page 10
Confetti Dance 9:15 am to 11:15 am 3:30 pm to 6:15 pm Page 18	Walking Group 9 am to 10 am Page 9	Brazilian Playgroup 9:30 am to 11:30 am Page 19	Meditation 9 am to 9:45 am Page 10	Zumba Gold 10 am to 10:45 am Page 10
Beading 9:30 am to 11:30 am Page 15	Confetti Dance 9:15 am to 11:10 am Page 18	DrumFIT 9:30 am to 10:15 am 10:30 am to 11:15 am Page 10	Entry Level Sewing 9:30 am to 11:30 am Page 15	Chair Yoga 10 am to 10:45 am Page 10
Little Kickers 10:30 am to 11:15 am 11:30 am to 12:15 pm Page 18	Social Sewing 9:30 am to 12:30 pm Page 15	Wacky Wednesday (CHSP) 12 pm to 2:30 pm Page 23	1:1 English 10 am to 11 am 11 am to 12 pm Page 17	French on Fridays 10:30 am to 11:30 am Page 17
1:1 English 11 am to 12 pm 12 pm to 1 pm Page 17	Walking Soccer 9:30 am to 11:30 am Page 9	Spanish for Beginners 1 pm to 2:30 pm Page 17	Pathways Café 10 am to 12 pm Page 10	Restorative Yoga 11 am to 11:45 am Page 10
Fit and Fabulous 11:45 am to 12:30 pm Page 9	Walking Basketball 10 am to 11 am Page 9		Pilates 10:30 am to 11:15 am Page 10	Art with Jillian 12:30 pm to 2:30 pm Page 16
Art Group 12 pm to 2:30 pm Page 15	Fit and Fabulous 1 pm to 1:45 pm Page 9		Chinese Square Dancing 10:30 am to 12 pm Page 10	Tai Chi 1 pm to 1:45 pm Page 10
Line Dancing - Beginners 12:45 pm to 1:30 pm Page 9	Chair-Robics (CHSP) 1 pm to 2 pm Page 9		Multicultural Women's Group 12:30 pm to 2:30 pm Page 23	Life Cafe 1 pm to 2 pm Page 11
Line Dancing - Intermediate 1:30 pm to 2:15 pm Page 9	Women's Compass Cancer Support 2 pm to 3:30 pm Page 23		Out and About 1 pm to 3 pm Page 23	
SANFL Junior Umpires 5:45 pm to 6:45 pm Page 18			First Taekwondo 6:30 pm to 7:30 pm Page 10	
Cockatoo Chorus 7 pm to 9:30 pm Page 15				



Southern Embrace Culture | Page 24

Saturday	Sunday
Spark a Revolution Fitness 8 am to 9 am Page 9	Yoga and Meditation 7 am to 10 am Page 11
Radio Control Racing 8:30 am to 3 pm Page 11	Confetti Dance 8:15 am to 12 pm Page 18
Zenbecsa Tai Chi 9:15 am to 10 am Page 11	Victory Family Centre 5 pm to 8 pm Page 23
Zenbecsa Karate 10 am to 11 am Page 11	
The Lab 10 am to 12:30 pm 1 pm to 3:30 pm Page 19	

Trott Park Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Art with Jillian 9:30 am to 11:30 am <i>Page 16</i>	Men's Shed 9:30 am to 12:30 pm <i>Page 16</i>	Pickleball 9 am to 11 am <i>Page 11</i>	Pilates 9:15 am to 10 am <i>Page 12</i>	Blokes Catch up (CHSP) 9:30 am to 11:30 am <i>(select dates)</i> <i>Page 23</i>
Community Woodwork 9:30 am to 12:30 pm <i>Page 16</i>	Butterfly Playgroup 9:30 am to 11:30 am <i>Page 19</i>	Restorative Yoga 9:30 am to 10:30 am <i>Page 11</i>	Butterfly Playgroup 9:30 am to 11:30 am <i>Page 19</i>	Southern Nunga Men's Group 11:30 am to 2 pm <i>(fortnightly)</i> <i>Page 23</i>
Gentle Chi Ball (CHSP) 10:30 am to 11:30 am <i>Page 11</i>	Strength and Tone 11:15 am to 12 pm <i>Page 11</i>	Community Garden 10 am to 12 pm <i>Page 26</i>	Men's Shed 9:30 am to 12 pm <i>Page 16</i>	Social Table Tennis 2:45 pm to 4:45 pm <i>Page 12</i>
French Intermediate 10:30 am to 12 pm <i>Page 17</i>		Community Mosaic 11 am to 1 pm <i>Page 16</i>	Dance Fit 10:30 am to 11:15 am <i>Page 12</i>	
Welcome All Families 12 pm to 2 pm <i>Page 19</i>		KinderGym 11:15 am to 12 pm <i>Page 19</i>	1:1 English 12 pm to 1 pm 1 pm to 2 pm 2 pm to 3 pm <i>Page 17</i>	Saturday
Social Stitchers 12:30 pm to 3 pm <i>Page 16</i>		Cardio Drumming 6 pm to 6:45 pm <i>Page 12</i>	DrumFit BYO Ball 1 pm to 1:45 pm <i>Page 12</i>	Community Garden 10 am to 12 pm <i>Page 26</i>
Pickleball 5:30 pm to 7:30 pm <i>Page 11</i>		Pickleball 6:30 pm to 8:30 pm <i>Page 11</i>	Pickleball 6:30 pm to 8:30 pm <i>Page 11</i>	Sunday
Yoga 6 pm to 7 pm <i>Page 11</i>		Broadway Boogie 7 pm to 8 pm <i>Page 12</i>		Pickleball 9:30 am to 11:30 am <i>Page 11</i>



Terrific Time Capsules

April School Holiday Program

Create a special Time Capsule and capture this moment in time! Write a letter to your future self, draw a picture, or add photos and small keepsakes to treasure later.

Contribute to our community capsule celebrating Trott Park Community Centre's 40th Birthday, and make your own Family Time Capsule to take home

Thursday 16 April,

10 am to 12 pm

FREE! Bookings essential

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Fitness, health and wellbeing



COOINDA

Dance and Tone

This low impact class incorporates all your old school favourite dance moves with the added benefit of an all over body toning. Get the best of both worlds in this fun, energetic class that gets your heart rate up, your mind working and your body grooving.

INTENSITY ★★★

Mondays, 1 pm to 1:45 pm

Cost \$8 per class Bookings essential

CALL TO BOOK (08) 8375 6703



COOINDA

Tai Chi for Arthritis

A gentle, low-impact, slow-motion, chair-based class, ideal for those that may have instability or lowerbody restrictions, where we will engage the muscles and joints in a relaxed manner, not tense or fully extended. If meditation is not your thing, Tai Chi might be for you.

INTENSITY ★

Mondays, 2 pm to 2:45 pm

Cost \$8 per class Bookings essential

CALL TO BOOK (08) 8375 6703



COOINDA

Narcotics Anonymous

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

Mondays, 6:30 pm to 7:30 pm

Gold coin donation

No booking required, just come along



COOINDA

CHSP

Fit, Flexible and Fabulous

Get moving and feel fabulous with our energetic instructor as you build strength, balance, flexibility and fitness. Enjoy a variety of exercises using bands and light weights. This class is adaptable for sitting, standing or a mix of both.

INTENSITY ★★★

Tuesdays starting 14 April, 9:30 am to 10:30 am

Thursdays starting 16 April, 9:30am to 10:30 am

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6703

COOINDA

CHSP

Gentle Chi Ball

Experience the benefits of Chi Ball, a gentle, low-impact class combining flowing movement and low lighting for holistic wellbeing. Rooted in traditional Chinese medicine and modern wellness, Chi Ball is inclusive, adaptable and suitable for all fitness levels. You are welcome to stay for a coffee and a friendly chat after the class, we'd love to see you there.

INTENSITY ★

Tuesdays starting 14 April,

11:30 am to 12:30 pm

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6703

COOINDA

Yoga Flow

A low impact class with a focus on breath and alignment. Move and flow through yoga sequences in sync with your breath to promote a relaxed and calming state of mind.

Beginners welcome.

Tuesdays, 6:30 pm to 7:30 pm

Cost \$8 per class

BOOK ONLINE

marioncommunityhubs.eventbrite.com

COOINDA

Chinese Martial Arts

Yang and Chen style Taiji chuan inc. modern simplified style, Xingyi chuan which uses whole body power to deliver attacks and Bagua zhang which uses the power of the circle to overcome opponents.

Tuesdays, 7 pm to 9 pm

Cost \$60 per month

BOOK ONLINE

www.budokaiaustralia.com

info@budokaiaustralia.com

COOINDA

CHSP

Keep Fit

Improve your strength and balance with our experienced instructor Evonne, a great role model for active ageing. Suitable for all fitness levels.

INTENSITY ★★★

Wednesdays, 12:30 pm to 1:30 pm

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6703

COOINDA

Wellness Stress Management

This seated session will focus on various yoga movements and techniques including deep breathing, stretching for tension releasing, reflexology and movements for balancing and flexibility. Designed to help you relax, improve sleep, circulation and boost energy.

Bring your own tennis ball for reflexology.

INTENSITY ★

Thursdays, 11 am to 12:15 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6703



COOINDA

Rock 'n' Roll Dance

It's time to break out those blue suede shoes and learn the dance moves of Rock 'n' Roll! The perfect way to keep fit in a fun, social setting. Sing along, dance along and meet new friends.

INTENSITY ★★★

Thursdays, 12:30 pm to 2 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6703

COOINDA

Social Table Tennis

Table tennis is great for improving coordination, balance, and mental focus. Join us for year-round indoor play in a friendly, inclusive round-robin doubles format. All skill levels welcome, this is a social group.

Beginners welcome. BYO racket.

INTENSITY ★★

Thursdays starting 16 April, 2:30 pm to 4:30 pm

Cost \$2 per session

CALL TO BOOK (08) 8375 6703

COOINDA

Adelaide Bluegrass Cloggers

Clogging is a percussive dance that looks like a cross between River Dance and Line Dancing. No partner or costumes required. Great exercise and fun. Beginners welcome.

Suitable for ages 7 to 80+

Fridays, 6 pm to 7 pm

Cost \$8 per session

CALL TO BOOK 0413 453 250



COOINDA

Yoga and Meditation

Melt away stress. Unlock instant energy. Detox your body. Access peak states of consciousness on demand. A complete mind-body system. A holistic approach promoting true well-being.

Saturdays, 9:30 am to 10:30 am

Cost \$30 per session

TEXT TO BOOK 0434 819 719

COOINDA

Sunset Twirlers Dance Club Inc.

Cued Ballroom Dancing offers a fun and gentle form of exercise, perfect for promoting an active lifestyle. It's a great way to stay fit, connect with others, and express yourself creatively. Once you've learned the moves, you can dance anywhere in the world, as the steps are standardised globally.

Sundays, 6 pm to 7 pm

Cost \$10 per class (first 6 classes free)

CALL TO BOOK 0484 233 826

COOINDA

Elevate Counselling

Counselling service with a focus on men's mental health, addiction and grief and loss. I am warm, empathic, understanding and also an exceptional listener! In a space where you are validated and heard, together we can work toward a more positive and engaging future, whilst nurturing your inner resources and strengths.

Times by appointment

Cost varies

CALL TO BOOK 0432 634 098

GLANDORE CLARK HALL

Lights! Camera! Dance!

A fitness class that fuses dance, cardio and strength training with the glitz and glamour of musical theatre. Perfect for all fitness levels. Dance along, build your confidence and have fun.

INTENSITY ★★★

Mondays, 10:30 am to 11:15 am

Cost \$8 per class

CALL TO BOOK (08) 7420 6400



GLANDORE CLARK HALL

Pilates 1 & 2

Come along and enjoy the moves and benefits of Pilates in a welcoming class that offers modifications for all levels. Learn the basics or challenge yourself.

The benefits of Pilates are endless: from reducing stress, improving sleep, alleviating aches and pains, and increasing posture, strength, mobility and emotional wellbeing.

This is a floor based class. BYO mat.

Pilates 1 INTENSITY ★★★

Mondays, 4:15 pm to 5 pm

Pilates 2 INTENSITY ★★★★

Mondays, 5 pm to 5:45 pm

Cost \$8 per class

CALL TO BOOK (08) 7420 6400

GLANDORE CLARK HALL

Lords Dojo - Fitness and Friendship for life

Join Lords Dojo! Learn karate, self-defence and fitness in a fun, ego-free space. All ages welcome. No contracts, first class free. Train smart, be strong, and grow with our community.

Mondays, 6:30 pm to 8:30 pm

Wednesdays, 6:45 pm to 8:45 pm

Cost \$15 per class

Reduced rates for block passes

CALL BRETT TO BOOK 0488 663 769



Free sports equipment

Borrow sports equipment for same day hire at our Glandore and Trott Park centres.

Ping-pong, basketballs, cricket stumps, footballs, rackets – enjoy!

AVAILABLE:
Weekdays, 9 am to 4 pm
(not available public holidays)

GLANDORE SLADE RECEPTION

Heart Foundation Walking Group

Keep active and look after your heart health with this free walking group. Our route and distances vary depending on the season and group, so be sure to bring your rain jacket or sun hat. This is a welcoming friendly group, stay and have a cuppa and chat after the walk.

Meet outside of Slade building, Glandore reception.

INTENSITY ★★

Proudly supported by volunteers.

Tuesdays starting 14 April,

8:30 am to 9:30 am

Fridays starting 17 April,

8:30 am to 9:30 am

FREE! *Walk-ins welcome*

GLANDORE CLARK HALL

BoxFit

Hook, jab, duck and weave in this fun class that will shape and tone your body, while increasing your cardio. Incorporating the foundations of Pilates, this is a non-contact class with plenty of options to keep you on your fitness journey, with some surprising results!

INTENSITY ★★★★★

Tuesdays, 5 pm to 5:45 pm

Cost \$8 per class

CALL TO BOOK (08) 7420 6400

GLANDORE CLARK HALL

Zumba Gold

You don't need a dance background, all you need is the desire to have fun dancing your way around the world! Zumba Gold is a lower impact version of the popular Zumba Fitness program. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle.

INTENSITY ★★★

Wednesdays, 10:30 am to 11:15 am

Cost \$8 per class

CALL TO BOOK (08) 7420 6400



GLANDORE SLADE BUILDING

Meditation

This session is chair based and will give you a variety of tools and practices to help you on your physical and mental wellness journey. Our instructor will guide you through short meditations to relax and calm the mind and improve focus.

Thursdays, 2 pm to 3 pm

FREE! *Bookings essential*

CALL TO BOOK (08) 7420 6400

GLANDORE CLARK HALL

Mindful Yoga

Suitable for beginners and intermediates, this yoga class will take you through a variety of mindful breathing and functional stretching to create a state of ease in the body and mind. Each week we will explore mindfulness techniques to create a sense of ease in the body and to regulate our nervous system.

INTENSITY ★★

Fridays, 12 pm to 1 pm

Cost \$8 per class

CALL TO BOOK (08) 7420 6400

GLANDORE CLARK HALL

Pilates

Enjoy a supportive, full-body workout designed to suit beginners while offering progressions for those with more experience. Classes are capped at 10 participants to ensure personal attention and all equipment is provided.

Saturdays, 9 am to 10 am

Cost \$20 per class

(5 classes for \$75 | 10 classes for \$130)

CALL ANNE TO BOOK 0417 866 654

Join our online mailing list

Subscribe to your local community centre for updates on the latest news, programs and events direct to your inbox.

SIGN UP ONLINE: marion.sa.gov.au/community-centres-mailing-list



GLANDORE CLARK HALL

Yoga

Gentle yoga class that incorporates breathing, mindful movements, and calming intentions. This class uses floor and standing based movements suitable for all levels. Enter our safe, calm and social space where you will feel welcome to meet new people.

INTENSITY ★★★

Saturdays, 10:30 am to 11:15 am

Cost \$8 per class

CALL TO BOOK (08) 7420 6400



MITCHELL PARK

Spark a Revolution Fitness

Outdoor exercise classes with plenty of chatter and lots of laughter. Classes can include boxing, resistance training for strong bones, cardio for heart health and fitness and stretching for flexibility and posture. Suitable for ages 13 to 85.

INTENSITY VARIES

**Monday to Thursday,
6 am to 7 am**

**Mondays, Tuesdays, Thursdays,
9:15 am to 10:15 am**

**Tuesdays,
5:30 pm to 6:30 pm**

**Mondays, Wednesdays, Thursdays,
6:15 pm to 7:15 pm**

**Saturdays,
8 am to 9 am**

Cost varies

CALL KERRIE TO BOOK 0417 830 088

MITCHELL PARK

Fit and Fabulous

Join this balance, resistance, weight bearing, low impact fitness class for the fun and fabulous 50+. You are welcome to stand and move or sit and flow in this class with many options available. It is designed for beginners.

INTENSITY ★★★

Mondays, 11:45 am to 12:30 pm

Tuesdays, 1 pm to 1:45 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Line Dancing

Learn the basics of line dancing to some of your favourite sing-a-long tunes. Bring a friend or make new friends in this fun, warm and welcoming class.

INTENSITY ★★

Mondays

Beginners | 12:45 pm to 1:30 pm

Intermediate | 1:30 pm to 2:15 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Walking Group

Keep active and look after your heart health with this free walking group. Our route and distances vary depending on the season and group so be sure to bring your rain jacket or sun hat. This is a welcoming friendly group, stay and have a cuppa and chat after the walk.

Meet at MPSCC Moreland Avenue car park except the last Tuesday of each month meet Maldon Avenue Reserve.

INTENSITY ★★

Proudly supported by volunteers.

Tuesdays starting 14 April,

9 am to 10 am

FREE! Walk-ins welcome

MITCHELL PARK

Walking Soccer

With no running or contact, walking soccer provides moderate exercise and social activity for all ages and abilities. Bring your walking shoes and we sort the rest. Stay after for coffee and a chat.

Tuesdays, 9:30 am to 11:30 am

FREE! Walk ins welcome

CALL FOR MORE INFO 0401 307 434

info@wfdelaide.com



MITCHELL PARK

Walking Basketball

Walking Basketball is a fun, low-impact version of the game, suitable for all ages 12+ and abilities. Whether you're new, experienced, or recovering from injury, come along and enjoy a relaxed way to stay active each week.

INTENSITY ★★

Tuesdays, 10 am to 11 am

Cost \$5 per session

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

CHSP

Chair-Robics

Get moving, stretch, and boost your mobility, all from the comfort of a chair. Chair-Robics is a fun, low-impact workout, suitable for all fitness levels. Come move, laugh, and feel energised!

INTENSITY ★

**Tuesdays starting 14 April,
1 pm to 2 pm**

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

First Taekwondo

Besides the self-defence aspect, there are many benefits in learning the martial art. These include improved fitness, concentration, self-discipline and weight control. It can be an excellent family activity. A free trial lesson is available.

Thursdays, 6:30 pm to 7:30 pm

Cost \$70 per month

CALL JOHN TO BOOK 0411 831 650

MITCHELL PARK

DrumFIT

Requires little to no skill of drumming. It is super fun and improves your rhythm in an easy but effective workout. Combines cardio exercise and drumming to the beat of popular tunes on a large fitness ball, using drumsticks.

INTENSITY ★★★

Wednesdays, 9:30 am to 10:15 am

Wednesdays, 10:30 am to 11:15 am

Fridays, 9:15 am to 10 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Meditation

Relax, unwind and connect in a supportive space. You will learn creative ways of equipping yourself with essential tools to achieve peace of mind and enhanced wellbeing. Bring along your own lap rug, cushion, pillow or footrest for maximum comfort. Your choice of mat or chair.

BYO mat.

Thursdays, 9 am to 9:45 am

FREE! CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Pathways Cafe

Carer and Dementia social group providing support for each other.

2nd and 4th Thursday of the month, 10 am to 12 pm

FREE! (gold coin donation appreciated)

CALL GEOFF TO BOOK 0439 699 116

MITCHELL PARK

Chinese Square Dancing

A vibrant and fun inclusive Chinese square dance program promoting health, joy and community connection.

Thursdays, 10:30 am to 12 pm

FREE! CALL TO BOOK (08) 8375 6804

米切尔公园 (MITCHELL PARK)

中华广场舞

这是一个充满活力、有趣且具有包容性的广场舞项目，旨在促进健康、快乐和社区联系。

• 时间：每周四，上午 10:30 至中午 12:00

• 费用：免费！

• 预约电话：(08) 8375 6804

MITCHELL PARK

Pilates

Pilates is a form of mat (floor) based, low-impact exercise that aims to isolate and strengthen smaller muscles, while improving postural alignment, core strength and flexibility. Our classes offer a wide range of modifications for those that are just beginning, through to those that are more advanced.

INTENSITY ★★★

Thursdays, 10:30 am to 11:15 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Chair Yoga

Ideal for those that have limited mobility or balance issues. This class is a seated yoga class that will give you all the benefits of calming the mind, soothing the soul and gently allowing the body to move through seated movements. Suited to all levels.

INTENSITY ★★

Fridays, 10 am to 10:45 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Zumba Gold

Zumba Gold is a lower impact version of the popular Zumba Fitness program. It is designed for active older adults, beginners to Zumba and those just starting their journey to a fit and healthy lifestyle.

INTENSITY ★★

Fridays, 10 am to 10:45 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Restorative Yoga

Step into a welcoming yoga space where breath leads the way. Through slow, intentional postures and gentle adjustments, you'll release tension, strengthen your body, and quiet the mind. This practice cultivates harmony, prana, and a grounded sense of wellbeing. Open to all levels, especially those new to yoga or looking for a restorative experience.

INTENSITY ★★

Fridays, 11 am to 11:45 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Tai Chi

Experience the gentle, flowing movements of Tai Chi to improve balance, flexibility, and inner calm. This low-impact class is suitable for all fitness levels and focuses on mindful movement and breathing.

INTENSITY ★

Fridays starting 1 May, 1 pm to 1:45 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Life Cafe - Meaning Path 1

Discover hidden structures that shape who you are and who you could become. Join clinical psychologist, Dr Paul Whetham, to find the path you forgot.

Fridays starting 1 May,

12:30 pm to 1:30 pm

Cost \$10 per class

CALL LIFE CAFE TO BOOK 0417 477 772



MITCHELL PARK

Radio Control Raceway

We race 1/10 scale electric off road cars every fortnight on the Astro track. Novice to experienced drivers welcome. Loan cars are available.

Saturdays fortnightly, 8:30 am to 3 pm

Cost \$15 per adult, \$10 per child

BOOK ONLINE

arcr.org.au/entries

MITCHELL PARK

Zenbecsa Tai Chi

Zenbecsa Tai Chi infuses several martial arts gentle flowing movements and breathing into one holistic experience.

Suitable for beginners.

Saturdays, 9:15 am to 10 am

Cost \$15 per class

BOOK ONLINE

marion.sa.gov.au/zenbecsa-tai-chi

MITCHELL PARK

Zenbecsa Karate

Martial Arts, Karate, Taekwondo classes. Fun and family friendly, life skills for a better future.

Saturdays 10 am to 11 am

Cost \$15 per class

BOOK ONLINE

marion.sa.gov.au/zenbecsa-karate

MITCHELL PARK

Yoga and Meditation

This program aims at implementing physical and mental wellbeing activities, career counselling and motivation. Among physical and mental wellbeing we run yoga and meditation sessions. Join us for a transformative experience of yoga, mindfulness, and silence. Please bring your own yoga mat.

Sundays, 7 am to 10 am

FREE! No bookings required

For more info visit adelaidenepal.org.au



TROTT PARK

CHSP

Gentle Chi Ball

Experience the benefits of a weekly Chi Ball class that provides low impact exercise, flowing movement and relaxation. Stay for a coffee and a chat.

INTENSITY ★

Mondays starting 13 April,

10:30 am to 11:30 am

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 36

CALL TO BOOK (08) 8375 6827

TROTT PARK

Pickleball Open Play

Pickleball is an addictive game with a funny name. It's a paddle sport combining tennis, badminton and table tennis. These sessions are open to anyone to come along and have a go, all equipment provided.

Pickleball is held on the courts next to the Community Centre.

Mondays, 5:30 pm to 7:30 pm

Wednesdays, 9 am to 11 am

Wednesdays, 6:30 pm to 8:30 pm

Thursdays, 6:30 pm to 8:30 pm

Sundays, 9:30 am to 11:30 am

Cost varies

No bookings required

beyondperformancetennispickleball.com.au

TROTT PARK

Yoga

Relax into this fabulously nourishing class that will help you to enhance your poses and flow through the sequences. Deepen your breath and stretch, improve your posture and skeletal strength, slow your mind and calm your soul. Immerse yourself in the wind down of Savasana.

Suitable for people of every level.

INTENSITY ★

Mondays, 6 pm to 7 pm

Costs \$8 per class

BOOK ONLINE

marioncommunityhubs.eventbrite.com

TROTT PARK

Strength and Tone

Short on time? This all-in-one class combines low-impact cardio, strength, toning, light weights, and core work to boost overall fitness and help you feel stronger.

INTENSITY ★★★

Tuesdays, 11:15 am to 12 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

Restorative Yoga

Join us for a gentle yoga practice designed to reconnect you with your breath, restore balance, and nurture inner peace. With mindful movements, soft alignment, and calming flows, this class supports both body and mind while inviting you into a state of deep relaxation and presence. Perfect for beginners and anyone seeking a moment of calm.

Suitable for people of every level.

INTENSITY ★★

Wednesdays, 9:30 am to 10:30 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6827

Reminder to book

Did you know that our programs are based on the school term? Please book into your program each term so you don't miss your spot in your favourite program. **Bookings for Term 3 2026 (July to September) will be accepted from 19 June 2026.**



TROTT PARK

Cardio Drumming

Unleash your energy with Cardio Drumming! Pound to the beat, combining rhythm and movement for a full-body workout. Fun, stress-relieving, and great for cardio endurance.

Wednesdays, 6 pm to 6:45 pm

Cost varies

BOOK ONLINE

courtneysdancefitness.com

TROTT PARK

Broadway Boogie

A joyful, feel-good dance class inspired by musical theatre, big energy and big smiles. Easy-to-follow routines, expressive movement and zero pressure, just show tunes, laughter and fun.

Wednesdays, 7 pm to 8 pm

Cost varies

BOOK ONLINE

courtneysdancefitness.com

TROTT PARK

Pilates

Pilates is a form of floor-based, low-impact exercise that aims to isolate and strengthen smaller muscles while improving postural alignment, core strength and flexibility. Our classes offer a wide range of modifications for those that are just beginning, through to those that may be more advanced and enjoy the intensity and burn that Pilates can give.

INTENSITY ★★★

Thursdays, 9:15 am to 10 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

DanceFit

This fun-filled class blends a variety of dance styles with easy-to-follow moves, incorporating light cardio and light weights for a full-body workout. Whether you're a beginner or experienced, everyone is welcome. DanceFit is perfect for improving balance, coordination, muscle strength and toning, all while boosting your cardiovascular health in an energetic and enjoyable atmosphere.

INTENSITY ★★

Thursdays, 10:30 am to 11:15 am

Cost \$8 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

DrumFit BYO Ball

Cardio drumming requires little to no skill of drumming. It is super fun, burns calories, improves your rhythm in an easy but effective workout. Suitable for all levels. Combining cardio exercise and drumming to the beat of popular tunes on a large fit ball, using drumsticks. A free fitness ball is provided at your first session, please bring it along each week after that.

INTENSITY ★★★

Thursdays, 1 pm to 1:45 pm

Cost \$8 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

Social Table Tennis

Table tennis is the most popular racket sport in the world. It is an ideal activity that helps improve mind-body coordination, balance and cognitive function. Join us in this active indoor sport, played all year round, in a friendly social round-robin doubles format.

INTENSITY ★★

Fridays, 2:45 pm to 4:45 pm

Cost \$2 per session

CALL TO BOOK (08) 8375 6827

An update from Positive Ageing and Inclusion (PAI)

Due to the transition of **CHSP** services, the Positive Ageing and Inclusion (PAI) team are currently **not accepting new participants** into their CHSP programs.

For more information, please contact PAI directly 8375 6649

Creative pursuits



COOINDA

Patchwork and Quilting

Crafters unite and join this friendly, supportive class. This class is suitable for everyone with an interest in needlework. Come along with your own project or with an idea to start something new. If you are stuck on something, our volunteer is there to help.

Mondays starting 13 April,

9:30 am to 11:30 am

Cost \$4 per class

CALL TO BOOK (08) 8375 6703



COOINDA

SA Rocks

SA Rocks is a free, nature-based activity that everyone can enjoy. It's a giant game of hide and seek for all ages! Join the Cooinda Rockers every Tuesday to paint rocks and have fun. Bring your rocks, paints and smiles. Everyone is welcome to participate.

Tuesdays, 11 am to 1 pm

FREE! Walk-ins welcome, no need to book

For more info visit @SA Rocks on Facebook



COOINDA

Art Wednesday

Join this small group of painters and bring along your own art project. Have a chat and share ideas and tips.

Please note this is not a structured art class, there is no teacher or formal training provided.

Wednesdays starting 15 April,

9:30 am to 11:30 am

Cost \$4 per class

CALL TO BOOK (08) 8375 6703



COOINDA

Art with Jillian

A wonderfully creative art class suitable for people new to art as well as amateur artists wanting to sharpen your skills and make new connections. The class covers many art techniques (beyond painting and drawing) facilitated by a professionally trained and qualified teacher. Get in quick to book your spot, spaces are limited and fill quickly.

Waitlist Applies

Tuesdays, 10 am to 12 pm

Cost \$10 per class

CALL TO BOOK (08) 8375 6703



COOINDA

Weave New Connections

Meet like-minded people and enjoy this creative, welcoming space, weaving and chatting together. Raffia supplied but feel free to bring along your own materials to weave into your creation.

Please note this is not a structured weaving course, there is no course instructor at this time. Newcomers welcome.

Tuesdays, 1 pm to 2:30 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6703



COOINDA

Craft Connection

A social craft morning. Bring your unfinished craft project, be inspired to complete them and start something new. This is an opportunity to share your stories and skills or learn new ones.

Thursdays, 9:30 am to 11:30 am

Cost \$4 per class

CALL TO BOOK (08) 8375 6703



COOINDA

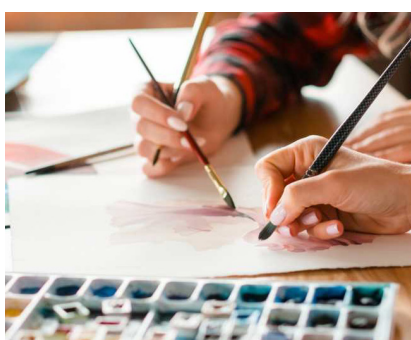
Ceramics

Paint or glaze items for own use or gifts. Bring an apron and your own brushes if possible. A small friendly group.

Thursdays, 10 am to 1 pm

Cost: From \$5 per class

CALL TO BOOK 0409 010 282



COOINDA

Art on Fridays

A weekly art class to develop and work on your creative projects brought from home. Ideal for those with existing artistic skill - amateur and intermediate skills welcome. There is no formal teaching or lessons, we each work independently on our own preferred art project and medium of choice.

Fridays starting 17 April,

9 am to 12 pm

Cost \$5 per class

CALL TO BOOK (08) 8375 6703

COOINDA

Pastel Artists of South Australia Inc.

Pastel Artists of South Australia (PASA) aims to offer engaging and diverse activities for members and visitors. Our meetings feature demonstrations, learning sessions and group activities, fostering skill-sharing and creativity. Join us to explore new techniques, connect with fellow artists and enhance your pastel painting journey in a supportive environment.

2nd Saturday of each month,

1:30 pm to 4 pm

Cost \$5 per class

EMAIL TO BOOK

Pasasecretary11@gmail.com

pastelartistsofsouthaustralia.org

More information

For information about the Community Centre Programs, Accessibility Guide, Conditions of Entry, Refund and Heat Policy, and other helpful information visit: marion.sa.gov.au/community-centres or ask for a copy when visiting Centres.



GLANDORE RUGBY HALL

Monday Mosaics

Start your week with a bit of creativity and connection at our Monday Mosaics group! Come along for a relaxed morning of making, chatting, and laughing with others. No experience needed, just bring yourself, your project and enjoy some time to unwind and get creative.

Mondays, 10 am to 12 pm

Mosaics: \$12 per class

CALL TO BOOK (08) 7420 6400



GLANDORE MALWA

Community Woodwork Shed

An inclusive group for women and men of all ages to socialise and work on group and individual projects. Group banter, a cuppa and biscuit are an important part of the session. Having some basic carpentry skills is essential as participants will be required to use machinery independently. To keep everyone safe, we ask all participants to follow Workplace Health & Safety guidelines and complete a short safety induction before beginning.

Please note: This is a self-led experience, participants work independently, without formal lessons or a teacher.

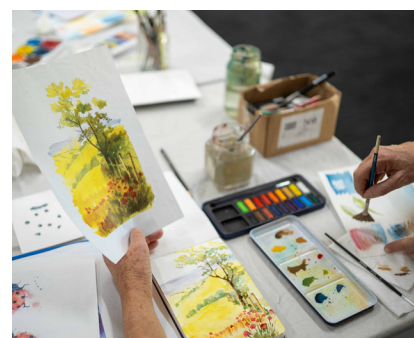
Tuesdays starting 14 April

Wednesdays starting 15 April

9:30 am to 12:30 pm | 1 pm to 4 pm

Cost \$8 per class

CALL TO BOOK (08) 7420 6400



GLANDORE HALL

stART

stART is a painting class welcoming painters of all abilities. Work on your own project or be guided by our highly skilled tutor through a series of sessions on painting techniques and colour mixing.

Tuesdays, 10 am to 12 pm

Cost \$10 per class

CALL TO BOOK (08) 7420 6400



GLANDORE HALL

Sketching

A popular class that focuses on a different technique each week. Learn from our master instructor on sketching in pencil, charcoal, watercolour or pastels.

Wednesdays, 9:30 am to 12 pm

Cost \$10 per class

CALL TO BOOK (08) 7420 6400



GLANDORE NALDERA

Mindfulness Mandalas

A calming group that helps you explore your creativity and enjoy mindfulness. Working individually on colouring your piece, you have time to find your zone, as well as quiet conversation with a fellow participant.

Wednesdays, 10 am to 11:30 am

Cost \$4 per class

CALL TO BOOK (08) 7420 6400



GLANDORE HALL

Crafternoon

BYO craft project or learn something new, this is a relaxed group for all crafters and people who want to connect. Facilitated by our volunteers. Sewing machines, yarn, needles, hooks and some materials supplied.

Wednesdays, 1 pm to 3 pm

Cost \$4 per class

CALL TO BOOK (08) 7420 6400

GLANDORE SLADE TRAINING

Taskforce 72

We're a friendly community of scale model enthusiasts of all ages, passionate about 1:72 scale vessels. We welcome both seasoned modelers and newcomers. Participate in social events, running days, and special tours.

2nd Wednesday of each month,

7:30 pm to 9 pm

FREE! Bookings essential

CALL TO BOOK 0419 814 617



GLANDORE CLARK HALL

Folk Group

Let the music flow as we invite you to join in, sing along, improvise and harmonise. Discover new songs, enjoy the sounds of different genres and enhance your improvisation skills. Music is a universal language and we welcome all styles from various times and cultures. Bring your favourite acoustic instrument. Whether you sing, strum, pluck, shake, or squeeze, share a song you love in a relaxed and supportive environment.

Thursdays, 2 pm to 3 pm

FREE! Bookings essential

CALL TO BOOK (08) 7420 6400



MITCHELL PARK

Beading

Would you like to learn how to bead or feed your creative flair? Our beading group is a welcoming place catering for all skill levels. Individuals with a disability and their carers, are encouraged to attend. You can work on a project brought from home or start something new. Basic items will be provided. Please bring along any special beads you'd like to incorporate into your masterpiece.

Mondays, 9:30 am to 11:30 am

Cost \$7 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Art Group

Join a friendly mixed group of mature artists who enjoy painting. Bring your own project, supplies and work alongside like minded artists who can offer you encouragement and advice in a social environment.

Mondays, 12 pm to 2:30 pm

Cost \$5 per class

CALL TO BOOK 0438 363 303

MITCHELL PARK

Cockatoo Chorus

A new community choir for people who love to sing. Previous choir experience will be helpful but is not required to join.

Mondays, 7 pm to 9:30 pm

Cost \$10 per class

EMAIL TO BOOK fiona@dons.net.au

MITCHELL PARK

Social Sewing

If you're an avid sewer then this eclectic group welcomes you. Make your own clothes, repair items, take up a hem or sew toys and accessories like bags and quilts. Have some fun and meet some lovely people along the way. Machines and some materials available.

Basic sewing knowledge preferred.

Tuesdays, 9:30 am to 12:30 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Entry Level Sewing

Learn the fundamentals of sewing in this beginner's class. You do not need any experience! You can progress as fast or as slow as you like, in your own time. Sewing machines provided. Bring your own project to work on.

Thursdays, 9:30 am to 11:30 am

Cost \$4 per class

CALL TO BOOK (08) 8375 6804

Term Bookings

You can book into a program for the full term and choose to pay upfront or pay as you go. To cancel a class, contact the centre before the class starts. A "no show" means not attending a class without cancelling beforehand. After two consecutive no-shows, your booking may be cancelled and offered to others.



MITCHELL PARK

Art with Jillian

A wonderfully creative art class suitable for beginners or amateur artists wanting to sharpen their skills, and make some arty friends. The class covers a variety of art techniques (beyond painting and drawing) facilitated by a professionally trained and qualified teacher and artist.

Fridays, 12:30 pm to 2:30 pm

Cost \$10 per class

CALL TO BOOK (08) 8375 6804



TROTT PARK

Art with Jillian

This popular art class is suitable for all people, new or returning to art, as well as amateur artists wanting to sharpen their skills and make some arty friends. The class covers many art techniques (beyond painting and drawing) facilitated by professionally trained and qualified teacher and artist Jillian Cheshire.

Mondays, 9:30 am to 11:30 am

Cost \$10 per class

CALL TO BOOK (08) 8375 6827



TROTT PARK

Men's Shed

Welcoming space for men to connect, share skills, and work on projects. Whether you're interested in woodworking, DIY, or just socialising, come join us to build, create, and make new friendships in a relaxed, supportive environment.

Tuesdays starting 14 April, 9:30 am to 12:30 pm

Thursdays starting 16 April, 9:30 am to 12 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6827



TROTT PARK

Community Woodwork

An inclusive group for women and men of all ages to socialise and work on group and individual projects. Group banter, a cuppa and biscuit are an important part of the session. Having some basic carpentry skills is essential as participants will be required to use machinery independently. To keep everyone safe, we ask all participants to follow Workplace Health & Safety guidelines and complete a short safety induction before beginning.

Please note: This is a self-led experience, participants work independently, without formal lessons or a teacher.

Mondays starting 13 April, 9:30 am to 12:30 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6827



TROTT PARK

Social Stitchers

These creative sessions will have you sewing, quilting and creating patchwork designs in a friendly group setting, while enjoying a coffee and a chat. This is a casual group that wants to share their skills and knowledge. Join this group and they will have you in stitches.

Mondays starting 13 April, 12:30 pm to 3 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

Explore Art

Enhance visual art skills and explore new techniques and mediums. Learning in a friendly, inspiring environment, facilitated by an experienced and professionally trained art teacher.

Tuesdays, 1:30 pm to 3:30 pm

Cost \$10 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

Community Mosaic

This talented group completes community projects such as table tops, park benches and art installations. Prior mosaic experience required.

Wednesdays, 11 am to 1 pm

Cost \$2 per class

CALL TO BOOK (08) 8375 6827

Education

COOINDA

Elementary English Class

This class provides students with the opportunity to talk, listen and comprehend day-to-day English in a friendly setting. We focus on conversational English, building vocabulary and boosting people's confidence speaking English. The class is suitable for people with some knowledge of English vocabulary and grammar.

Tuesdays, 12 pm to 1:45 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6703

COOINDA

Beginner English Class

This class provides a welcoming and supportive learning space for people who are new to learning English, or have no English vocabulary. We focus on the very basic vocabulary and pronunciation. The class slowly progresses each week based on the previous week's learning.

Tuesdays, 2 pm to 3 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6703

COOINDA

1:1 English Tutoring

If English is not your first language, this is a great way to build confidence in English speaking skills. Our tutors will work one-on-one with you.

**Thursdays,
11 am to 12 pm
12 pm to 1 pm**

CALL TO BOOK (08) 8375 6703

COOINDA

Let's Talk English Class

Meet new people, share stories and practice your English in a friendly, multicultural environment. Open to new arrivals, young migrants, international students and locals this inclusive group welcomes anyone interested in making friends and improving their conversation skills.

Saturdays, 10 am to 11:30 am

FREE! Bookings essential

CALL TO BOOK (08) 8375 6703

COOINDA

GLANDORE SLADE COMPUTER

Tech Tutoring

Do you need help with your laptop, tablet or phone? This 50-minute one-on-one session is exactly what you need. Bring your device and ask questions to our dedicated Tech Help tutors. We can try to assist with queries about email, social media, browsing the internet, managing files and more.

Cooinda Fridays,

10 am to 10:50 am

11 am to 11:50 am

12 pm to 12:50 pm

Note: These sessions are especially tailored for Android products.

CALL TO BOOK (08) 8375 6703

Glandore Wednesdays and Fridays,

9:30 am to 10:20 am

10:30 am to 11:20 am

11:30 am to 12:20 pm

Note: These sessions are especially tailored for Apple products (iPhone/iPad).

Cost \$6 per session

CALL TO BOOK (08) 7420 6400

GLANDORE SLADE OFFICE

Financial Counselling

Led by UnitingCare Wesley Bowden, this free financial counselling service provides support to help you manage debt and plan ahead. We can assist with unpaid bills, debt collectors, disconnections, evictions, uninsured car accidents and tax debts, and can speak with creditors on your behalf.

Thursdays fortnightly starting 16 April,

Drop-in appointments 1 pm to 3 pm

By appointment 9 am to 12 pm

FREE! Bookings essential

CALL TO BOOK 08 8245 7177

Financialhealthmailbox@ucwb.org.au

GLANDORE RUGBY HALL

Svenska Skolan i Adelaide

We are a non-profit run by parents and educators, supporting Swedish education for children living abroad. Through engaging biweekly classes, we build language skills while celebrating Swedish culture, traditions, and history.

Sundays fortnightly, 10 am to 12 pm

Cost varies

BOOK ONLINE

svenskaskolanadelaide.com

MITCHELL PARK

Spanish for Beginners

Come and learn the basics of Spanish, in a friendly and supportive environment.

Wednesdays, 1 pm to 2:30 pm

Cost \$2 per class

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

1:1 English Tutoring

If English is not your first language, this is a great way to build confidence in English speaking skills. Our tutors will work one-on-one with you.

Mondays,

11 am to 12 pm

12 pm to 1 pm

Thursdays,

10 am to 11 am

11 am to 12 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

French on Fridays

Come and learn the basics of French, in a friendly and supportive environment.

Fridays, 10:30 am to 11:30 am

Cost \$2 per class

CALL TO BOOK (08) 8375 6804

TROTT PARK

French - Intermediate

A casual, volunteer-run group for people interested in speaking and learning French. Practice your skills, learn new words and make new friends.

Mondays, 10:30 am to 12 pm

Cost \$4 per class

CALL TO BOOK (08) 8375 6827

TROTT PARK

1:1 English Tutoring

If English is not your first language, this is a great way to build confidence in English speaking skills. Our tutors will work one-on-one with you.

Thursdays,

12 pm to 1 pm

1 pm to 2 pm

2 pm to 3 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6827

Young people and families



GLANDORE RUGBY HALL

Japanese Playgroup

This playgroup offers support to young Japanese families, giving them the opportunity to celebrate culturally significant events with like-minded people. It also provides a place where those that may otherwise be socially isolated because of language, culture or other personal circumstances can access social support.

Suitable for ages 0 to 5 years.

Tuesdays, 10 am to 12:30 pm

Cost \$4 per family

CALL TO BOOK (08) 7420 6400



GLANDORE RUGBY HALL

Community Playgroup

Playgroup is a great way for children to learn, make friends and develop social skills. Come along to this inclusive playgroup to connect with other children and caregivers while enjoying indoor and outdoor play, craft, story time and toys. The fenced and shaded outdoor area has a sandpit and lots of play equipment. This program is supported by Forbes Children's Centre.

Suitable for ages 0 to 5 years.

Fridays, 9:30 am to 11 am

Cost \$4 per family

CALL TO BOOK (08) 7420 6400



MITCHELL PARK

Confetti Dance

Fun, low pressure dance classes for children aged 18 months to 10 years. No big concerts or expensive uniforms. Confidence building, connection and fun.

Classes run for 30 to 45 minutes each.

Mondays, 9:15 am to 11:10 am

Mondays 3:30 pm 6:15 pm

Tuesdays, 9:15 am 11:10 am

Sundays, 8:15 am to 12 pm

Price varies

CALL TO BOOK 0421 980 590

confettidance.com.au

GLANDORE CLARK HALL

KinderGym

Facilitated by a Gymnastics SA qualified KinderGym instructor. Packed with activities to develop gross and fine motor skills, music and rhythm, success and challenges. KinderGym develops the whole child - socially, emotionally, cognitively and physically.

Suitable for ages 0 to 5 years.

Thursdays, 9:30 am to 10:15 am

Cost \$8* per child

BOOK ONLINE

marion.sa.gov.au/kindergym-glandore

**Please note: Gymnastics SA Annual Registration fee is required to be paid by the third session of attendance.*



MITCHELL PARK

Little Kickers

Little Kickers is an indoor soccer program based on imaginative play. As well as soccer skills children learn their colours, numbers, balancing, sharing, gross motor skills and teamwork in a fun and friendly environment.

Mondays, 10:30 am to 11:15 am

Mondays, 11:30 am to 12:15 pm

Cost \$77 per month

CALL TO BOOK 0412 919 970

Visit littlekickers.com.au for more info

MITCHELL PARK

SANFL Junior Umpires

Foundation Umpiring Course is a two hour in person session plus a recommended prior online learning component, teaching the fundamental skills of becoming an umpire, registration requirements, weekly expectations and the steps involved in the umpiring development pathway.

Suitable for ages 12 years and above.

Mondays, 5:45 pm to 6:45 pm

FREE! Bookings essential

BOOK ONLINE

sanfl.com.au/league/news/become-an-umpire/

Free Immunisation Program

The City of Marion is providing **FREE** immunisations to our young residents. Council Immunisation Clinics are offered for children up to the age of 7 years, catch up clinics for eligible school students and young people up to the age of 19.

Glandore Community Centre, Glandore Hall

Monthly on Thursdays, 1 pm to 4 pm

23 April | 28 May | 25 June

To learn more or to book visit marion.sa.gov.au/immunisation

MITCHELL PARK

Brazilian Playgroup

This interactive playgroup is designed for children and carers to connect with others while exploring the rich culture and language of Brazil. With activities including music, art, games and storytelling, participants will enjoy a fun and engaging environment.

Suitable for ages 0 to 5 years.

Wednesdays, 9:30 am to 11:30 am

Cost \$4 per session

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

The Lab

The Lab is a not-for-profit club for Autistic children and young people who love tech and gaming. Participants pursue their interests on their own terms, guided by mentors who are tech professionals.

Saturdays, 10 am to 12:30 pm

Saturdays, 1 pm to 3:30 pm

Costs \$78.25* per session

**A number of NDIS line items may be applied for self-managed and plan-managed funding.*

BOOK ONLINE thelab.org.au

TROTT PARK

Welcome All Families

Welcome All Families is an all-inclusive social group for children and parents of homeschooling, unschooling, part-time schooling and school can't families. Inclusive for everybody.

Suitable for ages 5 to 16 years.

Mondays, 12 pm to 2 pm

Cost \$5 per family

BOOK ONLINE

marioncommunityhubs.eventbrite.com

TROTT PARK

Butterfly Playgroup

Come and relax in our friendly playgroup where children will have an opportunity to make new friends and learn important social skills in a safe setting.

Suitable for ages 0 to 5 years.

Tuesdays, 9:30 am to 11:30 am

Thursdays, 9:30 am to 11:30 am

Cost \$4 per family

CALL TO BOOK (08) 8375 6827

TROTT PARK

KinderGym

Facilitated by a Gymnastics SA qualified Kindergym instructor. Packed with activities to develop gross and fine motor skills, music and rhythm, success and challenges. KinderGym develops the whole child - socially, emotionally, cognitively and physically.

Suitable for ages 0 to 5 years.

Wednesdays, 11:15 am to 12 pm

Cost \$8* per child

BOOK ONLINE

marion.sa.gov.au/kindergym-trott-park

**Please note: Gymnastics SA Annual Registration fee is required to be paid by the third session of attendance.*



Playgrounds

There are playgrounds and outdoor areas for your family to enjoy at 3 of our Community Centres!

- Mitchell Park Community Centre, **Mitchell Park Oval.**
- Glandore Community Centre, **Marie Gregan Playground.**
- Trott Park Community Centre, **Hessing Crescent Reserve.**

Find more parks and playgrounds in the City of Marion: marion.sa.gov.au/things-to-do/parks-and-playgrounds

School holidays

GLANDORE RUGBY HALL

Autumn Crowns & Wings

A whimsical workshop where children can transform themselves into Autumn fairies or elves by crafting their own unique crown and set of wings, using colourful fallen leaves. A gentle, sustainable and creative costume craft.

Suitable for ages 4 to 8 years.

Wednesday 15 April,

11 am to 1 pm

Cost \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com

GLANDORE GARDEN

Plant a Strawberry

Little green thumbs will have the chance to decorate a pot and plant their very own strawberry seedling to take home. An engaging workshop run by Glandore Community Garden.

Suitable for ages 4 to 8 years.

Tuesday 21 April,

10:30 am to 12 pm

FREE! Bookings essential

BOOK ONLINE

marioncommunityhubs.eventbrite.com

GLANDORE RUGBY HALL

Playdough Maximo

Join Glandore Community Playgroup for a hands-on morning and get a little messy while you explore new ways to play with playdough. Think playdough pizza party, slime, spaghetti towers and erupting volcanoes.

Suitable for ages 0 to 5 years.

Friday 24 April,

10:30 am to 12 pm

Cost \$4

BOOK ONLINE

marioncommunityhubs.eventbrite.com

MITCHELL PARK

Hoops & Heroes: Meet Brett Maher

Join Australian basketball legend and Olympian Brett Maher for a fun-filled workshop.

Hear Brett read from his exciting new junior novel *The Adventures of Jack Gibson*, and discover a story filled with dragons, adventure and powerful lessons about courage and believing in yourself.

Then enjoy interactive basketball activities with Brett. Kids will build skills on the court, spark their imagination and meet Brett for a special book signing.

Suitable for ages 6 to 14 years.

Monday 13 April

10 am to 11:30 am

FREE! Bookings essential

BOOK ONLINE

marionlibraries.eventbrite.com

MITCHELL PARK

Beading Bonanza

An opportunity for creativity to shine! Kids will design and create personalised keyrings, necklaces and bracelets. Exploring their artistic side while building confidence and enjoying the satisfaction of making something uniquely their own.

Suitable for ages 6 to 12 years.

Monday 20 April,

10:30 am to 12:30 pm

Cost \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com

MITCHELL PARK

Crafty Blooms

Kids will paint and personalise their own flower pot, and craft a beautiful paper and pipe cleaner flower to take home. A perfect handmade gift for Mother's Day.

Suitable for ages 6 to 12 years.

Wednesday 22 April

10:30 am to 12:30 pm

FREE! Bookings essential

BOOK ONLINE

marioncommunityhubs.eventbrite.com

LIBRARIES

TROTT PARK

Cardboard Kingdom

In this large-scale recycled craft workshop, children will work together to build a fantastical kingdom of castles, towers and battlements from cardboard boxes. Come dressed as a knight, princess, wizard or dragon.

Suitable for ages 4 to 8 years.

Tuesday 14 April,

10:30 am to 12:30 pm

Costs \$5

BOOK ONLINE

marioncommunityhubs.eventbrite.com

TROTT PARK

Terrific Time Capsules

Write a letter to your future self, draw your family, and bring along photos or small keepsakes to spark memories for years to come. Contribute to our collaborative capsule celebrating Trott Park Community Centre's 40th Birthday, and create your own Family Time Capsule to take home.

Suitable for all ages, one booking per family.

Thursday 16 April,

10 am to 12 pm

FREE! Bookings essential

BOOK ONLINE

marioncommunityhubs.eventbrite.com

TROTT PARK

Bake and Decorate

Bake and Decorate Shortbread Cookies with the Butterfly Playgroup! Little chefs will roll up their sleeves to shape and bake delicious shortbread cookies, then unleash their imaginations decorating with icing, sprinkles and more. Perfect for kids who love getting hands-on in the kitchen. This session combines creativity, sensory play and tasty treats to take home.

Suitable for ages 2 to 86 years.

Thursday 23 April

10:30 am to 12:30 pm

FREE! Bookings essential

BOOK ONLINE

marioncommunityhubs.eventbrite.com

Social and cultural interests



COOINDA

Pool and Snooker

Come for a game of pool or snooker or two! You can play as an individual, in pairs or teams. Great place to catch up with your mates or make new connections.

Not available public holidays or weekends.

Weekdays starting Monday 13 April,

9:30 am to 11:30 am

11:30 am to 1:30 pm

1:30 pm to 3:30 pm

Cost \$2 per session

CALL TO BOOK (08) 8375 6703



COOINDA

CHSP

Polish Social Group

Our friendly group meets fortnightly to share conversation, activities, guest speakers, and enjoy a delicious morning tea.

Fortnightly starting Monday 13 April, 9:30 am to 12:30 pm

Cost \$6 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6703

COOINDA

Vocalize Choir

Vocalize is a non-auditioned adult community choir. We're a fun-loving bunch, singing classical, rock, gospel, pop and more and sing for the joy of it.

Mondays, 7 pm to 9 pm

Cost \$200 per year

BOOK ONLINE vocalize.com.au



COOINDA

CHSP

Persian Social Group

Our friendly group meets fortnightly to share conversation, activities, guest speakers, and enjoy a delicious morning tea.

Fortnightly starting Monday 13 April, 9:30 am to 12:30 pm

Cost \$6 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6703

COOINDA

Social Bingo

Join Junction for an afternoon of bingo fun! Come for a chat, stay for a game. Entry is free and all ages and abilities welcome. Light refreshments provided and prizes to be won.

Monthly starting Tuesday 14 April, 1:30 pm to 3:30 pm

FREE! Bookings essential

CALL TO BOOK (08) 8275 8700

OR BOOK ONLINE

events.humanitix.com/socialbingo



COOINDA

Tasty Tuesdays

Come along for a delicious meal for just \$3 and some friendly banter, everyone is welcome. We serve a different meal each week from our rotating menu, so there's always something new to try. Feel like a treat? Grab an ice cream cone for just \$1 a scoop. Please let us know of any dietary requirements when booking.

Tuesdays, 5 pm to 6 pm

Cost \$3 per plate

CALL TO BOOK (08) 8375 6703

View the menu online

marion.sa.gov.au/tasty-tuesdays



COOINDA

World Dance

Explore traditional dance forms from various cultures around the world. It doesn't matter if you are a beginner or experienced dancer, this class is for everyone wanting to travel through dance.

Tuesdays, 5:30 pm to 6:30 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6703



COOINDA

Indoor Bowls

No matter what the weather is outside you'll find this welcoming group indoors enjoying a game or two of indoor lawn bowls in a fun, friendly, competitive spirit. No previous experience required, we can teach you how to play. All abilities welcome. Please wear comfy flat shoes.

**Wednesdays starting 15 April,
9:30 am to 11:30 am**

Cost \$2 per session

CALL TO BOOK (08) 8375 6703



COOINDA

CHSP

Tutti Insieme

Tutti Insieme is a friendly Italian group who welcomes new people for a cappuccino, and good company.

**Wednesdays starting 15 April,
10 am to 12 pm**

**Cost \$6 with My Aged Care referral – see
CHSP eligibility information on Page 36**

CALL TO BOOK (08) 8375 6703

COOINDA

Blokes Brekky

Come along for brekky, a chat and a few laughs with other local blokes. Enjoy a good feed, great banter, and a relaxed morning catching up with mates old and new.

**Fridays starting 17 April,
9:30 am to 11:30 am**

Cost \$8 per session

CALL TO BOOK (08) 8375 6703

COOINDA

CHSP

The Golden Years

The "Golden Years", a luncheon designed exclusively for guests aged over 65. Our luncheon offers enriching conversations, engaging guest speakers, and lively entertainment with different themes each fortnight. From thought-provoking talks to lively performances, there's something for everyone to enjoy. At the "Golden Years Luncheon" we celebrate more than just good food and entertainment. It's a gathering that fosters friendship, and a sense of belonging. It's where memories are made and cherished, month after month. Come be a part of this wonderful fortnightly social affair and experience the warmth and joy of community.

Bookings essential with limited spots.

1st and 3rd Friday of each month,

12:30 pm to 3 pm

17 April | May 1 | May 15

June 5 | June 19

**Cost \$12.50 with My Aged Care referral –
see CHSP eligibility information on Page 28**

CALL TO BOOK (08) 8375 6649

*Volunteers wanted – call (08) 8375 6649 to
register your interest*



COOINDA

CHSP

Chef's Table – Cooking Demonstration

Join our chef for an engaging cooking demonstration. Discover simple, delicious one-pot recipes that are easy to prepare and perfect for healthy living. Our expert chef, Danielle, will guide you through each step, sharing valuable tips and a take-home recipe. After the demonstration, enjoy the delicious meal and the social atmosphere at the chef's table. Whether you're a seasoned cook or a MasterChef, this event promises to be fun and informative.

Bookings essential with limited spots.

Fridays, select dates

12:30 pm to 2 pm

10 April | May 8 | June 12

**Cost \$7 with My Aged Care referral – see
CHSP eligibility information on Page 28**

CALL TO BOOK (08) 8375 6649

*Volunteers wanted – call (08) 8375 6649 to
register your interest*



COOINDA

Adelaide Board Game Group

A gaming session for adults who love their board games, delivered by the experts at Adelaide Board Game Group! Bring along your favourite game and play with like-minded people in a casual and friendly environment.

*This is an inclusive group, see ABGG's guide
abgg.au/guides/courtesy.html*

*Check in on ABGG Facebook for group news
or time changes.*

3rd Saturday of each month,

1 pm to 7 pm

**FREE! No booking required, just come
along**



GLANDORE GLANDORE HALL

Mahjong

A friendly social group with a competitive streak. We play the Chinese version of the popular game, Mahjong. Beginners welcome.

**Mondays starting 13 April,
1 pm to 3 pm**

Costs \$4 per session

CALL TO BOOK (08) 7420 6400

GLANDORE CLARK HALL

Sing for Joy Choir by ACH

Experience the fun and enjoy the health benefits that belonging to a choir can bring. Led by experienced professional choir directors who guide you through weekly rehearsals. No experience necessary, you will learn new songs and singing techniques in a fun and social environment. Book a FREE come and try and give our choir a go!

Tuesdays, 10 am to 12 pm

Cost \$12 for CHSP clients

CALL TO BOOK 1300 224 477

GLANDORE NALDERA

Chatty Café

Come have a yarn, meet new people in a welcoming group at Glandore. Treat yourself to something tasty from Summit Café, food and drinks available for purchase. Have a chat as we foster connections and promote a sense of belonging in our wonderful community.

**Thursdays starting 16 April,
10:30 am to 11:30 am**

FREE! No booking required, just come along



GLANDORE CLARK HALL

Community Choir

Have you always wanted to sing in a choir? Come along and give the Glandore Community Choir a try. No singing experience or audition required. These weekly sessions will be a fun and social way to spend a morning.

Fridays, 9:30 am to 11:30 am

Cost \$4 per session

CALL TO BOOK (08) 7420 6400



GLANDORE CLARK HALL

Eritrean Women's Group

A supportive and inclusive women's group that comes together for social connection and to celebrate culture. Come along, meet new people and connect with community. All welcome.

**2nd Sunday of each month,
4:30 pm to 8:30 pm**

FREE! No booking required, just come along

MITCHELL PARK

Compass Women's Cancer Support Group

Here we support one another, lift each other's spirits and give each other guidance and direction. A place where we can have a lovely free cuppa, open up and say what's on our minds, without judgement and rest assured that everything is confidential. Always remember, cancer does not define us.

Tuesdays, 2 pm to 3:30 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

CHSP

Wacky Wednesday

Join our welcoming group for light lunch, fun and friendship, with various activities including gentle exercise, and guest speakers.

**Wednesdays starting 15 April,
12 pm to 2:30 pm**

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6804



MITCHELL PARK

Multicultural Women's Group

The Multicultural Women's Group come together for social connection, to share their knowledge and skills, and to build a strong community.

Thursdays, 12:30 pm to 2:30 pm

FREE! Bookings essential

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Out and About

A friendly and welcoming social group for people living with a disability. Activities include craft, games, quizzes, guest speakers and more.

Thursdays, 1 pm to 3 pm

Cost \$5 per person

CALL TO BOOK (08) 8375 6804

MITCHELL PARK

Victory Family Centre

Victory Family Centre is a vibrant multicultural Christian church where everyone is welcome. Services include time for worship (music), a message, socialising and food. Come and get connected!

Sundays, 5 pm to 8 pm

FREE! Bookings essential

CALL TO BOOK 0491 981 020



TROTT PARK

CHSP

Blokes Catch Up

Don't stay at home when you can join our welcoming group of blokes for a chat and friendship. Enjoy a mid-morning BBQ breakfast and maybe a game of pool, darts or cards.

**2nd & 4th Friday of each month,
9:30 am to 11:30 am**

April 10 | April 24 | May 8 | May 22

June 12 | June 26

Cost \$7 with My Aged Care referral – see CHSP eligibility information on Page 28

CALL TO BOOK (08) 8375 6827



TROTT PARK

Southern Nunga Men's Group

Take the opportunity to make new friends by joining our welcoming group of blokes. Great for a catch up, enjoy lunch, and maybe even a game of pool or darts. This social group for Aboriginal and Torres Strait Islander men of any age is a proud partnership thanks to Neporendi Aboriginal Community Centre and the City of Marion.

Fridays fortnightly, 11:30 am to 2 pm

April 17 | May 1 | May 15 | May 29

June 12 | June 26

FREE! Bookings essential

CALL TO BOOK (08) 8375 6827

Special events



ADMINISTRATION CENTRE

Past and the Present - Art Exhibition

Discover over 40 original works by the Marion Cooida Community Centre Friday morning artists in this diverse and inspiring exhibition. Showcasing primarily acrylic, oil, watercolour and mixed media works, the collection celebrates everyday beauty through a wide range of subjects and styles.

Visitors are also welcome to drop into Cooida Community Centre on Friday mornings to see the artists at work.

Monday 4 May to Friday 26 June, 9 am to 5 pm
ENTRY IS FREE!

Many artworks are available for purchase directly from the artists.

CALL 8375 6600 to confirm availability and report to the Marion Council front counter, 245 Sturt Road, Sturt, for entry.

GLANDORE GARDEN

Pizza Days

Join the Glandore Community for a delicious pizza lunch in the beautiful Glandore Community Garden. BYO favourite pizza toppings.

First Tuesday of the month,
11:30 am to 1:30 pm

Cost \$5 per pizza

CALL TO BOOK (08) 7420 6400

Bookings are essential for catering purposes. Please inform us of any dietary requirements when booking.

GLANDORE CLARK HALL

Dancefloor Glandore

Get your groove on in a supportive safe space where people of all abilities are encouraged to dance, connect, socialise and celebrate community inclusion. With DJs spinning all your favourite tracks and the Summit Café selling all your favourite snacks.

Proudly supported by CBS INC.

Thursday 7 May,
11:15 am to 1:15 pm

FREE! *Bookings essential*

BOOK ONLINE
marioncommunityhubs.eventbrite.com



MITCHELL PARK

Southern Embrace Culture

Join us for a meaningful cultural experience with Petiola Wilson, a proud descendant of the Ngarrindjeri and Kaurana nations. Petiola will guide us through a special Reconciliation Celebration event that celebrates and deepens our understanding of Aboriginal culture.

Thursday 28 May, 12 pm to 2:30 pm

FREE! *Bookings essential*

BOOK ONLINE
marioncommunityhubs.eventbrite.com



TROTT PARK

Come & try screen printing

Screen printing is a hands-on printing method that uses a mesh screen to transfer ink onto fabric or paper. In this beginner-friendly workshop, you'll learn the basics of screen printing. With step-by-step guidance, you'll experiment with simple techniques and create your own tote bag to take home. No experience needed, just come ready to have a go.

Thursday 14 May, 3:30 pm to 5 pm

Cost \$5 *Bookings essential*

BOOK ONLINE
marioncommunityhubs.eventbrite.com



Call for volunteers

We're looking for kind and talented people to join our amazing volunteer team. Chat with our Volunteer Support Officer, Veronica, or visit marion.sa.gov.au/volunteering to learn more.

Volunteer roles include:

- Kitchen
- Garden
- Woodwork
- Language
- Playgroup
- Social Group Facilitators

Join our inclusive team to help support our amazing, diverse community.

Contact Veronica to learn more:

CALL 0434 832 237

EMAIL veronica.tredrea@marion.sa.gov.au

A great place to live.

Living green



GLANDORE GARDEN

Community Garden

The beautiful Glandore Community Garden is a friendly space, where green thumbs and their family and friends gather. Managed by a team of volunteers. Visitors are welcome, come and stroll through and delight in the seasonal wonders!

OPEN TO PUBLIC:

Tuesdays, 9:30 am to 2 pm

Saturdays, 9:30 am to 12 pm

Worm juice available for sale

Collection at the Glandore Community Garden during garden opening hours.

Cost \$4 per 2L



GLANDORE GARDEN

My Path Program - Homestead Cottage

Join the Minda MyPath Day Options team on Friday mornings at the Glandore Community Centre to learn and practice gardening skills in the Community Garden. Together, we'll grow seasonal fruits and vegetables to use in the MyPath cooking program, embracing a true 'garden to table' experience.

This opportunity is open to people aged 17 to 65 years with an active NDIS plan.

Fridays by appointment,

To book please visit mindainc.com.au or call 1800 164 632



TROTT PARK

Trott Park Community Garden Inc.

The Trott Park Community Garden Inc. are a friendly community gardening group interested in growing healthy food and sharing gardening tips. Located behind the Trott Park Community Centre.

OPEN TO PUBLIC:

Wednesdays, 10 am to 12 pm

Saturdays, 10 am to 12 pm

VISIT THE GROUP FACEBOOK PAGE FOR FURTHER INFORMATION

f Trott Park Community Garden Inc



Kitchen Caddy bag pick up point

Did you know ALL of our centres are a collection point for organic bag refills for your Kitchen Caddy? All you need to do is pop by during opening hours and we will provide you a refill.

For City of Marion residents.

Weekdays, 9 am to 4 pm
(Closed public holidays)

Spaces for hire

The City of Marion have a fantastic range of low-cost venue hire options available, including in our four community centres. Our friendly staff can assist you to find the perfect space for your requirements.

Visit our website for more information:
marion.sa.gov.au/hire-community-centres



COOINDA

The Cooinda Community Centre offers a hardwood space for hire, which is ideal for recreational activities and events.

The **Main Hall** is a versatile space at Cooinda Community Centre, with an area of 157 sqm suitable for 70 people.



MITCHELL PARK

The Mitchell Park Sports and Community Centre has a number of low-cost venue and room hire options available.

There are several **COMMUNITY CENTRE ROOMS** available for hire, as well as stunning function rooms upstairs with bar and in house catering, projectors and modern multimedia systems.



GLANDORE

The Glandore Community Centre has various spaces available for hire including:

CLARK FUNCTION SPACE is set in the grounds of Glandore Community Centre, a large heritage listed hall suitable for weddings, engagements, quiz nights and more - suitable for up to 100 people.

RUGBY HALL is a small hall suitable for up to 50 people. Venue hire includes access to a small kitchen and an enclosed playground suitable for children's parties.



TROTT PARK

Trott Park has multiple spaces for hire with an enclosed play area located adjacent to the building. The centre can fit up to 100 people.

The **MAIN HALL** is suitable for events, parties, functions, fitness classes and large groups, accommodating up to 70 people.

The **COMMUNITY ROOM** is ideal for meetings and programs, and is suitable for up to 20 people.

Our **MULTIPURPOSE ROOM** is suitable for up to 25 participants.

Community help lines

Police Fire Ambulance	000
Domestic Violence Crisis Line (24 hours)	1800 800 098
1800 RESPECT (24 hours)	1800 737 732
Suicide Call Back Service (24 hours)	1300 659 467
Lifeline	131 114
Aboriginal and Torres Strait Islander Crisis Support (24 hours)	13 92 76
Kids Helpline (24 hours)	1800 55 1800
Headspace	1800 063 267
Urgent Mental Health Care Centre (24 hours)	08 8448 9100
Homeless Connect SA (24 hours)	1800 003 308
Mensline (24 hours)	1300 78 99 78
National Debt Hotline	1800 007 007
Gambling Help	1800 858 858

Emergency food relief in Marion

Brighton Church of Christ Community Care	8298 7677
MarionLIFE	8277 0304
Salvation Army Marion	8377 0001
St Vincent de Paul SA	1300 729 202

Visit **askizzy.org.au** or phone Affordable SA **1800 025 539** for more information.

Funding

The City of Marion Community Centres receive funding as part of the Community and Neighbourhood Development Program administered by the Department of Human Services.

Please note

Program sessions and times listed in this booklet are subject to change. Participants who have booked into programs will be contacted about any changes.

CHSP

Commonwealth Home Support Programme

Due to the transition of CHSP services, the Positive Ageing and Inclusion (PAI) team are currently not accepting new participants into their programs (CHSP)

City of Marion's Positive Ageing and Inclusion (PAI) programs are funded by the Australian Government Department of Health and Aged Care to support eligible residents with subsidised services. You may be eligible if you are:

- 65 years or older, or 50+ for Aboriginal or Torres Strait Islander people
- 50 years or older (or 45+ for Aboriginal or Torres Strait Islander people) and on a low income, homeless or at risk of homelessness.

An aged care assessment will confirm your eligibility and the services you can access.

To access CHSP programs you must be registered with My Aged Care (MAC). Please call 1800 200 422.

Need help? Our PAI team can support you through the process. Call 8375 6649.

Glandore Grounds

At Glandore Community Centre, our programs and events are spread across a range of welcoming spaces within the Glandore Grounds, from creative workshops and social groups to outdoor activities under the trees.



Office hours

COOINDA COMMUNITY CENTRE

245 Sturt Road, Sturt
T 8375 6703

Monday	9 am to 4 pm
Tuesday	9 am to 7 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm

MITCHELL PARK SPORTS & COMMUNITY CENTRE

Moreland Avenue, Mitchell Park
T 8375 6804

Monday	9 am to 4 pm
Tuesday	9 am to 4 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm

GLANDORE COMMUNITY CENTRE

25 Naldera Street, Glandore
T 7420 6400

Monday	9 am to 4 pm
Tuesday	9 am to 4 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm

TROTT PARK COMMUNITY CENTRE

34 Hessian Crescent, Trott Park
T 8375 6827

Monday	9 am to 4 pm
Tuesday	9 am to 4 pm
Wednesday	9 am to 4 pm
Thursday	9 am to 4 pm
Friday	9 am to 4 pm



All community centres are
wheelchair accessible



All community centres are
closed on public holidays

Connect with us



Marion Community Centres



communitycentres@marion.sa.gov.au

For more information

Visit **marion.sa.gov.au/
community-centres**
or scan the QR code

