

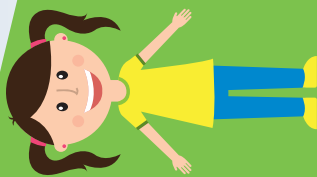
MONDAY

**Play, Gym
'n Create**
10am-12noon
&
12.45pm-2.45pm

Craft & Sewing
10am-12noon

**Lions Club
Seaford**
from 6.30pm
*1st Monday of
every month

**Contact the
centre for
bookings**



TUESDAY

**Seaford
Camera Club**
9.30am-11am
*2nd Tuesday of
every month

Walking Group
9am-10am

Gallery Quilters
9am-1pm

**Play, Gym
'n Create**
10am-12noon

Carers Support
10am-12pm
*1st Tuesday of
every month

**Tai Chi/
Chi Kung**
1pm-2.30pm

**Yoga Essentials
& Wellness**
6.30pm-8pm



WEDNESDAY

Playgroup
9.30am-11.30am

**Bebe Ballet
@ Hastings St**
9.30am-10.30am

ARPA
9.30am-2.30pm

**Gardening
Group**
9.30am

**Justice of the
Peace**
12pm-3pm
*During school term

Chair Yoga
1.45pm-2.45pm



THURSDAY

Seniors Fitness
9.15am-10.15am

Chair Yoga
10.30am-11.30am

1:1 Computer Help
from 12pm
*by appointment

Book Club
12.30pm-1.30pm
*Monthly

Yoga Made Easy
1.30pm-2.30pm

Siblings in Focus
3.30pm-5pm

**Yoga Essentials
& Wellness**
7pm-8.30pm

**Where is
@Hastings Street
Centre?**
Corner Hastings
Street & Tongalla
Street, Seaford

FRIDAY

**Men's Breakfast
@ Hastings St**
9am
*3rd Friday of every
month

Walking Group
9am-10am

**Yoga Essentials
& Wellness**
9.30am-11am

Weight Watchers
9.30am

**Well Read
Wine Club**
from 10am
*Last Friday of the
Month @ various
locations

Scrabble
1pm-4pm

**Community
Lunch**
12.30pm
*1st Friday of every
month

Bingo!
1.30pm
*1st Friday of every
month

Social Art & Craft
12.30pm-2.30pm

SATURDAY

**Weight
Watchers**
8.15am

Tiny Tutus
From 9.30am

SUNDAY

**Seaford Christian
Fellowship**
From 10am
Contact Rick
0410 813 605

APP Church
From 9.30am
@ Hastings Street
Contact Josh
0408 080 822

**SPECIAL THANKS
TO OUR SPONSORS**



BROCHURE: STUDIO 60 DESIGN

SUPPORTED BY CITY OF



FRIENDSHIP, WELLBEING, COMMUNITY

Seaford Community centre



PH: 8386 3319 Beechwood Grove · Seaford SA 5169
www.seafordcc.com.au · info@seafordcc.com.au

WORKSHOPS & SHORT PROGRAMS TERM 3: JULY-SEPTEMBER 2019

LITTLE GRUBS

Messy fun in the Community garden for pre-schoolers and their caregivers. Wed 11/09, \$4 per family. No bookings required.

TAX HELP

Need help lodging your tax return? Help available for low income earners. Free appointments available Tues from 9am. Contact the Centre on 8386 3319 to book.

MEDITATION

www.deepeningchange.com
Morning and evening mediation sessions.
Contact Penny deepeningchange@gmail.com

HERBAL WORKSHOPS & COURSES

Contact Patrizia Bronzi on 0427 594 279 for information and dates.

CALM & CONTENT BABY MASSAGE

Group classes commencing Wed 07/08. Contact Sally on 0403 354 036 to book.

MAXIMISING MY INDEPENDENCE

Learn about My Aged Care and the Commonwealth Home Support Programme (CHSP). Mon 09/09, 11am, FREE. Please contact the Centre on 8386 3319 to book.

VENUE HIRE

Affordable rooms available for workshops, training, birthday parties and celebrations. Bookings Essential. Contact 8386 3319 or email venuehire@seafordcc.com.au.

TAKE-AWAY MEALS

We have a variety of delicious home cooked, frozen meals available each week. To find out what's on the menu please contact the Centre on 8386 3319 or follow us on Facebook. \$6 for one or \$10 for two.

OP SHOP

Awesome pre-loved bargains. Donations and volunteers welcome. Open Mon-Fri, 10am-3pm.

MONTHLY LUNCHES

Delicious home cooked meal on the first Friday of the month. Lunch and Dessert served from 12.30pm for only \$8pp. Limited seats available. Bookings and payments essential to secure a seat. Phone 8386 3319.

BINGO!

Come and have some fun with great prizes, raffles and door prizes to be won on the first Friday of the month. From 1.30pm, 5 games for \$5.

JP SERVICES

Need a JP? Here every Wednesday during school term. Wed 12noon-3pm.

FITNESS & HEALTH

WEIGHT WATCHERS

Phone 131 997 for more information. Fri 9.30am, Sat 8.15am.

MEDITATION @ Hastings Street

New location – Cnr Tongalla and Hastings Street, Seaford. For ages 50+. Mon 1pm, \$5. Contact the Social Connections program on 8301 7232 for bookings.

WALKING GROUP

Come along and get fit while meeting new friends. FREE! Tues & Fri 9am-10am.

TAI CHI & CHI KUNG

For anyone interested in learning & practicing Tai Chi. Tues 1pm-2.30pm, \$7.50 casual.

YOGA ESSENTIALS & WELLNESS/ YOGA MADE EASY

Contact Mary 0401 135 576
Tues 6.30pm-8pm, Thurs 1.30pm-2.30pm & 7pm-8.30pm, Fri 9.30am-11am.

SENIORS FITNESS

Fitness for over 50's. Strengthening and low impact exercises. Thurs 9.15am-10.15am, \$6.50 casual.

CHAIR YOGA

Explore easy stretching techniques from the comfort of your chair. Fun for all ages! Contact Yuki 0424 724 914. Wed 1.45pm-2.45pm, Thurs 10.30am-11.30am.

ART & CRAFT

CRAFT & SEWING GROUP

Christian based craft group. Mon 10am-12noon, \$4.

SOCIAL ART & CRAFT

Open to everyone young and old, crafty professionals and non-crafty amateurs alike. Enjoy a cuppa and a chat and join in on a group project or work on something of your own. BYO craft supplies. Fri 12.30pm-2.30pm, \$4.

GALLERY QUILTERS SIT & SEW

A friendly, supportive quilting group. We work on our own projects and charity quilts. New members welcome. Tues 9am-1pm. Contact Pat 0419857248 or Tricia 0466975735.

SPECIAL INTEREST

ATWORK AUSTRALIA

Disability Employment Services to suit your needs. Contact 1300 080 856.

LIONS CLUB OF SEAFORD

Meetings held first Monday of every month, 6.30pm. Contact Pauline on 0423 489 929.

WELL READ WINE CLUB

Meet on the last Friday of the month from 10am for coffee with likeminded book readers at various southern locations. Twice a year enjoy a winery lunch for a light-hearted meeting. Please contact the Centre on 8386 3319 to register your interest.

CARERS SUPPORT

For people caring for a relative or friend. Contact Amy 8433 9555. 1st Tuesday of the Month, 10am-12pm, FREE.

COMMUNITY GARDEN

Join our community garden. New & experienced gardeners welcome. Wed 9.30am, FREE.

ARPA OVER 50's

Fun activities for over 50's. Wed 9.30am-2.30pm Contact Peter Green on 8382 1592 for information.

BOOK CLUB

Enjoy afternoon tea while sharing your love of reading. Monthly Thursday meetings from 12.30pm. Please contact the Centre on 8386 3319 to register your interest.

MEN'S BREAKFAST @ Hastings Street

Monthly cooked breakfast. Guest speakers. Third Friday of every month. 9am, \$7.50 pp.

SCRABBLE

Suitable for beginners to advanced. Fun, social group. Fri 1pm-4pm, \$4.

CAMERA CLUB

Get the best from your camera. Friendly, non competitive. 2nd Tuesday of the month. 9.30am-11.30am, \$5.

ONE-ON-ONE COMPUTER HELP

No question too small! Book in to one of our 45 minute sessions to have your questions answered. Thurs from 12pm, \$5. Please contact the Centre for bookings.

FAMILY & CHILDREN

PLAY, GYM 'N CREATE

Sing, dance & play in a safe and structured environment. Contact Steph 0423 196 571. Mon 10am-12noon & 12.45pm-2.45pm, Tues 10am-12noon.

PLAYGROUP

Indoor and outdoor activities for pre-school aged children. All welcome. Wed 9.30am-11.30am, \$4 per family.

TINY TUTUS

Beginner ballet lessons. Contact 1300 245 060. Sat from 9.30am.

BEBE BALLET @ Hastings Street

Dance Classes for children 18m-5yrs. Wed 9.30am. Contact Bianca 0404 982 323.

SIBLINGS IN FOCUS

Social group for siblings of children with a disability. Thurs 3.30pm-5pm. Contact Tanya 8186 6944 or 0439 800 785. This is a Communities for Children Activity funded by the Australian Government Department of Social Services.

