

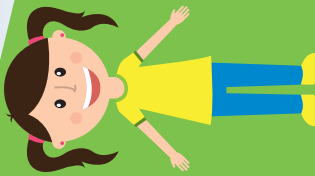
MONDAY

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

Craft & Sewing
10am-12noon

Meditation @ Hastings St
1-2pm

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

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



WEDNESDAY

Playgroup
9.30am-11.30am
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

Playgroup
9.30am-11.30am

Weight Watchers
9.30am

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

Scrabble
1pm-4pm

SATURDAY

Weight Watchers
8.15am

Tiny Tutus
From 9.30am

SPECIAL THANKS TO OUR SPONSORS



BROCHURE: STUDIO 60 DESIGN

Seaford Christian Fellowship
From 10am
Contact Rick
0410 813 605
APP Church
From 9.30am
@ Hastings Street
Contact Josh
0408 080 822

SUPPORTED BY CITY OF ONKAPARINGA

FRIENDSHIP, WELLBEING, COMMUNITY

Seaford Community centre

LEAP INTO 2020
29th Feb, 3-7pm
The Seaford Community Centre & Seaford Network invite the community to a fun afternoon for all ages & interests



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

WORKSHOPS & SHORT PROGRAMS TERM 1: JANUARY-MARCH 2020

LITTLE GRUBS
Messy fun in the Community garden for pre-schoolers and their caregivers. Wed 25/3 10.15am \$4 per family. No bookings required.

BABY MASSAGE & BABY YOGA
Baby Massage starts Wed 29th Jan. Baby Yoga Come and Try Wed 26th Feb. Baby Yoga 5 week series starts Wed 4th March. Contact Sally on 0403 354 036 to book.

MEDITATION & MINDFULNESS
Learn How - Beginners Welcome. Tue 7-8pm. Mardi 0405 060 092, www.mardimay.com.au

FEEL FAB & BUDGET TIPS
Top ten budget tips, info on concessions, healthy recipes, foodbank vouchers and afternoon tea. Learn how to become even happier. Mon 17/2, 1-3pm. To book, please contact the centre on 8386 3319.

FAMILY BY FAMILY
A Uniting Communities programme that links up families who are experiencing hard times with families who know what it's like and have ideas to share. Thursdays 12noon-2.30pm. Ph: Leanne Evans 0432 043 537

FEEL FAB & TAKE CHARGE OF YOUR POWER BILLS
Practical strategies, energy saving kit, info on how to receive more free devices, foodbank vouchers and afternoon tea on offer. Mindfulness exercises also included. Mon 24/2, 1-3pm. To book, please contact the centre on 8386 3319.

ZUMBA GOLD® at Hastings Street
For seniors, beginners or anyone needing modification to their exercise routine. Easy to follow and fun too! We also encourage Zumba Gold chair too. Starting Wed 29 Jan. 9.30am-10.15am. Contact Jodi-Lyn Magua 0458 475 111

VENUE HIRE

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

VENUE HIRE

Co-working Space for Home Based Local Businesses

Calling small business owners, remote workers and freelancers! Want to escape the isolation from working at home? Work space available Tuesday mornings. Creche available Tuesdays 12.30pm-2.30pm. Join our community and be surrounded by an amazing group of people with natural collaboration and networking opportunities. Contact the centre on 8386 3319 to discuss your business space needs. Bookings essential.

TAKE-AWAY MEALS

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

OP SHOP

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

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

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 and practising Tai Chi. Tues 1pm - 2.30pm. Contact Ann on 0408 807 922 or 8384 7197.

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.

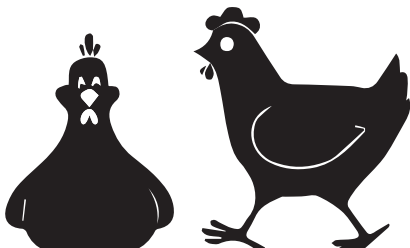
ART & CRAFT

CRAFT & SEWING GROUP

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

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 Tuesday of every month, 6.30pm. Contact Pauline on 0423 489 929.

WELL READ BOOK CLUB

Meet on the last Friday of the month from 10am for coffee with likeminded book readers at various southern locations. 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 Tony on 0405 517 353.

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.

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.

PLAYGROUP

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

