

# Program Guide

Community Centres

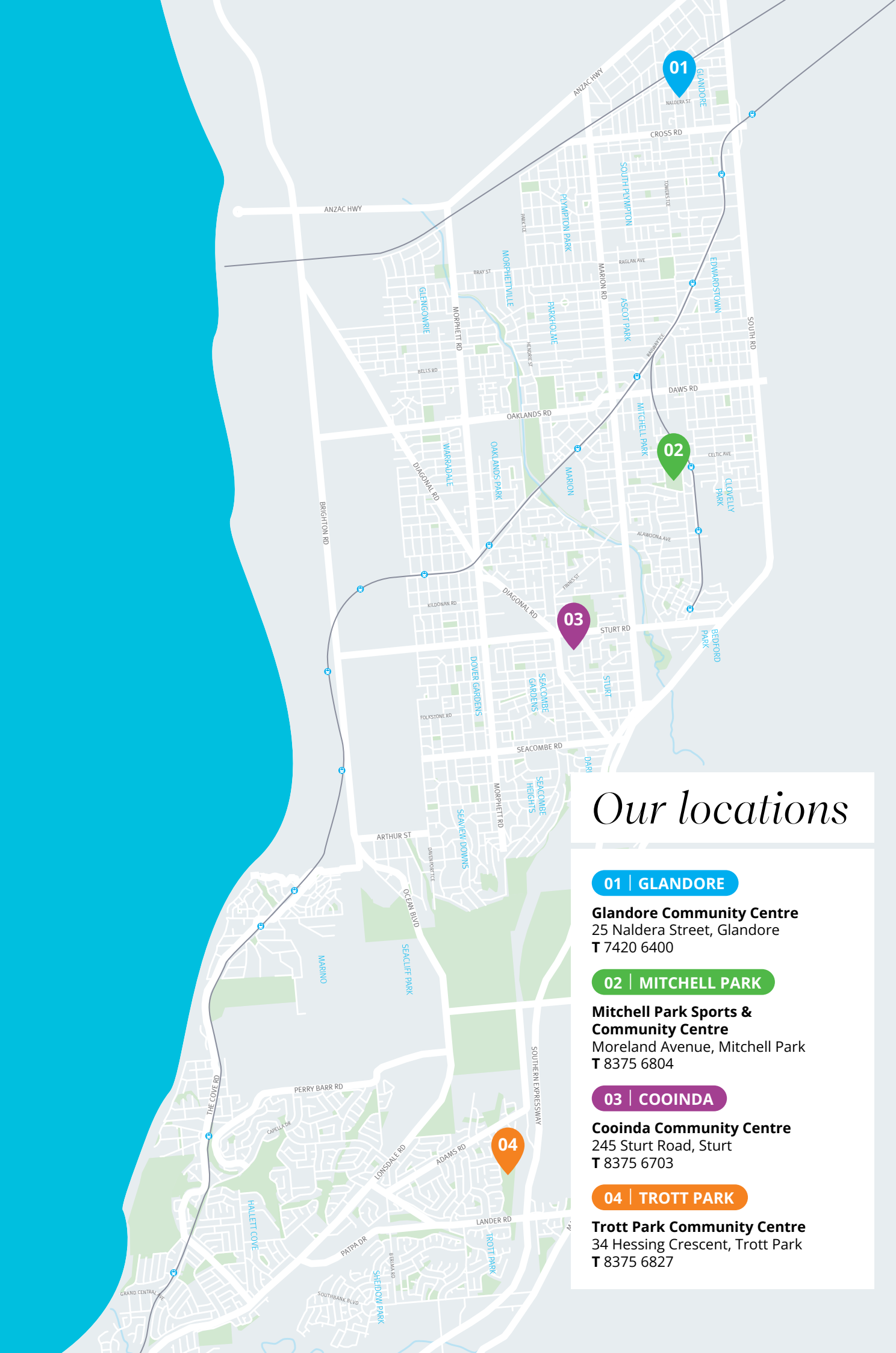


*Inside*

- > Fitness Classes
- > Social Groups
- > School Holidays
- > Playgroups

A great place to *play*.

**TERM 3 JUL – SEPT | 2025**



## 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 Kurna people and recognises the Kurna people as the traditional custodians of the land.

*Ngadlu tampendi Kurna meyunna yailya mattanya yaintya yerta*



## Cooinda Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Patchwork and Quilting</b> 9:30 am to 11:30 am <a href="#">Page 14</a>	<b>Fit, Flexible and Fabulous (CHSP)</b> 9:30 am to 10:30 am <a href="#">Page 6</a>	<b>Art Wednesdays</b> 9:30 am to 11:30 am <a href="#">Page 14</a>	<b>Craft Connection</b> 9:30 am to 11:30 am <a href="#">Page 14</a>	<b>Art on Fridays</b> 9 am to 12 pm <a href="#">Page 15</a>
<b>Pool and Snooker</b> 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm <a href="#">Page 26</a>	<b>ACE Intro to Horticulture</b> 9:30 am to 12 pm <a href="#">Page 32</a>	<b>Indoor Bowls</b> 9:30 am to 11 am <a href="#">Page 27</a>	<b>Fit, Flexible and Fabulous (CHSP)</b> 9:30 am to 10:30 am <a href="#">Page 6</a>	<b>Blokes BBQ</b> 9:30 am to 11:30 am <a href="#">Page 27</a>
<b>Polish Social Group (CHSP)</b> 9:30 am to 12:30 pm <i>(fortnightly)</i> <a href="#">Page 26</a>	<b>Pool and Snooker</b> 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm <a href="#">Page 26</a>	<b>Pool and Snooker</b> 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm <a href="#">Page 26</a>	<b>Pool and Snooker</b> 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm <a href="#">Page 26</a>	<b>Pool and Snooker</b> 9:30 am to 11:30 am 11:30 am to 1:30 pm 1:30 pm to 3:30 pm <a href="#">Page 26</a>
<b>Persian Social Group (CHSP)</b> 9:30 am to 12:30 pm <i>(fortnightly)</i> <a href="#">Page 26</a>	<b>Art with Jillian</b> 10 am to 12 pm <a href="#">Page 14</a>	<b>Tutti Insieme (CHSP)</b> 10 am to 12 pm <a href="#">Page 27</a>	<b>Ceramics</b> 10 am to 1 pm <a href="#">Page 15</a>	<b>The Golden Years (CHSP)</b> 12:30 pm to 3 pm <i>(fortnightly)</i> <a href="#">Page 27</a>
<b>Dance and Tone</b> 1 pm to 1:45 pm <a href="#">Page 6</a>	<b>SA Rocks</b> 11 am to 1 pm <a href="#">Page 14</a>	<b>Keep Fit (CHSP)</b> 12:30 pm to 1:30 pm <a href="#">Page 6</a>	<b>Stress Management</b> 11 am to 12:15 pm <a href="#">Page 7</a>	<b>Chef's Table Cooking Demonstration (CHSP)</b> 12:30 pm to 2 pm <i>(monthly)</i> <a href="#">Page 27</a>
<b>Happy Hour</b> 1:30 pm to 3 pm <a href="#">Page 26</a>	<b>Gentle Chi Ball (CHSP)</b> 11:30 am to 12:30 pm <a href="#">Page 6</a>	<b>Arts Therapy</b> 1:30 pm to 3:30 pm <a href="#">Page 6</a>	<b>1:1 English Tutoring</b> 11 am to 12 pm 12 pm to 1 pm <a href="#">Page 18</a>	<b>Adelaide Bluegrass Cloggers</b> 6 pm to 7 pm <a href="#">Page 7</a>
<b>Narcotics Anonymous</b> 6:30 pm to 7:30 pm <a href="#">Page 6</a>	<b>Weave New Connections</b> 1 pm to 2:30 pm <a href="#">Page 14</a>		<b>Rock 'n' Roll</b> 12:30 pm to 2 pm <a href="#">Page 7</a>	
<b>Vocalize Choir</b> 7 pm to 9 pm <a href="#">Page 26</a>	<b>Social Bingo</b> 1:30 pm to 3:30 pm <i>(monthly)</i> <a href="#">Page 26</a>		<b>Social Table Tennis</b> 2:30 pm to 4:30 pm <a href="#">Page 7</a>	
	<b>Beginner English</b> 2 pm to 3 pm <a href="#">Page 18</a>			
	<b>Tasty Tuesdays</b> 5 pm to 6 pm <a href="#">Page 27</a>			
	<b>World Dance</b> 5:30 pm to 6:30 pm <a href="#">Page 27</a>			
	<b>Chinese Martial Arts</b> 7 pm to 9 pm <a href="#">Page 6</a>			



Cooinda Café | Page 26

Saturday	Sunday
<b>Yoga and Meditation</b> 9:30 am to 10:30 am <a href="#">Page 7</a>	<b>Sunset Twirlers Dance Club Inc.</b> 6 pm to 7 pm <a href="#">Page 7</a>
<b>Let's Talk English</b> 10 am to 11:30 am <a href="#">Page 18</a>	
<b>Adelaide Board Game Group</b> 1 pm to 7 pm <i>(monthly)</i> <a href="#">Page 27</a>	
<b>Pastel Artists of South Australia Inc.</b> 1:30 pm to 4 pm <i>(monthly)</i> <a href="#">Page 15</a>	

# Glandore Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art Evolution</b> 10 am to 12 pm <a href="#">Page 15</a>	<b>Heart Foundation Walking Group</b> 8:30 am to 9:30 am <a href="#">Page 8</a>	<b>Sketching</b> 9:30 am to 12 pm <a href="#">Page 15</a>	<b>KinderGym</b> 9:30 am to 10:15 am <a href="#">Page 22</a>	<b>Heart Foundation Walking Group</b> 8:30 am to 9:30 am <a href="#">Page 8</a>
<b>Broadway Boogie</b> 10:30 am to 11:15 am <a href="#">Page 7</a>	<b>Community Garden</b> 9:30 am to 2 pm <a href="#">Page 32</a>	<b>Tech Tutoring</b> 9:30 am to 10:30 am 10:30 am to 11:30 am 11:30 am to 12:30 pm <a href="#">Page 18</a>	<b>Chatty Café</b> 10:30 am to 11:30 am <a href="#">Page 28</a>	<b>Community Choir</b> 9:30 am to 11:30 am <a href="#">Page 28</a>
<b>Mahjong</b> 1 pm to 3 pm <a href="#">Page 28</a>	<b>Community Woodwork Shed</b> 9:30 am to 12:30 pm 1 pm to 4 pm <a href="#">Page 15</a>	<b>Community Woodwork Shed</b> 9:30 am to 12:30 pm 1 pm to 4 pm <a href="#">Page 15</a>	<b>Beginner English</b> 11:30 am to 12:30 pm <a href="#">Page 19</a>	<b>Community Playgroup</b> 9:30 am to 11 am <a href="#">Page 22</a>
<b>Inky Fingers Comic Gang</b> 4 pm to 5 pm (monthly) <a href="#">Page 22</a>	<b>ATO Tax Help</b> 10 am to 11 am 11 am to 12 pm 12 pm to 1 pm 1 pm to 2 pm <a href="#">Page 18</a>	<b>Mindfulness Mandalas</b> 10 am to 11:30 am <a href="#">Page 16</a>	<b>Immunisation Clinic</b> 1 pm to 4 pm (monthly) <a href="#">Page 8</a>	<b>Tech Tutoring</b> 9:30 am to 10:30 am 10:30 am to 11:30 am 11:30 am to 12:30 pm <a href="#">Page 18</a>
<b>Pilates 1</b> 4:15 pm to 5 pm <a href="#">Page 7</a>	<b>Japanese Playgroup</b> 10 am to 12:30 pm <a href="#">Page 22</a>	<b>Zumba Gold</b> 10:30 am to 11:15 am <a href="#">Page 8</a>	<b>Glandore Folk Group</b> 2 pm to 3 pm <a href="#">Page 16</a>	<b>Mindful Yoga</b> 12 pm to 12:45 pm <a href="#">Page 9</a>
<b>Pilates 2</b> 5 pm to 5:45 pm <a href="#">Page 7</a>	<b>Sing for Joy Choir</b> 10 am to 12 pm <a href="#">Page 28</a>	<b>ACE Intro to Cookery Skills Course</b> 11 am to 3 pm <a href="#">Page 18</a>	<b>Meditation</b> 2 pm to 3 pm <a href="#">Page 8</a>	
<b>Lords Dojo</b> 6:30 pm to 8:30 pm <a href="#">Page 7</a>	<b>stART</b> 10 am to 12 pm <a href="#">Page 15</a>	<b>Latin Rhythm</b> 11:45 am to 12:30 pm <a href="#">Page 8</a>	<b>Brazilian Dance Class</b> 6:30 pm to 7:30 pm <a href="#">Page 9</a>	
	<b>Pizza Days</b> 11:30 am to 1:30 pm (monthly) <a href="#">Page 30</a>	<b>Crafternoon</b> 1 pm to 3 pm <a href="#">Page 16</a>	<b>RSPCA SA: Dog Training Programs</b> 6:30 pm to 9:15 pm <a href="#">Page 18</a>	
	<b>BoxFit</b> 5 pm to 5:45 pm <a href="#">Page 8</a>	<b>Lords Dojo</b> 6:30 pm to 8:30 pm <a href="#">Page 7</a>		
	<b>RSPCA SA: Dog Training Programs</b> 6:30 pm to 9:15 pm <a href="#">Page 18</a>	<b>RSPCA SA: Dog Training Programs</b> 6:30 pm to 9:15 pm <a href="#">Page 18</a>		
		<b>Taskforce 72</b> 7:30 pm to 9 pm <a href="#">Page 16</a>		



Spring Plant Sale | Page 33

Saturday	Sunday
<b>Pilates</b> 9 am to 10 am <a href="#">Page 9</a>	<b>Svenska Skolan i Adelaide</b> 10 am to 12 pm <a href="#">Page 19</a>
<b>Community Garden</b> 9:30 am to 2 pm <a href="#">Page 32</a>	<b>Eritrean Women's Group</b> 6:15 pm to 8 pm (monthly) <a href="#">Page 28</a>
<b>Yoga</b> 10:15 am to 11:15 am <a href="#">Page 9</a>	

## Mitchell Park Sports and Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spark a Revolution Fitness</b> 6 am to 7 am 9:15 am to 10:15 am 6:15 pm to 7:15 pm <a href="#">Page 9</a>	<b>Spark a Revolution Fitness</b> 6 am to 7 am 9:15 am to 10:15 am 5:30 pm to 6:30 pm <a href="#">Page 9</a>	<b>Spark a Revolution Fitness</b> 6 am to 7 am 6:15 pm to 7:15 pm <a href="#">Page 9</a>	<b>Spark a Revolution Fitness</b> 6 am to 7 am 9:15 am to 10:15 am 6:15 pm to 7:15 pm <a href="#">Page 9</a>	<b>DrumFIT</b> 9:15 am to 10 am <a href="#">Page 11</a>
<b>Confetti Dance</b> 9:15 am to 11:15 am 4 pm to 5:45 pm <a href="#">Page 22</a>	<b>Confetti Dance</b> 9 am to 11 am 3:30 pm to 5:30 pm <a href="#">Page 22</a>	<b>Brazilian Playgroup</b> 9:30 am to 11 am <a href="#">Page 23</a>	<b>Meditation</b> 9 am to 9:45 am <a href="#">Page 11</a>	<b>ACE English Language</b> 10 am to 1:30 pm <a href="#">Page 19</a>
<b>Beading</b> 9:30 am to 11:30 am <a href="#">Page 16</a>	<b>Walking Group</b> 9 am to 10 am <a href="#">Page 10</a>	<b>DrumFIT</b> 9:30 am to 10:15 am 10:30 am to 11:15 am <a href="#">Page 11</a>	<b>Entry Level Sewing</b> 9:30 am to 11:30 am <a href="#">Page 16</a>	<b>Zumba Gold</b> 10 am to 10:45 am <a href="#">Page 11</a>
<b>Little Kickers</b> 10:30 am to 11:15 am 11:30 am to 12:15 pm <a href="#">Page 22</a>	<b>Walking Soccer</b> 9:30 am to 11:30 am <a href="#">Page 10</a>	<b>Wacky Wednesday (CHSP)</b> 12 pm to 2:30 pm <a href="#">Page 28</a>	<b>1:1 English</b> 10 am to 11 am 11 am to 12 pm <a href="#">Page 19</a>	<b>Chair Yoga</b> 10 am to 10:45 am <i>(starting 8 Aug)</i> <a href="#">Page 11</a>
<b>1:1 English</b> 11 am to 12 pm 12 pm to 1 pm <a href="#">Page 19</a>	<b>Social Sewing</b> 9:30 am to 12:30 pm <a href="#">Page 16</a>	<b>Spanish for Beginners</b> 1 pm to 2:30 pm <a href="#">Page 19</a>	<b>Pathways Café</b> 10 am to 12 pm <i>(fortnightly)</i> <a href="#">Page 11</a>	<b>French</b> 10:30 am to 11:30 am <a href="#">Page 20</a>
<b>Fit and Fabulous</b> 11:45 am to 12:30 pm <a href="#">Page 9</a>	<b>Walking Basketball</b> 10 am to 11 am <a href="#">Page 10</a>	<b>Youth Media Hub</b> 4 pm to 5:45 pm <a href="#">Page 23</a>	<b>Pilates</b> 10:30 am to 11:15 am <a href="#">Page 11</a>	<b>Yoga</b> 10:50 am to 11:35 am <a href="#">Page 11</a>
<b>Art Group</b> 12 pm to 2:30 pm <a href="#">Page 16</a>	<b>ACE Small Business Course</b> 10 am to 1:30 pm <a href="#">Page 19</a>	<b>Warriors TaeKwon-Do</b> 6:30 pm to 7:30 pm <a href="#">Page 10</a>	<b>Chinese Square Dancing</b> 10:30 am to 12 pm <a href="#">Page 11</a>	<b>Art with Jillian</b> 12:30 pm to 2:30 pm <a href="#">Page 16</a>
<b>Line Dancing - Beginners</b> 12:45 pm to 1:30 pm <a href="#">Page 9</a>	<b>Compass Cancer Support</b> 2 pm to 3:30 pm <a href="#">Page 28</a>		<b>Multicultural Women's Group</b> 12:30 pm to 2:30 pm <a href="#">Page 28</a>	
<b>Line Dancing - Intermediate</b> 1:30 pm to 2:15 pm <a href="#">Page 9</a>	<b>The Date-Ability Program</b> 2:30 pm to 4:30 pm <a href="#">Page 19</a>		<b>Out and About</b> 1 pm to 3 pm <a href="#">Page 28</a>	
<b>Tai Chi for Arthritis</b> 1:30 pm to 2:15 pm <a href="#">Page 10</a>	<b>First Taekwondo</b> 6:30 pm to 7:30 pm <a href="#">Page 10</a>		<b>Yoga</b> 6 pm to 7 pm <a href="#">Page 11</a>	
<b>The Jungle Body Mix</b> 6:15 pm to 7:15 pm <a href="#">Page 10</a>	<b>Common Thread</b> 6:30 pm to 8 pm <a href="#">Page 32</a>			
<b>Warriors TaeKwon-Do</b> 6:30 pm to 7:30 pm <a href="#">Page 10</a>				
			<b>Saturday</b>	<b>Sunday</b>
			<b>Spark a Revolution Fitness</b> 8 am to 9 am <a href="#">Page 9</a>	<b>Resilience and Wellbeing Hub</b> 7 am to 10 am <a href="#">Page 12</a>
			<b>Radio Control Racing</b> 8:30 am to 3 pm <a href="#">Page 11</a>	<b>Confetti Dance</b> 8:15 am to 12 pm <a href="#">Page 22</a>
			<b>Tai Chi</b> 9:00 am to 9:45 am <a href="#">Page 11</a>	<b>Simple Kingdom Church</b> 10:30 am to 12 pm <a href="#">Page 28</a>
			<b>Kids Martial Arts</b> 9:30 am to 10:15 am <a href="#">Page 23</a>	<b>Victory Family Centre</b> 5 pm to 8 pm <a href="#">Page 28</a>
			<b>All Ages Martial Arts</b> 10 am to 11 am <a href="#">Page 12</a>	<b>Austral Phoenix Junior Development</b> 6 pm to 9 pm <a href="#">Page 12</a>



Casual Basketball Shooting | Page 9

## Trott Park Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art with Jillian</b> 9:30 am to 11:30 am <i>Page 17</i>	<b>Men's Shed</b> 9:30 am to 12:30 pm <i>Page 17</i>	<b>Yoga</b> 9:30 am to 10:30 am <i>Page 12</i>	<b>Pilates</b> 9:15 am to 10 am <i>Page 12</i>	<b>Blokes Catch up (CHSP)</b> 9:30 am to 11:30 am <i>(select dates)</i> <i>Page 29</i>
<b>Community Woodwork Shed</b> 9:30 am to 12:30 pm <i>Page 17</i>	<b>Butterfly Playgroup</b> 9:30 am to 11:30 am <i>Page 23</i>	<b>Community Garden</b> 10 am to 12 pm <i>Page 32</i>	<b>Butterfly Playgroup</b> 9:30 am to 11:30 am <i>Page 23</i>	<b>Southern Nunga Men's Group</b> 11:30 am to 2:30 pm <i>(fortnightly)</i> <i>Page 29</i>
<b>Gentle Chi Ball (CHSP)</b> 10:30 am to 11:30 am <i>Page 12</i>	<b>Strength and Tone</b> 11:15 am to 12 pm <i>Page 12</i>	<b>ACE Intro to Barista and Cafe Work</b> 11 am to 3 pm <i>Page 20</i>	<b>Men's Shed</b> 9:30 am to 12 pm <i>Page 17</i>	<b>Social Table Tennis</b> 2:45 pm to 4:45 pm <i>Page 13</i>
<b>French Intermediate</b> 10:30 am to 12 pm <i>Page 20</i>	<b>Pool and Snooker</b> 12:30 pm to 2:30 pm <i>Page 29</i>	<b>Community Mosaic</b> 11 am to 1 pm <i>Page 17</i>	<b>Dance Fit</b> 10:15 am to 11 am <i>Page 12</i>	
<b>Welcome All Families</b> 12 pm to 2 pm <i>Page 23</i>	<b>Explore Art</b> 1:30 pm to 3:30 pm <i>Page 17</i>	<b>KinderGym</b> 11:15 am to 12 pm <i>Page 23</i>	<b>1:1 English Support</b> 12 pm to 1 pm 1 pm to 2 pm 2 pm to 3 pm <i>Page 20</i>	<b>LIIT</b> 7:45 am to 8:15 am <i>Page 13</i>
<b>Social Stitchers</b> 1 pm to 3 pm <i>Page 17</i>		<b>Pool and Snooker</b> 12:30 pm to 2:30 pm <i>Page 29</i>	<b>Pool and Snooker</b> 12:30 pm to 2:30 pm <i>Page 29</i>	<b>Dance in the Dark</b> 8:30 am to 9:15 am <i>Page 13</i>
<b>Yoga</b> 6 pm to 7 pm <i>Page 12</i>		<b>Kids Art</b> 4 pm to 5:30 pm <i>Page 23</i>		<b>Fitness Pilates</b> 9:30 am to 10:15 am <i>Page 13</i>
		<b>Cardio Drumming</b> 6 pm to 7 pm <i>Page 12</i>		<b>Community Garden</b> 10 am to 12 pm <i>Page 32</i>
				<b>RSPCA SA: Dog Training Programs</b> 10:30 am to 1:30 pm <i>Page 20</i>
				Saturday



### NEW at Trott Park Pool and Snooker

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

*Not available on public holidays or weekends.*

**Tuesdays, Wednesdays, Thursdays**  
**12:30 pm to 2:30 pm**

**Cost \$2**

**CALL TO BOOK** (08) 8375 6827

#### LOCATION

Hessing Crescent, Trott Park

#### TO FIND OUT MORE VISIT:

[marion.sa.gov.au/community-centres](http://marion.sa.gov.au/community-centres)



# 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

## 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

Have fun while improving your strength, balance, flexibility and fitness with a range of gentle exercises that can be done either sitting or standing or a combination of both. Use of bands and light weights focusing on stretching, balance and breathing.

INTENSITY ★★★

**Tuesdays, 9:30 am to 10:30 am**

**Thursdays, 9:30am to 10:30 am**

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

**CALL TO BOOK** (08) 8375 6703



COOINDA

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 afterwards.

INTENSITY ★

**Tuesdays, 11:30 am to 12:30 pm**

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

**CALL TO BOOK** (08) 8375 6703

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](http://www.budokaiaustralia.com)

[info@budokaiaustralia.com](mailto: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 36

**CALL TO BOOK** (08) 8375 6703



COOINDA

## Arts Therapy

Join arts therapist Susannah in a 10-week group using creative arts to explore wellbeing, values, and goals. No art experience needed, just curiosity! A safe, inclusive, non-judgemental space. Carers welcome.

**Wednesdays, starting from July 23**

**1:30 pm to 3:30 pm**

**Cost \$10 per class**

**CALL TO BOOK** (08) 8375 6703



COOINDA

## Stress Management

This seated program will focus on a variety of techniques including deep breathing, stretching for tension release, reflexology and movements for flexibility. Designed to help you relax, improve sleep and boost energy levels.

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 the world's most popular racquet sport, 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.

Beginners are very welcome. This is a social group.

**INTENSITY ★★**

**Thursdays, 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 expensive costumes required. Great for exercise and fun. Weekly classes are held as well as socials and workshops. We welcome beginners, aged from 7 to 80+ to our beginner class where we clog to a wide range of music.

**Fridays, 6 pm to 7 pm**

**Cost \$8 per session**

**CALL TO BOOK 0413 453 250**

COOINDA

## Yoga and Meditation

Awaken your purpose, breathe your truth and release stress. Join us for a transformative holistic approach that blends body psychotherapy, breathwork, and guided meditation to release tension, embrace inner peace, and awaken the best version of yourself possible. A blissful 60-minute journey back to your highest self.

**Saturdays, 9:30 am to 10:30 am**

**Cost \$20 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 standardized 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

## Broadway Boogie

Broadway Boogie is a new fitness class that fuses dance, cardio and strength training with the glitz and glamour of musical theatre. Perfect for all fitness levels, you'll sweat it out to show tunes while building confidence, coordination and having a ball.

**INTENSITY ★★★**

**Mondays, starting from 21 July**

**10:30 am to 11:15 am**

**Cost \$8 per class**

**CALL TO BOOK (08) 7420 6400**



GLANDORE

## Pilates 1 & 2

Come along and enjoy the moves and benefits of Pilates in a fun, warm, 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.

**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

## 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, 6:30 pm to 8:30 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

### 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 Glandore reception Slade building.

**INTENSITY ★★**

*Proudly supported by volunteers.*

**Tuesdays, 8:30 am to 9:30 am**

**Fridays, 8:30 am to 9:30 am**

**FREE! Walk-ins welcome**



## GLANDORE

### 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

### 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

### Latin Rhythms

You don't need a dance partner to spice up your fitness and fall in love with Latin Rhythms. Learn all the basic steps, improve your strength, coordination and overall cardio fitness while moving your hips and feel the energy as you dance your way to a healthier and happier you.

**INTENSITY ★★★**

**Wednesdays, 11:45 am to 12:30 pm**

**Cost \$8 per class**

**CALL TO BOOK (08) 7420 6400**

## GLANDORE

### Free Immunisation Program

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

**Monthly on Thursdays, 1 pm to 4 pm**

**24 July | 28 Aug | 25 Sept**

**FREE! Bookings essential**

**BOOK ONLINE**

[marion.sa.gov.au/immunisation](http://marion.sa.gov.au/immunisation)



## GLANDORE

### Meditation

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

**Thursday 2 pm to 3 pm**

**FREE! Bookings essential**

**CALL TO BOOK (08) 7420 6400**



## 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](http://marion.sa.gov.au/community-centres-mailing-list)



### GLANDORE

#### Brazilian Dance Classes

Discover Brazilian Zouk – a smooth, versatile partner dance from Brazil. Our passionate instructors will guide you through the basics, body movement, and partner connection in a fun, supportive space. Open to all levels, no partner needed – just bring your enthusiasm

**Thursdays, 6:30 pm to 7:30 pm**

**Cost varies**

**BOOK ONLINE** [latindancehq.com](http://latindancehq.com)

[info@latindancehq.com](mailto:info@latindancehq.com)

### GLANDORE

#### 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 12:45 pm**

**Cost \$8 per class**

**CALL TO BOOK** (08) 7420 6400

### GLANDORE

#### 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. Just bring yourself and a water bottle.

**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



### GLANDORE

#### Yoga

Immerse yourself in this 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, 10:15 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

#### Casual Basketball Shooting

Grab some friends or come solo to shoot hoops and sharpen your skills. Just bring your own basketball.

**Weekdays, 9 am to 3 pm**

**Cost \$4.50 per hour/per person**

**CALL TO CHECK COURT AVAILABILITY**

(08) 8375 6804

*Limited availability.*

### MITCHELL PARK

#### Fit and Fabulous

Join this balance, resistance, weight bearing, low impact fitness class for the fun, 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 and those of us who require privacy on their fitness journey.

**INTENSITY ★★★**

**Mondays, 11:45 am to 12:30 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



## 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 2025 (July to September) will be accepted from 20 June 2025.**



### MITCHELL PARK

#### Tai Chi for Arthritis

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

**INTENSITY ★**

**Mondays starting from 21 July**

**1:30 pm to 2:15 pm**

**Cost \$8 per class**

**CALL TO BOOK (08) 8375 6804**

### MITCHELL PARK

#### The Jungle Body Mix (Dance Fitness)

A dance fitness class for all fitness levels run by the Fitness Temple. Easy-to-follow, mood-elevating, high intensity fusion of boxing, cardio, dance and sculpting set to the hottest beats.

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

**Cost \$12 per class**

**BOOK ONLINE** [bit.ly/TFTgymcatch](http://bit.ly/TFTgymcatch)

### MITCHELL PARK

#### Warriors TaeKwon-Do

A unique blend of fitness, self-defence, discipline, and focus. With expert instruction and proven techniques, our classes build confidence, respect, and courtesy while promoting stress relief, goal-setting, teamwork, and a healthy lifestyle. We nurture character, life skills, and community involvement

**Mondays, 6:30 pm to 7:30 pm**

**Wednesdays, 6:30 pm to 7:30 pm**

**Cost \$80 per month**

**(2 free lessons to new students)**

**CALL DAVID TO BOOK 0404 555 144**



### 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, 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@wfadelaide.com](mailto:info@wfadelaide.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

#### First Taekwondo

Besides the self-defence aspect, there are many additional 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.

**Tuesdays, 6:30 pm to 7:30 pm**

**Cost \$70 per month**

**CALL DAVID TO BOOK 0411 831 650**



**MITCHELL PARK**

### DrumFIT

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.

**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.

**Thursdays, 9 am to 9:45 am**

**FREE! CALL TO BOOK** (08) 8375 6804



**MITCHELL PARK**

### Pathways Cafe

Are you caring for someone with dementia or living with it yourself? Join others to share experiences, learn, and find support. We'll discuss the challenges and positives, and explore available services and resources for you and your loved ones.

**Thursdays fortnightly, 10 am to 12 pm**

**FREE! (gold coin donation appreciated)**

**CALL GEOFF TO BOOK** 0439 699 116

**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**

### 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

**MITCHELL PARK**

### Yoga

Encouraging & welcoming you for this gentle yoga class to focus on breath, alignment, and gentle adjustments to cultivate inner peace and prana that strengthens and nourishes body, mind, and soul. Move and flow through yoga moving in sync with your breath to enjoy a relaxed, calming state of mind and wellbeing. Beginners welcome.

**INTENSITY ★★**

**Thursdays starting from 24 July,**

**6 pm to 7 pm**

**Cost \$8 per class**

**CALL TO BOOK** (08) 8375 6804

**Fridays, 10:50 am to 11:35 am**

**Cost \$8 per class**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)

**MITCHELL PARK**

### Chair Yoga

Encouraging & welcoming you for this gentle yoga class to focus on breath, alignment, and gentle adjustments to cultivate inner peace and prana (vital energy) that strengthens and nourishes body, mind, and soul. Move and flow through yoga moving in sync with your breath to enjoy a relaxed, calming state of mind and wellbeing. Beginners welcome.

**INTENSITY ★**

**Thursdays until 31 July,**

**10:30 am to 11:15 am**

**Fridays starting 8 Aug,**

**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**

### 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](http://arcr.org.au/entries)

**MITCHELL PARK**

### Tai Chi

Run by Ultra Elite High Performing Coaching join us for gentle, flowing movements inspired by Tai Chi. No floor work, perfect for all fitness levels. Rejuvenate your body and mind, leaving each session feeling relaxed and energised. Breathing focused to revive and rejuvenate.

**Saturdays, 9 am to 9:45 am**

**Cost varies**

**CALL REBECCA TO BOOK** 0420 988 999

[zenbecsa.com](http://zenbecsa.com)

MITCHELL PARK

## All Ages Martial Arts

Run by Ultra Elite High Performing Coaching this is an all-ages martial arts programs and Kick Punch Fitness Fun! A casual program where you can join in on classes, wear casual clothes and no pressure to grade and no sparring. A non traditional way to train, learn and have fun.

**Saturdays, 10 am to 11 am**

**Cost varies**

**CALL REBECCA TO BOOK** 0420 988 999  
zenbecsa.com

MITCHELL PARK

## Resilience and Wellbeing Hub

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 booking required**

**ENQUIRIES** adelaidenepal.org.au

MITCHELL PARK

## Austral Phoenix Junior Development Program

Ben Williamson will be heading up our brand-new Austral Junior Development Program (AJDP). The AJDP is being developed alongside several of our senior coaches and will offer specialised coaching for juniors of all ages and abilities.

*If you've got any questions, feel free to email us at: [president@australvolleyball.org.au](mailto:president@australvolleyball.org.au)*

**Sundays, 6 pm to 7:30 pm**

**Sundays, 7:30 pm to 9 pm**

**Cost: From \$200**

**EMAIL TO BOOK**

[juniors@australvolleyball.org.au](mailto:juniors@australvolleyball.org.au)

MITCHELL PARK

## Physio Therapy

Meaningful Movement Physio' is a mobile physiotherapy service in South Australia that provides goal-oriented and individualised therapy to people with disabilities. Meaningful Movement Physio caters for people of all ages and is passionate about helping engage clients in movement opportunities that are not physically beneficial, but add meaning and purpose to their lives.

*For further information visit: [meaningfulmovementphysio.com](http://meaningfulmovementphysio.com)*

**By appointment only**

**CALL LAUREN TO BOOK:** 0422 242 397



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, 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

## 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**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)

**Wednesdays, 9:30 am to 10:30 am**

**CALL TO BOOK** (08) 8375 6827

**Cost \$8 per class**

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

## 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 7 pm**

**Cost varies**

**BOOK ONLINE**

[courtneysdancefitness.com.au](http://courtneysdancefitness.com.au)

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, 10:15 am to 11 am**

**Cost \$8 per class**

**CALL TO BOOK** (08) 8375 6827





**TROTT PARK**

### Social Table Tennis

Table tennis (or ping-pong) is the most popular racquet 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**

**TROTT PARK**

### LIIT

LIIT is gentle on joints but still effective! Alternate between low-impact exercises and rest, boosting metabolism and toning muscles without the intensity of traditional HIIT.

**Saturdays, 7:45 am to 8:15 am**

**Cost varies**

**BOOK ONLINE**

[courtneysdancefitness.com.au](http://courtneysdancefitness.com.au)

**TROTT PARK**

### Dance in the Dark

Dance in the dark with glow sticks! Clubbercise fuses dance fitness with a party vibe. High-energy, fun, and easy-to-follow routines will keep you moving to the beat.

**Saturdays, 8:30 am to 9:15 am**

**Cost varies**

**BOOK ONLINE**

[courtneysdancefitness.com.au](http://courtneysdancefitness.com.au)



**TROTT PARK**

### Fitness Pilates

Strengthen and tone with Fitness Pilates. This mat-based workout focuses on core strength, flexibility, and posture, offering low-impact exercises that are great for overall body conditioning.

**Saturdays, 9:30 am to 10:15 am**

**Cost varies**

**BOOK ONLINE**

[courtneysdancefitness.com.au](http://courtneysdancefitness.com.au)



## Are you holding a Community Event in the City of Marion?

Local not-for-profit organisations or community groups staging events or festivals within the City of Marion may be eligible for support from the Community Event Fund.

Grants of up to \$2,000 are available to assist with funding. Events and festivals that benefit the residents of the City of Marion may be eligible.

Check the Community Event Fund guidelines at [marion.sa.gov.au/grants](http://marion.sa.gov.au/grants) or email Grants Officer [ashley.lambourne@marion.sa.gov.au](mailto:ashley.lambourne@marion.sa.gov.au)

# 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, no matter what you are working on. 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, 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, 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 sell 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

Join Maryanne for a social craft morning, bring your unfinished craft project and be inspired to complete them (then maybe start something new). This is an opportunity to share your stories and skills or even 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 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, 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](http://marion.sa.gov.au/community-centres) or ask for a copy when visiting Centres.



GLANDORE

### Art Evolution

This art class can offer many different art styles including, watercolour, pastels, sketching, acrylics and mosaic. Facilitated by a highly skilled mentor and suitable for all abilities. Participants work on their own projects for the 2 hour session.

**Mondays, 10 am to 12 pm**

**Art: \$10 per class**

**Mosaics: \$12 per class**

**CALL TO BOOK** (08) 7420 6400



GLANDORE

### 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 and Wednesdays  
9:30 am to 12:30 pm | 1 pm to 4 pm**

**Cost \$8 per class**

**CALL TO BOOK** (08) 7420 6400



GLANDORE

### stART

stART is a painting class welcoming painters of all abilities. Come and 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

### 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

### 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 11:30 am**

**Cost \$4 per class**

**CALL TO BOOK** (08) 7420 6400



GLANDORE

### Crafternoon

BYO craft project or be willing to 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

### 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.

**Wednesdays, 7:30 pm to 9 pm**

**FREE!** *Bookings essential*

**CALL TO BOOK** 0419 814 617



GLANDORE

### Glandore 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 flare? 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

### 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 and at your leisure. 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



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

## Help us by booking ahead

To help our facilitators manage our classes we ask that regular participants please book in advance to reserve your place in the program. By reserving your spot in advance our team will be able to contact you about any last minute changes or cancellations.



### TROTT PARK

#### 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.*

**Mondays 9:30 am to 12:30 pm**

**Cost \$4 per class**

**CALL TO BOOK (08) 8375 6827**



### 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

#### Social Stitchers

These creative sessions will have you sewing, quilting and creating patchwork designs in a friendly group setting. Stay on for 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 1 pm to 3 pm**

**Cost \$4 per class**

**CALL TO BOOK (08) 8375 6827**



### TROTT PARK

#### Men's Shed

The Men's Shed at Trott Park is a welcoming space for men to connect, share skills, and work on projects together. 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 9:30 am to 12:30 pm**

**Thursdays 9:30 am to 12 pm**

**Cost \$4 per class**

**CALL TO BOOK (08) 8375 6827**



### TROTT PARK

#### Explore Art

Suitable for all art levels (beginners to intermediate) wanting to enhance their 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, art installations, the list goes on! A great way to socialise while getting creative! Please note these sessions are for people with prior mosaic experience.

**Wednesdays 11 am to 1 pm**

**Cost \$2 per class**

**CALL TO BOOK (08) 8375 6827**



# Education



## 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 learnings.

**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**

**FREE!** Bookings essential

**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 and international students, 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

## GLANDORE

### ATO Tax Help

Accredited ATO volunteers are available to help eligible people lodge their tax returns, free of charge.

To qualify for this service you must:

- > Earn \$60,000 or less per year
- > Not run a business or have an ABN
- > Not receive income from things like shares, rental properties, public trusts or overseas sources

To check if you're eligible, call the ATO on 13 28 61 or visit [ato.gov.au](http://ato.gov.au)

**Tuesdays,**

**10 am | 11 am | 12pm | 1pm**

**FREE!** Bookings essential

**CALL TO BOOK** (08) 7420 6400

## GLANDORE

### RSPCA SA: Dog Training Programs

At RSPCA SA we offer a range of force-free dog training classes for a happy and well-socialised dog. We offer small group classes and one on one consultants to suit your dog's needs plus ALL proceeds help support animals in need.

Our classes include: Puppy Partnership, Foundations Program, Level-Up, Nosework, Games and Tricks, Leash, Attention and Manners and Fun Recall.

**Nosework Classes:**

**Tuesdays, 6:30 pm to 9:15 pm**

**Thursdays, 6:30 pm to 9:15 pm**

**Other Classes (on rotation):**

**Wednesdays, 6:30 pm to 9:15 pm**

**Cost varies per class type**

**BOOK ONLINE**

[rspcasa.org.au/dog-training](http://rspcasa.org.au/dog-training)

## GLANDORE

### Tech Tutoring

Need help with your laptop, tablet or phone? Book a 50-minute one-on-one session with our Tech Help tutors. Bring your device and ask about email, social media, internet browsing, file management and more

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

**Wednesdays and Fridays,**

**9:30 am to 10:30 am**

**10:30 am to 11:30 am**

**11:30 am to 12:30 pm**

**Cost \$6 per session**

**CALL TO BOOK** (08) 7420 6400



## GLANDORE

### ACE Introduction to Cookery Skills Course

This four-week course, running one day a week, will help you explore a pathway into kitchen work, whether you want to become a chef or start a new food business!

FREE for eligible people aged 18+, not in school, and living in South Australia or on a valid work/study visa, preparing for work or study.

ACE courses are run with MarionLIFE and City of Marion, supported by the Government of South Australia

**Wednesdays for 4 weeks starting 30 July, 11 am to 3 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marion.sa.gov.au/cookery-skills](http://marion.sa.gov.au/cookery-skills)





GLANDORE

## Planning Ahead Workshop with Legal Services

We all want to live our lives with dignity and to have control over the decisions that impact us. Planning ahead today is the best way to ensure that we can continue to have input into these decisions. In this free legal education session, we will discuss Advance Care Directives, Enduring Powers of Attorney and Wills – the legal tools that can be used to help ensure you have a voice and that your wishes are upheld.

To learn more visit [www.lsc.sa.gov.au](http://www.lsc.sa.gov.au)

**Wednesday 23 July, 5:30 pm to 7 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



GLANDORE

## Beginner English Class

This class offers a friendly, supportive space for beginners with little or no English. We focus on basic vocabulary and pronunciation, building gradually each week.

**Thursdays, 11:30 am to 12:30 pm**

**FREE!** Bookings essential

**CALL TO BOOK** (08) 7420 6400

GLANDORE

## 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, 10 am to 12 pm**

**Cost varies**

**BOOK ONLINE**

[svenskaskolanadelaide.com](http://svenskaskolanadelaide.com)

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

## 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

## The Date-Ability Program

Take part in a 12-week journey toward meaningful relationships. Led by experienced counsellors, this small-group program is designed for NDIS participants over the age of consent.

**Tuesdays, 2:30 pm to 4:30 pm**

**NDIS funded**

**BOOK ONLINE** [fs-solutions.com.au](http://fs-solutions.com.au)



MITCHELL PARK

## ACE Beginning Your Small Business and Entrepreneur Journey Course

This course equips aspiring entrepreneurs with the knowledge and skills to start and grow a small business. Whether you already have an idea or are seeking inspiration, it will help guide your next steps.

**FREE** for eligible people aged 18+, not in school, and living in South Australia or on a valid work/study visa, preparing for work or study.

ACE courses are run with MarionLIFE and City of Marion, supported by the Government of South Australia.

**Tuesdays for 5 weeks starting**

**22 July, 10 am to 1:30 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marion.sa.gov.au/small-business-course](http://marion.sa.gov.au/small-business-course)



MITCHELL PARK

## ACE English Language Writing Skills for Study and Employment Course

This course can assist in improving your English writing skills, help you gain confidence, refine your skills, and prepare you for work and study.

**FREE** for eligible people aged 18+, not in school, and living in South Australia or on a valid work/study visa, preparing for work or study.

ACE courses are run with MarionLIFE and City of Marion, supported by the Government of South Australia.

**Fridays for 5 weeks starting**

**25 July, 10 am to 1:30 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marion.sa.gov.au/english-skills](http://marion.sa.gov.au/english-skills)

**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

**MITCHELL PARK****Financial Literacy**

Financial literacy focuses on current spending habits and barriers to financial goals. Our counsellors will assist to unpack current habits and create positive and relevant strategies to help reach financial goals. Basic education on personal finances.

**Times by appointment**

**NDIS funded**

**BOOK ONLINE** [fs-solutions.com.au](http://fs-solutions.com.au)

**TROTT PARK****French - Intermediate**

A mixed group of participants interested in speaking, sharing and learning French. Practice your French, learn new words and make new friends. This volunteer run group is a casual and fun way to polish your French skills.

**Mondays, 10:30 am to 12 pm**

**Cost \$4 per class**

**CALL TO BOOK** (08) 8375 6827

**TROTT PARK****ACE Introduction to Barista and Café Work Course**

This hands-on course introduces the art of coffee making and provides practical training for working in the café industry.

FREE for eligible people aged 18+, not in school, and living in South Australia or on a valid work/study visa, preparing for work or study.

ACE courses are run with MarionLIFE and City of Marion, supported by the Government of South Australia.

**Wednesdays for 4 weeks starting**

**20 Aug, 11 am to 3 pm**

**FREE! Bookings essential**

**BOOK ONLINE**

[marion.sa.gov.au/cafe-work](http://marion.sa.gov.au/cafe-work)

**TROTT PARK****1:1 English Support**

Connect with our tutors and be supported in English language skills. Our tutors will work one on one with you to help with your English needs.

**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

**TROTT PARK****Planning Ahead Workshop with Legal Services**

We all want to live our lives with dignity and to have control over the decisions that impact us. Planning ahead today is the best way to ensure that we can continue to have input into these decisions. In this free legal education session, we will discuss Advance Care Directives, Enduring Powers of Attorney and Wills – the legal tools that can be used to help ensure you have a voice and that your wishes are upheld.

To learn more visit [www.lsc.sa.gov.au](http://www.lsc.sa.gov.au)

**Thursday 4 September, 1 pm to 2:30 pm**

**FREE! Bookings essential**

**CALL TO BOOK** (08) 8375 6827

**TROTT PARK****RSPCA SA: Dog Training Programs**

At RSPCA SA we offer a range of force-free dog training classes for a happy and well-socialised dog. We offer small group classes and one on one consultants to suit your dog's needs plus ALL proceeds help support animals in need.

Our classes include: Puppy Partnership, Foundations Program, Level-Up, Nosework, Games and Tricks, Leash, Attention and Manners and Fun Recall.

**Saturdays, 10:30 am to 1:30 pm**

**Cost varies per class type**

**BOOK ONLINE**

[rspcasa.org.au/dog-training](http://rspcasa.org.au/dog-training)

*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/](http://marion.sa.gov.au/community-centres-mailing-list)

[community-centres-mailing-list](http://community-centres-mailing-list)





# *Call for volunteers*

We're looking for some kind-hearted, talented people to join our wonderful volunteering team.

Speak with our lovely Volunteer Support Officer, Veronica, or visit **[marion.sa.gov.au/volunteering](https://marion.sa.gov.au/volunteering)** if you'd like 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](mailto:veronica.tredrea@marion.sa.gov.au)**

*A great place to live.*



# Young people and families



## GLANDORE

### Inky Fingers Comic Gang

Do you love to draw? Want to create some characters and make your own comic? Join us at the Inky Fingers Comic Workshop - a monthly comic workshop led by the brilliant Adelaide comics artist George Rex! Each session stands alone and is open to all drawing levels. All materials supplied.

*Suitable for ages 8 to 14 years.*

**Monday 4 August, 4 pm to 5 pm**

**Monday 1 September, 4 pm to 5 pm**

**Cost \$10 per class**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)

## GLANDORE

### 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

### 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**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)

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



## GLANDORE

### Community Playgroup

Playgroup is a great way for children to learn about the world, make new friends and develop social skills. Join this inclusive group that allows your child the opportunity to meet other children and adults and the opportunity to connect with others. Including indoor/outdoor play, craft, reading time and toys, a fenced and shaded outside area with a sandpit, play equipment and more. This playgroup is supported by Forbes Children Centre. Come along and join the fun, relax and connect with other caregivers and children.

*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

### 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](http://littlekickers.com.au) for more info

## MITCHELL PARK

### Confetti Dance

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

**Mondays, 9:15 am to 11:15 am**

**Mondays, 4 pm to 5:45 pm**

**Tuesdays, 9 am to 11 am**

**Tuesdays, 3:30 pm to 5:30 pm**

**Sundays, 8:15 am to 12 pm**

**Price varies**

**CALL TO BOOK 0421 980 590**

[confettidance.com.au](http://confettidance.com.au)

## 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 0 to 5 year olds.*

**Wednesdays, 9:30 am to 11 am**

**Cost \$4 per session**

**BOOK ONLINE**

marioncommunityhubs.eventbrite.com

## MITCHELL PARK

**Youth Media Hub**

Discover how to use digital tools for creating podcasts, images, sound, movies, and videos. Wi-Fi, snacks and devices will be available, but feel free to bring your own too.

*Suitable for ages 12 to 17 years.*

**Wednesdays, 4 pm to 5:45 pm**

**FREE! Bookings essential**

**BOOK ONLINE**

marion.sa.gov.au/youth-media-hub

## MITCHELL PARK

**Kids Martial Arts**

Unlock your child's potential with Martial Arts. Gain confidence, self-defence, resilience, self-discipline, fun and smiles. Families encouraged to train together. Designed for kids of all ages.

**Saturday, 9:30 am to 10:15 am**

**Cost varies**

**CALL REBECCA TO BOOK** 0420 988 999  
zenbecsa.com

## MITCHELL PARK

**The Lab**

The Lab is a not-for-profit technology and gaming club for children and young people who identify as being on the autism spectrum, mentored by tech professionals.

**Saturdays, by appointment**

**Costs \$70\* per session**

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

**BOOK ONLINE** thelab.org.au

*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 | 24 July | 28 Aug | 25 Sept**  
**Monthly on Thursdays, 1 pm to 4 pm**

To learn more or to book visit [marion.sa.gov.au/immunisation](http://marion.sa.gov.au/immunisation)



## 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

**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 0-5 years.*

**Wednesdays, 11:15 am to 12 pm**

**Cost \$8\* per child**

**BOOK ONLINE**

marioncommunityhubs.eventbrite.com

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



## TROTT PARK

**Kids Art Program**

Unleash your creativity in our art program, led by the talented artist Mary. Dive into a world of imagination as you explore a variety of mediums including drawing, watercolor, acrylic painting and collage. Learn new techniques, experiment with vibrant colours, and create your own amazing pieces of art.

*Suitable for ages 7 to 12 years.*

**Wednesdays, 4 pm to 5:30 pm**

**Cost \$10 per class**

**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



# School holidays



## COOINDA

### Kids Bollywood Dance Party

A fun filled event that will have little stars grooving to the energetic beats of Bollywood music while learning some iconic moves in a lively and inclusive atmosphere. With colourful costumes, fun games and plenty of chances to perform, kids will experience the joy of dance, culture and creativity in one unforgettable celebration. No dance experience needed - just bring your smiles and energy.

*Suitable for ages 6 to 12 years.*

**Wednesday 9 July, 1:30 pm to 2:15 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



## COOINDA

### Mandala Dot Workshop

In this hands-on session, children will learn the calming, colourful art of Mandala dot painting as they design and decorate their own coaster set to take home. Guided step-by-step, they'll explore patterns, colours and mindfulness, creating unique pieces to be proud of. No experience needed—just a love for art and imagination

*Suitable for ages 8 to 14 years..*

**Wednesday 16 July, 10 am to 11am**

**Cost \$5**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



## GLANDORE

### Farm Animals at Glandore

Pop into Glandore and visit Farmer Darcy's Travelling Farm Animals! Stay and play on the beautiful grounds and playground of the Community Centre.

*Suitable for ages 0-12 years.*

**Tuesday 8 July, 10 am to 12 pm**

**FREE!** Bookings essential

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



## GLANDORE

### Kokedamas

Create your own kokedama plant in this fun hands-on workshop. You and your child will each make one to take home (a small version for kids, a larger one for adults). Learn the traditional Japanese art of wrapping a plant in soil, moss and twine, no pot required! A great way to get creative and connect with nature together.

*Suitable for ages 6 plus years.*

**Thursday 17 July, 10 am to 12 pm**

**Cost \$25 includes 1 adult and 1 child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



## MITCHELL PARK

### First Aid

This First Aid Program facilitated by St Johns is designed to teach children the essential steps in providing help during an emergency. Kids will cover the basics of assessing the situation with a focus on dangers in the home.

*Suitable for ages 10 to 13 years.*

**Monday 14 July, 10 am to 11:30 am**

**Cost - gold coin donation**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



## MITCHELL PARK

### Beading Workshop

This beading program offers children the opportunity to unleash their inner artists and craft beautiful beaded items such as keyrings, necklaces and bracelets!

*Suitable for ages 6 to 12 years.*

**Tuesday 15 July, 10 am to 11:30 am**

**Cost \$4 per child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)





**MITCHELL PARK**

## Flower Pots and Paper Flowers

Get ready for a burst of colour and creativity this school holidays! Join us at Mitchell Park for a blooming good time where you'll paint your very own flower pots and craft beautiful paper flowers.

*Suitable for ages 6 to 12 years.*

**Thursday 17 July, 10 am to 11:30 am**

**Cost \$4**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



**TROTT PARK**

## First Aid

This First Aid Program facilitated by St Johns is designed to teach children the essential steps in providing help during an emergency. Kids will cover the basics of assessing the situation with a focus on dangers in the home.

*Suitable for ages 8 to 10 years.*

**Monday 7 July, 9:30 am to 11:30 am**

**Cost - gold coin donation**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



**TROTT PARK**

## Build Your Own Wooden Treasure Box

Trott Park Men's Shed is hosting a "Build your Own Wooden Treasure Box" school holiday program. Caregivers are encouraged to stay and support their child during the session as they bring their creation to life.

*Suitable for ages 7 to 12 years.*

**Thursday 10 July, 9:30 am to 11:30 am**

**Cost \$10 per child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



**TROTT PARK**

## Make Desktop Candy Dispenser

Get creative these school holidays with our fun and hands-on Desktop Candy Dispenser Workshop! Kids will design, cut, paint and decorate their very own working candy dispenser using recycled materials. This engaging activity encourages creativity, problem-solving and a little engineering - all while having a sweet time. Perfect for crafty kids who love building and personalising their creations.

*Suitable for ages 7 to 12 years.*

**Thursday 10 July, 9:30 am to 11:30 am**

**Cost \$4 per child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



**TROTT PARK**

## Bath Bombs

Get hands-on making your own fragrant bath bombs using natural ingredients and essential oils. Discover the health and wellness benefits behind the scents, beyond just smelling great! You'll take home your handmade bath bombs and a recipe to make more for friends and family. Includes a relaxing essential oil activity and a chance to win a door prize.

*Suitable for ages 6 to 12 years.*

**Tuesday 15 July, 10 am to 11:30 am**

**Cost \$10 per child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



**TROTT PARK**

## Build A Recycle Racetrack

Rev up these holidays with our Recycling Racetrack workshop! Kids will team up to design and build an epic racetrack using recycled cardboard, then decorate with their own creative flair. Once the track is complete, it's time to race and play together in a friendly, hands-on session that encourages teamwork, sustainability and imaginative play.

*Suitable for ages 3 to 10 years.*

**Thursday 17 July, 9:30 am to 11:30 am**

**Cost \$4 per child**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)

# Social and cultural interests



COOINDA

## Cooinda Café

Cooinda Café is a welcoming and accessible café, with a selection of affordable sweet and savoury items on the menu. All welcome.

**Weekdays, 9 am to 2 pm**  
**Dine-in or takeaway**



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,**  
**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

## Persian Social Group

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

**Mondays, 9:30 am to 12:30 pm**

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

**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.

**Mondays, 9:30 am to 12:30 pm**

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

**CALL TO BOOK (08) 8375 6703**

COOINDA

## Happy Hour

Happy Hour is your weekly dose of games, laughs, and friendly faces! Come along to enjoy your favourite game and great company – it's all about connecting with others and having a good time in a fun, welcoming space.

**Mondays, 1:30 pm to 3 pm**

**FREE! Bookings essential**

**CALL TO BOOK (08) 8375 6703**

COOINDA

## Vocalize Choir

Vocalize is a non-auditioned adult community choir. 2025 includes February Fringe Bangers and Mashups as well as June Festival of Voices, Hobart. 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](http://vocalize.com.au)**



COOINDA

## Social Bingo

Come 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.

**Tuesdays monthly,**

**From 1:30 pm**

**FREE! Bookings essential**

**CALL TO BOOK (08) 8275 8700**

**OR BOOK ONLINE**

**[events.humanitix.com/socialbingo](http://events.humanitix.com/socialbingo)**





COOINDA

### Tasty Tuesdays

Come along for a delicious meal for just \$2 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. Feeling 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 \$2 per plate**

**CALL TO BOOK** (08) 8375 6703

COOINDA

### World Dance

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

**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 will teach you. All abilities welcome. Please wear comfy flat shoes.

**Wednesdays, 9:30 am to 11:00 am**

**Cost \$2 per session**

**CALL TO BOOK** (08) 8375 6703



COOINDA

CHSP

### Tutti Insieme

Tutti Insieme aims to support older Italian people to maintain their social connections within their local community. Spend time together participating in activities, enjoying a morning tea in a friendly and welcoming environment.

**Wednesdays, 10 am to 12 pm**

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

**CALL TO BOOK** (08) 8375 6649



COOINDA

### Blokes BBQ

Start your Friday with a chat, a laugh, and a delicious BBQ breakfast alongside other local blokes. It's a great way to connect, share stories, and be part of your community. All welcome.

**Fridays, 9:30 am to 11:30 am**

**Cost \$8 per session**

**CALL TO BOOK** (08) 8375 6703

COOINDA

CHSP

### The Golden Years

Enjoy a themed lunch each month with guest speakers, entertainment, and friendly company. More than a meal, it's a celebration of friendship, connection, and community. Join us for good food, great conversations, and joyful moments!

*Bookings essential with limited spots.*

**Fridays twice a month, 12:30 pm to 3 pm**

**4, 18 July | 1, 15 Aug | 5, 19 Sept**

**Cost \$10 with My Aged Care referral – see CHSP eligibility information on Page 36**

**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 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.*

**2nd Friday of each month, 12:30 pm to 2 pm**

**11 July | 8 Aug | 12 Sept**

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

**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. Free to attend.

*This is an inclusive group, see ABGG's guide [abgg.au/guides/courtesy.html](http://abgg.au/guides/courtesy.html)*

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

**3rd Saturday of each month, 1pm to 7 pm**

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



## Volunteers

Thank you to all of our volunteers and group facilitators for their amazing contribution to their community.

**FIND OUT MORE ABOUT BECOMING A VOLUNTEER:** [marion.sa.gov.au/volunteering](http://marion.sa.gov.au/volunteering)



### GLANDORE

#### Mahjong

Play the traditional Chinese version of the popular game, Mahjong. A friendly social group with a competitive streak.

**Mondays, 1 pm to 3 pm**

**Costs \$4 per session**

**CALL TO BOOK (08) 7420 6400**

### GLANDORE

#### 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

#### 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, 10:30 am to 11:30 am**

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

### GLANDORE

#### 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

#### 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, 6:15 pm to 8 pm**

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

### MITCHELL PARK

#### Compass Cancer Support

When it comes to cancer, each person is on a different journey. Compass is about finding support while you walk this path. Come and join the discussion about quality of life with Robyn.

**Tuesdays, 2 pm to 3:30 pm**

**FREE! Bookings essential**

**CALL TO BOOK (08) 8375 6804**

### MITCHELL PARK

#### Wacky Wednesday

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

**Wednesdays, 12 pm to 2:30 pm**

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

**CALL TO BOOK (08) 8375 6804**

### CHSP



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

### 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**

[vfc.org.au](http://vfc.org.au)

### MITCHELL PARK

#### Simple Kingdom Church

Join our community of believers walking together in Christian faith. Experience a relaxed church atmosphere open to all. Come for worship, engaging conversations, and fellowship as we support one another on our spiritual journeys.

**Sundays, 10:30 am to 12 pm**



**TROTT PARK**

### 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.

**Tuesdays, 12:30 pm to 2:30 pm**

**Wednesdays, 12:30 pm to 2:30 pm**

**Thursdays, 12:30 pm to 2:30 pm**

**Cost \$2**

**CALL TO BOOK** (08) 8375 6827



**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**

**11 and 25 July | 8 and 22 Aug |  
12 and 26 Sept**

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

**CALL TO BOOK** (08) 8375 6649



**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 with familiar faces, enjoy lunch, and maybe even a game of pool or darts. This fortnightly 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 2:30 pm**

**FREE! Bookings essential**

**CALL TO BOOK** (08) 8375 6827

## Summit Café

Located in the stunning grounds of Glandore, Summit Café provides valuable employment opportunities for individuals living with disabilities while serving the local community.

### Community \$10 Lunch Special

*Choose 1 of the following 3 options:*

- Toasted ham and cheese
- Hot Pie or Pasty
- Bowl of chips

*Choose 1 drink:*

- Small coffee
- Cool drink

#### OPENING HOURS:

**Tuesday to Friday, 9 am to 3 pm**

*Closed on public holidays*

**Contact Summit Cafe Glandore  
0438 901 888**





# Special events



COOINDA

GLANDORE

## Paint and Sip

Unleash your inner artist in a relaxed, social setting. Join us for creativity, laughter, and light refreshments. No experience needed, our instructor will guide you step-by-step. All materials provided.

**COOINDA: Saturday 26 July, 7 pm to 9 pm**

**GLANDORE: Saturday 9 August, 10:30 am to 12:30 pm**

**Cost \$10**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



COOINDA

## Card Making

Add a personal touch to birthdays, holidays, and special occasions with handmade cards! Join us for a fun, hands-on session where you'll learn simple techniques to craft beautiful, one-of-a-kind cards.

*All supplies provided, just bring your creativity.*

**Sunday 14 September, 1 pm to 3 pm**

**Cost \$8**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



COOINDA

GLANDORE

## Improv Acting Class

Looking for a fun, low-pressure way to step outside your comfort zone? This workshop is for anyone curious about improvisation, whether you're a total beginner, someone who's always wanted to try it, or just looking to boost your confidence, creativity, and connection. Expect laughter, play, and plenty of support as we explore the basics of improv in a welcoming, no-experience-needed environment.

**GLANDORE: Friday 1 August, 7 pm to 8:30 pm**

**COOINDA: Saturday 30 August, 1 pm to 2:30 pm**

**Cost \$8**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](http://marioncommunityhubs.eventbrite.com)



GLANDORE

## 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**





GLANDORE

## NAIDOC Week Celebration

Join Junction Australia for a free First Nations community event filled with culture, creativity and celebration. Bring your family and friends to explore art stalls, local businesses and enjoy complimentary food and drinks while immersing yourself in the rich traditions of First Nations Culture.

Experience a Welcome to Country, Smoking Ceremony, Yidaki (didgeridoo) performance, traditional dancing and live music throughout the day.

Come along and be part of this special NAIDOC Week celebration. Everyone is welcome.

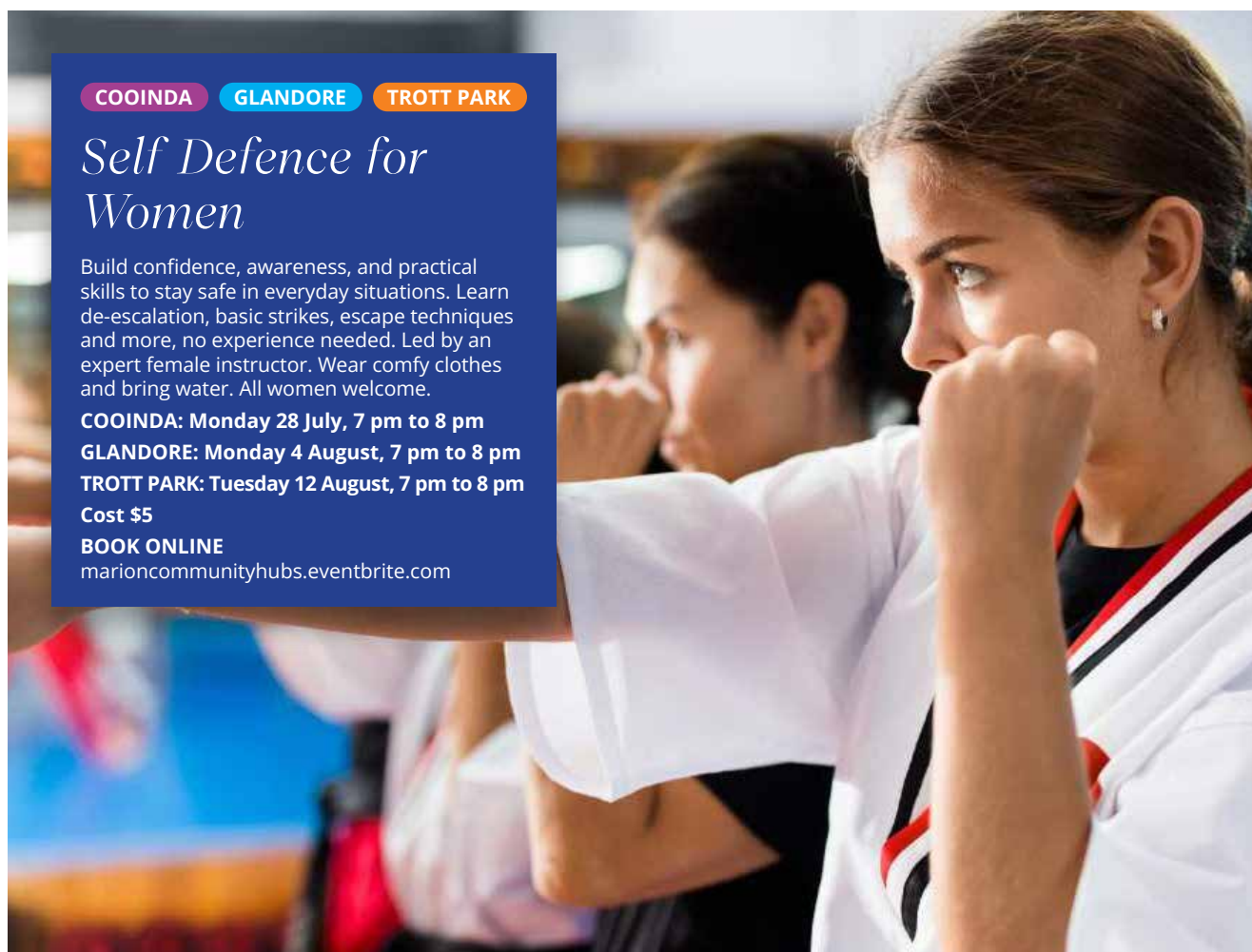
**Thursday 17 July, 10:30 am to 2:30 pm**

**FREE!** Bookings essential

*Please note any purchases from the stalls will be at your own cost.*

**BOOK ONLINE**

[events.humanitix.com/host/junction](https://events.humanitix.com/host/junction)



COOINDA

GLANDORE

TROTT PARK

## Self Defence for Women

Build confidence, awareness, and practical skills to stay safe in everyday situations. Learn de-escalation, basic strikes, escape techniques and more, no experience needed. Led by an expert female instructor. Wear comfy clothes and bring water. All women welcome.

**COOINDA: Monday 28 July, 7 pm to 8 pm**

**GLANDORE: Monday 4 August, 7 pm to 8 pm**

**TROTT PARK: Tuesday 12 August, 7 pm to 8 pm**

**Cost \$5**

**BOOK ONLINE**

[marioncommunityhubs.eventbrite.com](https://marioncommunityhubs.eventbrite.com)

# Living green



## COOINDA

### ACE Introduction to Horticulture

Come garden with us in this 7-week course designed to prepare you for work and study in horticulture! Learn about botanical names, propagation, soil types, dealing with pests, beneficial planting, controlling weeds and pruning. Facilitated by Dan, a horticulture teacher.

FREE for eligible people aged 18+, not in school, and living in South Australia or on a valid work/study visa, preparing for work or study.

ACE courses are run with MarionLIFE and City of Marion, supported by the Government of South Australia.

**Tuesdays for 7 weeks starting 22 July, 9:30 am to 12 pm**

**FREE!** Bookings essential

#### BOOK ONLINE

[marion.sa.gov.au/horticulture](http://marion.sa.gov.au/horticulture)



## GLANDORE

### Community Garden

The beautiful Glandore Community Garden is a friendly space, where green thumbs and their family and friends gather. Managed by volunteer Rob. 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 2 pm**

### Worm juice available for sale

Collection at the Glandore Community Garden during garden opening hours.

**Cost \$3 per 2L**



## MITCHELL PARK

### Common Thread: Sustainable Living series

Get inspired, make connections and learn about all things sustainability at Common Thread, a regular series of events.

Bringing together sustainability, creativity, and practical DIY skills, Common Thread is a space to connect with people who have a shared common interest.

Topics covered include wildlife friendly gardening, seasonal vegetable gardening tips, energy efficiency at home and sustainable living.

**3rd Tuesday of every second month,  
6:30 pm to 8 pm**

**FREE!** Bookings essential

#### BOOK ONLINE

[events.humanitix.com/host/city-of-marion](http://events.humanitix.com/host/city-of-marion)

#### More info about Common Thread:

[marion.sa.gov.au/common-thread](http://marion.sa.gov.au/common-thread)



## 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. The beautiful gardens are located behind the Trott Park Community Centre. The garden is open and welcome to visitors on Wednesdays and Saturdays.

*This group is proudly managed by volunteers.*

**Wednesdays, 10 am to 12 pm | Saturdays, 10 am to 12 pm**

#### VISIT THE GROUP FACEBOOK PAGE FOR FURTHER INFORMATION

 Trott Park Community Garden Inc





**GLANDORE**

## *Spring Plant Sale*

Get growing this season with our annual Spring Plant Sale! Discover a vibrant selection of flowers, herbs, veggies, and young seedlings, perfect for gardens big or small. Whether you're a seasoned gardener or just getting started, there's something for everyone.

**Saturday 20 September, 9:30 am to 1 pm**

**Glandore Community Centre Garden**

No booking required, just come along.



# 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](http://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** seats 100 people at tables. There are 16 trestle tables and 100 chairs. This space can be used for functions and events.



## 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 as well as projectors and modern multimedia systems.



## GLANDORE

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

**CLARK HALL** 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 and can accommodate 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.





GLANDORE

# Coworking at the *Marion Business Hub*

Looking for a great place to work? Need timeaway from your home or office? We have two locations at Cove Civic Centre and Glandore Community Centre offering:

- Dedicated desk space
- Large screens and fast wifi access
- Tea, coffee and kitchen facilities
- Free parking
- Access to workshops and networking events.

Start a free trial today!

*A great place to work.*

## 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](http://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

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.

#### CHSP

#### Commonwealth Home Support Programme

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.**



A great  
place to  
*live.*



[marion.sa.gov.au](http://marion.sa.gov.au)



CITY OF  
**MARION**

# 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**



**communityhubs@marion.sa.gov.au**

*For more information*

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

