

# EXTERNAL GROUPS

## BELLY DANCE

Time: 6 - 7pm Tuesday  
Contact Marjolein 0417 824 114

## BRIDGE CLUB REYNELLA BRIDGE CLUB

Time: 7.30pm - 10.30pm Tuesday  
Contact Sylvia 8387 3876 or 0407 919 704

## BURLESQUE DANCING CHOO LA LA

Time: 6.15pm - 9pm Thursday  
Contact Melony 0415 118 619

## INDOOR BOWLS SOUTHERN HILLS INDOOR BOWLS

Time: 9.30am - 12.30pm Monday & Friday  
Contact Maureen 8322 6054 / 0438 854 092

## KIDS / TEEN DANCE STEPZ DANCE ACADEMY

Ages 3 – 15 yrs (School Term)  
Time: 4.15 - 7.45pm, Monday & Wednesday  
Contact Mardi 0416 034 593

## LATIN AMERICAN DANCE SABOR LATINO

Time: 7.15pm - 9.15pm Monday  
Contact Sergio 0405 169 252

## LINE DANCING Line Dancers of South Australia

Time: 10am - 12pm Thursday  
Contact Shirley 8296 4939

## MARTIAL ARTS Adelaide Takemusu Aikido

Time: Monday 7pm - 8.30pm  
Wednesday 8.30pm - 10pm  
Friday 5 – 6pm & 7pm – 8.30pm  
Contact Peter 0434 448 892

## MEDITATION Tai Chi

Time: 1- 2pm Monday (School Term)  
Contact Rosemary 8381 7969

## STRENGTH & FITNESS Wright Fitness

Time: 9.15am - 10am Monday & Wednesday  
Contact Jane 0417 824 812

## THE PEOPLE'S PLATTER

Affordable groceries for all in our community.  
Tuesday – Friday 10am – 2pm  
(Entry: South side of the Centre - Red Door)

## YOGA:

Shine with Shoba Yoga  
Time: 9.30am - 10.30am Tuesday (School Term)  
Contact Shoba 0474 193 192  
Eleanor's Yoga  
Time: 10am - 11am Friday (School Term)  
Contact Eleanor 0431 874 643

## ZUMBA

Time: 6.30pm - 7 .30pm Tuesday (School Term)  
Contact Karen 0435 324 290



# TERM PROGRAMS AND EVENTS GUIDE

## Term 4 Oct - Dec 2023

Reynella Neighbourhood Centre Inc  
164-170 Old South Road  
Old Reynella SA 5161



8322 3591

Opening hours (Reception)  
Monday - Thursday 9am - 4pm



[info@reynellanc.org.au](mailto:info@reynellanc.org.au)



[ReynellaNeighbourhoodCentreInc](https://www.facebook.com/ReynellaNeighbourhoodCentreInc)

## Room Hire Enquiries

<https://www.spacetoco.com/host/reynella-neighbourhood-centre-inc> or ring 8322 3591

Our Centre will close for the festive season  
4pm Thursday December 14 and will  
re-open 9am Monday January 22 2024  
Best wishes to everyone.

(some groups & events will have different finishing and start dates -  
please confirm their dates with your group facilitator)



## OUR CENTRE RUN PROGRAMS: RING 8322 3591

### MONDAY

#### LADIES TOGETHER - COFFEE, CHAT & CRAFT

Come along and have 'you' time. Bring your knitting, crochet, diamond dotz, word search or other craft

Time: 12.30pm - 3pm. Cost \$2 per week

### TUESDAY

#### EASY MOVES

Gentle exercises. Lots of fun

Time: 9.15am - 10.15am Cost \$5 per week

#### M.S. EXERCISE

A social group for community members with Multiple Sclerosis. Exercises to encourage movement & strengthen core muscles

Time: 10.30am - 11.30am. Cost \$5 per week

#### SINGING FOR FUN

A fun social group who meet to sing up a storm !

Time: 12.30pm - 3pm Cost \$5 per week

#### HOBBY GROUP

Keep your mind sharp. Expand your creativity. Bring along your hobby

Time: 1pm - 3pm Cost \$2 per week

### WEDNESDAY

#### THE PLAYSPACE PLAYGROUP 0- 5 years (School Term)

Indoor & outdoor activities

Time: 11.30am - 1.30pm Cost \$2 per week per family

#### REYNELLA CRAFT GROUP

Time: 10am - 12pm Wednesday (School Term)

Cost \$5 per week

#### ENGLISH LANGUAGE & LITERACY SUPPORT (School Term)

Practise all English language verbal and written skills

Time: 10am - 12pm Cost \$5 per week

#### CREATE - WRITE (fortnightly)

Writers who get together to help each other and discuss all aspects of writing and publishing

Time: 2pm - 4pm Cost \$5 per week

### THURSDAY

#### EASY MOVES

Gentle exercises. Lots of fun

Time: 1.30pm - 2.30pm Cost \$5 per week

#### MEN'S GROUP

Come along, meet new people, share ideas, solve the world's problems in an afternoon !

Time: 1.30pm - 3.30pm Cost \$2 per week

#### CREATIVE CREW ART (7 - 11 years) (School Term)

Choose painting, drawing, printmaking, mixed media, hand-built pottery

Time: 4pm - 5.30pm Cost \$12 per class payable in full per term (non-refundable)

#### EXTRAORDINARY TEEN ART (11+ years) (School Term)

Choose painting, drawing, printmaking, mixed media, hand-built pottery

Time: 5.45pm - 7.15pm Cost \$12 per class payable in full per term (non-refundable)

#### TROUBLE SHOOTING WITH BEAU

Your I.T. questions answered. Bring in your tablet, mobile phone or laptop

Time: 9am - 11.30am Cost FREE Ring for appointment

### FRIDAY

#### Seniors Group

Meet new people. Guest speakers. Bus Trips.

Time: 1.30pm - 3.30pm Cost \$5 per week (afternoon tea included - at centre events)

## SPECIAL EVENTS

#### DEVONSHIRE MORNING TEA

2 Full Scones with jam + cream, tea/coffee

8 November. No booking required

Time: 10am - 11.30am Cost \$5

#### CREATING FOR CAUSES (1st Thursday of each month)

Help to knit / crochet beanies, scarves, and squares for knee blankets. These are donated to local organisations

Time: 10.30am - 2pm Cost FREE Wool provided

(gold coin donation for tea/coffee)

#### HELPING HANDS (Flinders MC - VollieCare)

(2nd Wednesday of each month) Help to cut out and/sew

materials to make mastectomy drain bags for breast surgery cancer patients. Bring sewing machine/scissors.

Time: 1pm - 3.30pm Cost FREE Material provided

(gold coin donation for tea/coffee)

#### ZONTA BREAST BAGS (last Thursday of each month)

Help to sew and/or stuff material, to make cushion bags for breast cancer surgery patients

Bring sewing machine if you are sewing. Material provided

Time: 1pm - 3.30pm Cost FREE

(gold coin donation for tea/coffee)

## SERVICES

#### Justice of the Peace

Monday: 1 - 3pm & Tuesday 9am - 12pm

No Appointment necessary

Frozen Meals Rotating Menu \$7 each Soup \$5