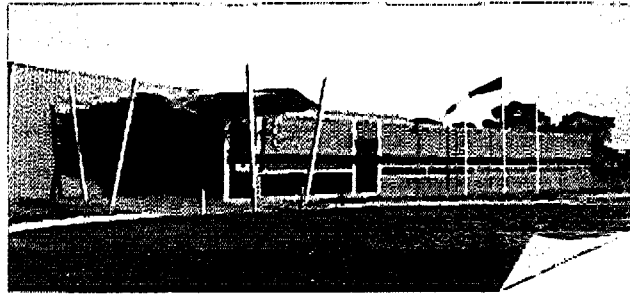


Aberfoyle Community Centre



1 Jessica Street, Aberfoyle Park 5159
Ph: 8270 5377 Fax: 8270 1338
(alongside Aberfoyle Hub Bus Interchange Stop 54)
Email: accinc@westnet.com.au
WEB Site: www.aberfoylecc.org/
Centre Office open Monday to Friday from 9am-3pm



Aberfoyle ALIVE

Come to our Open
Day Wednesday
21st October 2009
10am to 3pm.

Trading
Table

Aberfoyle Community Centre Inc.
1 Jessica Street ABERFOYLE PARK



Centre News

Spring has sprung, the grass has 'riz', do you know where the Centre is?

Join us on our Open Day. Our volunteers would love to meet you and show you 'your' Community Centre and what we can do together.

Enjoy morning or afternoon tea with us.

A free finger food luncheon will be supplied from 11.30am to 1.30pm.

Ask about our many programs.

FREE PROGRAMS

SCHOOL HOLIDAY PROGRAM

September 29th Bike Education Family Day 9.15am to 3pm.

Ideal for 9 years to 13 year children. Younger children welcome to observe.

A parent or caregiver must attend.

We will learn skills to ensure safe and fun cycling. Use your bike or one will be

NEW

be active PlayTime

Physical play ideas for children birth to 5 years
3 interactive and fun sessions with your child
Parents gain skills in planning play time, simple toy making, movement and songs

All parents receive an Activity Booklet at the completion of the 3 sessions.

Limited numbers

ENROL NOW

Tuesday 10th, 17th and 24th November



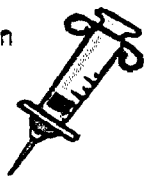
Our Vision is to provide a welcoming place to engage and grow. Aberfoyle Community Centre facilitates a diverse and accessible range of social, leisure, recreational and educational activities.



IMMUNISATION CLINIC

At the Centre every Thursday 2pm—7pm

Immunisation Accredited
Registered Nurses are available at all clinics for advice on immunisation and administration of vaccines and other fee for service programs.
For further information contact Council's Immunisation Services Department Telephone **(08) 8384 0681**



◆ Happy Snippers

Come and learn, fillet lace, hardanger, blackwork crochet and much more or your own project. Beginners welcome.

Some patterns available

Every Monday

9:30am-12:00noon

Cost: \$5.00 p/wk

Contact The Centre

Rostrum Club 31

Learn public speaking and gain confidence in a friendly ROSTRUM atmosphere. *Visitors always welcome.*

Enter via western door.

Meet: 1st & 3rd Tuesdays

Time: 7:45pm-9:45pm

Contact: Alan 8357 5167



Men's Breakfast

Join us monthly on a Wednesday for an opportunity to socialise & connect. Includes guest speakers, activities and outings.

Come and join us.

Meets 3rd Wednesday of month..21 Oct, 18 Nov, 16 Dec.

Traffic Control Centre visit 11 Nov.

Time: 8.30 am—10.15am

Cost: \$5.00.

Contact: Centre 82705377



Brush Strokes

Enhance your skills or learn different art techniques with a range of mediums including pastels, water colour, pencil, charcoal etc.

Suitable for adults of all skill levels.

Meet: Every Wednesday

Time: 10:00am-12:00pm

Cost: \$6.00 p/wk

Contact: The Centre

Helen O'Grady Children's Drama Academy

For nearly 30yrs our self-development drama program has offered classes for 5-17yr olds (in 3 different groups). Our qualified teachers make our classes lots of fun and rewarding.

Meets: Fridays - during School Term

Time: 4:45pm-5:45pm & 5:45pm-6:45pm

Cost: On Enquiry

Presented by: Zita

Enquiries & Bookings: 8351 7009

ADULT COMMUNITY EDUCATION PROGRAM

Community Learning Multi-Literacies

Program begins Tuesday 13 October & Thursday 15 October

Are you aged 17years or over and would like support with English Language, writing, study skills or preparation to seek employment? We would like to help you, call now and make an appointment with Educator Kim 82705377.

Multi-Literacy Education

Open to English speaking and people from culturally diverse backgrounds who have difficulty with language, functional, cultural, computer and financial literacy.

We aim to provide one-to-one tuition for a learning experience at your own pace.

All students are very welcome and encouraged in a supportive environment to achieve their goals. Crèche provided.

Tuesday and Thursdays 9.30am—11.30am. Cost \$4.00 per session.

Morning and afternoon class combination \$6.00 per session.

English for Living

Are you new to the English Language?

Want a relaxed environment where you can ask questions?

These language classes are held in a small group situation. We aim to assist you with grammar, conversation, current affairs, pronunciation, Australian culture and life management skills for life in Australia. Comparisons of various cultures are also discussed. A fun learning environment and opportunity to make new friends.

Tuesdays 12 noon to 2pm. Cost \$4.00 per session.

"Cooking Connection"

Every Thursday 12:00pm-2:00pm

Fun interactive cooking class. Addressing kitchen vocabulary, safety, nutrition, focussing on reading, writing and conversing in English.. Cost:\$4 p/session

For more information regarding any of these programs please contact Educator Kim at the Centre 8270 5377.



Government of South Australia

Department of Further Education, Employment, Science and Technology

Weight Loss Action Group

As a member of SA Weight Watchers Association we offer a support group to help you achieve or maintain your healthy weight goal. Join us in our relaxed, flexible, fun and inclusive environment.

Meets: Wednesdays

Time: 6:30pm-8:30pm

Cost: \$2.00p/w + \$25.00

Joining fee

Enquiries & Bookings:

8270 4805



Kids Lives

In the case of an emergency, could you save a child's life? Learn the skills, knowledge and confidence to try. CPR and Basic First Aid Course Presented by: State Training Services **Babies Welcome**

Date: . 10th November

Time: 7:00pm-9:30pm

Cost: \$36:00p/p

Bookings: Centre 8270 5377

Tai Chi

Ancient form of exercise for people of all ages & fitness.

Tuesdays

9am-10am Advanced

10am-11am Intermediate

Wednesday

Beginners 6:45pm -7.45pm

Fridays

Beginners

9:00am—10:00am

10.00am—11.00am

Cost: \$4 p/class

Contact: The Centre .

NORTHERN COMMUNITY FORUM

A Community Forum for all Meets Mondays bi-monthly 7.30pm.

An opportunity to discuss local issues of interest to you and your Council. Come along — Have your say.

Meet at Centre

19 October

14 December

No Cost.

Everyone invited.

FOR HIRE— Call us to hire a room or the Hall for your next meeting or function.

FREE

Alzheimer's Australia SA
hacc—home and community care.
CARER EDUCATION
Understanding dementia

A course for family members caring for a relative with dementia.
Thursday 29 Oct—26 Nov
from 10.00am — 12.30pm at the Centre.

Topics include Causes of memory loss and confusion including Alzheimer's disease; Ways of responding to changes in behaviour; Communication; Where to get help: Looking after yourself.

All enquiries to Teresa,

National Dementia Helpline 1800 100 500

There is no cost for this course however a gold coin donation is appreciated.

**C&YH Parent and
Child Friendship
Groups**

Playgroups that focus on building friendships and information sharing in a friendly setting. Enjoy the opportunity to share time and experiences with other parents and babies.

We offer several daytime groups for different ages. See back page for days and times.

Supported by Friends of Child and Youth Health Inc.

Enquiries & Bookings:
The Centre 8270 5377

Ju-Jitsu

The Martial Art of Ju-Jitsu with the World Ju-Jitsu Federation Australia is the fighting system used by Japanese Samurai.

Using traditional style and adapted techniques for today's lifestyle it will develop fitness & self confidence

Adults Mondays 7:00pm-8:00pm all year

Junior Samurai Saturdays 9:30am-10:30am during School Term

Presented by: Andrew
1st Session Free

Enquiries & Bookings:
8370 4401 or 0434 845 746

**Beth's HATHA
YOGA**

Working at your own level using gentle movement, breathing techniques and developing body awareness to achieve deep and lasting whole body relaxation.

All Welcome.

Meet: Tuesday during School Term

Time: 7:00pm-8:30pm.

Contact: Beth 0421 116 152 or 8369 1609

'Being a Woman'

Are you Fed up? Isolated? Need a Change?

A friendly community group of local women of all ages and backgrounds come together once a month to share experiences and learn new skills.

All women welcome.
Bookings are essential.
Meets: Friday November 6th
December 4th
Time: 11:30am-2:30pm

Crèche available for a Gold Coin Donation
FREE Lunch provided.

Enquiries & Bookings: The Centre 8270 5377
Funded by: Families SA

Seniors On The Move

Providing a social program for people who require support, socialization and special attention to enhance their life.

A weekly program with a wide variety of activities and bus trips arranged occasionally. Low cost home cooked meal is included on program day. Transport to and from centre is available for a nominal fee. HACC assessment criteria applies.

Meet: Wednesdays **Time:** 10:30am-2:00pm.

Enquiries & Bookings: The Centre 8270 5377

The program is managed by ACH Group through funding provided by Home and Community Care.

Computer Courses for Leisure and pathways to Education and Employment

ALL ENQUIRIES TO CENTRE 82705377 Vista and Office 2007

Basic Computing and Word Processing

Ideal for beginners – no computing skills required. Each week will build on the previous week, so it is vital to have your own computer to practice your skills at home.

Starts: Friday 23 October (6 week course) **Time:** 9.30pm - 12 noon **Cost:** \$76.00

The following courses assume basic computing skills, such as opening programs, creating new documents and saving files.

PowerPoint Create basic presentations, using graphics, animation and special effects.

Starts: Wednesday 21 October (4 week course)

Time: 1.00pm - 3.00pm **Cost:** \$38.00

Publisher Learn how to use the program to create invitations, brochures and flyers using graphics and borders.

Starts: Wednesday 21 October (4 week course)

Time: 10.00am - 12 noon **Cost:** \$38.00

Intermediate Word Each week will build on your previous knowledge.

Starts: Friday 23 October (4 week course)

Time: 1.00pm - 3.00pm **Cost:** \$38.00

The above Courses provided by TAFESA in partnership with Community South .

EXCEL: Step by step approaches to using EXCEL by following simple exercises. Learn what EXCEL is capable of, entering and changing data. Perform mathematical calculations, formatting data, using built in formulas, filling cells, printing and creating Charts

Starts: Tuesday 20 October (4 week course) **Time:** 7:00pm-9:00pm **Cost:** \$38.00 **Your Tutor:** Niels

INTERNET & EMAIL: For people who want to become more familiar with the Internet and how to use Emails. Learn your way around Internet Explorer and how to use its numerous features. Learn about search engines and to explore the World Wide Web. Learn how to log-on and use your email account. Learn how to use Windows Messenger.

Starts: Tuesday 17 November (4 week course) **Time:** 7:00pm - 9 :00pm **Cost:** \$38.00 **Your Tutor:** Niels

DIGITAL PHOTOGRAPHY Do you have a Digital Camera and want to print your photos on your home computer? Learn how to use your digital camera to its full potential. Course includes how to compose for portraits and landscapes—download your images into a computer which you can then crop, enhance & give special effects to. Finally , print and store. Phone Centre to register.

Courses: 3 weeks from Monday 2 November 9.30am to 12.30pm **Your Tutor:** Sue from TAFE