



Woodcroft Morphett Vale Neighbourhood Centre

A not for profit incorporated body run by volunteers



COURSE GUIDE



175 Bains Road Morphett Vale (Bus route: 733, Bus Stop 48)
Ph: 8384 0070 wmvnc@internode.on.net www.wmvnc.org

Office hours: 9am - 3pm Monday - Friday
(School holidays we are open from 9am to 12noon)

SUPPORTED BY CITY OF



Get Creative

Card Making and Paper Craft

Wed, 7-9pm

Make your own cards while having fun!

Cost: \$5

Leatherwork Social Group

Tues 9.30-11.30am

All welcome, meet a great bunch of people. All materials and tools provided for a beginner project.

Cost: \$5

Scrapbooking & Cardmaking

At the Link

Sun, 10am to 4pm Once a month

Kylie: 0417 844 240

jordman97@hotmail.com

Social Craft

Wed, 9.30am-12.30pm

Bring a craft & socialise.

Cost: \$5

Woodcroft Writers

Tues, 12.30pm

Writers of all levels who gather to share.

www.woodcroftwriters.wordpress.com

Cost: \$5

Health & Wellbeing

Active Synergies

Tues & Thurs,

9.15-10.15am

Join a personal trainer for a fun Fitness and Well-being program aimed at the 50+ and the young at heart! **Cost:** \$6

Balance Adventure

Mon 11.30am—12.30pm

Balance exercise program to prevent falls & injury at any age, Jana: 0405 061 539

Cost: \$6

Chi Ball— gentle moves

Move your mind and body to music

Jana: 0435 061 539

Cost: \$6

Dementia Australia

Information sessions for people living with memory loss & their carers.

Contact: 8372 2100

Easy Moves for Happy Living

Mon 10am to 11am

Simple low impact exercise classes for 50+

Jana: 0435 061 539

Cost: \$6

Heart Foundation Walking Group

Mons & Thurs, 9am

Meet near the tennis courts on Vanstone Ave M/Vale

Cost: FREE

Immunisations

Tues. Contact the council on 8384 0666.

10am-12pm

1-4Pm

Kangatraining

Wed 9.30 am, Thurs 1.30 pm

Exercise class—mum's & babies
Kristy: 0438 803 106

Kirsty@kangatraining.com.au

FB: 'Kangatraining Marion, Glenelg, Woodcroft & Surrounds'

Meditation & Mindfulness

Wed, 1pm -2pm

Mardi: 0405 060 092

www.mardimay.com.au

Uniting Care Wesley

Thurs 10am, third Thurs month
'Our Time' South, Peer support group for carers of people over 18 yrs who are experiencing mental illness

Cristina: 8245 7196

customer@ucwb.org.au

Weight Watchers

Mon—Thurs, Sat

www.weightwatchers.com/au/find-a-meeting/

Wellbeing & Resilience Course

Feb / April / July / Oct

For the over 60's

Active Aging: 8384 0161

Cost: Free

Women & Wellbeing

Alternate Wed, 10am-1pm

Outings, activities, timeout.

Cost: \$5

Women's Confidence Group

Mon, 7pm

Helping Women shine, educate, enlighten & empower.

Sonya: 0428 856 677

sonyafava@optusnet.com.au

Yoga for Relaxation

Wed, 11am—12pm

Gentle Kundalini yoga

Mardi: 0405 060 092

www.mardimay.com.au

Yoga with Jem

Mon, Tue, Wed, & Sun

Observe the breath, feel the energy.

Jem: 0499 279 641

yogawithjem@gmail.com

SUN: 9am (Vinyasa L1/2)

10:15am (Yin)

TUE: 6:30pm (Hatha)

7:45pm (Yin)

WED 6:30pm (Vinyasa L1/2)

Social

Breakfast club

2nd Friday of month, in school term

9am - 10.30am

Booking required

Cost: \$6

Canasta Group

First Tuesday of the month 1.30pm

Canasta & board games

Lisa

lisa.elder@onkaparinga.sa.gov.au

Cost: \$5

Dungeons, Dragons & Dice

Sat, 1pm to 6pm

Bring your friends, your courage

Cost: \$5

French Conversation

Fri, 10am-12noon

Come & learn or practice conversational French. Not for beginners

Cost: \$5

Gardening Club

Fri, 10am-2pm

Social group with an interest in gardening.

Lyn-8384 8596 President

Val - 8381 2232 PR

gardening.grp@gmail.com

German Speaking

Aged Services

Tues & Fri, 9.30am-3pm

Sharon: 8340 3889

contact@gsasa.com.au

Southern Men's Chat Group

Wed, 10.30am-12:30pm

Informal chat and outings

Dennis: 0422 845 583

dennis.bdaddyd@outlook.com

Cost: \$5

Adult Learning



Work Ready

English Skills

Tues, 9.30am-11.30pm

Reading, writing & math.

For anyone wanting to improve their literacy skills.

Cost: \$5 per session

FREE Crèche available.

Cooking

Classes run each term in a variety of cuisines. Cost \$40 for 6 week course
bookings essential



Community Garden

Tues, 9:30am in school term

Volunteers welcome

Cost: Free

Events

Keep an eye on our website or like us on Facebook to keep in touch with our many social events throughout the year, including

Live Music

Community Lunches

Children & Family Events

Soup kitchen

Upsyde Boutique

**There is always
a lot going on!!!**

For the Kids

Little Picassos

Tue (3.45pm) & Sat (8.45am)

Art classes for children aged between 5 and 15.

Janine: 0408 769 667

littlepicassos@optusnet.com.au

P.A.L.S. Kids Club

Wednesdays, 3.30pm

Participate & Learn Skills for primary school ages children.

At the Link.

Cost: Gold coin donation

Playgroups

Mon & Wed, 10am -11.30am.

Activities, singing and fun. Please bring a piece of fruit.

Cost: \$3 per child

Thrive Yoga for Kids

For ages 5 - 13

admin@thriveyogaforkids.com.au

Accey: 0415 615 424



For more information,
contact the person listed
or contact our volunteers
on **8384 0070**

Email us at
wmvnc@internode.on.net

Visit our website
www.wmvnc.org

ROOMS FOR HIRE

Seven rooms available for hire at 2 locations, the Neighbourhood Centre and The Link.

For further details on room availability and hire rates, contact our **Venue Hire Officer** on **8384 0078**, between 10am-1pm Monday to Friday or email us at: venuehire.wmvnc@gmail.com

Venue hire information, forms, and online applications are available on our website at www.wmvnc.org



Woodcroft Morphett Vale Neighbourhood Centre

175 Bains Road Morphett Vale



On offer are six versatile, professional and affordable rooms for hire. The rooms cater for small meetings or events with up to 100 people.

- ◆ FREE Wi-Fi
- ◆ Overhead projector screens
- ◆ Air-conditioning / heating
- ◆ Competitive rates
- ◆ Commercial kitchen
- ◆ Wheelchair accessible

'The Link'

21 Hammond Ave, Morphett Vale

Great for community group meetings and birthday parties 'the Link' has a children's play area, air-conditioning and kitchen.



WOODCROFT KITCHEN ANGELS

Available for catering & food education sessions.

Contact: Ronwyn 0403 555 726

Sonya 0424 112 582

woodcroftkitchenangels@gmail.com

JUSTICE OF THE PEACE

Monday 9am - 1:30pm

Tuesday 9am - 1:30pm

Wednesday 9am - 1:30pm

Thursday *No JP today*

Friday 9am - 1:30pm