

# Centre Hirers

## Yoga with Eleanor

Monday 10am - 11am

Contact: Eleanor 0431 874 643  
email: eleanorellis1@outlook.com

## Weight Watchers

Monday evenings & Saturday Mornings  
go to: [weightwatchers.com/au/find-a-workshop/](http://weightwatchers.com/au/find-a-workshop/)  
or Phone: 13 19 97

## German Speaking Aged Services

Tuesday & Friday 10am - 2pm

## Little Picassos

Saturday - various

Art classes for children 5 - 15years  
Contact: Janine 0408 769 667  
email: [littlepicassos@optusnet.com.au](mailto:littlepicassos@optusnet.com.au)

## Confetti Dance

Saturday 8.30am - 11.30am  
18 mths to 8yrs

Contact: 0421 980 590 [info@confettidance.com.au](mailto:info@confettidance.com.au)

## "Whats The Buzz" Program

School Term Only - Thursday 3.45pm - 5.30pm  
8-17year olds

Contact: Serenity Social & Support Services  
08 6186 0083 [admin@serenitysupport.com.au](mailto:admin@serenitysupport.com.au)

## Chair Yoga & Meditation

Wednesdays 10am -11am Cost: \$12

Facilitator: Linda Botting

Contact: [wholistic@outlook.com.au](mailto:wholistic@outlook.com.au)

Bookings: <https://liveansholisticlife.com/services/>

## Yoga with Marlen

Wednesdays 6pm - 7pm

## Yoga & Meditation with Marlen

Thursdays 10.30am - 11.30am

Contact Marlen on 0406 767 780

## Courtney's Dance Fitness

Line Dancing - Monday 6.15pm - 7.15pm

Pilates - Monday 7.30pm - 8.15pm

Beginners Line Dancing - Tuesday 10.30am - 11.30am

Clubbacise - Thursday 6pm - 7pm

Contact Courtney on 0408 743 305

# Our Services

## Justice of the Peace

*\* Call prior to attending for JP availability\**

## Tuesday/Wednesday/Friday

9am - 1.30pm

## Thursday

10am - 1pm

## Immunisation Services

### Tuesdays

9.30am-12.30pm

2.00pm-4.30pm

(open during school holidays)

### Thursdays

3.00pm-6.00pm\* (school term only)

\*depending on library opening hours.

8384 0666 or [immunisation@onkaparinga.sa.gov.au](mailto:immunisation@onkaparinga.sa.gov.au)

## Tag & Testing

First Monday of the month in term time.

9.30am - 12pm

Bookings required

Cost \$2.00

## CONTACT US



8384 0070



[www.wmvnc.org.au](http://www.wmvnc.org.au)



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



175 Bains Road, Morphett Vale,  
SA, 5162

# Course Program



# Woodcroft Morphett Vale Neighbourhood Centre

## A place for everyone

*These independently delivered programs are supported  
by the City of Onkaparinga.*

## MONDAY

### **\*\*Heart Foundation Walking Group\*\***

9am - 9.45am

For further contact -

Jean 0408 088 978 or Anthony 0411 093 853

Free

### **\*\*Community Breakfast\*\***

8.30am - 9.30am for Service

3rd Monday of the Month. Bookings preferred.

Cost: \$6 or \$4 for under 8yrs

### **\*\*Playgroup\*\***

10am - 11.30am

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

Bookings essential

Cost: \$3 per child/max \$5 per family

### **\*\*Mug Shot Coffee Cart\*\***

10am - 1pm

(subject to volunteer availability)

Barista Coffee & Hot Chocolate \$3

## TUESDAY

### **\*\*Active Synergies\*\***

9am - 10am

Join a personal trainer for a fun fitness and well-being program aimed at the 50+ and the young at heart.

Cost: \$6

### **\*\*Everyday English\*\***

9.30am - 11.30am

We have a welcoming group of volunteer tutors who can help you with reading, writing, math and technology

Cost: \$5

### **\*\*Leatherwork\*\***

9.30am - 12pm

All materials and tools provided for a beginner project

Cost: \$5

### **\*\*Community Garden\*\***

9.30am - 11am

Volunteers welcome, sign up and enjoy working in the garden.

Free

### **\*\*Woodcroft Writers\*\***

12.30 pm - 3pm

Friendly group of local writers gather to share, discuss and encourage writing. [www.woodcroftwriters.wordpress.com](http://www.woodcroftwriters.wordpress.com)

Cost: \$5

## **\*\*Canasta\*\***

1.30pm - 3.30pm 1st & 3rd Tuesday of month

Play or learn to play canasta

Cost: \$5

### **\*\*UP-Cycle Boutique\*\***

10.30am - 2pm

Quality pre-loved clothing at very reasonable prices.

## WEDNESDAY

### **\*\*Cafe 175\*\***

10.30am - 2pm

Lunch, dessert and bottomless tea and coffee.

Freshly cooked on site with a different special each week.

All welcome, no booking required

Cost: \$8

### **\*\*UP-Cycle Boutique\*\***

10.30am - 2pm

Quality pre-loved clothing at very reasonable prices.

### **\*\*Playgroup\*\***

10am - 11.30am

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

Bookings essential

Cost: \$3 per child/max \$5 per family

### **\*\*Women and Wellbeing\*\***

10am fortnightly

Outings, activities, timeout.

Contact: Cynthia 8384 2294 for further information

Cost: \$6

### **\*\*Southern Mens Chat Group\*\***

10.30am - 12.30pm

Informal chat and outings. Contact: Ian 0414 869 514  
ianmatthews34@yahoo.com, for further information.

Cost: \$5

### **\*\*Behind the Seams\*\***

1pm - 3pm

Our Volunteers will assist you with our sewing machines

Cost:\$3

### **\*\* Computers with Stan \*\***

12.30pm or 1.30pm

one on one computer/microsoft office training.

Booking essential.

### **\*\*P.A.L.S. Kids Club\*\***

3.30pm - 5.15pm

Cost: Gold coin donation

## THURSDAY

### **\*\*Heart Foundation Walking Group\*\***

9am - 9.45am

For further contact -

Jean 0408 088 978 or Anthony 0411 093 853

Free

### **\*\*Active Synergies\*\***

9am - 10am

Join a personal trainer for a fun Fitness and Well-being program aimed at the 50+ and the young at heart.

Cost: \$6

### **\*\*Community Garden\*\***

9.30am - 11am

Volunteers welcome, sign up and enjoy working in the garden

Free

### **\*\*Seniors Social\*\***

10am - 12noon

3rd Thursday of the month

Cost: \$5 (unless specified otherwise)

### **\*\*The Community Kitchen\*\***

12.30 on 2nd and 4th Thursdays

Freshly cooked on site, a 2 course meal with a different special each week.

Cost: \$10

### **\*\* Computers with Stan \*\***

12.30pm or 1.30pm

one on one computer/microsoft office training.

Booking essential

## FRIDAY

### **\*\*Garden Club\*\***

10am - 12pm 1st Friday of month

Group of friendly people who love gardening

Cost:\$5

### **\*\*Sit & Stitch\*\***

Join Cathy to work on your UFO's! (unfinished objects)

10am - 2pm

Free

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