

MONDAY

****Heart Foundation Walking Group****

9am - 9.45

Contact Jean 0408 088 978 or
Anthony 0411 093 853

Meet in carpark behind Fasta Pasta, CNR Pimpala & South Roads,
Reynella

****Community Breakfast****

8.30am - 9.30am

3rd Monday of the Month
Bookings preferred

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

****Play group****

10am - 11.30am

activities, singing & fun

Please bring a piece of fruit

Bookings essential

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

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, maths 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

****Woodcroft Writers****

12.30 pm - 3pm

Friendly group of local writers gather to share, discuss and
encourage writing.

www.woodcroftwriters.wordpress.com

Cost: \$5

****Canasta****

1.30pm - 3.30pm

Play or learn to play canasta

Cost: \$5

WEDNESDAY

****Cafe 175****

10.30am - 2pm

Lunch special of the day. cake and tea/coffee
Home cooked meals, different special each week.

Inquire at reception

Cost: \$8

****UP-Cycle Boutique****

10am - 11.30am

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

****Womens Wellbeing****

10am - 1pm

Outings, activities, timeout

Contact: Cynthia 8384 2294

Cost: \$5

****Southern Mens Chat Group****

10.30am - 12.30pm

Informal chat and outings

Contact: Ian 0414 869 514

ianmathews34@yahoo.com

Cost: \$5

****Behind the Seams****

1pm - 3pm

Our Volunteers will assist you with our sewing machines

Cost: \$3

****Crafty Carousel****

1.30pm - 3.30pm

Learn a new craft

Relaxed social group sharing craft ideas and projects.

Cost: \$5

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

3.30pm - 5.15pm

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

Cost: Gold coin donation

THURSDAY

****Heart Foundation Walking Group****

9am - 9.45

Contact Jean 0408 088 978 or
Anthony 0411 093 853

Meet in carpark behind Fasta Pasta, CNR Pimpala & South Roads,
Reynella

****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: \$5

****Community Garden****

9.30am - 11am

Volunteers welcome, sign up and enjoy working in the garden

****Senior Social****

10am - 12noon

Cost: \$5 (unless specified otherwise)

****The Community kitchen****

Fortnightly community lunch

12.30pm

2 course meal, menu is subject to change

Cost: \$10

FRIDAY

****Garden Club****

10am - 12noon

Group of friendly people who love gardening

Cost: \$5

****Movie Mornings****

10am - 12noon

1st Friday in school holidays

All movies rated PG

SATURDAY

****Dungeons, Dragons & Dice****

1pm - 6pm

Fortnightly

D3 runs regular games of Dungeons and Dragons 5th edition
visitors are always welcome. 15+

hiddenmist.courtney@gmail.com

Cost: \$5

Centre Hirers

Yoga with Eleanor

Tuesday
10am - 11am

Gentle Yoga

Thursday
10.30 - 11.30

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

Weight Watchers

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

German Speaking Aged Services

9.30am - 11am
Tuesday & Friday
Contact: Katherine 8340 3889
email: contact@gsasa.com.au

Little Picassos

Various times, Tues & Sat
Art classes for children 5 - 15years
Contact: Janine 0408 769 667
email: littlepocassos@optusnet.com.au

Senjutsu Karate

6pm - 9pm
(Family class 6-7/ Adults only 7-8)
Tuesday
Contact: Justine.tronerud@gmail.com

Confetti Dance

9am - 12 noon
Fridays
18 mths to 8yrs
Contact: 0421 980 590
info@confettidance.com.au

Dementia Australia

Dementia education and support for people living with dementia, family and friends
National Dementia Helpline 1800 100 500 or
<https://www.dementia.org.au/>

Chair Yoga & Meditation

9am - 10am Saturday
6.30pm - 7.30pm Monday
Cost: \$20
Facilitator: Linda Botting
Contact: wholistic@outlook.com.au
Bookings: <https://liveansholisticlife.com/services/>

Justice of the Peace

9am - 1.30pm
Tuesday/Wednesday/Friday
10am - 1pm
Thursday
Call prior

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



WOODCROFT
MORPHETT VALE
NEIGHBOURHOOD CENTRE

'A place for everyone'

Woodcroft Morphett Vale
Neighbourhood Centre

175 Bains Road
Morphett Vale SA 5162

www.wmvnc.org.au
info@wmvnc.org.au
8384 0070

21st March 2023

Course Guide



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