

Wandana Community Centre - Activities Guide Term 1 - 2020

Monday

Wandana Community Garden

Help green our community garden. Share skills and make friends. Childcare may be available - please enquire. All welcome—FREE
9am—12pm Starts: Feb 3rd

Patchwork Quilting Group

Bring your machine/hand stitching quilting project and join our social quilting group. Cost: \$2 per session
9am—12pm Starts: Feb 3rd

Walking Group

Improve your fitness and take time out. Go walking with a sociable group. Meet 9.25am at Wandana office. Morning tea after. Cost: \$1
9.30am—11am Starts: Feb 3rd

Beginners English

English language for beginners: speaking, reading and writing. Childcare available. Cost: \$2 per class
10am—12pm Starts: Feb 3rd

Move to the Beat - Children's Dance/Drama Class

Find your rhythm and get fit with fun on your feet! Can boost your child's focus, coordination and self-confidence. Ages 5-13 years. Qualified Instructor from VIP Dance Cost: \$2 per session
4.30pm—5.30pm Starts: Feb 3rd

Tuesday

English Class - More than the basics

Improve your English language and literacy skills in a friendly class. Plan for your future. *Accredited training
Childcare available. Cost: \$2 per class
9.30am—12.30pm Starts: Jan 28th

English Conversation Class

Beginner English speakers. Improve your English language skills. Childcare available. Cost: \$2 per class
9.30am—12.30pm Starts: Jan 28th

Playgroup

Forge friendships and have fun. For parents and children aged under 5 years. Please bring a piece of fruit to share. Cost: \$1 per session
10am—12pm Starts: Jan 28th

Seniors Fitness Class

For mobility, strength & balance. Gentle exercise in a friendly group. Pre-assessment may be required at a cost of \$15. Qualified Instructor. Cost: \$5 per class
1.30pm - 2.30pm Starts: Jan 14th

Wednesday

Women's English Class

Build your confidence in tackling those everyday tasks involving numbers and measurement while improving your English. Gain the friendship and support of other women from varied cultures. Childcare available. Cost: \$2 per class 20 sessions
9.30am—12.30pm Starts: Jan 29th
*Accredited training

Senior Men's Groups

Contact Social workers / Social groups at Helping Hand Aged Care on 1300 444 663 for more information and to book your place.
10am - 1pm Ongoing

Lovely Lunch

Tuck into a delicious three course home-style meal. Served soon after midday. All welcome. Cost: \$8
From 12pm Starts: Jan 29th

Working toward your future goals

Voluntary work placements are great to get connected, learn and apply your new skills, become familiar with the Australian workplace or just to contribute to the community! Join a small group to plan and support your learning. Childcare may be available. Cost: \$2 per class 5 month course.
1pm - 3pm Starts: Jan 29th

Thursday

Beginners-Plus English

Learn basic English language, reading, writing and speaking. Join in at any time during the term. Childcare available. Cost: \$2
10am—12pm Starts: Jan 30th

Women's Group

Uighur/Turkic social group with guest speakers and social outings. Childcare available. FREE
10am—12pm Starts: Jan 30th

Justice of Peace (JP) Service available

1.30pm—3.30pm on Mondays and Thursdays
Bookings generally not required. You may phone to enquire.



RTO 1004

NATIONALLY RECOGNISED
TRAINING

Friday

Craft, Coffee & Chat

Bring your craft projects and get creative in a small, sociable group. Share ideas. Some materials available. Cost: \$2 per session
9.15am—11.15am Starts: Jan 31st

Relationship Class

This course will examine our preconceptions and help develop self esteem and meaningful relationships. Very useful for those who have experienced trauma. Helps with growth of self confidence. Based on Kath Silard's book "Me, Myself And I". Free child care available but bookings essential. Ph: 8215 6355
10am—1pm 15 week course Starts: Feb 14th

Basic Digital Skills

Enhance your job prospects by learning basic computer skills. Learn Windows 10 system, keyboard & mouse, word processing and relevant terminology. Opportunity to explore your Smartphone/ Tablet. *Accredited training. Child care may be available if requested
Bookings essential. Cost: \$20 per term (10 sessions)

Safer Use of Internet & Email

You will learn about the Internet and how to use Google, Email, look up webpages & online services safely (eg. MyGov, Seek, banking and shopping). Some opportunity to explore your Smartphone & Tablet. **Accredited training. Child care may be available if requested
Bookings essential. Cost: \$20 for term (10 sessions)
1pm—3pm Starts: Jan 31st

Saturday

Uighur Language School

Ethnic school: Teaching Uighur language and culture for children.
10am—12noon Starts: Oct 19th

Arabic Language School

Teaching Arabic language, Quranic and Islamic studies for children aged 6—17 years. Phone 0424 204 595 for more information.

Introduction to Art Therapy

This will be a fun morning utilising our creativity and imagination. Led by Susan. Childcare by request. Cost: gold coin.

Adults Supporting Children through Trauma.

Children react to trauma (eg. parent's separation, death of someone close, health issues, starting school) in different ways. This workshop explores activities that help. Childcare by request. Cost: gold coin
Thursday Feb 6th from 10am to 1pm Registrations essential.

You're welcome at Wandana

Wandana Community Centre is run for and by the community. We welcome and respect people from a diversity of backgrounds, cultures, ages and gender; and aim to encourage personal growth and lifelong learning within a caring, friendly, non-discriminatory environment.

Our office is open:

Monday to Thursday: 9.00am—3.30pm

Friday: 9.00am—12.00pm

Message from the Manager

Best wishes for the New Year and we hope you find something of interest in our Activities Guide. A great time of year to start something!

The centre is a very welcoming place and we cater for all ages. Come in at any time during business hours and find out for yourself.

We are currently running "Be Connected" courses to help people in the ever increasing need for digital knowledge in our day to day lives. Come in or ring up to find out details.

Rille Walshe OAM

Manager

Other activities available

Be Connected: Smart phone tuition for the older age group, individual or small group sessions.

Volunteer opportunities: Including cook / kitchen hand; crèche volunteers and English tutors.

School holidays: Workshops and children's activities

Please call the office on 8215 6330 for more information.

Supporting Sole Parents

Is a service that provides counselling, workshops and classes, information and support for sole parent families.

Counselling available for sole parents by appointment.

Ph: 8215 6355 for bookings and enquiries from

Thurs & Fri & alternate Weds from 9.30am to 5pm.

Living with Adolescents Discussion Group

will be held on **Thursday 19th Mar** from 10.00am to 1.00pm. Adolescents can be challenging and sometimes it is useful to share experiences and concepts with others.

Led by Kath Silard OAM



FAMILIES, YOUTH AND CHILDREN
EMPLOYMENT, EDUCATION AND TRAINING
HEALTH AND WELLBEING | DISABILITY
DOMESTIC VIOLENCE AND HOMELESSNESS

Wandana Community Centre
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T 8215 6330 | F 8261 5164
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www.centacare.org.au

This service is supported by :

The Department of Human Services

The Foundation Skills courses are funded through the Government of South Australia

Morialta Trust Incorporated

Department for Industry and Skills

A Child Safe Organisation

Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.



Statement regarding the traditional owners of the land

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Quality Assurance

Centacare is a nationally accredited organisation assessed against the Quality Improvement Council (QIC) Australian Health & Community Services Core Standards and the Community Services Standards.



Centacare

**WANDANA COMMUNITY
CENTRE**

What's on
Term 1, 2020

*You're welcome at
Wandana!*

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