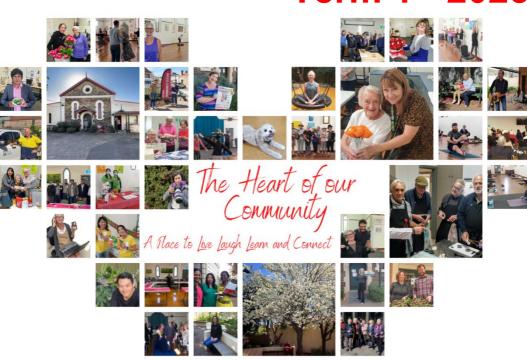
# Eastwood

Community Centre Term 1 - 2025



95 Glen Osmond Road Eastwood 5063

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(08) 8373 2225



## Welcome to Term One of 2025 at Eastwood Community Centre!

A new year brings fresh opportunities, and we're excited about what's ahead in 2025.

The Adelaide Symphony Orchestra will return for four community concerts—dates to be confirmed, so follow us on Facebook for updates.

Join us for a Fringe Show on 15 March, a Sing-A-Long Matinee with international act Mr Meredith, featuring everything from Music Hall and Cockney favourites to pop hits and West End classics—come sing along! There will also be an evening show details yet to be announced ©

This year, we are introducing new support programs after taking on key services from the Cancer Care Centre, which is winding up. These include: Meditation (Wednesdays); Young Women's Cancer Support Group and Women's Cancer Support Group. These programs offer a welcoming space for individuals affected by cancer to connect and find support, reinforcing Eastwood's role in community connection and recovery.

Thanks to the Cancer Care Centre's generosity, we've also refreshed our spaces with new furniture, chairs, and light fittings. A grant will allow us to replace trestle tables with mobile flip-top tables and lightweight chairs, making our spaces more adaptable. The back sitting room has been freshly painted and is available for programs and hire—perfect for children's birthday parties and family events, opening onto our beautiful garden.

As we step into 2025, we remain committed to being a place where people learn, connect, and grow. Whether you're returning or joining us for the first time, we look forward to an exciting year together.

See you at Eastwood! Leanne Isaacson Director January 2025

## WHATS ON AT THE CENTRE JANUARY TO APRIL 2025

## **WEEKLY PROGRAM –**

See Class Times in the General Information

## Monday

AA Support Group
Introduction to Podcasting for Business
Empower East - NDIS Providers Network
Strength for Life
Stretch and Balance
Twilight Talks
Young Womens Cancer Support Group

## Tuesday

Playgroup
Art & Craft for Everyone (1st & 3rd)
Create a Blooming Career — Intro to Floristry
Eastway Vikings - Medieval History & Martial Arts Centre
Food Addicts in Recovery
Gamblers Anonymous

## Wednesday

What's Cooking at Eastwood –
Masterclass Series – Around the Culinary World
Culinary Capers - Cook Your Way to A Delicious Career
Art Around the Table (fortnightly)
Adult Children of Alcoholics & Dysfunctional Families (ACA)
Create a Blooming Career – Intro to Floristry evening classes
Class Act Collective
The Compassionate Friends Support Group
Meditation

## **Thursday**

1 to 1 Computing
Abacus for Children
Eastwood Women's Step (AA)
La La Land Choir
Primary Purpose (NA)
Strength for Life

## Friday

AA Support Group

Adult Children of Alcoholics & Dysfunctional Families (ACA)

Breathe My Space Yoga

Mastering Marketing and Websites

Movement with Music

Strength for Life

Stretch Strength & Balance

Watercolour Painting

Womens Cancer Support Group

## Saturday

Fitness with Hamish
Eastwood Events – Comedy Night, All-Abilities Dance Party (Dates TBA),
Quiz nights, Music Bingo, Live Music

## Sunday

Eastwood Recovery (AA)
Revival Centres Church
Siempre Tango (fortnightly)
Sunday Sounds – Live Music in the Garden – Summer/Autumn

## **CONTENTS – JANUARY TO APRIL 2025**

ADULT COMMUNITY EDUCATION	7 - 11		17 & 18
Culinary Capers - Cook Your Way to A Delicious Career		Breathe: My Yoga Space Laughter Workshop	
Master Marketing and Websites for Your Business Intro to Podcasting for Business Success One-On-One Computer Help		Stretch & Balance Strength for Life	
one on one compared their		HERITAGE & HISTORY	19
ARTS & CRAFTS	12 & 13	Adelaide Historical Bottle Club Inc Eastway Vikings - Medieval History & Martial Arts Centre SA	
Art Around The Table Art & Craft For Everyone		Martial Arts Centre SA	
Class Act Collective		<b>NETWORKING &amp; BUSINESS EVENT</b>	rs 5
Drawing & Painting Water Colour Painting Paint and Sip		Empower East - NDIS Network	
Floristry for Everyone		PARENTS AND FAMILIES	20
COMMUNITY CONNECTIONS  Community Garden And Playspace Revival Centres Church One-on-one computer help	14	Abacus Maths For Kids Kids Can Cook Positive Minds: Confident Girls Program Playgroup	
COOKING	3 & 4	SUPPORT GROUPS/SERVICES	21
Generations in the Kitchen Valentine's Dinner - Cook and Connect		Adult Children Of Alcoholics & Dysfunctional Families The Compassionate Friends	ional
DANCE & MUSIC	16	Eastwood Recovery - AA Eastwood Women's Step - AA	
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DISABILITY PROGRAMS	15	<b>VENUE HIRE</b> Hall And Garden For Hire	1 & 2
Community Bonding: Connecting through Activities			
ENTERTAINMENT AT EASTWOOD	5		
Sunday Sounds - Live Music in the Garde - To be confirmed	en		

#### **VENUE HIRE – Hall for hire**

Our community centre has a spacious hall available for hire on Saturday evenings for various events, including parties, dinners, family gatherings and fundraising activities. The hall can accommodate up to 100 guests comfortably and is perfect for any occasion.

The hall features a fully equipped kitchen with a refrigerator, oven, stovetop, and microwave, making it easy for guests to prepare and serve food. We also provide tables and chairs for the event, so you don't have to worry about renting them separately.

Our community centre offers affordable rates for hiring the hall.

We are conveniently located on Glen Osmond Road with parking available for your guests. Our community centre is easily accessible by public transportation, making it convenient for guests to attend your event.

If you are interested in hiring our hall for your event, please contact us at <a href="mailto:bookings@eastwood.asn.au">bookings@eastwood.asn.au</a> to enquire about your event. We require a deposit to secure your booking, and we will provide you with all the necessary information and guidelines to ensure your event is a success.





### **VENUE HIRE - Sitting Room and Back Garden for Hire**

Our sitting room and back garden areas are available for hire for children's birthday parties, baby showers, and family afternoons. The indoor space can accommodate up to 40 guests comfortably and is perfect for intimate gatherings.

The sitting room is a cozy and welcoming space, ideal for setting up a small buffet, dessert table, or activity area for children. The back garden is a private and peaceful area, surrounded by greenery and perfect for outdoor games, relaxation, or photo opportunities.

We offer 4-hour blocks on Saturday or Sunday mornings or afternoons, giving you plenty of time to set up, host your event, and clean up afterward. We require a deposit to secure your booking, and the hire fee includes access to the sitting room and back garden for the duration of your event.

The sitting room and back garden are available which means you can easily move between the indoor and outdoor spaces and take advantage of the beautiful weather and scenery.

We offer affordable rates for hiring our sitting room and back garden, and we provide flexible options to meet your needs. You can bring your own food and beverages or hire a caterer of your choice. We do not provide catering services.

Our location is easily accessible by public transportation and has ample street parking available for your guests. We are committed to providing a safe and comfortable environment for all our guests.

If you are interested in hiring our sitting room and back garden for your event, please contact us at <a href="mailto:bookings@eastwood.asn.au">bookings@eastwood.asn.au</a> to enquire and book your event.



#### WHAT'S COOKING NOW AT EASTWOOD?

The Eastwood Community Centre is delighted to be able to offer the following evening cooking programs:



#### Dates to be confirmed - visit Eastwood. Events for details

#### Wednesdays 5.30pm - 7.30pm.

"Global Kitchen Adventures" is a special cooking course designed for families to come together and learn the art of cooking. Through this course, families will not only bond but also develop a lifelong love for cooking and create lasting memories.

**Multigenerational Participation**: "Global Kitchen Adventures" welcomes participants from different generations, including parents, grandparents, caregivers, and children. This inclusive approach fosters meaningful interactions and promotes intergenerational bonding through the shared experience of cooking.

**Expert Guidance from Chef Tony Adey**: The course is led by professional chef Tony Adey, renowned for his culinary expertise. Participants will benefit from Chef Tony's wealth of knowledge, practical tips, and culinary techniques, ensuring a high-quality learning experience.

**Hands-on Cooking Experience**: The program emphasizes hands-on learning, allowing families to actively participate in the cooking process. From prepping ingredients to mastering cooking techniques, participants will gain practical skills and build confidence in the kitchen.

**Exploration of Diverse Cuisines**: "Global Kitchen Adventures" encourages families to explore a variety of cuisines, flavours, and cooking styles. Through guided lessons, families will have the opportunity to experiment with different recipes and broaden their culinary horizons.

Register at www.eastwood.events

#### **PLAYGROUP**

Weekly: Tuesday Weekly -10.00 am -11.30 am

**Tel:** 8373 2225

Playgroups are for fun and friendship for children from birth to 5 years and their parents and caregivers. Children can socialise, play, and learn in a safe and happy environment, while parents and caregivers can meet and support each other. Playgroup activities include Storytime, singing, crafts, outdoor and indoor play, and much more.

#### What We Offer:

- A safe and fun environment for children to explore.
- Opportunities for children to develop social skills.
- Activities to encourage creative and critical thinking.
- Resources and support for parents and caregivers.

#### Why Your Child Benefits:

- Helps in the development of your child's social, emotional, and cognitive skills.
- Encourages independence and self-confidence.
- Provides an opportunity to meet and make friends.
- Offers a structured environment that supports learning.

#### Why You'll Benefit:

- Connect with fellow parents and caregivers.
- Share experiences and gain new insights.
- Build a support network.
- Enjoy quality time with your child.

Register at www.eastwood.events



## **Empower East**

Eastern / Central NDIS Network Monday: 10<sup>th</sup> February; 24<sup>th</sup> March;

**From:** 4.30 pm – 6 pm

Empower East is a networking event for NDIS providers to connect, share knowledge, and develop partnerships. The event offers an opportunity for NDIS providers to expand their professional networks and stay up to date with the latest developments in the disability service sector. It provides a platform for NDIS providers to showcase their services and expertise to potential clients and collaborators, as well as to learn from other providers' experiences and best practices. The event is held at Eastwood Community Centre and is designed to bring together NDIS providers from across the region to facilitate collaboration and innovation in the disability service sector.

# SUNDAY SOUNDS OR FRIDAY WINED DOWNS LIVE MUSIC & PIZZA IN THE GARDEN

### FEATURNG MUSIC BY A RANGE OF MUSICIANS AND ENTERTAINERS



Pizza (hand made by our resident Chef Tony Adey & staff), wine and soft drinks available to purchase.

Friday 31st Jan: Dave Freeman

**Time:** 6pm – 9pm



# ADULT COMMUNITY EDUCATION PROGRAM INFORMATION

Culinary Capers: Cook your way to a delicious life or career.





Master Marketing and Websites for your Business.

Create a blooming career: Intro to Floristry





Introduction to Podcasting: for vour business

#### INTRODUCTION

#### INVITATION

The team at the **Eastwood Community Centre** is pleased to offer a range of exciting Adult Community Education (ACE) programs in 2025; **funded by SA Department of Education**.

The aim of these programs is to provide opportunities for learners to build literacy, numeracy, digital and life/employability skills through involvement in **engaging, fun and hands-on learning activities** across a range of vocational areas.

All 'ACE it @ EASTWOOD' education programs will be facilitated by experienced trainers & facilitators with specialist skills and knowledge in their respective industries and areas such as Troy Sincock from ABC Radio, Andy Martin Auscast Network & SAFM, Tony Adey professional chef restaurant owner and Regency International TAFE, Zac Bailey web designer, marketer and business owner James Anthony Consulting, Ruth Lemon professional florist.

In addition to scheduled **face-to-face sessions** at the Community Centre, the programs may include off-site 'Mystery Excursions' to venues of interest and/or masterclasses/guest presentations by industry experts.

We look forward to meeting and learning with you in 2025!

Leanne Isaacson

Director, Eastwood Community Centre

#### WHO CAN PARTICIPATE

We welcome adult participants of all ages and from culturally and linguistically diverse backgrounds. It is not necessary to have had any prior education or life/work experience in program areas to be able to enrol. Enrolment requirements include a registration form and an Upfront Assessment of Need (UAN).

Can I enrol in one of the 'ACE it @ EASTWOOD' education programs?

#### Are you:

- Unemployed or under-employed?
- Interested in building your knowledge and skills?
- Looking to start a business or side hustle?
- Ready for a new pathway to employment or further study?
- Able to attend all sessions?

#### Then this program is for you!

Cost: Courses are free; however, there is a \$20 participation fee which is refundable upon 75% attendance at the end of the course.

#### CULINARY CAPERS: COOK YOUR WAY TO A DELICIOUS LIFE OR CAREER

#### **MEALS IN 30 MINUTES**

Unleash your inner chef and build a strong culinary foundation with us!

Discover the art of cooking alongside our expert chef and trainer, who will teach you food preparation and cooking skills in multiple practical, hands-on sessions.

#### Learn about:

- How to cook for one or group events
- Food prepping, knife skills, kitchen-hand tips and tricks
- Responsible Service of Alcohol (on request)
- WHS and equipment provided and worn during practical sessions.
- All expenses related to ingredients; equipment, & 'Mystery Excursions' are covered.

Showcase your culinary growth by planning, prepping & cooking for in house events.

DATES STARTING: 12<sup>th</sup> February Wednesday | 11am - 3pm | 8 Weeks

**COST:** Courses are free; however, there is a \$20 participation fee which is refundable upon 75% attendance at the end of the course.

**PROGRAM** 

#### AI - MARKETING FOR BUSINESS

Step up your marketing game with our Master Marketing and Website Building Program

Organic social media - Facebook, Instagram, Email, Google SEO, AI & more

#### Learn about:

- Branding Mastery: Develop a strong brand presence for your audience.
- Utilise your Facebook platform to connect with your customers
- Discover how to engage and retain your audience



Propel your business to new heights using Facebook, with this comprehensive 6-week course.

DATES STARTING: 13<sup>th</sup> February Friday 3:00 pm - 6:00 pm I 8 weeks

**COST:** Courses are free; however, there is a \$20 participation fee which is refundable upon 75% attendance at the end of the course.

#### **PROGRAM**

#### MASTERING THE ART OF FLORISTRY: CREATE A BLOOMING CAREER

#### EX PERIENCE THE JOY OF FLOWERS AND FLORISTRY

Unlock your true potential and cultivate a flourishing career or personal skills

This transformative program is designed to build your understanding of the captivating world of flowers and floral design techniques. Led by a professional florist, you'll gain firsthand industry knowledge and hands-on experience in:

- Floral design techniques
- Basics of flower care
- WHS knowledge and skills

Join us now and witness your passion for floristry bloom into a fulfilling and rewarding journey.

### Contact us to go on a waiting list on 8373 2225

#### **PROGRAM**

#### INTRODUCTION TO PODCASTING FOR BUSINESS

Unlock the world of business podcasting with our "Intro to Business Podcasting Course!

Are you ready to captivate your audience, boost your brand, and create engaging content that drives results? Join us in this dynamic course, where you'll learn the art of crafting compelling stories, sourcing engaging narratives, and writing scripts that leave a lasting impact. Facilitated by Troy Sincock ABC Radio and Andy Martin Auscast & SAFM

#### What You'll Gain:

- The skills to create captivating podcast content
- Insights into reaching and engaging your target audience
- Hands-on experience in our state-of-the-art podcast studio
- Expert guidance and strategies for podcast success

DATES STARTING: 10<sup>th</sup> February Monday I 6:00 pm – 8.00 pm

**COST:** Courses are free; however, there is a \$20 participation fee which is refundable upon 75% attendance at the end of the course.

There are a **limited number of places** available in each 'ACE it @ EASTWOOD' program.

To register your interest and reserve a space in a program:

- 1. Ring the Eastwood Community Centre on (08) 8373 2225
- 2. Scan the QR Code below or
- 3. Register online at eastwood.courses





#### **TESTIMONIALS**

Our testimonials show how our Adult and Community Education programs have the power to positively change lives, empowering individuals to reach their full potential.

'I feel much more confident now and that my business will be a success.'

Nicole (student) Starting a Small Business program

'I recently had the incredibly good fortune to attend Troy Sincock's Digi Yarns Podcasting Program, he expertly guided us to assemble our story in a way that is interesting and meaningful to the listener while still being authentic with our message...'

Kathryn (student) Digi Yarns Podcasting Program

'R has benefited greatly from the opportunities he has been presented with at the community centre'

> Provider referral on student outcomes Culinary Capers: cook your way to a delicious life or career

'The courses at Eastwood are extremely high quality. I highly recommend them.

Cat (student)
Get the Money Smarts - Starting a Small Business course





#### **ARTS & CRAFTS**

#### ART AROUND THE TABLE

This course offers the opportunity to try your hand at new art skills. Enjoying morning tea whilst making new friends, no experience required.

Fortnightly Commencing Wednesday 10.00am-11.30am

Facilitator: Miranda Harris
Tel: 8373 2225

Fee: \$7.50 or buy a card of 10 sessions for \$50

#### **ART & CRAFT FOR EVERYONE**

Join those who share an interest in art, come along have a laugh over a tea and/or coffee connect with your neighbours from the local community. Everyone is welcome.

Fortnightly: 1st & 3rd Tues of the Month 1.00pm-4.00pm

Facilitator: Helen Rodriquez

**Tel:** 8373 2225 **Cost:** \$5 per session



#### **ARTS & CRAFTS Cont'd**

#### CLASS ACT COLLECTIVE

Tuesday, 10th December 10:30am - 1:30pm

Bi-Monthly on the second Tuesday

Monthly: Monday 10.30am-1.30pm

Facilitator: Pam Kelly
Tel: 0418821826
Cost: \$20 per session

#### **DRAWING & PAINTING**

Join our structured drawing and painting course, join others as you explore a diverse range of art including two sessions with an Art Expert.

Weekly: Monday 1.00pm-4.00pm TBA

Facilitator: Anne Harrop
Tel: 8373 2225

Cost: \$20 per session

#### WATER COLOUR

Learn watercolour with Marilyn Jacobs, an experienced watercolour tutor, exhibiting artist and an RSASA Fellow. Marilyn presents a variety of challenges for students, ranging from representational and traditional styles through to more experimental approaches covering different techniques, artists, and subjects. Ten-week course for adults. Classes are suitable for all levels of ability. Bring your own materials - list will be supplied.

Weekly: Friday 9.30 am -12.30 pm

Facilitator: Marilyn Jacobs
Tel: 8373 2225
Cost: \$210

**Contact**: Eastwood Community Centre to enrol



#### COMMUNITY CONNECTIONS

#### **COMMUNITY GARDEN PLAYSPACE, LITTLE STREET LIBRARY**

Come along and enjoy the Centre's Garden and children's play space. Check out our Little Street Library with children's and adult books to take away; or if you have ones you would like to share, please leave them with Tot and Dot our great characters that look after our books and reading space.

**Tel:** 8373 2225 for further information

#### COMMUNITY GARDEN VOLUNTEERS

Community Garden Volunteers work in the garden on a regular basis. The garden provides a space for all members of the community to enjoy and includes a play space and little free library.

**Tel:** 8373 2225 for further information

#### **REVIVAL CENTRES CHURCH**

Revival Centres Church preaches the full gospel message of Jesus, with all members of the community welcome. Due to COVID restrictions meetings may change.

Weekly: Sunday 12.30PM – 2:30PM Facilitator: Pastor Malcolm Smith

**Mobile:** 0430 652 050

#### ONE-ON-ONE COMPUTER HELP

One-on-one support can answer all your questions (without geek-talk) and show you how to make the most of your phone or tablet security on your devices and/or computer... and enjoy it.

- Digital Devices
- Using online sites MyGov, MyHealth, Online Banking and much more
- Cybersecurity for your personal information
- Cybersecurity for your business
- Be Connected for Over 50's (Free program)
- WorkReady skills to re-engage in the workforce

Weekly: Thursdays 10am & 12am – Bookings Essential

**Tel:** 8373 2225

**Cost:** \$5 (Free for over 50's funded under the Be Connected Program)

**Contact**: Eastwood Community Centre to enrol

#### **DISABILITY PROGRAMS**

#### **Community Bonding: Connecting through Activities**

For people interested in community together, making new friends and enjoying an outing or learning more about utilising information technology, in particular your smart phone, or camera.

This program runs weekly and is complimented each fortnight with a fortnightly bus outing to various venues around Adelaide.

Other Programs Commencing in the coming months

- Bus Trips Social and day outings
- Photography
- Let's Get Cooking
- Community lunches
- Make new friends through monthly Funky Friday music
- Developing Skills for Work
- Information Technology

Register your interest or contact us if you have other ideas.



#### **DANCE & MUSIC**

#### SIEMPRE TANGO

Discover the powerful, sensuous dance of Argentina, from beginners to advanced.

1st & 3rd Sunday: 3.30 pm - 9.00 pm

**Facilitator:** Michael Speck **Mobile:** 0407 615 900

Website: www.siempretango.net.au



#### LA LA LAND CHOIR

Weekly: Thursday 7.15 pm -10.0 0pm

**Facilitator:** Carol Young **Mobile:** 0407 718 956

Email: youngcarol67@gmail.com

#### MOVEMENT WITH MUSIC

Come along have a dance and get to know people in your local community. This is a low-key group that just loves to come together to listen to music, move a bit, have a laugh, and share lunch at the end of the session.

**Weekly:** Friday 12.15 pm - 1.45 pm

Facilitator: Peter Willis
Tel: 8373 2225
Cost: \$5 per session



#### **HEALTH & FITNESS**

**BREATHE: MY YOGA SPACE** 

Hatha style class suitable for all levels. Connect with the breath, release tension, and create ease in body and mind.

**Weekly:** Friday 10.15am – 11.45am

Facilitator: Kathy Linscott
Mobile: 0411 612 340
Cost: \$15 per session



#### LAUGHTER WORKSHOP

Come along and have a laugh, feel the benefits of laughter, and go home feeling calm and relaxed.

Weekly: Saturday 9.30 am -10.30 am

Facilitator: Sally Harper
Tel: 8277 8624
Cost: \$5 per session
Location: Back Garden

#### STRENGTH FOR LIFE

The program encourages older South Australians to attend strength training sessions by promoting the benefits of strength training.

Strength training has also been shown to improve balance and reduce risk of falling, enhance mental wellbeing, improve body composition (more muscle, less fat), raise self-esteem and self-confidence, reduce lower back pain, enhance older people's ability to undertake activities of daily living and maintain an independent lifestyle.

Participants will need to book in for an assessment from which a personalised training plan will be developed. Please ring for further information.

**Weekly:** Monday 8.00 am – 9.00am - Kye

Thursday 2.00 pm - 3.00 pm Friday: 2.00 pm - 3.00 pm

Contact: Kye Ashden

Tel: 8373 2225

**Cost:** \$8.00 per session or purchase book of 10 sessions \$70.00



#### **HEALTH & FITNESS Cont'd**

#### **STRETCH & BALANCE - Monday**

Stretch & Balance is designed to improve balance, flexibility and posture therefore increasing the muscles natural range of motion and tone. All activities can be adapted to your own ability.

**Weekly:** Monday 9.15 am – 10.15 am

**Contact:** Kye Ashden **Phone:** 8373 2225

**Cost:** \$7.50 per session or purchase book of 10 sessions \$65.00

#### **STRETCH & BALANCE - Friday**

This class adds another dimension to the Stretch and Balance class incorporating the strength component with focus on improving your physical strength, flexibility, and posture. Attention is given to the abdominal muscles, lower back, hips, and buttocks. All activities can be adapted to your own ability.

**Weekly:** Friday 9.00 am - 10.00 am

Contact: Kye Ashden 8373 2225

**Cost:** \$7.50 per session or purchase book of 10 sessions \$65.00



#### **HERITAGE & HISTORY**

#### ADELAIDE HISTORICAL BOTTLE CLUB INC

Established in 1971 by a group with an interest in collecting old bottles and learning about Adelaide's early produce manufacturers; as well as collecting associated historical artefacts. Displays, sales and information for members and visitors.

Monthly: 2<sup>nd</sup> Thursday 6.30 pm - 10.00 pm

**Contact:** 8373 2225



#### MEDIEVAL HISTORY & MARTIAL ARTS CENTRE SA

Our goal is the knowledge of the history and traditions of the Early Middle Age people, Scandinavia, and Rus from the period of 9-11 centuries known as "the Viking Age".

Fortnightly: Tuesday Fortnightly 6.30 pm - 9.30 pm

**Contact:** Alex Svetlakov **Mobile:** 0411 400 615



#### **PARENTS AND FAMILIES**

#### **ABACUS MATHS FOR KIDS**

Abacus math is a fun way to discover numbers & calculations. As a result, children have fun with numbers and develop several abilities like concentration, memory, observation, and many more with interactive learning styles.

Weekly: Thursday 4.00 pm - 5.15 pm

Contact: Tomoko Koijima Mobile: 0412 195 081

#### **PLAYGROUP**

Playgroup is a group of mums, dads, grandparents, and caregivers who meet with their babies, toddlers, and pre-schoolers (aged 0-6) for interaction and fun. All working together to provide opportunities to learn through play and connect with others.

Weekly: Tuesday Weekly - 10 am - 11:30 am

Tel: 8373 2225



#### PARENTS AND FAMILIES

We would be interested in hearing from parents and families about how we can provide a range of programs or activities – please give us a call, email or drop in for a chat.

#### SUPPORT SERVICES

#### AA EASTWOOD RECOVERY (AA SUPPORT GROUPS)

**Weekly:** Monday 11.30am – 1.00 pm

Friday 1.00 pm - 2.30 pmSunday 10.00 am - 11.30 am

**Tel:** 8373 2225

#### THE COMPASSIONATE FRIENDS

**Monthly** First Wednesday of the Month 6pm – 9pm

Tel: 8373 2225

#### **EASTWOOD WOMEN'S STEP (AA SUPPORT GROUP)**

**Weekly:** Thursday 12.15 pm – 1.45 pm

**Tel:** 8373 2225

#### **GAMBLERS ANONYMOUS**

Weekly: Tuesday 8.00 pm - 9.30 pm

Tel: 8373 2225

#### PRIMARY PURPOSE - NARCOTICS ANONYMOUS

Weekly: Thursday 12.00pm - 1.30pm

**Tel:** 8373 2225

#### **ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES**

Weekly: Wednesday 6.30pm – 8.30pm

Friday 6.30 pm - 8.30 pm

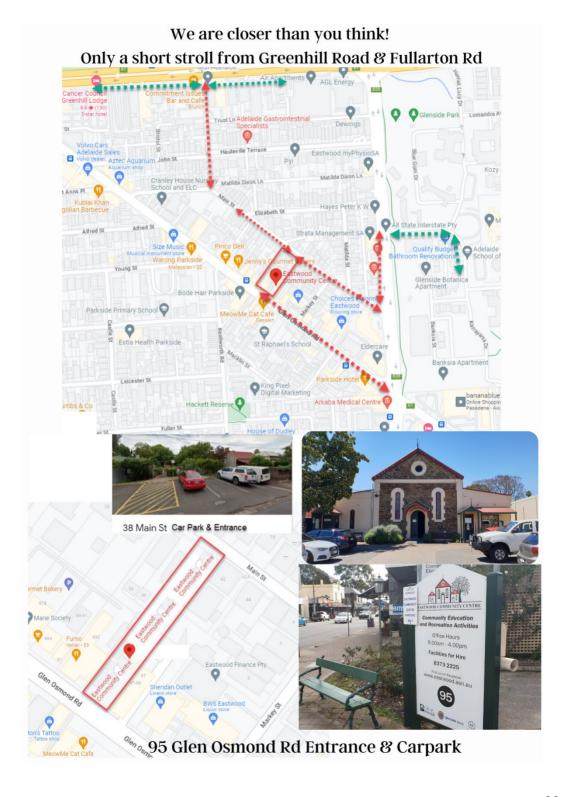
**Tel:** 8373 2225

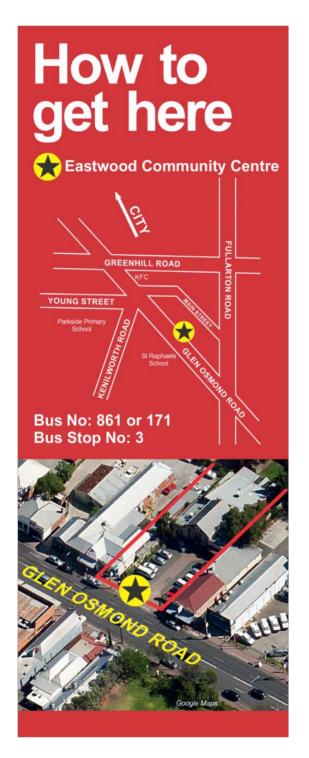
#### **FOOD ADDICTS IN RECOVERY**

Weekly: Tuesday 6.00pm – 7.30pm

**Tel:** 8373 2225







## EASTWOOD COMMUNITY CENTRE FUNDING PROVIDED BY:













Visit our Website