

# TAPEROO COMMUNITY CENTRE



14-20 Yongala St, Taperoo, SA 5017 **P.** (08) 8248 2122 **W.** [unitingsa.com.au/taperoo-community-centre](http://unitingsa.com.au/taperoo-community-centre)

**Everyone is welcome at Taperoo Community Centre, where we help people of all ages and all backgrounds develop new skills and meet new people.**

## MONDAY

### **NEW COURSE: PRODUCING A BOOK ABOUT MY STRENGTHS**

**TIME** 9.30am - 11.30am

**COST** Gold coin donation

Compile a meaningful book about your individual strengths, positive characteristics and experiences. It will be published in booklet form using words pictures and illustrations.

### **PAINTING FOR FUN AND ENJOYMENT**

**TIME** 10am - 12pm or 1pm - 3pm sessions

**COST** \$5 per session

Enjoy developing your painting skills in a friendly, helpful environment. Paint and brushes supplied.

### **COMMUNITY CRAFT GROUP**

**TIME** 9.30am - 11.30am

**COST** Gold coin donation

Come along and work on your own craft projects (i.e. knitting, sewing and crocheting) in a friendly and social environment.

## TUESDAY

### **OVER SIXTIES GROUP**

**TIME** 9.15am - 11.15am

**COST** Gold coin donation

A friendly and welcoming group offering low-cost activities, regular outings and bus trips.

### **NEW PROGRAM: WELLBEING TUESDAYS**

**TIME** 10:30am - 3:00pm

**COST** Free of charge

A friendly, flexible and inclusive program featuring a diverse range of activities, guest speakers and helpful ideas to enhance general wellbeing.

### **GENTLE MEDITATION**

**TIME** 1.30pm - 2.30pm

**COST** Gold coin donation

Through gentle meditation we will practice techniques to create calm and manage stress, amid the busyness of everyday life.

### **WAKWAKU CLUB**

**TIME** 3pm - 5pm (Tuesdays during school term)

**COST** Free of charge

Are you, or is someone you know, Aboriginal and aged between 10-16? Join us at Wakwaku Club for some fun after-school activities with snacks provided. Please note, transport is not provided.

# TAPEROO COMMUNITY CENTRE

**UNITING**  
**SA** Together  
We can

## WEDNESDAY

### LEARNING ABOUT POETRY, PUPPETRY & PERFORMANCE

**TIME** 9.30am - 11am

**COST** Gold coin donation

Learning techniques of performance through a variety of mediums including poetry, puppetry and more.

### CRAFT ON A BUDGET

**TIME** 1.00pm - 3.00pm

**COST** \$5 per session (covers materials)

A variety of craft projects, including painting, collage, card making and more.

### SEWING CIRCLE

**TIME** 10am - 12pm

**COST** \$3 per session

Come and join a group of sewing enthusiasts. Take the time to complete those unfinished sewing projects in a friendly, sociable environment.

### LE FEVRE PENINSULA WEIGHT CONTROL GROUP

**TIME** 5.30pm - 7.30pm

**COST** Yearly subscription: \$11 (\$9 concession). Weekly fee: \$3

Come along to our friendly group meetings. All welcome.

## THURSDAY

### NEW COURSE: KEEPING YOUR COOL IN DIFFICULT SITUATIONS

**TIME** 10am - 12pm

**COST** Gold coin donation

Learn how to manage your emotions and avoid upsetting others using the techniques of thinking before you speak and handling situations in an assertive manner.

### GAMES AFTERNOON

**TIME** 1pm - 2.30pm

**COST** Free of charge

Come along and enjoy a fun afternoon playing a wide range of board and card games. Make new friendships and leave your worries behind for a few hours.

## ACTIVITY BY APPOINTMENT

### KIDS CONNECT SCHOOL HOLIDAY PROGRAM

**COST** Free of charge

A school holiday program offering children aged 5-13 a range of sporting and craft activities in a fun, safe environment. Please call the centre for the activity program.

# ALL WELCOME AT TAPEROO COMMUNITY CENTRE!

**Please remember to book in for any activities you wish to attend as space is limited.**

**Please note: Due to current COVID-19 restrictions you will need to bring your own snacks and beverages.**

**Thank you, and see you soon!**