



# TAPEROO COMMUNITY CENTRE

UNITING  
SA *Together  
We can*

14-20 YONGALA STREET, TAPEROO

Everyone is welcome at Taperoo Community Centre,  
where we help people of all ages and backgrounds develop new skills  
and meet other people. Plus, our courses are all \$5 or under!



## OUR COURSES

### Painting for Fun and Enjoyment

Practice and enjoy painting  
in a friendly and helpful  
environment. **All materials  
are provided.**

### Singing Together

Sing along to your  
favourite popular tunes in  
an enjoyable and  
inclusive space.

### Women's Over 50's Friendship Group

Join a group of friendly  
women to share in a variety of  
enjoyable activities and outings  
planned by the group.

### Sewing Circle

Work on individual  
and fun sewing  
projects with other  
like-minded enthusiasts.

### Board/Card Games Afternoon

Spend an afternoon playing  
a wide range of fun games,  
both learning new ones and  
enjoying the old favourites.

### Performance Group

Learn techniques of  
performance such as  
theatre, poetry and more,  
all leading up to a  
fun performance.

### Book Appreciation

Enjoy reading and  
discussing books together  
to develop skills of reading  
and comprehension.

### Café Des Amites (Café of Friendship)

Enjoy tea, coffee and  
cake at our warm and  
friendly café.

### Guided Relaxation

Create a calm space to  
manage stress with  
a range of gentle  
relaxation techniques.

### Healthy Meals on a Budget

Learn to grow and cook your  
own veg and other produce  
into a variety of simple,  
healthy and low-cost meals.

### Living Your Best Life

Bring joy back into  
your life with practical  
skills that improve and  
enhance your livelihood.

### Men and Family Relationships Counselling Service

Free, individual counselling  
for men or family  
relationship issues.

### Creative Crafts

Come together with a group  
of friendly people to create  
fun craft items.

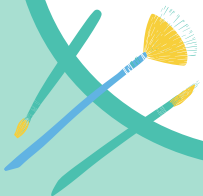
### Vinnies Outreach

Book an individual counselling  
appointment, and watch out  
for our wellbeing workshops  
(dates/topics to be advised).  
All are welcome!

### Independent living skills

Learn to take the worries out  
of maintaining your rental  
property and how to  
live independently.

Turn the page for this term's schedule and more information.



### MONDAY

10am  
12 noon

#### Painting for Fun and Enjoyment

\$5 Cost | Main Hall  
Facilitators: Janet and Nance

1pm  
2:30pm

#### Book Appreciation Group

Gold coin | Community Room  
Facilitator: David

1pm  
3pm

#### Painting for Fun and Enjoyment

\$5 Cost | Main Hall  
Facilitator: Janet

1pm  
4pm

#### Vinnies Outreach

By appointment, contact 0448 261 440  
Free (Tea & Coffee provided) | Garden Room  
Facilitator: Mary Ireland (Vinnies)

### WEDNESDAY

10am  
12 noon

#### Performance Group

Gold coin | Main Hall  
Facilitators: Kathy/Coordinator and  
Meredith (Kura Yerlo)

10:30am  
2:30pm

#### Sewing Circle

Fortnightly (contact 8248 2122 for dates)  
\$5 Cost | Café Room  
Facilitator: Pauline

1pm  
2:30pm

#### Creative Crafts

\$5 Cost | Café or Main Room  
Facilitators: Elaine and Daphne

3pm  
4pm

#### Healthy Meals on a Budget

\$5 Cost | Main Room  
Facilitators: Elaine and Daphne

### TUESDAY

10am  
11am

#### Café Des Amites

Fortnightly Starting 6 February  
\$4 cost | Café Room  
Facilitators: Elaine and Daphne

11am  
12 noon

#### Singing Together

Weekly  
Gold Coin | Main Hall  
Facilitator: Kathy/Coordinator

1:30pm  
3:00pm

#### Group Guided Relaxation

Gold coin | Main Hall  
Facilitator: Kathy/Coordinator

### THURSDAY

10am  
12 noon

#### Living Your Best Life

Gold coin | Garden Room  
Facilitator: Janet

1pm  
2:30pm

#### Board/Card Games Afternoon

Gold coin | Main Hall  
Facilitator: David

1:30pm  
3:30pm

#### Women's Over 50's Friendship Group

\$5 Cost | Garden Room  
Facilitators: Janet and Elaine

2:00pm  
4:00pm

#### Independent Living Skills

Free | Community Room  
Facilitators: Nick and Carly

#### Men and Family Relationships Counselling Service

If you need free, individual counselling for  
men or family relationship issues, contact  
Kathy Miller on **8248 2122**.