2019 Program
Our Community Centres

City of Burnside
Welcome to our Community Centres

Our programs, activities and user groups

Each day, week, month and year we welcome locals, friends, visitors and new residents through the doors of our community centres at City of Burnside to enjoy and participate in hundreds of different programs, activities, events and shared interest groups.

We celebrate diversity within our centres and are proud of the rich history and vibrant future our centres have. There is everything here for the young and the young at heart, for those looking to become fitter, more engaged, learn new skills, meet new people and become a more vibrant part of our great community. You'll find everything you need within this program booklet!

Hiring our facilities

We have many different facilities to meet the needs of our community groups and commercial businesses across four venues including large hall spaces and smaller meeting rooms, the historic ballroom and award winning multipurpose facilities.

Volunteer with us

We have over 400 volunteers throughout our centres and council community programs, and their skills are wide and varied. We are always welcoming new volunteers so if you are interested, please contact our centre coordinator on 8366 4200. Our volunteer opportunities include:

- Language Programs
- JP Service
- Community Sewing Projects
- Community Centre Events
- Interest Group Coordinators
- School Holiday Program
- Community Centre Customer Service desk
- Fitness and Wellbeing instructors
- Ballroom Concert Series ushers

Contacting our team

E: facilitiesmail@burnside.sa.gov.au
P: Burnside Community Centre 08 8366 4200  Glenunga Hub 08 8366 4250
W: www.burnside.sa.gov.au

Meet the Artist

In 2006 local artist, Yvonne Ashby was commissioned by council to design a 21 metre mural installed on the corner of Greenhill Road and Glynburn Road, Burnside. The artwork painted under guidance was executed by children from Burnside Primary School with assistance from the local youth group.

The mural depicts the natural beauty of the local Burnside area and was a unique opportunity to create public art on a mass scale in the area. It highlights three different parts of our history including the native environment prior to settlement, the environment as it is now, and an ideal vision for Burnside including native flora and fauna mixed with sustainable living.

The mural panels are shown in their entirety on the back of our brochure.
Community Centres, Facilities and Hire Spaces .......................... 7

Burnside Community Centre .................................................. 7
Glenunga Hub ................................................................. 8
Burnside Ballroom ............................................................ 8
Dulwich Community Centre .................................................. 8
George Bolton Swimming Centre ......................................... 9
Burnside Library .............................................................. 9
Pepper Street Arts Centre .................................................... 10
Eastwood Community Centre .............................................. 10
Chapel Street Community Garden ....................................... 10

Community and Business Services .......................................... 11

Eastside Business Enterprise Centre ................................... 11
Justice of the Peace .......................................................... 11
Tax Help ............................................................................ 11
Good Samaritan Breakfast Buffet ......................................... 11

Art and Craft ...................................................................... 12

Art Inspiration ..................................................................... 12
Australian Sewing Guild ..................................................... 12
Cloth Doll Craft Group ......................................................... 12
Handspinners and Craft ......................................................... 12
Knitting Group ................................................................... 13
Quilters’ Guild of SA ............................................................ 13
Talk and Textiles ................................................................. 13
Teddy Bear Group .............................................................. 13

Tutoring and Educational Services ......................................... 14

A-Excel Tutoring .................................................................. 14
Enhance Mathematics Academy ......................................... 14
Kumon Study Centre ............................................................ 14
King Kong Coders ............................................................... 15
STEM Kids ......................................................................... 15

Language Classes ............................................................... 16

Chinese Conversation .......................................................... 16
English Language ................................................................. 16
French Conversation (beginner) – Level 1 ......................... 16
French Conversation (beginner) – Level 2 ......................... 17
French Conversation (intermediate) .................................... 17
French Conversation (advanced) .......................................... 17
German Conversation ................................................. 17
SANWEI Chinese School ........................................ 18
Spanish Conversation ............................................. 18

Games and Activities .................................................. 19

Chess* .................................................................... 19
Chesslife .................................................................. 19
Mahjong Monday - Learn to play ................................ 19
Mahjong Tuesday - Pepper St Group ............................ 20
Mahjong Friday – For existing and experienced players .... 20
Snooker .................................................................. 20
Snooker in the Lounge ............................................. 20
Table Tennis ............................................................ 20

Dance and Vocals ....................................................... 21

Bharathanatyam (Indian Classical Dance) ...................... 21
Come and Try Singing ............................................... 21
Contemporary Dancing* ........................................... 21
Dance Class ............................................................. 21
Dance on Wednesdays ............................................... 22
Flamenco Dance Areti ............................................... 22
Nrithya Dance Academy .......................................... 22
Overall Fitness Plus – Zumba Fitness ........................... 22
Zumba with Kiyo ...................................................... 22

Active Fitness and Martial Arts .................................... 23

Box Fit* ................................................................... 23
Ho Shin Do Karate .................................................... 23
Pilates with Bridie ..................................................... 23
Personal/Small Group Training* ................................ 24
Pilates in the Ballroom ............................................. 24
Pilates with Sheriden ............................................... 24
Pilates with Amy ...................................................... 24
Rhee Taekwon-do .................................................... 24
Seniors’ Fit and Fab Fitness ...................................... 25
Strength for Life ...................................................... 25
Tonic Fitness ........................................................... 25
Walking Group (Burnside Briskers’ Walking Group) ....... 25

Mindfulness and Wellbeing ........................................ 26

Beginner’s Classical Hatha & Raja Yoga with Mia ........... 26
East meets West Wellness Program ................................................................. 26
Emotional Freedom Technique ........................................................................ 26
Immunisation Program .................................................................................... 27
Mindful Meditation and Stretching .................................................................. 27
Sahaja Yoga Meditation .................................................................................... 27
Seniors’ Yoga* .................................................................................................. 27
Tai Chi for Everyone ........................................................................................ 27
Tai Chi for Seniors* .......................................................................................... 28
Yin Yoga with Kerri .......................................................................................... 28
Yoga with Kate .................................................................................................. 28
Yoga Begins with Vani ....................................................................................... 28
Yoga Flow At Sunrise ....................................................................................... 28

Council Programs for 65 years + ................................................................. 29

Burnside Home Support Program .................................................................... 29
  Afternoon Tea Trip .......................................................................................... 29
  Cultural Trip .................................................................................................... 29
  Lunch Trip ........................................................................................................ 29
  Cooking Classes .............................................................................................. 29
  Market Trip ..................................................................................................... 29
  Movie Trip ........................................................................................................ 29
  Retail Therapy Trip .......................................................................................... 29
Community Transport ....................................................................................... 30
Volunteer Based Car Service ............................................................................ 30
Future Youth Initiative (FYI) Café # ............................................................... 30
Community Information Sessions .................................................................... 30
Men’s Cooking .................................................................................................. 31
Men’s Breakfast* ............................................................................................... 31
3R’s Ladies Social Group* ................................................................................ 31
3R’s Extreme Team ......................................................................................... 31
3R’s Thursday Social Group* .......................................................................... 31

Children and Youth ....................................................................................... 32

Baby Chat (0-2 years) ...................................................................................... 32
Bedtime Story Time .......................................................................................... 32
Burnside Youth Concert Band ........................................................................ 32
Cooking for a Cause ........................................................................................ 33
Girl Power Workshops (7-9 & 10-12 years) .................................................... 33
Heesom Casting Foundation Program (10 week terms) ................................ 33
Kids Club at The Hub ...................................................................................... 33
Kindermusik with Miss LaLa and Friends ....................................................... 34
School Holiday Programs .............................................................................. 34
Story Time for Pre-schoolers ...................................................................... 34
Theatre Bugs ................................................................................................... 34
Clubs and Special Interest Groups .................................................35

Audio Visual Club of South Australia Inc. .......................................35
Brain Gym ..............................................................................35
Burnside Writer’s Group ..............................................................35
Burnside Historical Society ..........................................................36
Burnside Symphony Orchestra .......................................................36
Camellia South Australia .............................................................36
Club Citroën of SA Inc. ................................................................36
Citroën Société SA Inc. .................................................................36
Cymbidium Orchid Club .................................................................37
Down Syndrome SA—Club Rock (Monthly) ......................................37
Down Syndrome SA—Club Slick (Monthly) ......................................37
Down Syndrome SA—Dance Down ..................................................37
Gopher Club ............................................................................38
HD HR Holden Car Club of SA Inc. ................................................38
Legacy Widows ........................................................................38
Probus Burnside – Men ................................................................38
Probus Toorak Gardens - Men .........................................................38
Rare Fruit Society .....................................................................39
Rostrum Burnside .....................................................................39
The Robert Burns Society of SA Inc. .................................................39
Soroptimist International - Eastern Districts .....................................39
Toastmasters – Spiritually Speaking ...............................................39
Trigeminal Neuralgia Support Group ...............................................40

City of Burnside- Community Centre’s Weekly Program ..................41

* Over 65’s living in the Eastern Region
# Over 65’ living in City of Burnside
Community Centres, Facilities and Hire Spaces

To contact us about the Burnside Community Centre, Burnside Ballroom, Glenunga Hub or Dulwich Community Centre, you can reach us at the following:

E: facilitiesmail@burnside.sa.gov.au

P: Burnside Community Centre, Burnside Ballroom, Dulwich Community Centre 08 8366 4200
Glenunga Hub 08 8366 4250

W: www.burnside.sa.gov.au

: @BurnsideCommunityCentre

Burnside Community Centre

The Burnside Community Centre offers over 50 programs and activities each week, and includes great spaces for your group or club to hire. We host and offer many different art and craft classes, educational and language courses, games and activities, health and fitness, community transport, council coordinated programs and clubs and special interest groups. There is an onsite café for light meals and refreshments, a small children's playground and we are conveniently located beside the Burnside Library. Our on site hire spaces include Community Centre hall, small and large meeting rooms, kitchen and dining space and a lounge area.

401 Greenhill Road, Tusmore, 5065
Up to 250 people, kitchen, tables, chairs, PA, AV, disability access
Glenunga Hub

Opened in 2016, Glenunga Hub is a state-of-the-art community precinct complete with multi-use hire rooms, outdoor plaza, playground and kiosk. The Hub offers a large open plan community space that can be partitioned into three separate areas to accommodate large and small groups. This buzzing venue is perfect for fitness, meetings, corporate activities, private parties and much more. Throughout each week we host and offer many different educational and language courses, health and fitness classes, council coordinated programs and special interest groups.

70 Conyngham Street, Glenunga, 5064
Up to 200 people, kitchen, tables, chairs, PA, AV, disability access

Burnside Ballroom

The Department of Environment and Heritage (formerly Heritage SA) rates the Ballroom as "an excellent example of a 1950s interior demonstrating characteristics of a modernist design. There are no other known examples of this style of interior intact."

The State Heritage listed Burnside Ballroom offers a unique and charming atmosphere to enhance a variety of functions and events. The Burnside Ballroom offers a spacious ground floor and mezzanine level, two bar areas (one upstairs and one downstairs), and a well-equipped kitchen. The venue features a stage, with seating booths around the perimeter of the dance floor. Banquet seating, and trestle tables can also be supplied.

401 Greenhill Road, Tusmore, 5065
100-500 people, kitchen, bar, tables, chairs, PA, disability access

Dulwich Community Centre

Home to the very popular and award winning Strength for Life Program, Dulwich Community Centre is located in a quiet residential area with basic facilities including a small hall at the front and a larger exercise hall at the rear. Both spaces have wooden floors perfect for dance and fitness classes.

14 Union Street, Dulwich, 5065
10-40 people, two rooms for community use
George Bolton Swimming Centre

George Bolton Swimming Centre Burnside is open 7 days a week during the summer season. Set in beautiful Hazelwood Park. The facility includes pools for all ages and abilities, spa, steam room, play space, open lawn and kiosk. It is a Watch Around Water endorsed Pool and is committed to providing a safe and family friendly environment.

8366 4290
pool@burnside.sa.gov.au
www.burnside.sa.gov.au/Pool
Corner Greenhill Road and Howard Terrace, Hazelwood Park, 5066

Burnside Library

Offering a wide range of facilities and services for residents of South Australia including lending, special events, Lifelong Learning, Digital Literacy courses, children’s programs, as well as internet and wireless access.

To join the library, you will need to register with identification containing your current address and signature. If you are under 18, you will need a signature from a parent or guardian.

8366 4280
library@burnside.sa.gov.au
www.burnside.sa.gov.au/Library
401 Greenhill Road, Tusmore, 5065
Pepper Street Arts Centre

Pepper Street Arts Centre is a lively arts environment supporting creative endeavor and excellence, promoting arts appreciation and education, and providing for social engagement across the artistic and wider community. Formerly the Magill School, the Pepper Street Arts Centre is part of the City of Burnside’s cultural program. Entry is free and the ambience is friendly!

8364 6154
pepperstreet@burnside.sa.gov.au
www.burnside.sa.gov.au/PepperStreet
558 Magill Road, Magill, 5072

Eastwood Community Centre

Eastwood Community Centre aims to foster and encourage personal growth, wellbeing and resilience, socialisation and lifelong learning within a caring non-threatening environment.

The centre is a community owned and managed not-for-profit offering a diverse range of activities and programs developed in response to the needs of the community. Programs are suitable for people of all ages and backgrounds, encompassing: adult education, arts and craft, dance and music, community connections, community garden, health and fitness, parents and families, history and education, information technology, programs for people with a disability and support groups.

8373 2225
eastwood@eastwood.asn.au
www.eastwood.asn.au
95 Glen Osmond Road, Eastwood, 5063

Chapel Street Community Garden

Chapel Street Community Garden (CSCG) promotes the growing of fresh, organic produce in a community setting. Since it was opened in May 2012 the garden has grown and the CSCG has installed a pergola, barbeque, pizza oven, rain garden and aqua garden. Members of the public are warmly invited to join the community at monthly open days on the third Saturday of each month. This is an opportunity to meet the community, help out in the garden and find out more about how to get involved. Any members of the public who are interested in being part of the community garden's success are encouraged to contact CSCG.

8331 9344 (Monday - Friday 9 am - 1 pm).
chapelstgarden@morialtauca.org.au
26 Chapel Street, Magill, 5072
Community and Business Services

Eastside Business Enterprise Centre

Eastside Business Enterprise Centre provides low cost business advisory sessions for small business. Appointments are essential.

Contact: 8344 7353, admin@eastsidebc.com.au
When: Wednesday, 12.30 pm - 4.30 pm
Where: Glenunga Hub
Cost: $55 Members receive their 1st consultation free

Justice of the Peace

Service available to all members of the public and no bookings are required.

Contact: Community Centre Reception 8366 4233
When: Monday through Friday, 10 am - 12 noon and 1 pm - 3 pm
Where: Burnside Community Centre (Bill Dean Lounge)
Cost: Free

Tax Help

Tax Help volunteers provide free help if your tax affairs are fairly straightforward and you earn around $50,000 or less a year. Other conditions / qualifying criteria may apply.

Contact: Community Centre Reception 8366 4233
When: August to October - exact dates confirmed annually
Where: Burnside Community Centre
Cost: Free

Good Samaritan Breakfast Buffet

The Good Samaritan Centre offers a breakfast program for only $5! Enjoy a breakfast feast every Friday starting from 3 August. Everyone is welcome, no bookings are required - $5 each adult.

Contact: For enquiries please call 1300 090 995
When: Friday mornings from 8am – 9am
Where: Burnside Community Centre Dining Room
Cost: $5.00
Art and Craft

Art Inspiration
Art classes focusing on inspirational concept development, traditional and contemporary technique.
Contact: Pam Watts 0403 759 123, pam.watts@gmail.com
When: 9.30 am – 11.30 am Tuesdays
Where: Glenunga Hub
Cost: $25 / Concession $20

Australian Sewing Guild
Sharing and furthering the art of sewing.
Contact: Susan Fulop 8349 5425, saslo@aussew.org.au, www.aussew.org.au
When: 2nd Tuesday each month (except January), 7 pm - 9.30 pm
Where: Burnside Community Centre
Cost: $4 plus Annual Membership $44

Cloth Doll Craft Group
Cloth doll making, help and teaching available. New members welcome including beginners.
Contact: Jean Massey 8337 6689
When: 2nd and 4th Wednesday each month, 9.30 am - 12.30 pm
Where: Burnside Community Centre
Cost: $1

Handspinners and Craft
A social group of women interested in spinning, weaving and handcrafts. New members welcome.
Contact: Judi Nicholas 8338 6676
When: 1st and 3rd Wednesday each month, 10 am - 2 pm
Where: Burnside Community Centre
Cost: $1
**Knitting Group**

Would you like to knit and chat with other Burnside residents aged 65 and older? Knitting assistance is available and beginners are welcome. Some transport available.

**Contact:** Home Assist 8366 4166  
**When:** Tuesday, 10 am - 12 noon  
**Where:** Burnside Community Centre  
**Cost:** Gold coin donation

**Quilters’ Guild of SA**

Promoting the art of patchwork and quilting, and the formation of quilters’ groups in SA. Regular guest speakers, show and tell, shop, quilters’ library and workshops available. All welcome.

**Contact:** Christine Baker 0432 483 263  
**When:** 1st Thursday of each month (except January); 7.15 pm for 8 pm start, until 10 pm  
**Where:** Burnside Community Centre  
**Cost:** $3 members or $5 visitors

**Talk and Textiles**

Join a group of like minded appreciators of the art of textiles meets fortnightly to share coffee, conversation and creativity. Sharing and learning of new skills is at the heart of this informal environment, with the benefit of some highly skilled creatives alongside those who are still learning. Bring your own project, and maintain inspiration and motivation!

**Contact:** Pepper Street Arts Centre 8364 6154  
**When:** Every second Thursday, 10 am – 12 noon  
**Where:** Pepper Street Arts Centre  
**Cost:** $4 per session

**Teddy Bear Group**

A self-help group for teddy bear makers. All welcome.

**Contact:** Jo Trafford 8337 5622, traff@adam.com.au  
**When:** 1st Saturday each month (except January), 1 pm - 4 pm  
**Where:** Burnside Community Centre  
**Cost:** Materials as needed
Tutoring and Educational Services

A-Excel Tutoring

Comprehensive one hour tutoring program for school age children in English and Maths.

Contact:  William 0488 490 218, aexceledu@gmail.com
When:  Tuesday, 4 pm - 6 pm during school terms
Where:  Burnside Community Centre
Cost:  starting from $25

Enhance Mathematics Academy

Transform your child into a brain master through abacus learning and mathematics tutoring. Programs available for children aged 3 to 12 years.

Contact:  Jolly 0406 599 565 or Joy 0401 468 605
When:  Saturday, 2 pm - 4 pm
Where:  Burnside Community Centre (Corner Room)
Cost:  $120 per month

Kumon Study Centre

An effective Math and English study program following the Kumon method. Bookings essential.

Contact:  Dimple Melwani 0450 234 542, kumontusmore@gmail.com
When:  Monday and Thursday, 3.30 pm - 6.00 pm
Where:  Burnside Community Centre
Cost:  $130 per subject per month + enrolment fees. Conditions apply – please contact Dimple for final pricing per child.
King Kong Coders

Learn coding, 3D design and printing skills, become a Lego robotics hacker and bring craft creations to life using coding and electrical circuits.

**Contact:** Enquiries, 0422 505 621. Bookings, [www.kingkongcoders.com](http://www.kingkongcoders.com)

**When:** Courses are for 7 weeks on Tuesdays and Thursdays 4.00 pm – 5.15 pm

**Where:** Burnside Community Centre

**Cost:** $280 for a 7 week term

STEM Kids

STEM KIDS provides Scratch and Python coding programs for children aged 7+ in a fun, friendly, and interactive environment. SK encourages the youth to venture into the inspiring world of STEM. Courses will also be offered on same time commencing Term 4 2017.

**Contact:** 0406 235 866

**When:** Scratch Beginner Courses for 10 weeks on Wednesdays, 4 pm – 5 pm
Python Beginner Courses are for 10 weeks on Saturdays, 4:30 pm - 6 pm

**Where:** Burnside Community Centre (Corner Room)

**Cost:** Please contact course coordinator
Language Classes

Chinese Conversation

Learn the most important Chinese concepts and words to build on and get started speaking and reading Chinese! By the end of this course, you will be able to have a simple conversation in Mandarin, have a good understanding of the basics of the language, and be able to start reading and writing!

Contact: Glenunga Hub 8366 4250
When: Thursday, 1 pm – 2.30 pm during school term
Where: Glenunga Hub
Cost: $50/term

English Language

The focus for the classes is conversation with some viewing and reading of texts for vocabulary extension (not grammar). These are offered weekly during school term, commencing in the second week.

Contact: Burnside Community Centre Reception 8366 4233
When: Tuesday and Friday, 11 am – 12.30 pm
Where: Glenunga Hub
Cost: Free

French Conversation (beginner) – Level 1

For adults who have little or no knowledge of French. Over two terms, practice simple conversations and understand numbers. Great for those wishing to travel to France. Classes provide basic grammar & vocabulary to build sentences with emphasis on pronunciation.

Contact: Glenunga Hub 8366 4250
When: Friday, 1 pm – 2.30 pm during school term
Where: Glenunga Hub
Cost: $50/term
French Conversation (beginner) – Level 2

For adults who have little knowledge of French. Level 2 is for those who have a basic understanding of French and wish to practise simple conversations and understanding numbers. Great for those wishing to travel to France. Classes will provide basic grammar and vocabulary to build sentences. Emphasis will be on pronunciation.

**Contact:** Glenunga Hub  8366 4250  
**When:** Friday, 11 am – 12.30 pm  During school term  
**Where:** Glenunga Hub  
**Cost:** $50/term

French Conversation (intermediate)

This class is designed for people who have some knowledge of French and wish to practise conversing in a relaxed and stimulating environment.

**Contact:** Glenunga Hub  8366 4250  
**When:** Tuesday, 1 pm - 2.30 pm  During school term  
**Where:** Glenunga Hub  
**Cost:** $50/term

French Conversation (advanced)

If you are confident in speaking French and wish to speak with other people at a similar advanced level then this is your class. The sessions will be customised according to the needs of students and taught by experienced tutors from France.

**Contact:** Glenunga Hub  8366 4250  
**When:** Tuesday, 11 am - 12.30 pm (starts May1)  During school term.  
**Where:** Glenunga Hub  
**Cost:** $50/term

German Conversation

A casual group meeting to share their common interest in Germany and the language. Focus on German conversation with some English also included.

**Contact:** Burnside Community Centre Reception  8366 4233  
**When:** Alternate Thursday, 6.45 pm – 8.45 pm  
**Where:** Burnside Community Centre  
**Cost:** Free
SANWEI Chinese School

This class is designed for children aged 4 - 10 years with a small class size of 6 - 10 students. It runs each term with some school holiday activities.

**Contact:** Emily 0430040773, sanweimandarinschool@gmail.com  
**When:** Saturday, 10 am - 11.30 am and 1 pm - 2 pm; Tuesday, 4 pm - 5.00 pm  
**Where:** Burnside Community Centre (Corner Room and Coopers Room)  
**Cost:** $20 per lesson

Spanish Conversation

Do you already speak Spanish and wish to practice your language skills? If the answer is yes, come to our conversation class which is offered during the school term and is free of charge.

**Contact:** Glenunga Hub 8366 4250  
**When:** Wednesday, 10.30 am - 12 noon  
**Where:** Glenunga Hub  
**Cost:** Free
Games and Activities

Chess*

Group for seniors living in the eastern region. Chess sets provided, no experience required, beginners welcome as well.

Contact: Matt Moody 8366 4144
When: Tuesday, 9.30 am - 11.00 am
Where: Burnside Community Centre
Cost: Free

Chesslife

Chesslife’s vision is to create a chess community and culture that enriches lives around Australia. Chesslife are Australia’s leading chess educational provider; teaching young people how to learn and grow through the game of chess. Suitable for both beginner and advanced players.

Contact: David 0433 693 990
When: Wednesday, 3.30 pm - 5.00 pm
Where: Glenunga Hub
Cost: $5

Mahjong Monday - Learn to play

No experience necessary and all ages welcome.

Contact: Diane 0422 609 327
When: Monday, 9.30 am – 12 noon
Where: Burnside Community Centre
Cost: $1
Mahjong Tuesday - Pepper St Group

Some experience is advised. And all ages welcome.

Contact: Pepper Street Arts Centre, 8364 6154, pepperstreet@burnside.sa.gov.au
When: Tuesday, 1.30 pm – 3.30 pm
Where: Pepper Street Arts Centre
Cost: Free

Mahjong Friday – For existing and experienced players

A social group for those who know how to play.

Contact: Val 8331 3313, or Burnside Community Centre Reception 8366 4233
When: Friday, 2 pm - 4 pm
Where: Burnside Community Centre
Cost: $1

Snooker

Two tables available for snooker, billiards and eight ball in our lounge. All welcome.

Contact: Burnside Community Centre Reception 8366 4233
When: Monday – Friday, 9 am - 3.45 pm
Where: Burnside Community Centre
Cost: $1

Snooker in the Lounge

Have you always wanted to play snooker and never knew how? Do you know how to play snooker but wish to learn more? If the answer is yes then come to the lounge on Friday mornings to hone your skills with an experienced snooker player, and make new friends.

Contact: Burnside Community Centre Reception 8366 4233
When: Fridays, 9.30 am – 11.30 pm
Where: Burnside Community Centre
Cost: $1

Table Tennis

Enjoy social table tennis in the Community Centre. We welcome new players to our group. This session is for intermediate and advanced players.

Contact: Margaret 8364 4752 (intermediate/advanced)
When: Saturday, 12.30 pm - 3.30 pm – Intermediate and advanced
Where: Burnside Community Centre
Cost: $1
Dance and Vocals

Bharathanatyam (Indian Classical Dance)

Bharathanatyam Arts is committed to providing high-quality Bharathanatyam dance classes for all aspiring dancers, creating the space to freely express oneself through movement.

Contact: Harnie Kumaraguru, 0430 558 337, missharnie@gmail.com
When: Sunday, 11.30 am – 1 pm
Where: Burnside Community Centre
Cost: $15 per session

Come and Try Singing

No experience required to join our community singing group, and an afternoon tea to follow!

Contact: Matt Moody 8366 4144, mmoody@burnside.sa.gov.au
When: Monday, 1.30 pm – 2.30 pm followed by afternoon tea
Where: Burnside Ballroom
Cost: $5 per session

Contemporary Dancing*

Classes for people over 65 living in the eastern region. Wear loose and comfortable clothing. No experience necessary, beginners welcome.

Contact: Matt Moody 8366 4144
When: Wednesday, 9.30 am - 11.00 am
Where: Masonic Hall, 1 Fisher St, Tusmore
Cost: $5

Dance Class

Enjoy the benefits of dancing at our dance class for over 55s with everything from beginner line dancing, country folk through to Zumba Gold with low impact latin, modern, ballroom and disco!

Contact: Burnside Community Centre Reception 8366 4233
When: Tuesday, 12.15 pm - 1.15 pm
Where: Burnside Community Centre
Cost: $6
Dance on Wednesdays

Are you 65 or over and love moving to music? We have a dance class just for you! Set to jazz, classical and even rock and roll tunes, our multi-genre classes are suited to people of all levels of mobility. Sit or stand – the choice in yours! We’d love to meet you.

Contact: Cherie Toubia 0402 884 095, cherietoubia@bigpond.com
When: Wednesday, 11 am - 12 noon during school term
Where: Burnside Community Centre
Cost: $10 per person with a gold coin donation for afternoon tea

Flamenco Dance Areti

Learn Flamenco at Adelaide’s premier Flamenco Dance School and highest awarded performance company. Classes range from beginners to, advanced emphasising correct technique.

Contact: Areti 0411 156 573, areti@flamencoareti.com, www.flamencoareti.com
When: Wednesday, 6.30 pm – 8.30 pm; Saturday, 11.30 am – 2 pm
Where: Dulwich Community Centre
Cost: from $15 - $38.50 per class (refer website)

Nrithya Dance Academy

Learn traditional South Indian Classical Dance forms like Bharathanatyam and Mohiniyattam. Class begins with yoga to relax and calm your mind and body.

Contact: Akhila 0434 677 342, akhilasashidhar@gmail.com
When: Saturday, 10am – 12 noon
Where: Burnside Community Centre
Cost: $20 per session

Overall Fitness Plus – Zumba Fitness

Zumba fitness is a new kind of fit, and together we can get there one class at a time. No dance or fitness experience needed, just a guaranteed smile with some sweat as well.

Contact: Wendi 0432 928 640, overallfitnessplus@yahoo.com.au, www.wendioverall.zumba.com
When: Tuesday, 6.15 pm - 7.15 pm
Where: Burnside Ballroom
Cost: from $9.50 per class (refer website)

Zumba with Kiyo

Zumba combines Latin and international music with a fun and effective workout system. With class and instructors worldwide, anyone can join the party.

Contact: Kiyo, 0487 495 741, zkiyo@adam.com.au
When: Thursday 7.30 pm – 8.30 pm and Saturday 10.00 am – 11.00 am
Where: Glenunga Hub
Cost: New face drop in $5; Casual drop in $10; 10 session pass $80
Active Fitness and Martial Arts

Box Fit*
Run by qualified fitness instructors, a non-contact, non-competitive boxing group to improve your fitness, strength and coordination. Those living with Parkinson’s Disease are encouraged to attend, as it has been shown that boxing can help to build and maintain strength, endurance and balance.

Contact: Burnside Home Assist Program 8366 4166
When: Thursdays
Where: Dulwich Community Centre (Daisy Salotti Hall)
Cost: $15 per class

Ho Shin Do Karate
Get fit and have fun learning traditional karate in a safe and friendly environment. All classes taught by enthusiastic JKF Goju Kai graded black belt instructors, with active links to Japan.

Contact: Damien 0414 866 198, damien.seidel@internode.on.net, www.adelaidekarate.net
When: Friday 7 pm – 8 pm, Saturday 9.30 am – 11 am
Where: Dulwich Community Centre
Cost: Contact Damien for details

Pilates with Bridie
A dynamic beginner/intermediate mat based Pilates class using your own body weight as well as small hand weights, balls and discs to build strength, stability and endurance throughout the entire body.

Contact: Bridie 0421 481 037
When: Saturday 9.15 am
Where: Glenunga Hub
Cost: Contact Bridie for details
**Personal/Small Group Training**

Burnside Home Support Program offers personal and/or small group fitness sessions for City of Burnside and Eastern Region residents over the age of 65. Each session is 45 minutes in length and is run by a qualified Personal Trainer.

**Contact:** Jo Blaess 8366 4227  
**When:** Monday, Wednesday and Friday mornings at various times  
**Where:** Burnside Community Centre  
**Cost:** $25 personal training, $15 small group training

**Pilates in the Ballroom**

Pilates helps strengthen our weak muscles and stretch the tight one, all while lubricating the spine and creating length through the body. The low impact, slow and steady Pilates moves make your muscles burn without leaving you sore and tight the next day.

**Contact:** Burnside Community Centre on 8366 4200 or facilitiesmail@burnside.sa.gov.au  
**When:** Tuesdays and Thursdays, 9.30 am – 10.30 am  
**Where:** Burnside Ballroom  
**Cost:** $6

**Pilates with Sheriden**

Pilates helps strengthen our weak muscles and stretch the tight ones, all while lubricating the spine and creating length through the body. Pilates makes your muscles burn without leaving you sore and tight the next day.

**Contact:** Sheriden Andrew-Hannon 0432 293 682  
**When:** Mondays and Wednesdays 9.15 am – 10.15 am  
**Where:** Glenunga Hub  
**Cost:** $15

**Pilates with Amy**

**Contact:** Amy 0433 486 489 or amylouisekinter@gmail.com  
**When:** Tuesdays, 6.30 pm – 7.30 pm  
**Where:** Glenunga Hub  
**Cost:** $15

**Rhee Taekwon-do**

Fun, fitness and self-defence for the whole family.

**Contact:** Rhee Taekwon-do 1300 743 853, info@rheetkd.info, www.rheetkd.info, www.facebook.com/rheetkdsa  
**When:** Monday and Thursday, 4 pm - 5 pm  
**Where:** Burnside Ballroom  
**Cost:** $80 per month
**Seniors’ Fit and Fab Fitness**

Exercise classes are specially designed for seniors to improve their functional fitness, strength and flexibility. Exercises focus on balance, muscle strength, flexibility and mobility, endurance, breathing, relaxation and fitness. Work on these objectives by attending the weekly exercise classes conducted by accredited trainers in a friendly and sociable environment.

**Contact:** Burnside Community Centre Reception 8366 4233  
**When:** Monday, 11 am - 12 noon (except Public Holidays) - classes currently full  
Thursday 10.30 am – 11.30 am (except Public Holidays)  
**Where:** Burnside Community Centre  
**Cost:** $2

**Strength for Life**

The Strength for Life program offers strength training programs across South Australia to people over the age of 50. It’s a great way to increase muscle strength, improve balance, have fun and meet new people. Involves a one hour strength training session which is low impact.

**Contact:** Burnside Home Assist Program 8366 4142  
Instructor/s Michael 0414 663 744, Bruce 0419 031 407, Clo 0498 729 520 or Ruth 0427 183 976  
**When:** Monday 9.30 am and 10.45 am; Tuesday 9 am and 10.15 am  
Wednesday 8.50 am, 10 am and 5.30 pm  
Thursday 8.15am, 9.15 am and 10.30 am; Friday 9.30 am and 10.45 am  
**Where:** Dulwich Community Centre  
**Cost:** $6 per class, or 10 session discount available

**Tonic Fitness**

Group fitness classes for over 50s with a focus on strength, stamina and stability. One hour group exercise programs with music and equipment supplied. No joining fee or bookings.

**Contact:** M’Liss Steel 0411 147 074, [tonicfitness@yahoo.com.au](mailto:tonicfitness@yahoo.com.au)  
**When:** Tuesday, Wednesday and Friday 9.30 – 10.30 am  
Tuesday - Mat (floor) exercises plus modified chair /standing options available  
Wednesday - Weekly rotating standing / seated low impact exercises  
Friday - Alternating weekly (cardio) Zumba Gold and (weights) Strength / Balance exercises  
**Where:** Glenunga Hub  
**Cost:** Pay as you go $7 or $60 for 10 classes, first class free.

**Walking Group (Burnside Briskers’ Walking Group)**

The group runs in conjunction with the Heart Foundation and is for Burnside residents over 65 years. Come along, get fit and meet new friends.

**Contact:** Jennifer Mann 8366 4109, [jmann@burnside.sa.gov.au](mailto:jmann@burnside.sa.gov.au)  
**When:** Friday 8.00 am  
**Where:** Various Locations  
**Cost:** Free
Mindfulness and Wellbeing

Beginner’s Classical Hatha & Raja Yoga with Mia

The path of yoga taught is from the Yoga Sutras of Patanjali; Raja Yoga (meditation yoga) and Classical Hatha Yoga (postures / breath control exercises). It is an authentic yoga that fosters: inclusion, safety, acceptance, loving kindness, compassion and awareness of the true Self.

Contact: Mia 0404 368 318
When: Wednesday, 7pm – 8.15pm (classes resume 1 May 2019)
Where: Glenunga Hub
Cost: $15.00 Concession Card $12.00

East meets West Wellness Program

A sick body can give you sick mind, and a sick mind can also give you sick body. Traditional Eastern medicine always viewed it in this way. Come and learn ways to heal the two.

Contact: Burnside Community Centre 8366 4233, facilitiesmail@burnside.sa.gov.au
When: Fridays 9am – 10am
Where: Ballroom Burnside Community Centre
Cost: Gold coin donation

Emotional Freedom Technique

A natural way to heal, easy to learn, non invasive and fun.

Contact: Jeanette Findlay 0438 586 291
When: 1st Wednesday each month (except January), 7.30 pm - 8.30 pm
Where: Burnside Community Centre
Cost: Contact Jeanette for details
Immunisation Program

Eastern Health Authority provides vaccines recommended for adults and children on the National Immunisation Program (NIP) at no cost to people in the with a current Medicare Card.

**Contact:** Book online at eha.sa.gov.au or telephone 8132 3600  
**When:** By appointment only  
**Where:** Coopers Room (adjacent Community Centre)  
**Cost:** Free for holders of a Medicare Card in the Eastern Region

Mindful Meditation and Stretching

Learn how easy it is to meditate, stretch and be mindful using breathing to revitalise and de-stress.

**Contact:** Community Centre Reception 8366 4233  
**When:** Thursday, 1.10pm – 1.50 pm  
**Where:** Ballroom  
**Cost:** $1

Sahaja Yoga Meditation

A simple and dynamic method of meditation. It uses practical techniques that can be easily integrated into your daily life to help you experience emotional, physical and spiritual wellbeing.

**Contact:** Tony 0417 806 336 or 1300 724 252, sy_adelaide@yahoo.com.au  
**When:** Tuesday, 7.30 pm – 8.30 pm  
**Where:** Burnside Community Centre  
**Cost:** $1

Seniors’ Yoga*

Classes for people over 65 living in the eastern region. Wear loose and comfortable clothing, yoga mat provided, no experience necessary.

**Contact:** Matt Moody 8366 4144  
**When:** Friday, 12 noon - 1.15 pm and 1.30 pm - 2.45 pm  
**Where:** Burnside Community Centre  
**Cost:** $5

Tai Chi for Everyone

Tai Chi class for all ages and abilities. This is the Yang style Tai Chi.

**Contact:** Community Centre Reception 8366 4233  
**When:** Monday 9.30 am - 10.30 am  
**Where:** Glenunga Hub  
**Cost:** Gold coin
Tai Chi for Seniors*
Tai Chi class for people over 65 living in the eastern region, beginners welcome.

Contact: Matt Moody 8366 4144  
When: Tuesday, 1 pm - 2 pm  
Where: Glenunga Hub  
Cost: $6

Yin Yoga with Kerri
Find your YIN in your YANG lifestyle. Suitable for people who prefer a quieter meditative practice working on releasing tight or stressed bodies. All poses are done sitting, lying or kneeling on the mat with minimal movements. Focusing on the fascia (connective tissue), flexibility and joint mobility. Especially beneficial for back, hips and shoulders.

Contact: Kerri 0400 099 500, kerri@myyogasa.com.au  
When: Wednesday, 6.30 pm – 7.30 pm  
Where: Glenunga Hub  
Cost: 4 session pass $50 (paid up front) or $15 casual pass

Yoga with Kate
Classic yoga themes! Suitable for all ages and levels of fitness. Includes limbering, breathing meditation, breathing exercises, postures and relaxation. Bring a towel, rug or mat to lie on and wear loose and comfortable clothing.

Contact: Kate Rumpff 8298 1528  
When: Tuesday, 2 pm - 3.15 pm and Friday 10 am - 11.15 am  
Where: Burnside Community Centre  
Cost: $6.00

Yoga Begins with Vani
An ancient classical form of ‘Hatha Yoga’ that is perfect for all ages and fitness levels. Learn this unique science of flexibility, breath control and meditation to relax and rejuvenate.

Contact: Vani 0469 737 148, email-vanishukla01@gmail.com, www.yogabegins.com.au  
When: Monday, 11 am – 12.30 pm  
Thursday, 11am – 12 noon  
Where: Glenunga Hub  
Cost: First trial class $10, Casual visit $15, 4 class pass $50

Yoga Flow At Sunrise
Having recently relocated from California, Nadia brings her teachings from some of the worlds most accomplished yoga practitioners, including Bryan Kest, Maty Ezraty and Judith Lasater.

Contact: Nadia, nadia.koo@gmail.com  
When: Tuesday 6.30am – 7.30am  
Where: Glenunga Hub  
Cost: $12 per class
Council Programs for 65 years +

Burnside Home Support Program

For more information or to make a booking contact Burnside Home Support Program.

**Contact:** Jordan 8366 4166  
**Where:** Various locations

**Afternoon Tea Trip**
A trip to enjoy coffee and cake at a bakery or café.

**Cultural Trip**
A scenic trip with a cultural experience followed by lunch at a local venue.

**Lunch Trip**
A scenic bus trip followed by lunch at a location in Adelaide, the Hills or the Barossa.

**Cooking Classes**
Create simple, nutritionally balanced and tasty meals for yourself.

**Market Trip**
A trip to the Adelaide Central Market for shopping, coffee and cake.

**Movie Trip**
Enjoy watching a new release movie at a local cinema, followed by lunch.

**Retail Therapy Trip**
Travel to different shopping centres around Adelaide.

* Over 65s living in the Eastern Region  
# Over 65s living in City of Burnside
Community Transport

Community buses are available for regular weekly shopping trips for local City of Burnside residents. The two larger buses are also available for charter by local community groups - conditions apply.

Contact: Community Transport Coordinator 8366 4222
When: Monday to Friday
Where: to Burnside Village and the Parade
Cost: $3 return / $1.50 one way

Volunteer Based Car Service

The service is available to Burnside residents over the age of 65 years, who no longer drive and have no other means of transport. Transport can be provided to medical, ancillary health and some social destinations. The service is one way and will provide transport to medical appointments within 10 km of the Burnside Council premises. Bookings must be made at least three working days prior to any appointment.

Contact: Community transport 8366 4222
When: Monday to Friday, 9.30 am - 4 pm
Where: Appointments within a 10 kms radius from Council
Cost: $3 per trip

Future Youth Initiative (FYI) Café #

Would you like to enjoy a freshly-cooked meal, meet new people and support work experience for youth? A team of students, supervised by a qualified chef, prepare a nutritious, delicious and affordable meal, while learning valuable skills and working towards a Certificate II in Community Services. This program is an initiative of Relationships Australia SA. Bookings are essential.

Contact: Burnside Home Assist Program 8366 4166
When: Thursday (except public holidays and school holidays)
Lunch sittings at 12.30 pm
Where: Burnside Community Centre
Cost: $15 for 3 courses, $11 for 2 courses
or $3 for tea / coffee, or starter for $5, $8 main, $5 dessert, $3 for tea/coffee

Community Information Sessions

Burnside Home Support Program provides monthly information sessions on topics of interest to older people and their families. Please register your interest, as morning tea is provided. Some transport available for Burnside residents no longer driving.

Contact: Burnside Home Assist Program 8366 4166
When: 2nd Tuesday of each month (Feb – Nov), 10 am - 12 noon
Where: Burnside Library
Cost: Gold coin donation
Men’s Cooking

Burnside Commonwealth Home Support Program runs basic cooking lessons for older men living in Burnside Council. Each course runs for four to six weeks at Glenunga Hub or Burnside Community Centre in a relaxed hands-on environment. Participants take their cooked meal home at the end of each session.

**Contact:** Burnside Home Assist Program 8366 4166  
**When:** Various  
**Where:** Burnside Community Centre  
**Cost:** $60 for a 6 week course

Men’s Breakfast*

A morning meal for men over the age of 65 living in the eastern region.

**Contact:** Matt Moody 8366 4144  
**When:** Monday, 8.30 am – 10.30 am  
**Where:** Kensington Baseball Club, Newland Reserve  
**Cost:** $7

3R’s Ladies Social Group*

Social Group for ladies over the age of 65 living in the eastern region with mild memory loss.

**Contact:** Matt Moody 8366 4144  
**When:** Wednesday, 10 am - 2 pm  
**Where:** Payneham Community Centre  
**Cost:** $10 (includes Lunch)

3R’s Extreme Team

Social Group for younger people with an acquired brain injury living in the Eastern Region.

**Contact:** Matt Moody 8366 4144  
**When:** Wednesday, 10 am - 2.30 pm  
**Where:** Burnside Community Centre  
**Cost:** $3

3R’s Thursday Social Group*

Social Group for men over the age of 65 living in the Eastern Region with mild memory loss.

**Contact:** Matt Moody 8366 4144  
**When:** Thursday, 10 am - 2 pm  
**Where:** Burnside Community Centre  
**Cost:** $10
Children and Youth

**Baby Chat (0-2 years)**

Songs, rhymes, puppets and finger plays for babies, toddlers and their caregivers.

**Contact:** Burnside Library 8366 4280  
**When:** Monday and Friday, 10.30 am - 11 am (school term only)  
Tuesday, 1.30 pm - 2 pm  
**Where:** Burnside Library  
**Cost:** Free

**Bedtime Story Time**

Stories, songs and simple craft activities for 0-7 year olds and their caregivers, wear your PJs and bring your teddy bear. Bookings essential.

**Contact:** Burnside Library 8366 4280  
**When:** Thursday evenings, approximately twice a term, 6.30 pm – 7 pm (school term only)  
**Where:** Burnside Library  
**Cost:** Free

**Burnside Youth Concert Band**

An active band in the community presenting a series of concerts in the Burnside Ballroom and playing at community events. The repertoire encompasses a diverse mix of musical styles from original concert band music, arrangements of classical works, Broadway show tunes and jazz. Welcoming new members and parents of young players with the appropriate experience.

**Contact:** John Lee 0449 123 660 (Conductor), Gay Lee 0409 678 678 (President)  
bycb.contact@gmail.com  
**When:** Wednesday, 5.30 pm - 7.45 pm (School Term)  
**Where:** Burnside Community Centre (Town Hall)  
**Cost:** $45 per term
Cooking for a Cause

Cooking for a Cause is a free 6 week cooking course for high school aged students. At each session you will prepare and cook a meal which will be collected by Oz Harvest the following day and delivered to various homeless shelters in SA.

You will also have the opportunity to eat the meals you have prepared.

Various course dates are available throughout the year. Please contact Jennifer Mann for more information.

Contact: Jennifer Mann 8366 4109, jmann@burnside.sa.gov.au
When: Tuesdays 4.30 pm – 7.30 pm
Where: Burnside Community Centre/Kitchen & Dining
Cost: Free

Girl Power Workshops (7-9 & 10-12 years)

Half day and full day well-being workshops as well as 5 week courses for girls. Some of the topics covered are: individuality, strengths, empathy, friendships, challenging behaviour, cyber safety, positive vs negative thoughts, exercise and healthy eating, body image, mindfulness and gratitude.

Contact: Joni Combe 0412 479 516, joni@girlpowerworkshops.com.au
When: See website for course dates, times and costs
Where: Glenunga Hub
Cost: See website

Heesom Casting Foundation Program (10 week terms)

This 10 week Foundation Course is a must for all aspiring young actors wanting to further their education in screen acting and performance craft.

Contact: Heesom Casting 8394 2545, www.heesomcasting.com, admin@heesomcasting.com
When: Thursday, 4.30 pm – 6.30 pm
Where: Glenunga Hub
Cost: See website for costs

Kids Club at The Hub

On the last Thursday of the month enjoy fun and basic activities at the Glenunga Hub with a great outdoor playground, expansive plaza, kiosk on site, face painting, balloons, craft and story books. For children 0-5years (preschoolers)

Contact: Glenunga Hub 8366 4250
When: Last Thursday of the month (Feb-Nov), 10 am - 12 noon
Where: Glenunga Hub
Cost: Free
Kindermusik with Miss LaLa and Friends

Come and spend some quality bonding time with your child, away from the day-to-day tasks of life. Become part of a family and make new friends with these 45 minute classes.

Contact: Miss La La, 0450 021 734, kindermusikwithmisslalaandfriends@hotmail.com
www.kindermusikwithmisslalaandfriends.kindermusik.com

When: Monday 9.30 am (various sessions for different age groups)
Where: Burnside Community Centre
Cost: From $135 per seven classes. Contact Miss La La for further information.

School Holiday Programs

Enjoy a range of school holiday activities for toddlers and primary aged children, teens and even twenties in our youth section. There is always a great range of programming from Pepper Street Arts Centre, Burnside Library, Burnside Youth and Burnside Community Centres.


When: South Australian School Holiday periods
Where: Various locations
Cost: As per seasonal program – see website for details

Story Time for Pre-schoolers

Stories, songs and simple craft activities for pre-schoolers and their caregivers.

Contact: Burnside Library 8366 4280

When: Tuesday and Wednesday, 10.30 am - 11 am (school term only)
Where: Burnside Library
Cost: Free

Theatre Bugs

We offer a wide range of acting, singing and dance classes for kids 6 months – 18 years, all aimed to assist students embrace creativity and the joy of performing arts.

Contact: 8332 1228, www.theatrebugs.com.au, admin@theatrebugs.com.au

When: Wednesday 4 pm – 6 pm, Thursdays 4 pm – 8 pm, Saturdays 9.30 am – 12.45 pm
Where: Dulwich Community Centre
Cost: See website for costs

Toy Library

The Toy Library boasts a wonderful collection of approximately 3,000 toys aimed predominantly at children aged from birth to 5 years. These resources are constantly being added to throughout the year.

Contact: Burnside Library 8366 4181

When: During Burnside Library opening hours
Where: Burnside Library
Cost: $40 annual membership, $16 for three month membership
Clubs and Special Interest Groups

Audio Visual Club of South Australia Inc.

The Audio Visual Club of SA aims to help those interested in improving their audio visual skills and knowledge. Meetings include ‘how to’, viewings and competitions.

**Contact:** John Hodgson 0417 880 596, jhodgson4@bigpond.com, www.avsa.tech-hermit.com

**When:** Last Thursday of each month (not December), 7.30 pm – 10 pm

**Where:** Burnside Community Centre

**Cost:** $60 per year

Brain Gym

Come and try a gentle brain workout. Bring your lunch – tea & Coffee provided.

**Contact:** Elizabeth 0438 843 066, ealvey6@gmail.com.au

**When:** 2nd Thursday monthly (except January), 12 noon – 2 pm

**Where:** Space 3, Burnside Community Centre

**Cost:** Free

Burnside Writer’s Group

This group encourages all kinds of creative writing. Please contact Christine before attending.

**Contact:** Christine Christopoulos 0407 071 250

**When:** 1st & 3rd Thursday of each month (not December and January), 10 am to 12 noon

**Where:** Burnside Community Centre

**Cost:** Free
Burnside Historical Society
This active group records the history of Burnside and works to promote a greater understanding of the district's rich heritage. The group welcomes members of the public at all meetings.

Contact: Derek Bransbury 0413 173 384, derekbransbury@gmail.com, www.burnsidehistory.org.au
When: 3rd Monday of each month (not December and January), 7.30 pm - 9.30 pm
Where: Burnside Community Centre
Cost: Free including supper

Burnside Symphony Orchestra
The Burnside Symphony Orchestra was formed in Adelaide in 1956 and provides the opportunity for amateur musicians to play major works from the symphonic repertoire, and allows aspiring conductors and soloists to gain experience performing with a full symphony orchestra. Enquiries from musicians interested in joining the orchestra are welcome.

Contact: info@bso.org.au
When: Rehearsals Tuesday evenings (four annual performances in the Burnside Ballroom)
Where: Burnside Community Centre (Town Hall)
Cost: By annual membership, please see website www.bso.org.au

Camellia South Australia
Open to anyone with an interest in Camellias. Each meeting includes discussion on culture tips, guest speakers and a display of Camellia blooms.

Contact: Philip 0411 131 152, Bob 0419 815 035
When: 3rd Wednesday monthly (March to October), 7.30 pm - 9.30 pm
Where: Burnside Community Centre
Cost: Annual subscription $20 single, $25 family

Club Citroën of SA Inc.
A club dedicated to the preservation, restoration, appreciation and enjoyment of all Citroën vehicles regardless of model, age or era. Come along and enjoy social events, club runs, technical afternoons and illustrated presentations. Visitors and new members welcome.

Contact: Loui Burke, 0408 192 040, info@clubcitroensa.com, clubcitroensa.com
When: 2nd Wednesday monthly (except January), 8 pm - 9.30 pm
Where: Burnside Community Centre
Cost: $50 annually (concessions available).

Citroën Société SA Inc.
A club hosting events and illustrated talks on all aspects of Citroën motoring and history, and other topics of interest to Citroën Société SA members and friends.

Contact: Paul Williams, 0451 189 169, hello@citroensocietesa.com, www.citroensocietesa.com
When: 2nd Tuesday monthly (except January), 8 pm - 9.30 pm
Where: Burnside Community Centre
Cost: Enquire with contact.
Cymbidium Orchid Club

If you are a collector of Cymbidium Orchids or just share an interest in these flowers you are welcome to this club.

Contact: Wayne 8235 0340, cymorchidssa@gmail.com, www.cymorchidssa.com.au
When: 4th Wednesday of each month (not December and January), 7.15 pm - 10 pm
Where: Burnside Community Centre
Cost: $40 per annum

Down Syndrome SA—Club Rock (Monthly)

Dance Down provides weekly dance classes for children and adults with intellectual disabilities. The classes are inclusive of all genders, cultures and ability levels and promote individual expression and creativity. Students will learn dance styles such as Jazz, Hip Hop, Contemporary and Ballet.

Contact: Karlee Naumann 8245 4600, knaumann@downssa.asn.au, www.downssa.asn.au
When: Monthly on Friday nights, 4.30 pm - 6 pm
Where: Burnside Ballroom
Cost: Free

Down Syndrome SA—Club Slick (Monthly)

Club Slick is a rock ‘n’ roll dance event for adults with disabilities. It provides an opportunity for people with disabilities to socialise and develop skills, enabling increased participation in community activities.

Contact: Karlee Naumann 8245 4600, knaumann@downssa.asn.au, www.downssa.asn.au
When: Monthly on Friday night, 7 pm - 10 pm
Where: Burnside Ballroom
Cost: $10 entry or $7.50 for Slick members

Down Syndrome SA—Dance Down

A variety of weekly dance classes for children and adults with intellectual disabilities. The classes are inclusive of all genders, cultures and ability levels promoting individual expression and creativity

Contact: Karlee Naumann 8245 4600, knaumann@downssa.asn.au, www.downssa.asn.au
When: Monday during school terms excluding public holidays
  4.30 pm - 5.15 pm Junior Team (5–12 years)
  5 pm - 5.30 pm Open Ballet (13+ years)
  5.30 pm - 6.30 pm Senior Girls and Senior Boys Teams (13-17 years)
  6.30 pm - 8 pm Adult Class (18+ years) and Performance Team (invite only)
Where: Glenunga Hub
Cost: Term fees apply, contact Karlee for details
**Gopher Club**

Do you ride a mobility scooter? Are you looking to buy your first mobility scooter? Learn to ride and survive. Gain experience and knowledge from other scooter riders in the area. Bring charger if needed.

**Contact:** Aaron 0402 675 551 or 70amps@gmail.com  
**When:** 1st Monday of every month, 1 pm - 2 pm  
**Where:** Glenunga Hub  
**Cost:** Free

**HD HR Holden Car Club of SA Inc.**

Social and technical support group for people interested in preservation, restoration, or modification of HD or HR Holden motor vehicles.

**Contact:** Roxy 0419 183 088, roxy.marshall01@gmail.com  
**When:** 1st Tuesday monthly (excluding January), 8 pm - 10 pm  
**Where:** Burnside Community Centre  
**Cost:** $10 joining fee, and $40 per annum

**Legacy Widows**

A Legacy Ladies’ Club that features a variety of speakers and entertainers for those enrolled with Legacy.

**Contact:** Adelaide Legacy 8231 9812, reception@legacyadelaide.org.au  
**When:** 4th Tuesday every month, 10 am - 12 noon  
**Where:** Burnside Community Centre  
**Cost:** Nominal subscription fee

**Probus Burnside – Men**

Enjoy interesting speakers at meetings and a social occasion to meet new people and see familiar faces. A group specifically for retired and semi-retired men.

**Contact:** Craig Hall (Secretary) 0438 738 586  
**When:** 3rd Tuesday of each month, 9.45 am - 12 noon  
**Where:** Burnside Community Centre  
**Cost:** $50 per annum

**Probus Toorak Gardens - Men**

Enjoy interesting speakers at meetings and a social occasion to meet new people and see familiar faces. A group specifically for retired and semi-retired men.

**Contact:** Malcolm 8333 0927  
**When:** Tuesday of each month, 9.45 am - 11.45 am  
**Where:** Burnside Community Centre  
**Cost:** $30 per annum
Rare Fruit Society

Find out about rare and unusual fruit and propagation. Visitors and new members welcome.

Contact: Jenny 8388 6583, rarefruit@rarefruit-sa.org.au, rarefruit-sa.org.au
When: 4th Tuesday bi-monthly (odd numbered months), 7.30 pm - 10.30 pm
Where: Burnside Community Centre
Cost: $25 annum membership, meetings free

Rostrum Burnside

Do you fear public speaking? Rostrum offers a relaxed environment in which to learn and practise public speaking, presentation skills, meeting procedures and participation.

Contact: Peter Martindale 0418 820 702, petermd@internode.on.net
When: 1st and 3rd Monday each month (except January), 7.15 pm - 9 pm
Where: Burnside Community Centre
Cost: visit for free, 6 months membership $40

The Robert Burns Society of SA Inc.

The Society promotes and encourages people to learn about the famous Scottish Bard Robert Burns.

Contact: David 8358 6076, daibhidhp@adam.com.au
When: 4th Tuesday monthly (not December and January), 7.30 pm - 9.30 pm
Where: Civic Centre (Corner Room)
Cost: $3

Soroptimist International - Eastern Districts

Soroptimist International is a vibrant and dynamic volunteer organisation for women committed to a world where women and girls together achieve their individual and collective potential, realise aspirations and have an equal voice in creating strong, peaceful communities worldwide.

Contact: Stephanie 0417 838 423
When: 4th Monday each month, 7.30 pm - 9.00 pm
Where: Civic Centre – Corner Room
Cost: Annual subscription $150

Toastmasters – Spiritually Speaking

The Club is open to all interested parties.

Contact: 0470 622 973
When: 2nd and 4th Wednesday of each month, 7pm
Where: Space 2 or Space 3 (2nd Wednesday), Lounge (4th Wednesday)
Burnside Community Centre
Cost: Free
Trigeminal Neuralgia Support Group

Support for individuals and their families effected by Trigeminal Neuralgia.

Contact: Graham Boyer 8392 2781 or 0410 667 509
When: Last Sunday bi-monthly (odd months), 2 pm - 4 pm
Where: Burnside Community Centre
Cost: Free
# City of Burnside- Community Centre’s Weekly Program

## Monday

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal/Small Group Training</td>
<td>8.30 am – 12.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Snooker</td>
<td>9 am – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Pilates with Sheriden</td>
<td>9.15 am – 10.15 am</td>
<td>GH</td>
</tr>
<tr>
<td>Tai Chi for Everyone</td>
<td>9.30 am – 10.30 am</td>
<td>GH</td>
</tr>
<tr>
<td>Mahjong – Learn to Play</td>
<td>9.30 am – 12 noon</td>
<td>BCC</td>
</tr>
<tr>
<td>Kindermusik with Miss LaLa &amp; Friends</td>
<td>10 am – 11 am</td>
<td>BCC</td>
</tr>
<tr>
<td>Strength for Life</td>
<td>9.30am &amp; 10.45am</td>
<td>DCC</td>
</tr>
<tr>
<td>Justice of the Peace</td>
<td>10 am – 12 noon &amp; 1 pm – 3 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Seniors Fit and Fab Fitness</td>
<td>11 am – 12 noon</td>
<td>BCC</td>
</tr>
<tr>
<td>Yoga Begins with Vani</td>
<td>11 am – 12 noon</td>
<td>GH</td>
</tr>
<tr>
<td>Come and Try Singing</td>
<td>1.30 pm – 2.30 pm</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Kumon Study Centre</td>
<td>3.30 pm – 6 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Rhee Taekwon-do</td>
<td>4 pm – 5 pm</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Down Syndrome SA – Dance Down</td>
<td>4.30 pm – 8.30 pm</td>
<td>GH</td>
</tr>
</tbody>
</table>

## Tuesday

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Flow At Sunrise</td>
<td>6.30 am – 7.30 am</td>
<td>GH</td>
</tr>
<tr>
<td>Strength for Life</td>
<td>9 am &amp; 10.15am</td>
<td>DCC</td>
</tr>
<tr>
<td>Snooker</td>
<td>9 am – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Tonic Fitness</td>
<td>9.30 am – 10.30 am</td>
<td>GH</td>
</tr>
<tr>
<td>Chess</td>
<td>9.30 am – 11 am</td>
<td>BCC</td>
</tr>
<tr>
<td>Art Inspiration</td>
<td>9.30am – 11.30am</td>
<td>GH</td>
</tr>
<tr>
<td>Pilates in the Ballroom</td>
<td>9.30 am – 10.30 am</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Knitting group</td>
<td>10am-12noon</td>
<td>BCC</td>
</tr>
<tr>
<td>Justice of the Peace</td>
<td>10 am – 12 noon &amp; 1 – 3 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>English Language</td>
<td>11 am – 1 pm (school terms)</td>
<td>GH</td>
</tr>
<tr>
<td>Dance</td>
<td>12.15 pm – 1.15 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>French Language (advanced)</td>
<td>11 am – 12.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>French Language (intermediate)</td>
<td>1 pm – 2.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Mahjong – Pepper St Group</td>
<td>1.30 pm – 3.30 pm</td>
<td>Pepper St</td>
</tr>
<tr>
<td>Yoga</td>
<td>2 pm – 3.15 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>East meets West Wellbeing program</td>
<td>2 pm – 3 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Come and Try Tai Chi</td>
<td>2.30 pm – 3.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>A-Excel Tutoring</td>
<td>4 pm – 6 pm (school terms)</td>
<td>BCC</td>
</tr>
<tr>
<td>Activity</td>
<td>Time</td>
<td>Location</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Zumba Fitness</td>
<td>6.15 pm – 7.15 pm</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Pilates with Amy</td>
<td>6.30 pm – 7.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Sahaj Yoga Meditation</td>
<td>7.30 pm – 8.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Burnside Symphony Orchestra</td>
<td>7.30 pm – 10 pm</td>
<td>Town Hall</td>
</tr>
</tbody>
</table>

**Wednesday**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal/Small Group Training</td>
<td>8.30 am – 12.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Strength for Life</td>
<td>8.50 am, 10 am &amp;</td>
<td>DCC</td>
</tr>
<tr>
<td></td>
<td>5.30 pm</td>
<td></td>
</tr>
<tr>
<td>Snooker</td>
<td>9 am – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Pilates with Sheriden</td>
<td>9.15 am – 10.15 am</td>
<td>GH</td>
</tr>
<tr>
<td>Tonic Fitness</td>
<td>9.30 am – 10.30 am</td>
<td>GH</td>
</tr>
<tr>
<td>Justice of the Peace</td>
<td>10 am – 12 noon &amp;</td>
<td>BCC</td>
</tr>
<tr>
<td></td>
<td>1 pm – 3 pm</td>
<td></td>
</tr>
<tr>
<td>3Rs Extreme Team</td>
<td>10 am – 2.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Spanish for fun and travel</td>
<td>10.30 am – 12 noon</td>
<td>GH</td>
</tr>
<tr>
<td>Dance on Wednesdays</td>
<td>11 am – 12 noon</td>
<td>BCC</td>
</tr>
<tr>
<td>Eastside Business Enterprise</td>
<td>12.30 – 4.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Come and try Pilates</td>
<td>1. pm – 2 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Chesslife</td>
<td>3.30 pm – 5 pm</td>
<td>GH</td>
</tr>
<tr>
<td>SANWEI Chinese School</td>
<td>4 pm – 5.30 pm</td>
<td>BCC Corner Rm</td>
</tr>
<tr>
<td>STEM Kids – Scratch Beginner</td>
<td>4 pm – 5 pm</td>
<td>BCC Corner Rm</td>
</tr>
<tr>
<td>Burnside Youth Concert Band</td>
<td>5.30 pm – 7.45 pm</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Flamenco Dance Aereti</td>
<td>6.30 pm – 9 pm</td>
<td>DCC</td>
</tr>
<tr>
<td>Beginner’s Classical Hatha &amp; Raja Yoga with Mia</td>
<td>7.00 pm – 8.15 pm</td>
<td>GH</td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates in the Ballroom</td>
<td>9.30am- 10.30am</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Strength for Life</td>
<td>8.15 am, 9.15am &amp; 10.30am</td>
<td>DCC</td>
</tr>
<tr>
<td>Snooker</td>
<td>9 am – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Justice of the Peace</td>
<td>10 am – 12 noon &amp;</td>
<td>BCC</td>
</tr>
<tr>
<td></td>
<td>1 pm – 3 pm</td>
<td></td>
</tr>
<tr>
<td>Pilates in the Ballroom</td>
<td>9.30 am – 10.30 am</td>
<td>Ballroom</td>
</tr>
<tr>
<td>3Rs Mens Group</td>
<td>10 am – 2 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Talk and Textiles</td>
<td>10 am – 12 noon (fortnightly)</td>
<td>Pepper St</td>
</tr>
<tr>
<td>Seniors Fit and Fab Fitness</td>
<td>10.30 am – 11.30 am</td>
<td>BCC</td>
</tr>
<tr>
<td>FYI Café</td>
<td>12.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Beginner Chinese Language</td>
<td>1 pm – 2.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Mindful Meditation</td>
<td>1.10 pm – 1.50 pm</td>
<td>Ballroom</td>
</tr>
<tr>
<td>Box Fit</td>
<td>1.30 pm &amp; 2.45 pm</td>
<td>DCC</td>
</tr>
<tr>
<td>Kumon Study Centre</td>
<td>3.30 pm – 6 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Rhee Taekwon-do</td>
<td>4 pm – 5 pm</td>
<td>Ballroom</td>
</tr>
<tr>
<td>King Kong Coders</td>
<td>4.pm – 5.15 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Heesom Casting</td>
<td>4.30 pm – 6.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Zumba with Kiyo</td>
<td>7.30 pm – 8.30 pm</td>
<td>GH</td>
</tr>
</tbody>
</table>
### Friday

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking Group</td>
<td>8 am</td>
<td>Various</td>
</tr>
<tr>
<td>Personal/Small Group Training</td>
<td>8.30 am – 12.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Snooker</td>
<td>9 am – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Tonic Fitness</td>
<td>9.30 am – 10.30 am</td>
<td>GH</td>
</tr>
<tr>
<td>Strength for Life</td>
<td>9.30 am &amp; 10.45 am</td>
<td>DCC</td>
</tr>
<tr>
<td>Yoga</td>
<td>10 am – 11.30 am</td>
<td>BCC</td>
</tr>
<tr>
<td>Justice of the Peace</td>
<td>10 am – 12 noon &amp; 1 pm – 3 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>English Language</td>
<td>11 am – 12.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>French Language (beginner)</td>
<td>11 am – 12.30 pm</td>
<td>GH</td>
</tr>
<tr>
<td>Seniors’ Yoga</td>
<td>12 noon – 1.15 pm &amp; 1.30 pm – 2.45 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Mahjong – Experienced</td>
<td>2 pm – 4 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Ho Shin Do Karate</td>
<td>7 pm – 8 pm</td>
<td>DCC</td>
</tr>
</tbody>
</table>

### Saturday

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mint Movement Pilates</td>
<td>9.15 am - 10.15 am</td>
<td>GH</td>
</tr>
<tr>
<td>Ho Shin Do Karate</td>
<td>9.30 am – 11 am</td>
<td>DCC</td>
</tr>
<tr>
<td>Zumba with Kyo</td>
<td>10.00 am – 11.00 am</td>
<td>GH</td>
</tr>
<tr>
<td>Nrithya Dance</td>
<td>10 am – 12 noon</td>
<td>BCC</td>
</tr>
<tr>
<td>SANWEI Chinese School</td>
<td>10 am – 11.30 am</td>
<td>BCC Corner Rm</td>
</tr>
<tr>
<td>STEM Kids – Python Beginner</td>
<td>4.30 pm – 6 pm</td>
<td>BCC Corner Rm</td>
</tr>
<tr>
<td>Flamenco Dance Aereti</td>
<td>11.30 am – 2 pm</td>
<td>DCC</td>
</tr>
<tr>
<td>Table Tennis – beginners</td>
<td>11.30 am – 12.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Table Tennis – intermediate/advanced</td>
<td>12.30 pm – 3.30 pm</td>
<td>BCC</td>
</tr>
<tr>
<td>Sanwei Chinese School</td>
<td>1 pm – 2 pm</td>
<td>BCC Corner Rm</td>
</tr>
<tr>
<td>Enhance Mathematics Academy</td>
<td>2 pm – 4 pm</td>
<td>BCC Corner Rm</td>
</tr>
</tbody>
</table>

For full details of each program please see listing in our booklet, and also contact organiser directly to confirm information and availability. Locations of our centres:

**Burnside Community Centre (BCC) and Ballroom** 401 Greenhill Road Tusmore SA 5065  
**Glenunga Hub (GH)** 70 Conyngham Street, Glenunga SA 5064  
**Dulwich Community Centre (DCC)** 14 Union Street Dulwich SA 5065  

**Contacting our team**

E: facilitiesmail@burnside.sa.gov.au  
P: Burnside Community Centre 08 8366 4200 Glenunga Hub 08 8366 4250  
W: www.burnside.sa.gov.au  

@burnsidecommunitycentre