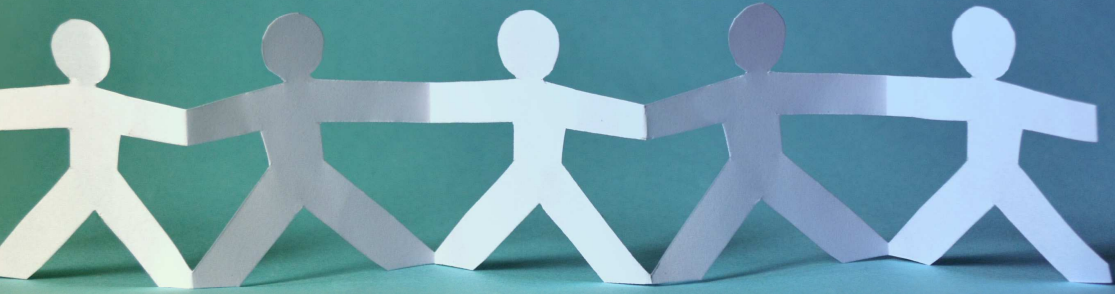




involved



# Community Programs and Activities 2016



Corner Greenhill Rd & Portrush Rd, Tusmore

Phone: 08 8366 4233

# Contents

<b>Art and Craft</b>	<b>1</b>
Burnside Doll Makers	1
Handspinners & Craft	1
Gilgunnia Quilters' Circle	2
Quilters' Guild of SA	2
Teddy Bear Group	2
<b>Educational</b>	<b>3</b>
English Classes	3
Foreign Language Classes	3
Current Affairs	3
Kumon Study Centre	4
Lynn's Learning	4
Rostrum Burnside	4
Community Information Sessions	4
<b>Games and Activities</b>	<b>5</b>
Mah Jong - Learn to play	5
Mah Jong - Fridays	5
Snooker	6
Table Tennis	6
Chess Group	6
Kindermusik	6
<b>Health and Fitness</b>	<b>7</b>
Fitness	7
Emotional Freedom Technique	7
Keep Fit	8
Sahaja Yoga Meditation	8
Strength for Life	8
Tai Chi - Dulwich	9
Tai Chi - Burnside	9
Soma Balance	9
Contemporary Dancing	9
Dance with Parkinsons	9

<b>Health and Fitness (continued)</b>	<b>10</b>
Tonic Fitness	10
Yoga	10
Seniors' Yoga	10
Rhee Taekwon-do	10
<b>Community Transport</b>	<b>11</b>
Home Assist Community Trips	11
Volunteer Based Car Service	13
<b>Council Programs</b>	<b>14</b>
Men's Cooking	14
Men's Breakfast	14
Toy Library	14
Library	14
Justice of the Peace	15
Burnside Library Presents Playtime	15
Story Time for Pre-schoolers	15
Baby Chat	15
School Holiday Programs	15
<b>Clubs and Special Interest Groups</b>	<b>16</b>
Adelaide Achievers Aktion Club	16
Camellia Society	16
Cymbidium Club	17
Historical Society of Burnside	17
Historical Society of SA	17
Legacy Widows	18
PACE	19
Probus Burnside—Men	18
Probus Toorak Gardens—Men	18
Soroptimist International - Eastern Districts	18
Rare Fruit Society	19
Trigeminal Neuralgia Support Group	19
Down Syndrome SA—Club Slick	19
Down Syndrome SA—Dance Down	19



## Art and Craft

### Burnside Doll Makers

Cloth doll making. New members welcome.

*Contact:* Lois Hasenohr 8357 9224

*When:* 10 am -1 pm, 2nd and 4th Wednesday each month.

*Where:* Burnside Community Centre

### Handspinners & Craft

A social group of women interested in spinning and weaving.

*Contact:* Judy Nicholas 8338 6676

*When:* 10 am - 2 pm, 1st and 3rd Wednesday each month.

*Where:* Burnside Community Centre

## Gilgunnia Quilters' Circle

*Contact:* Patricia Brooks 8332 5126

*When:* 7 pm - 10 pm, One Saturday per month, bi-monthly, even months only - except December.

Check to confirm dates.

*Where:* Burnside Community Centre

## Quilters' Guild of SA

Combined quilters groups meeting to share ideas and interest.

*Contact:* Kay Lovell 0437 322 577

*When:* 7 pm -10 pm, 1st Thursday of each month - except January.

*Where:* Burnside Community Centre

## Teddy Bear Group

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

*Contact:* Jo Trafford 8337 5622

*Email:* [traff@adam.com.au](mailto:traff@adam.com.au)

*When:* 1 pm - 4 pm, 1st Saturday each month.

*Where:* Burnside Community Centre



## Educational

### English Classes

Beginners English, conversational, reading comprehension and grammar.

*Contact:* Reception 8366 4233

*When:* 11am - 1pm Wednesdays weekly during school terms

11am - 1pm Friday weekly during school terms.

Commences second week of each term

*Where:* Wednesdays: Glenunga Hub, Fridays: Burnside Community Centre

### Foreign Language Classes

*German Conversation:* Alternate Thursday 6.45 - 8:45pm

*Contact:* Burnside Library 8366 4280

*Where:* Burnside Community Centre

### Current Affairs

What's happening in today's world? Come and discuss current events with others to discover more about our world.

*Contact:* Dianne Zimmerman 8379 3349

*When:* 10 am - 11.30 am, 1st and 3rd Wednesday of each month.

**3** *Where:* Burnside Community Centre

## Kumon Study Centre

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

*Contact:* Marina Walker 8331 1585 or 0415 418 637

*When:* 3.30 pm Monday and Thursday.

## Lynn's Learning

Maths and English tutoring for school age children

*Contact:* (03) 8794 8809

*When:* Tuesday and Friday 4 pm - 6 pm Space 2

## Rostrum Burnside

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

*Contact:* Peter Martindale, 0418 820 702 or

*Email:* [peterm@internode.on.net](mailto:peterm@internode.on.net)

*When:* 7.30 pm - 9 pm, 1st and 3rd Monday each month.

## Community Information Sessions

Burnside Commonwealth 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.

*Contact:* 8366 4166

*When:* 10 am - 12 noon, 2nd Tuesday of each month.

*Where:* Burnside Community Centre Hall

*Cost:* Optional gold coin donation





## Games and Activities

### Mah Jong - Learn to Play

No experience necessary and all ages welcome.

*Contact:* Diane 8357 2000 or 0422 609 327

*When:* 9.30 am - 2.30 pm Monday

*Where:* Burnside Community Centre

*Cost:* \$1.00

### Mah Jong - Fridays

A social group for those who know how to play.

*Contact:* Val 8331 3313 or Reception 8366 4233

*When:* 2:00 pm - 4:00 pm Friday

*Where:* Burnside Community Centre

*Cost:* \$1.00



## Snooker

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

*Contact:* Reception 8366 4233

*When:* 9 am - 3.45 pm Monday - Friday

*Where:* Burnside Community Centre

*Cost:* \$1.00

## Table Tennis

Enjoy a social afternoon of table tennis. New players welcome.

*Contact:* Margaret 8364 4752

*When:* 12.30 pm - 3.30 pm Saturday

*Where:* Burnside Community Centre

*Cost:* \$1.00

## Kindermusik

Spend more quality time bonding with your child, join Kindermusik with Dani.

*Contact:* Dani-Marie 0427 438 902

*When:* Monday 9.30am and Tuesday 10.30am

*Where:* Burnside Community Centre

## Chess Group

Group for seniors but younger players welcome. Chess sets provided, no experience required, beginners welcome.

*Contact:* Matt Moody 8366 4144

*When:* Tuesday 9.30 am – 11.00 am

*Where:* Burnside Community Centre



## Health and wellbeing

### Fitness

Keep fit and enjoy yourself at the same time. Men and women enjoy this class of general exercises, light weights, resistance bands and stretching. The exercises are low impact but high on energy. A basic level of mobility is necessary. Please wear non-slip and non-marking shoes (classes are conducted on a linoleum floor) and bring a plastic bottle of drinking water.

*Contact:* Norman Trubik 0414 302 927

*When:* 11 am - 12 noon, Thursday

*Where:* Burnside Community Centre

*Cost :* \$6.00

### Emotional Freedom Technique

A natural way to heal.

*Contact:* Jeanette Findlay 0438 586 291

*When:* 7.30 pm - 9.30 pm 1st Wednesday each month.

*Where:* Burnside Community Centre

## Keep Fit

Mobility exercises. You can still keep fit even though you do not want to run a marathon. All welcome. The exercises are chair-based (stationary) using wrist and ankle weights and resistance bands. They involve low impact movements using stretching, resistance and repetition to achieve a rewarding workout. They are designed to maintain mobility, muscle strength and balance. Please wear non-slip socks/runners.

*Contact:* Reception 8366 4233

*When:* 11 am - 12 noon Monday (except Public Holidays).

*Where:* Burnside Community Centre

*Cost* \$1.00

## 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

*Email:* [sy\\_adelaide@yahoo.com.au](mailto:sy_adelaide@yahoo.com.au)

*When:* 7:30pm - 8:30pm Tuesdays

*Cost* \$1.00

## 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. Wear stable footwear and comfortable clothing.

*Contact:* Burnside Home Assist Program, 8366 4166

*When:* Monday 10 am, Tuesday 9 am & 10:15 am, Wednesday 9 am 10.15 am & 5.30 pm, Thursday 10:30 am, Friday 9.30 am & 10.45 am

*Where:* Dulwich Community Centre

# Health and Fitness (continued)

## Tai Chi - Dulwich

For people who have achieved six levels at the Tai Chi Association of Australia. No teaching provided.

*Contact:* Rosemary 8332 7635

*When:* Thursday 10.30 am - 11.15 am.

*Where:* Dulwich Community Centre

## Tai Chi - Burnside

*Contact:* Norman Trubik 8366 4233

*When:* Tuesday 12.15—1.15 pm - Beginners teaching provided

*Where:* Burnside Community Centre.

*Cost:* \$6.00

## Contemporary Dancing

Classes for seniors. Wear loose and comfortable. No experience necessary, beginners welcome.

*Contact:* Matt Moody 8366 4144

*When:* Wednesday 9.30 am – 10.30 am.

*Where:* Burnside Community Centre

## Rhee Taekwon-do

*Contact:* Rhee Taekwon-do 1300 743 853

*When:* Monday & Thursday 4 pm -5 pm.

*Where:* Burnside Community Centre

## Dance with Parkinson's

*For people with Parkinson's, Stroke or other movement disorders and their family members.*

*Contact:* Christine 0403 376 612

*When:* Wednesday 11.00am—12.00pm

*Where:* Burnside Community Centre

## Tonic Fitness

Group fitness for over 50s with a focus on strength, stamina and stability.

*Tuesday:* Floor/chair exercises with optional light weights.

*Friday:* Standing/chair exercises with a small weighted or non-weighted ball (supplied). Beginners under 50 very welcome.

*Contact:* M'Liss Steel 0411 147 074

*When:* Tuesday, Wednesday and Friday 9.30 am - 10.30 am

*Where:* Glenunga Hub

## Yoga

Classes for all ages and levels. 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

Friday 10.00 am - 11.15 am

*Where:* Burnside Community Centre

*Cost :* \$6.00

## Seniors' Yoga

Classes for seniors. Wear loose and comfortable clothing, yoga mat provided, no experience necessary.

*Contact:* Matt Moody 8366 4144

*When:* Friday 1.00 pm – 2.00 pm

*Where:* Burnside Community Centre



## Community Transport

### 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

### Home Assist Community Trips

#### *Afternoon Tea*

An Afternoon Tea trip including a stop to enjoy a tasty afternoon treat

#### *Coffee & Books*

Visit a library in Adelaide then enjoy afternoon tea at a local café

### *Cultural Trip*

A scenic trip with a cultural experience followed by lunch at a local venue

### *Lunch trip*

A scenic bus trip throughout Adelaide and the Hills followed by lunch

### *Healthy Cooking*

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

### *Retail Therapy*

Travel to different shopping centres around Adelaide

### *Matinee Trip*

Just us for lunch and enjoy a Matinee show

**For more information or to make a booking contact**

**Burnside Home Assist program on 8366 4166**





## Community Transport (continued)

### 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.

The service operates between the hours of 9:30 am and 4 pm from Monday to Friday. Bookings must be made at least three working days prior to any appointment.

*Contact:* Burnside Home Assist Program 8366 4144

*Cost:* There is no cost for the service but a gold coin donation would be appreciated.

# Council Programs

## Men's Cooking

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

*Contact:* Burnside Home Assist Program 8366 4166

## Men's Breakfast

A morning meal with other local older men within the community.

*Contact:* Program Administration Officer, 8366 4107

*When:* Mondays 8:30 am - 10:30 am

*Where:* Kensington Baseball Club, Newland Reserve

*Cost:* \$5.00

## Toy Library

*Contact:* Burnside Library 8366 4280

*When:* Library opening hours

*Where:* Burnside Library

## Library

Events are held in the Library regularly. Please check the website for details or phone 8366 4280. Like us on Facebook or follow us on Twitter.

## Justice of the Peace

This service is available to all people.

*Contact:* Community Centre Reception 8366 4233

*When:* 10 am - 12 noon and 1 pm - 3 pm Monday through Friday

*Where:* Burnside Community Centre - Bill Dean Lounge

## Burnside Library Presents Playtime

Chat with other parents and carers, enjoy safe indoor play and encourage children's interaction. Bring a gold coin donation.

*Contact:* Burnside Library 8366 4280

*When:* These groups meet weekly (during school term) on Thursdays from 9 am—10.20 am

*Where:* Burnside Community Centre

## Story Time for Pre-schoolers

*Contact:* Burnside Library 8366 4280

*When:* Tuesday , Wednesday 10.30 am - 11 am (School Term only)

*Where:* Burnside Library

## Baby Chat - (Under 2s)

*Contact:* Burnside Library 8366 4280

*When:* Monday and Friday 10.30 am - 11 am School term only.

Tuesday 1.30pm-2.00pm

*Where:* Burnside Library

## School Holiday Programs

*Council Contact:* Youth Development Officer 8366 4109

*Library Contact:* Team Leader Programming Services,  
Meegan Barrett 8366 4280



## Clubs & Special Interest Groups

### Adelaide Achievers Aktion Club

A Community Service Club for the intellectually challenged.  
Sponsored by the Kiwanis Club of Burnside.

*Contact:* John Rowell 8332 1682

*When:* 7 pm - 9 pm 2nd and 4th Tuesdays of each month

*Where:* Burnside Community Centre

### Camellia Society

Open to anyone with an interest in camellias.

*Contact:* Philip 8379 4620 or Bob 8295 6563 or 0419 815 035

*When:* 8 pm - 10:30 pm 3rd Wednesday each month

*Where:* Burnside Community Centre

## Cymbidium 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

*When:* 7:30pm - 10 pm 4th Wednesday of each month

*Where:* Burnside Community Centre

## Historical Society of Burnside

This active group records the history of Burnside and works to promote a greater understanding of the district's rich heritage.

*Contact:* Meredith 8365 3049

*When:* 7 pm - 10 pm 3rd Monday of each month

*Where:* Burnside Community Centre

## Historical Society of SA

*Contact:* Terry 8354 2736 (business hours) or Anne 0404 477 228

*When:* 1st Friday of each month, 7 pm - 10:30 pm

*Where:* Burnside Community Centre

## Legacy Widows

A Legacy Ladies' Club that features a variety of speakers and entertainers.

*Contact:* Mrs Chapman 8332 5458 or Mrs Stevens 8332 0526

*Email:* [generalmanager@legacyadelaide.org.au](mailto:generalmanager@legacyadelaide.org.au)

*When:* 10 am - 12 noon, 4th Tuesday every month.

*Where:* Burnside Community Centre

## PACE

Accelerated cognitive enhancement activities to keep the brain active using mind training, puzzles etc. Bring your lunch.

*Contact:* Elizabeth 8278 5249

*When:* midday—2pm 2nd Thursday of each month

*Where:* Burnside Community Centre

## Probus Burnside - Men

*Contact:* Peter Brooke-Smith (Secretary), 8276 3257

*When:* 10 am - 12 noon, 3rd Tuesday of each month.

*Where:* Burnside Community Centre

## Probus Toorak Gardens - Men

*Contact:* Malcolm 8333 0927

*When:* 10 am - 12 noon 1st Tuesday of each month.

*Where:* Burnside Community Centre

## Probus Glen Osmond—Ladies

*Contact:* Meredith 8357 8795

*When:* 1.00pm-3.00pm 2nd Wednesday of each month

*Where:* Burnside Community Centre

## Soroptimist International - Eastern Districts

*Contact:* Stephanie 0417 838 423

*When:* 4th Monday of each month, 7.30 pm - 9.30 pm.

*Where:* Burnside Community Centre

## Rare Fruit Society

Find our about rare fruits. Visitors welcome.

*Contact:* Jenny 8201 2028

*When:* 3rd Tuesday bi-monthly 7 pm - 10.30 pm.

*Where:* Burnside Community Centre

## Trigeminal Neuralgia Support Group

For those afflicted and their families.

*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:* Nil

## Down Syndrome SA—Club Slick

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:* Jade 8245 4600

*When:* Monthly Friday night 7.00pm—10.00pm

*Where:* Burnside Ballroom

## Down Syndrome SA—Dance Down

A weekly dance program for people with disabilities.

*Contact:* Jade 8245 4600

*When:* Mondays 4.30pm—8.30

*Where:* Glenunga Hub





informed

ed



# **Burnside Community Centre & Ballroom**

Keep up to date with the latest news on venues for hire and activities  
happening in our Community Centres

Find us on



Please note that while every effort is made to ensure this information is current, all entries are subject to change. Please contact the Community Centre on 8366 4233 if you would like to confirm any information contained in this booklet.



**Community Centre:** 401 Greenhill Rd, Tusmore SA 5065

**Phone:** (08) 8366 4233

**Fax:** (08) 8366 4299

**Email:** [burnside@burnside.sa.gov.au](mailto:burnside@burnside.sa.gov.au)

**Web:** [www.burnside.sa.gov.au](http://www.burnside.sa.gov.au)

Updated: 1 September 2015