



# EASTWOOD COMMUNITY CENTRE NEWS

Winter Issue

2010

## Upcoming Events

### Future Planning Meeting

You are invited to attend a planning meeting to discuss what would be good for the Centre, including what new, exciting programs we could develop for the community.

When: Saturday 7<sup>th</sup> August,  
10am – 1pm

Where: Garden Sitting Room,  
Eastwood Community Centre

Morning tea and lunch will be provided.

Please RSVP for the planning meeting by Tuesday 3<sup>rd</sup> August.

### “Massive”

Official exhibition opening on Wednesday 4<sup>th</sup> August, 1pm, at Eastwood Community Centre.

You are invited to view artworks by Community Bridging Services Art Group Participants (assisting people with disabilities). Drinks and nibbles provided. Please RSVP (08) 8207 1233.

Exhibition dates 2 – 20 August 2010.



**salā FESTIVAL**  
South Australian Living Artists  
JULY 30 - AUGUST 22 2010

## New at the Centre

### Broadband for Seniors

FREE Internet for Seniors!

The centre has 2 computers with internet connection available free for people over 50 on Monday mornings, Tuesdays and Thursdays.

This is available as part of the Federal Government's Host-a-Kiosk project.

Come and use the internet to keep in touch with your family and friends, access information you want, and even pay bills.

If you are not sure how to use the internet or email, one of the volunteers can show you how to use the computers available. So come and make use of this free service!

### Cooking classes are finally here!!

With kitchen renovations now complete, try one of these great cooking courses!

#### Seasonal Winter Cooking

27<sup>th</sup> July: Winter salads from the garden

3<sup>rd</sup> August: One pot wonders

10<sup>th</sup> August: Hearty Soups

17<sup>th</sup> August: Spinach Specials

24<sup>th</sup> August: Using garden herbs - Sauces & seasoning

Tuesdays 11am – 1pm.  
Cost: \$5 per class.

### Bookings are essential.

Enquiries and bookings: The Centre  
8373 2225

### International Cooking

27<sup>th</sup> August: Real Italian Risottos

3<sup>rd</sup> September: Indian flat breads, sauces and side dishes

10<sup>th</sup> September: Spanish tapas

17<sup>th</sup> September: French Provincial

24<sup>th</sup> September: Thai salads

Fridays 11am – 1pm.  
Cost: \$5 per class.



## Volunteering Vacancies

Volunteering is a great way to build your social networks, gain work experience and learn new skills while at the same time providing vital community service. We are very fortunate to have wonderful people volunteering at the Centre and we welcome Dorothy, our new volunteer in the office!

Allison Byrne, Coordinator of the Centre would love to speak to anyone who would like to volunteer their time to assist the Centre with reception, running programs or providing support in the community. We are currently seeking the following and ask if you are interested to contact Allison on 8373 2225 to arrange an appointment.

SALA Exhibition volunteers: we need people who are willing to help set up the hall for the exhibition opening, and serve drinks and food on Wednesday 4<sup>th</sup> August, 11.30am – 4pm.

Vegie gardening guide: interested in helping kindergarten children start a small kitchen garden? Knowledge of organic vegetable

gardening required and ability to work with limited resources.

Art & Ability helper: We are looking for someone with an interest in art to assist people with disabilities produce creative artworks in a relaxing and enjoyable atmosphere. A sense of humour and caring attitude are must-haves.

Promotional assistant: do you want to gain some work experience in producing promotional materials? We need someone with desktop publishing knowledge to help us produce program leaflets.

Internet and email tutor: Interested in helping seniors learn how to use the internet and email? If you have good knowledge of computers and would like to help, contact the Centre and talk to Allison.

## Board of Management

Eastwood Community Centre Inc. is managed by a Board of Management who are elected by the local community at the Annual General Meeting (AGM). The Board oversees operations which aim to guide, support and develop the Centre's activities in line with its mission and objectives.

To ensure it reflects community needs, the Centre invites members of the community to join the Board. Allison would love to hear from anyone with expressions of interest in joining the Board of Management.

For further details about volunteering vacancies (including Board of Management), phone Allison at the Centre on 8373 2225 or email [allison@eastwood.asn.au](mailto:allison@eastwood.asn.au)

## Registrations of Interest

If you are interested in any of the following activities, please contact the Centre to register your interest on 8373 2225 or email [eastwood@eastwood.asn.au](mailto:eastwood@eastwood.asn.au).

**Sewing classes ..... Men's monthly social breakfast ..... Resume writing workshops**

**Gardening workshops ..... Cooking with kids ..... Playgroup ..... Computing courses**

If there is something you would like the Centre to provide, such as recreational, learning or craft activities, we definitely want to hear from you, so please contact Allison, our Community Development Co-ordinator.

## Thank you

We thank our major funding partners and we look forward to continuing partnerships.



Government of South Australia

Department for Families and Communities



Government of South Australia

Office for Recreation and Sport



Eastwood Community Centre  
P: 8373 2225  
F: 8373 3334

95 Glen Osmond Road, Eastwood 5063  
Email: [eastwood@eastwood.asn.au](mailto:eastwood@eastwood.asn.au)  
Website: [www.eastwood.asn.au](http://www.eastwood.asn.au)

Office hours:  
Monday – Friday  
9am – 3.30pm

## EASTWOOD COMMUNITY CENTRE REGULAR ACTIVITIES TIMETABLE

### Monday

**Rhythms Exercise**  
9.30 – 11am  
Cost: \$7  
Contact Rosemary  
8379 0695

**Yoga**  
11am – 12.30pm  
Cost: \$9 per session  
Contact ECC  
8373 2225

**Karate**  
6 – 7.30pm  
Cost: \$7  
Contact Malcolm  
8331 8933  
0412 316 738

**Siempre Tango**  
7.30 – 10pm  
Contact  
0400 257 027

**Birth Matters**  
3<sup>rd</sup> Mon. each month  
7 – 10pm  
Contact Sascha  
8297 1102

**'Cassandra's Group'**  
(Aspergers' Support)  
1<sup>st</sup> Mon. each month  
7 – 9.30pm  
Contact ECC  
8373 2225

### Tuesday

**Caesarean Awareness  
Recovery Education**  
2<sup>nd</sup> Tues. each month  
9.30 – 11.30am  
Cost: \$4  
Contact Michelle  
8280 6667

**Internet for Seniors**  
1.30 – 3.30pm  
FREE  
Beginner lessons by  
appointment  
Contact ECC  
8373 2225

**Yoga**  
5.45 – 7.15pm  
Cost: \$9 per session  
Contact ECC  
8373 2225

**Life drawing**  
7.30 – 10pm  
Cost: \$8

Contact Celine  
0431 638 636

**Gamblers Anonymous**  
8 – 10pm  
Contact ECC  
8373 2225

**DVD Night**  
(Brain injury network)  
2<sup>nd</sup> Tues. each month  
Contact Stewart  
0415 184 340

### Wednesday

**Treats for Seniors**  
2<sup>nd</sup> & 4<sup>th</sup> of the month  
10 – 12 noon  
Cost: \$3  
Contact ECC  
8373 2225

**ARPA cards/ games**  
10.30am – 2pm  
Cost:  
Contact ECC  
8373 2225

**Art & Ability**  
(special needs)  
1 – 4pm  
Contact Caroline  
8207 1233

**Karate**  
6 – 7.30pm  
Cost: \$7  
Contact Malcolm  
8331 8933  
0412 316 738

**Life Art**  
7.30 – 10pm  
Cost: \$10  
Contact Harry  
0411 474 273

**Atheist Foundation**  
Bi-monthly  
7.30 – 10.30pm  
Contact: info@  
atheistfoundation.  
org.au

### Thursday

**Gentle Yoga**  
9.30 – 11am  
Cost: \$9 per session  
Contact ECC  
8373 2225

**Walking Group**  
9.30am  
Cost: \$5  
Contact Rosemary  
8379 0695

**Internet for Seniors**  
10am – 3.30pm  
FREE  
Beginner lessons by  
appointment  
Contact ECC  
8373 2225

**Drawing/ Painting**  
8 week courses  
1pm – 4pm  
Cost: \$20 per class  
Contact Sophie  
0403 688 077

**Bolly Fit**  
6.30 – 7.45pm  
Cost: \$12  
Contact Madan  
0434 499 831

**Historical Bottle Club**  
2<sup>nd</sup> Thurs. each month  
7pm – 10pm  
Contact Secretary  
0417 890 748

### Friday

**Yoga**  
9.30 – 11am  
Cost: \$9 per session  
Contact ECC  
8373 2225

**Homebirth Network**  
10am – 12 noon  
Cost: \$3  
Contact Hayley  
8270 7550

**Friday's Child**  
(ESL for mums & kids)  
1st & 3<sup>rd</sup> Fri.  
each month  
Cost: \$1  
Contact ECC  
8373 2225

**English Weekly (ESL)**  
1 – 3pm  
Cost: \$3  
Contact ECC  
8373 2225

**Yoga**  
6 – 7.15pm  
Contact ECC  
8373 2225

**For further  
information and  
registration for any of  
our courses please  
contact the Centre on  
8373 2225 or visit  
between 9am –  
3.30pm Mon-Fri.**

### Saturday

**Laughter workshop**  
9 – 10am  
Cost: \$3  
Contact Sally  
8277 8624

**Tai Chi**  
12.15 – 1.45pm  
Cost: \$10/ \$8 conc.  
Contact Peter  
8339 2037

**Kung Fu**  
2 – 3.30pm  
Cost: \$10/ \$8 conc.  
Contact Peter  
8339 2037

**Italian Folk Ensemble**  
4<sup>th</sup> Sat. each month  
Contact Dino or Miriam  
8271 1929

### Sunday

**A/A Recovery**  
11am – 1pm  
Contact ECC  
8373 2225

**Womens' A/A**  
5.45 – 7.15pm  
Contact ECC  
8373 2225

**Siempre Tango**  
1pm – 9pm  
Contact 0400 257 027