

Adult Programs

Torrens Transit Pathway

This program will provide you with the knowledge and skills to apply for a bus driver position at Torrens Transit. We will help you to organise:

- Torrens Transit application paperwork
- Help you prepare your resume as well as for the interview

Some criteria required. please discuss when enrolling.

Wednesdays commencing 1 May (6 weeks), 9.30am to 11.30pm

T: 8406 8488

E: pfcfoundationskills@gmail.com

Everyday Conversation Skills

This program will help you to improve your English conversation and general speaking skills in a relaxed and supportive environment.

Thursdays, 9.30am to 11.30pm

English for Everyday Reading and Writing

This program will help you to improve your English reading and writing skills in a relaxed and supportive environment.

Wednesdays, 9.30am to 11.30am

Make Connections

Are you new to Salisbury or keen to connect with neighbours and make new friends? Join us for a cuppa and chat!

Friday 31 May, 10.30am

Aboriginal Auntie and Sista Connections Group

Bring yourself and your Aunties, Sistas and bubs to yarn and connect about family, raising kids and knowledge sharing in a safe environment. There will also be activities such as art therapy, cooking, gardening and wellbeing activities. Creche provided but must be booked ahead of time.

Tuesdays, 9.30am to 11.30am

COST: FREE

E: misty499@gmail.com

Women's Group

A group for women of all ages and cultures in the community to meet other women. Participate in a range of activities ect; to develop and build confidence, explore opportunities to learn new skills, and make new friends.

Mondays, 1pm to 2.30pm

COST: \$3

Cafe Fridays

Fridays, 10am to 12pm

COST: \$3

Bangalong Music Group

Open to all acoustic players to enjoy an afternoon with other musicians.

Thursdays, 1pm to 5pm

COST: \$3

T: 0412 972 931

Youth Activities

Reach for the Stars

Co-designed with girls aged 12 to 17 and is being supported by Dream in Code. A program to gain confidence, work together with other girls to develop ideas and plan projects as well as build life skills and make new friends.

Wednesdays fortnightly, 4.30pm to 6pm

COST: FREE

E: georgia@yupyup.com.au

T: 0434 654 903

Social Activities



Women's Shed Group

Wednesdays, 9.30am to 12.30pm

COST: \$3 per session

Men's Shed Group

Tuesdays and Thursdays, 9am to 1pm

COST: \$3 per session

Book Club

Join with others passionate about reading and discussing popular books.

First Saturday of the month, 10am to 12pm

COST: Gold coin donation

Health and Fitness Programs

Fitness for the Over 50's

Low impact to increase strength and mobility.

Wednesdays, 9.30am to 10.30am

COST: \$4.50 per class

Zumba Gold

Fridays, 10.30am to 11.30am

COST: \$5

Location: 39 Scott St, Pooraka

Yoga All levels

Relieve stress, improve coordination and motivation.

**Mondays at Scott St,
10.30am to 11.45am**

**Wednesdays at Pooraka Farm,
6.30pm to 7.45pm**

COST: \$10 per class or \$75 per class pass (valid for two terms)



Taekwondo

**Tuesdays and Thursdays,
6.30pm to 8pm**

T: 0438 821 523

Tai-Chi and Tan Tui

Wednesdays, 11am to 12.30pm

COST: \$3

Women's Drumming 4 Fun and Fitness

Relieve stress, improve coordination and motivation.

Wednesdays, 1pm to 2.30pm

COST: \$3

Art and Craft Programs



Fabric of Life

Needlework and fabric crafts.

Fridays, 11.30am to 2.30pm

COST: \$3

Creative Space at PFCC

In a relaxed casual setting, you can work on your own visual art projects and exchange ideas. Bring your own laptop, tablet, sketchpad and creativity. Creative Space isn't a school; there's no pressure to 'be like' other artists.

Second Saturday of the month,

10am to 12.30pm

COST: \$3

Children's Programs



Multicultural Playgroup

Come along and have fun with your little one. Bring a piece of fruit to share.

Wednesdays, 9.30am to 11.30am

AGE: Suitable up to 5 years

COST: \$2 per family

Digital Programs

Computing Club

If you have basic computer skills and you wish to meet other people with similar interests to yourself, plus develop new computer skills in a friendly and cooperative environment then this group may well be for you.

Mondays, 10am to 12pm

COST: \$5

Contact us

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T: 8406 8488 **E:** poorakafcc@gmail.com

W: pfcc.salburysa.com/PFCC126  /PFCC126