

Adult Programs

Everyday Conversation Skills

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

Wednesdays, 9.30am to 11.30am

Introduction to Construction

This 10 week program will assist you in developing the skills and knowledge necessary for pursuing further training or seeking employment in the construction industry.

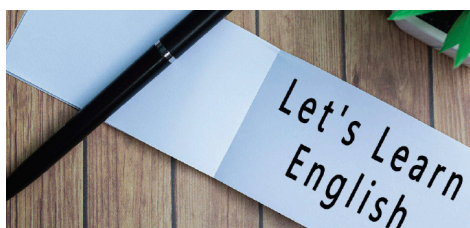
Thursdays, commencing 1 February, 2024

9.30am to 11.30am

Register your interest:

T: 8406 8488 or 0432 487 611

E: pfccfoundationskills@gmail.com



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 to develop and build confidence, explore opportunities to learn new skills, and make new friends.

Mondays, 1pm to 2.30pm

COST: \$3

Womens Leadership and Business Program

This will be a drop-in coffee morning and further activities and programming will be planned as identified to co-create a leadership and business program that meets

Thursdays, 10.30pm to 12pm

For more information:

E: georgia@yupyup.com.au

T: 0434 654 903

COST: FREE

Youth Activities

Reach for the Stars

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

Cafe Fridays

Fridays, 10am to 12pm

COST: \$3

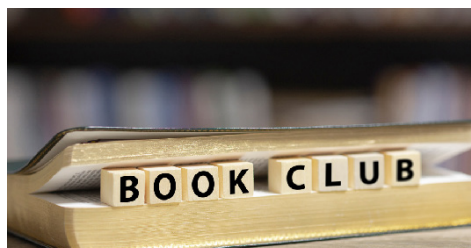
Social Activities

Book Club

Join with others passionate about reading and discussing popular books.

1st Saturday of the month, 10am to 12pm

COST: Gold coin donation



Health and Fitness Programs

Fitness for the Over 50's

Low impact increase strength and mobility.

Wednesdays, 9.30am to 10.30am

COST: \$4.50 per class

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

Bangalong Music Group

Open to all acoustic players to enjoy and afternoon with other musicians

Thursdays, 1pm to 5pm

COST: \$3

T: 0412 972 931

Women's Drumming 4 Fun and Fitness

Relieve stress, improve coordination and motivation.

Wednesdays, 1pm to 2.30pm

COST: \$3



Digital Programs

Computing Club

If you have basic computer skills and you wish to meet other people with similar interest to yourself plus develop new computer

Mondays, 10am to 12pm

COST:

\$5 per class

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.

2nd Saturday of the month, 10am to 12.30pm

COST: \$3 per class

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: 0 to 5 years

Contact us

A: 126 Henderson Avenue Pooraka

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

W: pfcc.salburysa.com/PFCC126  /PFCC126