

Adult Community Programs

English Conversation Group

This group is for everyone from all walks of life looking to increase their social connection with local community and practice conversational English.

Fridays, 10.30am to 12pm

COST: Gold coin donation

T: 8285 2055

Informal Singing Group

Run by and for LGBTQIA+ and disabled community members. If you like to sing or want a supportive place to talk with like-minded people we'd love to meet you, either in person or via zoom.

2nd and 4th Friday of the month, 2pm to 3pm

AGE: 25+ years

COST: Gold coin donation

For more information:

www.facebook.com/groups/lgbtqisinging/

Dance SA

Classes available for ages 18 months and above. Bookings essential.

For more information:

T: 0408 988 483

Quilting

Mondays, 9am to 12pm

COST: \$5 per class



Yoga

Bookings essential.

Mondays, 9.15am to 10.30am

COST: \$7 per class

Saturdays, 9.15am to 10.30am

COST: \$10 per class or \$95 per term

World Taekwondo

Classes for children and adults.

Bookings essential.

Mondays, 6pm to 7.30pm

T: 0431 051 690

Para District Weight Watchers

Bookings essential.

Wednesdays, 10am to 11am

T: 8359 4645

Machine Embroidery

Tuesdays, 9am

to 12pm

COST:

\$5 per class

General Crafts

Thursdays, 10am to 12pm

Fridays, 9.30am to 12pm

COST: \$5 per class

Close to My Heart Scrapbook/Card Making Workshops

1st and 3rd Wednesdays of the month, 11am to 1pm

Fridays monthly, 7pm to 10pm

T: 0407 390 099

Community Events

Community Market

Stalls featuring handmade goods, second hand bargains and more plus free fun activities for the kids.

Saturday 21 October

Contact us

A: 28 Smith Rd, Salisbury East

T: 8285 2055 **E:** [salisburyeastcentre@gmail.com/](mailto:salisburyeastcentre@gmail.com)

f [/salisburyeastneighbourhoodcentre](https://www.facebook.com/salisburyeastneighbourhoodcentre)