

### Adult Programs

#### Everyday Conversation Skills

This program will help you to improve your English conversation and general speaking skills in a relaxed supportive environment. Small group discussions with different themes/ topics each week including Australian culture. There will be opportunities to access support with employment and training pathway planning during the program.

**Thursdays, 9.30am to 11.30pm**

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#### English for Everyday Reading and Writing

This program will help you to improve your English reading and writing skills in a relaxed supportive environment. There will be opportunities to access support with employment and training pathway planning during the program.

Child Minding (creche) is available for caregivers attending the Adult Education program. Participants must be aged 17 to 65 and not enrolled in school.

**Wednesdays, 9.30am to 11.30pm**

**Register your interest:**

**T: 8406 8488 or 0432 487 611**

**E: [pfccfoundationskills@gmail.com](mailto:pfccfoundationskills@gmail.com)**

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#### Aboriginal Elders Gathering

A place to relax with a cuppa and morning tea and catch-up with friends. A safe place to chat, share stories, support and encourage one another.

**Tuesdays, 9.30am to 12.30pm**

**COST: FREE**

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#### 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**

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#### 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](mailto:georgia@yupyup.com.au)**

**T: 0434 654 903**

**COST: FREE**

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### 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](mailto:georgia@yupyup.com.au)**

**T: 0434 654 903**

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### Social Activities



#### Women's Shed Group

**Wednesdays, 9.30am to 12.30pm**

**COST: \$3 per session**

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#### Men's Shed Group

**Tuesdays and Thursdays, 9am to 1pm**

**COST: \$3 per session**

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#### Cafe Fridays

**Fridays, 10am to 12pm**

**COST: \$3**

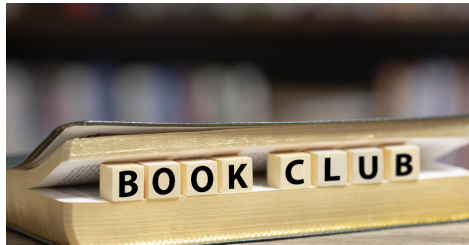
## Social Activities

### 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**



## Art and Craft Programs



### Fabric of Life

Needlework and fabric crafts.

**Fridays, 11.30am to 2.30pm**

**COST: \$3**

### Basic Sewing

Learn to sew simple projects, make simple garments and pattern adjustments in a friendly environment.

**Mondays, 10am to 1pm**

## 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**

## Contact us

**A:** 126 Henderson Avenue Pooraka

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

**W:** pfcc.saliburysa.com/PFCC126  /PFCC126