

### What's new

#### Reconciliation Week Arraru Yakka Aboriginal Cultural Capability Training

Wednesday 28 May

1pm to 4pm

Cost: Free

Bookings essential

P: 8487 1830

E: [enquiriesbrcc@salisbury.sa.gov.au](mailto:enquiriesbrcc@salisbury.sa.gov.au)

#### Poles Apart

Have you ever dreamed of being an artist? Would you like to brighten up the community? Come along to this information session to find out how you can get involved in painting Stobie poles in your area. During the session attendees will have the opportunity to produce their own artwork designs.

Wednesday 28 May

Time: 11am to 12pm

Cost: Free

Bookings are not required.

All materials and light morning tea provided.

#### In Our Street

If you are interested in sustainability and community connections, join us to learn more about this project and make a difference in your own neighbourhood.

Wednesday 25 June

Time: 11am to 12pm

Cost: free

Bookings not required. Light morning tea provided.

### Children and families

#### Bagster Road Toy Library

The Bagster Road Toy Library is open from Tuesday 22 February and has a range of items available to help your child build their skills and imagination.

Tuesdays 12pm to 2pm,

Wednesdays 12pm to 2.30pm

and Fridays 10am to 12pm

Appointments can be made for parents/caregivers with children who might need a quieter time to access the toy library.

Cost: Free membership and borrowing

#### Craft and Play Sessions

Join us for fun filled craft and play sessions aimed at children aged 3 to 5 years, but suitable for all ages. Tea and coffee are available for parents/caregivers.

Fridays 10am to 11am

Cost: Free

Age: 3 to 5 years

Bookings preferred

P: 84871830

E: [enquiriesbrcc@salisbury.sa.gov.au](mailto:enquiriesbrcc@salisbury.sa.gov.au)

### Art and craft

#### Folk Art

Social craft group, everybody welcome. For all skill levels.

Tuesdays 9.30am to 12pm

Cost: \$5

### Upcycling Craft Group

Join our regular weekly informal craft group for a chat, show off your pieces and explore what can be made using a little bit of imagination.

Wednesdays 10am to 12pm

Cost: Free

### Health and fitness

#### Zumba Gold

Join us for a Zumba Gold class with low impact and easy to follow dance steps.

Mondays 10am to 10.45am

Cost: \$5

#### Heart Foundation Walking Group

Heart Foundation Walking offers support and motivation to those wanting to be more physically active or get more out of walking.

Thursdays 9am to 10am

Cost: Free

For enquiries, contact Alan

P: 0401 652 609

#### Shugoki Karate

Join Sensei Chloe to learn how to defend yourself and get fit at the same time.

Mondays and Wednesdays

5.30pm to 6.30pm

Cost: \$10 (first lesson free)

Age: 5+

For enquiries contact Adrian

P: 0435 855 616

# What's on Guide

Bagster Road Community Centre

April to June 2025

## Social support

### Neighbours Meet and Greet



Come along to a neighbours meet and greet where you can meet others, find out about what's happening in the area and enjoy some light refreshments in a relaxed environment.

Last Wednesday of the month  
(commencing April) 11am to 12pm  
Cost: Free

### Northern Food Hub — Puddle Jumpers

Come along to grab fresh fruit and vegetables, bakery items, tea and coffee and enjoy home-cooked meal. There are also weekly activities for children. Mondays 5pm to 8pm

Cost: Gold coin

### Welcome Wednesdays

Looking for something to do mid-week to get you out the house? Enjoy a light snack, tea and/or coffee while the Improv Music Group play. The children's area and toy library will be open and mindfulness activities are available for adults.

Wednesdays 11am to 1.30pm  
Cost: Free

### Improv Music Group

Join other music enthusiasts for a session of improvised music. There's no need to be an expert musician, however basic knowledge of an instrument is required. The group particularly welcomes budding and experienced Aboriginal and Torres Strait Islander musicians.

Wednesdays 12.30pm to 3pm  
Cost: Free

### InComPro's Nunga Men's Breakfast

Aboriginal and Torres Strait Islander men can join us to share a feed, meet new people and have a yarn.

Wednesdays (fortnightly)  
9am to 11am  
Cost: Free  
For enquiries, contact Ricky  
P: 0439 071 604

### Salisbury Garden Club



Come along and meet like-minded people with green thumbs. Share your knowledge and learn new ideas in a social environment.

Second Tuesday of the month,  
9.30am to 12pm  
Cost: \$5

### Community Book Swap



Bring in your old books for others to enjoy or come in for a coffee and read a book or take one home to read later.

### Big Ideas — for your community



Share your BIG IDEAS with us to create an exciting vision for the Salisbury North community, including how you might like to use Bagster Road Community Centre and the best actions to make it a reality.

Feel free to pop in and discuss your idea with a staff member or use contact details below.

### For more information, contact us

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☎ 8487 1830  
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