

Art and craft

Quilting

Connect with local quilters and work on your projects.

Mondays from 9am to 11.30am

Cost: gold coin donation

Machine Embroidery

Connect with local embroiderers, increase your knowledge and skills and work on creative projects.

Tuesdays from 9am to 11.30am

Cost: gold coin

General Crafts

Join our friendly crafting group, collaborate or bring your own project to work on.

Thursday from 10am to 12pm, all ages and skill levels.

Cost: gold coin

Stitch and sew

Knit, crochet, hand or machine sew and have fun working on your project and connecting with others.

Friday from 9.30am to 11.30am

Cost: gold coin

The Salisbury Art Society

Free your inner artist! Bring your art supplies, get creative and meet some new friends.

Tuesdays 7pm to 10pm and

Wednesdays 9.30am to 12.30pm

Cost: \$5

Enquiries contact Fay.

M: 0459 904 952

Community programs

Hatha Yoga

Mindful yoga classes that will help build your strength, flexibility, balance and resilience.

Monday 9.15am to 10.30am

**with Susannah,
call 0409 015 954.**

Saturday 9.30am to 10.30am

**with Karen,
call 0400 274 295.**

Cost: \$10 per session

Bookings required

Chair Yoga



Learn gentle stretches, strength, balance and breathing exercises from the comfort of your chair.

Fridays 10am to 11am

Cost: \$8 per session or

\$35 for 5 sessions

To book, contact Karen

M: 0400 274 295

All A'Board Tabletop Games

An inclusive group for men in the community to play games, socialise and make friends.

The group gathers on third Friday of each month from 6pm to 11pm

Cost: Free

Enquiries contact, Shaun

M: 0438 784 851

SA Cavy Club

The club meets on the first Sunday of the month from 11am to 3pm, here you can source advice and information on all your cavy needs from breeding, showing and everyday care.

Enquirers contact Helen

M: 0412 878 279

Neighbours Meet and Greet



Come along to the centre, meet others from the area, find out what's on and get to know some of our staff.

**Friday 2 May, 6 June and 4 July
10.30am to 11.30am**

Cost: Free

Discover the Community Connections Team

The Community Connections Program supports people who are not eligible for programs such as NDIS and My Aged Care to be more involved in their community and to connect to support services. Come along to this informal session to find out more.

Friday 2 May 11am to 12pm

Cost: free

Health and wellbeing

Fun, Recreational Dance for All Ages and Abilities



Dance SA welcomes students of all ages and abilities and focuses on the love of dance. Styles include jazz, hip hop, contemporary and ballet fundamentals.

Tuesday 3.45pm to 6.30pm

Friday 4pm to 6.45pm

Cost: from \$17.50 to \$18.50 depending on age.

We accept Government Sports Vouchers and offer flexible payment plans.

**Enquiries contact Kristen
M: 0408 988 483**

Sensory Magic with Ebony

Join Ebony for a 4-week program and explore different themes each week 1) Ice Cream Parlor 2) Mini Chefs 3) Down by the Creek 4) Roarsome Dino Adventures.

Each Tuesday in May from 10.30am to 11.30am

Ages 0 to 6 years

Cost: \$5

Booking required

W: [weeklysensorysession.eventbrite.com.au](https://www.eventbrite.com.au/weeklysensorysession)

P: 8406 8281

Multicultural Mothers Group — Morning Tea

Join us for morning tea and connect with other mums from the community as we share and support each other through motherhood and navigating life in Australia.

Fortnightly on Tuesday morning from 9.30am to 11am

**Enquiries contact Cassandra
M: 0448 792 817**

Para District Achievers Club

A supportive and friendly group who offer advice on living a healthy lifestyle including exercising, nutrition, developing dietary plans, life coaching and more.

Wednesday 10am to 11am

**Enquiries contact Lis
M: 0429 438 910**

Bhutanese Gardening Group

A specific program for our Bhutanese community that love gardening and socialising.

Wednesday 9.30am to 12.30pm

Cost: Free

**Enquiries contact Teju
M: 0451 166 841**

Poles Apart

Come along to this information session to find out how you can get involved in painting Stobie poles in your area.

Friday 6 June 11am to 12pm

Cost: Free

**Enquiries: Mark
P: 8406 8206**

Big Ideas — For My Community

Share your Big Ideas with us to create an exciting vision for the Salisbury East community, including how you might like to use the centre and the best actions to make it a reality.

Children program

Robot Builders



Come join us for an afternoon of building and coding robots using our Edison Robots and VEX IQ kits! Learn fundamental skills in coding, engineering, and problem-solving.

Thursday 15, 22 and 29 May

3.30pm to 5pm

Ages: 8 to 14 years

Cost: \$5 per session, bookings required.

W: [RobotBuildersSENC-T22025.eventbrite.com.au](https://www.eventbrite.com.au/RobotBuildersSENC-T22025)

For more information, contact us

📍 28 Smith Road, Salisbury

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✉ enquiries@salisbury.sa.gov.au

🌐 salisbury.sa.gov.au/libraries

📱 @salisburylibraryservice