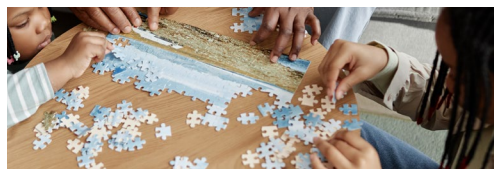


### Social activities

#### Book Group

First Saturday of the month,  
10am to 12pm  
Cost: \$3 per session  
P: 8406 8488  
Limited spaces, bookings  
required.

#### Jigsaw Puzzle Group



Connect with other jigsaw puzzle  
enthusiasts.

Fourth Saturday of the month,  
10am to 12pm  
Cost: Free

#### Multicultural Women's Social Group

A friendly and welcoming group for  
women from diverse backgrounds  
to share, learn, and make new  
friendships.

Tuesdays, 9.30am to 12pm  
Cost: \$3 per session  
P: 0410 079 942 or 8406 8488  
(Zulfiya)

#### Bangalong Music Group

Open to all acoustic players to  
jam and enjoy a variety of musical  
styles. Held at Pooraka Memorial  
Hall (39 Scott Street, Pooraka).

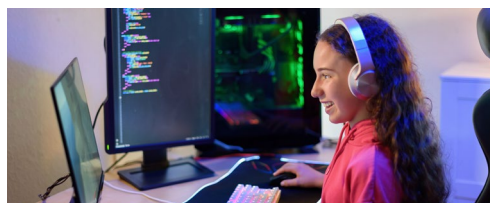
Thursdays, 1pm to 5pm  
Cost \$3  
P: 0412 972 931 (Terry)

#### Multicultural Playgroup

Our inclusive sessions bring  
together families from diverse  
backgrounds to share in the  
adventure of early childhood.  
Bring along a piece of fruit to  
share.

Wednesdays, 9.30am to 11.30am  
(during school term)  
Cost: \$2 per family  
Age: 0 to 5 years

#### Reach for the Stars



A program for girls designed to  
build life skills, plan creative  
projects, and have fun, supported  
by Dream in Code.

Wednesdays fortnightly,  
4.30pm to 5.30pm  
Cost: Free  
Age: 12 to 17  
E: laurel@yupyup.com.au

#### Chatty Café

Drop in for a cuppa and  
conversation in a relaxed and  
welcoming environment.

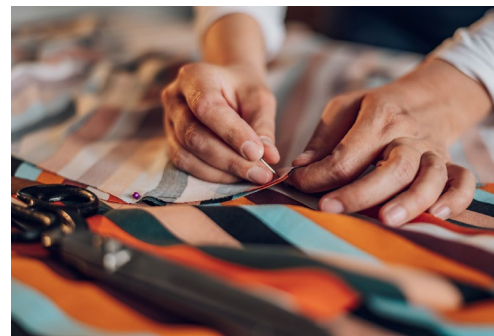
First Tuesday of the month,  
1pm to 3pm  
Cost: Free

#### Cafe Fridays

Fridays, 10am to 12pm  
Cost: \$3

### Art and craft

#### Fabric of Life



Needlework and fabric craft  
in a relaxed social setting.

Fridays, 11.30am to 2.30pm  
Cost: \$3 per class

### Pooraka Farm Community shed

#### Women's Shed Group



Learn carpentry basics and  
household repairs in a fun,  
supportive group.

Wednesdays, 9.30am to 12.30pm  
Cost: \$3 per session

#### Men's Shed Group

Join other men for hands-on  
activities, new skills, and friendship.  
No experience necessary.

Tuesdays and Thursdays,  
9am to 1pm  
Cost: \$3 per session

### Health and fitness

#### Fitness for the Over 50s

Low-impact exercises to improve strength and mobility.

Wednesdays, 9.30am to 10.30am

Cost: \$4.50 per class

#### Tai Chi and Tan Tui

Wednesdays, 11am to 12.30pm

Cost: \$5 per session

#### Women's Drumming for Fun and Fitness

Relieve stress, improve coordination and boost motivation.

Wednesdays, 1pm to 2.30pm

Cost: \$3 per class

#### Yoga

Mondays at Pooraka Memorial Hall: 10am to 11am

Wednesdays at Pooraka Farm Community Centre: 6.30pm to 7.30pm

Cost: \$10 casual or \$80 for a 10-class pass (valid for two terms)

#### Mawson Lakes Kyokushin Karate

Mondays at Pooraka Farm Community Centre:  
6pm to 7.30pm

Wednesdays and Thursdays at Pooraka Memorial Hall:  
6pm to 7.30pm

P: 0411 307 848 (Jason)

### Taekwondo

Tuesdays and Thursdays,  
6.30pm to 8pm

P: 0438 821 523 (Evan)

### Adult community education

#### Computing and Online Basics

Learn how to navigate computers, use basic Microsoft Word and Excel, browse the internet for personal and work purposes, and plan for employment and training in this 10-week program.

Wednesdays, 12pm to 2pm  
(commencing 23 July)

#### Introduction to Women's Studies

This 10-week program supports women in increasing confidence, setting future goals, and planning pathways. Topics include:

- Building self-confidence
- Wellbeing and resilience
- Future pathway planning
- Understanding advocacy
- Healthy mind and body
- Communicate assertively (RTO 41026)

Thursdays and Fridays,  
9.30am to 12.30pm  
(commencing Thursday 24 July)

### Basic Sewing Skills



Learn to sew simple projects and garments, including pattern adjustments, in a supportive environment. Suitable for beginners or those wanting to refresh their skills. Bring your own machine or use one of ours.

Mondays, 10am to 1pm

#### English Class — Intermediate Level

Improve your English speaking and conversation skills in a relaxed, supportive setting.

Thursdays, 9.30am to 11.30am

#### English Class — Beginner Level

Focus on improving your English reading and writing skills, with access to support for employment and training pathway planning.

Wednesdays, 9.30am to 11.30am

#### For more information, contact us

📍 126 Henderson Avenue, Pooraka

☎ 8406 8488

✉ poorakafcc@gmail.com

🌐 pfcc.salisburysa.com

📱 @pfcc126