

### Art and craft

#### Quilting

Join fellow local quilters to connect, share ideas, and work on your projects together.

**Mondays, 9am to 11.30am**

**Cost: Gold coin donation**

#### Machine Embroidery

Join local embroidery enthusiasts to expand your skills, share inspiration and collaborate on creative projects.

**Tuesdays, 9am to 11.30am**

**Cost: Gold coin donation**

#### Crafting

Join our welcoming crafting group to collaborate, share ideas, or work on your own creative projects.

**Thursdays, 10am to 12pm**

**Cost: Gold coin donation**

#### Stitch and Sew



Enjoy knitting, crocheting, hand sewing, or machine sewing while working on your projects and connecting with fellow enthusiasts

**Fridays, 9.30am to 11.30am**

**Cost: Gold coin donation**

### The Salisbury Art Society



Unleash your creativity! Bring your art supplies, express yourself, and connect with fellow artists in a friendly and inspiring environment.

**Tuesdays, 7pm to 10pm**

**Wednesdays, 9.30am to 12.30pm**

**Cost: \$5 per session**

**P: 0459 904 952**

### Health and wellbeing

#### Hatha Yoga



Mindful yoga sessions designed to enhance your strength, flexibility, balance, and overall resilience.

**Mondays, 9.15am to 10.30am**

**(P: 0409 015 954 - Susannah)**

**Saturdays, 9.30am to 10.30am**

**(P: 0400 274 295 - Karen)**

**Cost: \$10 per session**

**Bookings essential**

### Chair Yoga



Experience gentle stretches, strength-building, balance, and breathwork—all comfortably practiced from your chair.

**Fridays, 10am to 11am**

**Cost: \$8 per session or**

**\$35 for 5 sessions**

**P: 0400 274 295 (Karen)**

### Fun Recreational Dance

Explore styles like jazz, hip hop, contemporary, and ballet fundamentals with Dance SA in a supportive and inclusive environment. Government Sports Vouchers accepted and flexible payment plans available.

**Tuesdays, 3.45pm to 6.30pm**

**Fridays, 4pm to 6.45pm**

**Cost: \$17.50 to \$18.50 per session**

**P: 0408 988 483 (Kristen)**

### Para District Achievers Club

A supportive and welcoming community group dedicated to promoting a healthy lifestyle. Members benefit from expert advice on exercise, nutrition, personalised dietary plans, life coaching, and inspiring keynote presentations.

**Wednesdays, 10am to 11am**

**P: 0429 438 910 (Lis)**

# What's on Guide

Salisbury East Neighbourhood Centre

July to September 2025

## Community programs

### Multicultural Mothers Group



Join us for morning tea and connect with other mums in the community. Share experiences and support each other through motherhood and life in Australia. A dedicated play space is available for your little one.

Tuesdays fortnightly,  
9.30am to 11am  
Cost: Free  
P: 0448 792 817 (Cass)

### Bhutanese Gardening Group

A special program designed for the Bhutanese community to celebrate their passion for gardening while enjoying time together.

Wednesdays, 9.30am to 12.30pm  
Cost: Free  
P: 0451 166 841 (Teju)

### Neighbours Meet and Greet



Join us to connect with other residents, discover upcoming events, and meet our friendly staff.

Friday 1 August and 5 September,  
10.30am to 11.30am  
Cost: Free  
P: 8406 8206 (Mark)

### All A'Board Tabletop Games



An inclusive community group where men come together to play tabletop games, socialise, and build lasting friendships.

Third Friday of the month,  
6pm to 11pm  
Cost: Free  
P: 0438 784 851 (Shaun)

### SA Cavy Club

Get expert advice and information on all things cavy guinea pigs —from breeding and showing to everyday care.

First Sunday of the month,  
11am to 3pm  
Cost: Free  
P: 0412 878 279 (Helen)

### Big Ideas — For My Community



Share your Big Ideas to help shape an exciting vision for the Salisbury East community. Let us know how you'd like to use the Salisbury East Neighbourhood Centre and how we can help bring your ideas to life. Speak with a team member or fill out a Big Ideas card.

#### For more information, contact us

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