

PHONE

(08) 8384 1065

FAX

(08) 8326 9136

CENTRE ADDRESS

44 Glynville Drive
Hackham West
South Australia, 5163

MAILING ADDRESS

Hackham West Community Centre
PO Box 402
Noarlunga Centre
South Australia 5168

OFFICE HOURS

Monday - Thursday, 9 am - 4 pm
Friday, 9 am - 3 pm

PUBLIC TRANSPORT

Bus 743 (Hackham West Loop)
Bus stop 60

EMAIL ADDRESS

hackhamwestcommunitycentre@gmail.com



Newsletter

Term 1 2017

Monday 30th January 2017- Thursday 13th April 2017

EXPRESSION OF INTEREST

BABY MASSAGE

4 weeks

Come and enjoy one on one time with your baby and learn some simple baby massage techniques. Learn about the benefits of massage and how it can improve both your health and your babies.

Please ring the Centre on 8384 1065 to leave your details

EXPRESSION OF INTEREST **COOKING WITH YOUR TEENAGER**

Term 2

If you are interested in being involved in this program in Term 2, please leave your details at the Reception.

CREATIVE CRAFTERS

Wednesday 12.30—2.30

\$2 donation towards supplies

Have you ever wanted to learn how to Crochet, create a Fairy Garden, colour a Mandela or sew a hem? Or maybe learn a completely new craft?

Come and join this fun, social group.

Great for beginners to the more experienced. Share your ideas and knowledge.

SEWING MACHINE INSTRUCTION

22 February and 22nd March

Learn how to thread a machine, sew a hem and basic sewing skills.

No bookings required, just come along !

THE SHOPPE

10:00 am - 2:00 pm

Monday - Friday during school term

Affordable prices for good quality products such as:

Second Hand Clothing
Books
Homemade Craft
Cards
Plants

Clean & Green Cleaning Products:

All Purpose Cleaner
Laundry Powder
Window Cleaner
Mould Preventer

EVERY DAY CAFÉ

12:00 pm - 1:00 pm

Monday - Friday during school term

TERM 1 MENU (subject to change)

Monday

Beef/Chicken Schnitzel with Roast Vegetables

Tuesday

Mild Chicken Curry and Rice

Wednesday

Shepherd's Pie and Salad

Thursday

Cold Meat and Salad

Friday

Beef Rissolle with Tomato & Onion Gravy

Mashed Potato, Peas and Corn

Adults - \$4 • Kids - \$2 • Free tea & coffee.
A range of frozen meals are also available to purchase.

"Where you enter as a stranger and leave as a friend."

REGULAR PROGRAMS

DAILY

BREAKFAST CLUB

**Tuesday - Friday
7:30 am - 8:30 am**

Breakfast Club is for students who attend one of the three local primary schools (Hackham West, Noarlunga Downs PS & Huntfield Heights PS).

Start the day with a healthy breakfast! Join in the activities and then go by our Centre bus to school.

Waiting list may apply. Referral form available from the Program Coordinator

The Australian Government provides financial support for this Budget Based Funded Child Care service under the Community Support Programme.

MONDAY

CRÈCHE

Our crèche facility is free and available for children **4 months to school age** when you attend a program within Hackham West Community Centre.

PLAYGYM

**Mondays • 9:45 am - 11:30 am
Starts February 6th**

A fun, energetic and interactive program for children and their parents/grandparents.

FAMILIES TOGETHER

**3:30 pm - 5:30 pm
Starts 6th February**

Families Together is a **fortnightly** after school program that brings Aboriginal and Torres Strait Islander families together to experience a range of activities and excursions. The theme for Term 1 is "Circle of Security - Parenting"

GENTLE EXERCISE

2:00 pm - 3:00 pm

A gentle physical activity program that combines aerobic activity with weight bearing, balance and stretching exercises. Run by an accredited exercise professional. **Contact Kay on 0409 677 405 for more information.**

YOGA

12:45 pm - 1:45 pm • Starts Feb 6th

A qualified yoga instructor will guide you for an hour of yoga, mindfulness and relaxation. Suitable for beginners. Bring your mat and wear comfortable clothes. \$5 per session

Free crèche available for children 4 months to school age.

TUESDAY

BABY PLAYGROUP

**Tuesdays • 10:00 am - 11:30 am
Starts February 7th**

Have fun in a safe and caring environment, build connections and meet new friends. For parents/grandparents and their babies aged up to 2 years.

COMPUTING FOR YOU

**12:30 pm - 3:00 pm
Starts January 31st**

Learn about the different parts of the computer, computer terminology and basic Microsoft Programs such as Word and Outlook. Each lesson will run differently, depending on the knowledge and needs of the participant. Centre charges may apply for this course by a contribution by participants towards morning tea.

Computing For You is funded through the ACE Program, as part of the Government of South Australia's WorkReady Initiative

BINGO

Doors Open 6:15 pm • Starts 7:00 pm

Come along and enjoy Bingo every Tuesday at Hackham West Community Centre. Free tea & coffee available and light snacks available to purchase

Persons under 18 must be accompanied by a parent and are not permitted to play Bingo.

BOYS BOYZ and GIRLS GIRLZ

3:30 pm - 5:00 pm •

Boys Boyz and Girls Girlz are free active social groups for students aged 9 - 12 years. Children have fun learning important life skills through participating in various activities.

Space is limited. Children need to be enrolled before they can attend.

WEDNESDAY

WOMEN HAVING FUN

A new women's group will be starting in Term 1. Keep a look out at our Facebook page and for flyers around the Centre.

Free crèche available for children 4 months to school age.

Any enquiries contact Reception.

ADULT EDUCATION SERVICES

**9:30 am - 11:30 am
Starts February 1st**

Adult Education Services is an education program for both young and mature aged people who have been unemployed for a significant amount of time, often with mental health issues and/or a disability. Learn vocabulary, grammar, everyday conversation, real life reading, life skills and academic competencies. Centre charges may apply for this course by a contribution by participants towards morning tea. Crèche available for children from 4 months to school age

Adult Education Services is funded through the ACE Program as part of the Government of South Australia's WorkReady Initiative

LIVE, LAUGH & LEARN

3:30 pm - 5:30 pm

Live, Laugh & Learn is a **free** program for young people aged 12 - 17 years to assist in the development of important life skills through fun and interesting activities and excursions. The young people are supported by a team of experienced staff and volunteers. Spaces are limited. Children need to be enrolled before they attend.

CREATIVE CRAFTERS

**12:30 pm - 2:30 pm
Starts February 1st**

Come and join this fun and social group to learn how to crochet, make cards, scrapbook, knit and sew. Great for crafters of all skill levels. **\$2 per session. Free Crèche is available.**

THURSDAY

SILVER CITZ Over 50's Group

Every week during school term

Enjoy activities, guest speakers, and a 3 course lunch at the Centre **every second week for \$5**. **Alternate weeks** are trips to local places of interest and include a lunch. These trips are priced individually. Silver Citz is a great place to catch up with old friends and make new ones. For more information contact Reception

"Funded by the Australian Government Department of Social Services. Visit www.dss.gov.au for more information."

"Although funding for Silver Citz has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government."

FRIDAY

Keep an eye on our Facebook page for upcoming programs and events

Hackham West Community Centre would like to thank:

