



*April - July 2025*

# Adelaide Hills Council Community Centres *Program*

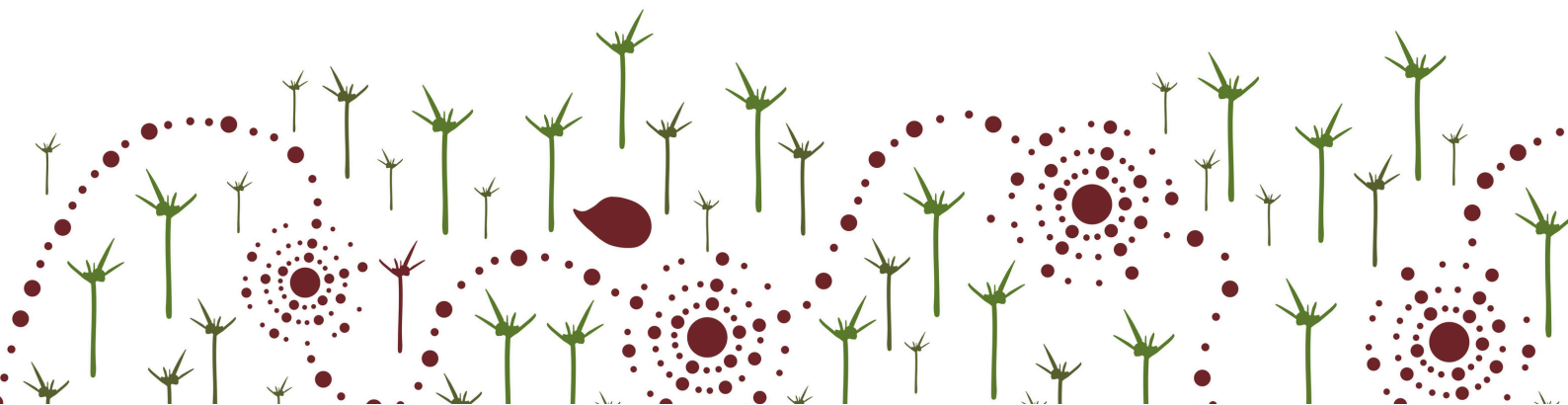


**Adelaide Hills**  
COUNCIL

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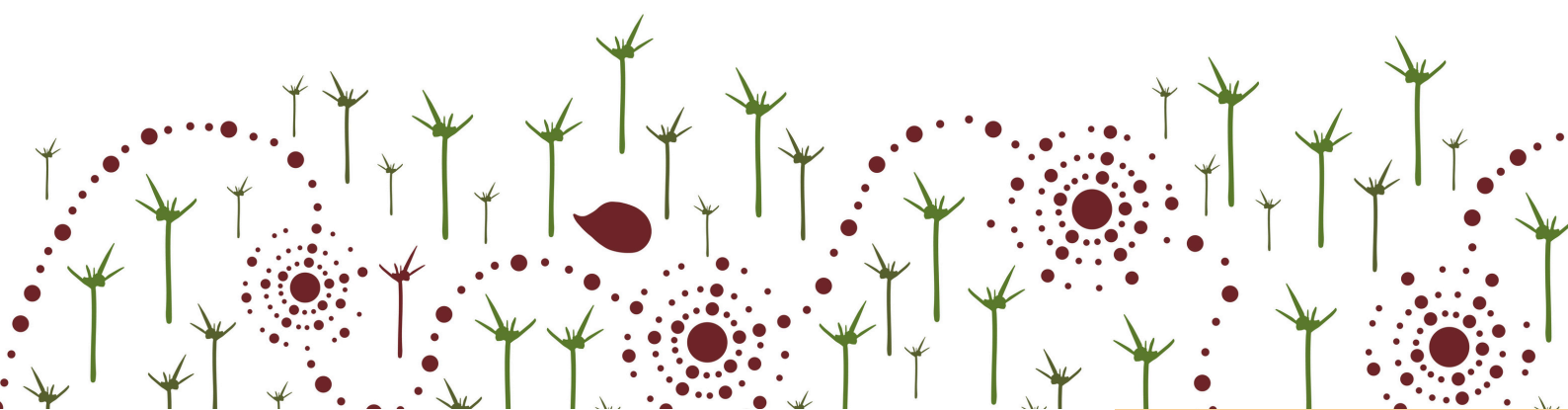


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# The Summit Community Centre Regular Programs

Wonderful bright open space with a vine covered patio and the best views in Adelaide! Learn new skills, meet new people, enjoy the FREE Wi-Fi or relax with a cuppa and a book from our Book Swap. Drop in and say hello! All programs run at the centre unless otherwise indicated. Bookings not required unless specified.

## Monday

### East Torrens Historical Society

Promoting the study and discussion of the history of the former District Council of East Torrens. Contact Lesley for more information on 8390 3390.

**When:** 1st and 3rd Mon of the month

**Time:** 9:00am - 12:00pm

### Family Beginnings Playgroup

Come along to playgroup for a nourishing morning of connection, conversation, hot tea, an opportunity to ask questions and share stories. Includes some visiting professionals. Contact Kate for more information on 0403 890 234.

**Who:** Pregnancy to toddling

**Time:** 10:00am - 12:00pm

### Knit 'n' Stitch

Bring along your latest work in progress and share ideas with a friendly group of like minded people.

**When:** 1st Mon of the month

**Time:** 12:00pm - 3:00pm

**Cost:** Gold coin donation



## Tuesday

### The Red Shed

A community shed where you can work on your own project or join in a community project - no special skills required, friendly company - all welcome!

**Where:** Greenhill Road, Uraidla

**Time:** 9:30am - 1:00pm

**Cost:** Gold coin donation

### Lower Back Mastery Class

A program for all ages, providing a gentle yet practical pathway to strength. Focused on improving mobility, reducing pain, and building confidence through effective, low-impact exercises designed for lasting back health.

**Time:** 9:15am - 10:15am

**Cost:** \$5

### Chair Strength & Mobility

Designed for ages 47-60+, this class offers a supportive and effective way to build strength, improve movement, and enhance stability, all with the aid of a chair. A gentle yet empowering approach to staying active and confident.

**Time:** 10:30am - 11:15am

**Cost:** \$5

### Homeschool Art Classes

Join Zinia King in a wonderful set of 4 art classes where you will explore nature and imagination!

**When:** 29 April - 20 May

**Time:** 10:00am - 11:00am

**Cost:** \$90

**Bookings:** Essential



# The Summit Community Centre Regular Programs

## Wednesday

### Dance Fitness/Zumba

Perfect for beginners, a great mid intensity exercise class. Come ready to sweat, and prepare to leave empowered and feeling strong!

**Time:** 9:30am - 10:30am

**Cost:** \$5

### Karra Watta Cafe

A free community lunch available to anyone. A great chance to reconnect with old friends and make new connections by coming together to enjoy a hearty meal.

**When:** 3rd Wed of the month

**Time:** 12:00pm - 2:00pm

**Cost:** Gold coin donation

**Bookings:** Essential, call 8390 0457

### Book Club

Share your love of reading with this friendly, vibrant group. Book list is prepared from Library catalogue.

**When:** 4th Wed of the month

**Time:** 1:00pm - 3:00pm

**Cost:** Gold coin donation

### Hatha Yoga with Flo

Beginners to intermediate. Includes relaxation and meditation.

**Time:** 6:30pm - 8:00pm

**Cost:** \$10



## Thursday

### The Red Shed

A community shed where you can work on your own project or join in a community project - no special skills required, friendly company - all welcome!

**Where:** Greenhill Road, Uraidla

**Time:** 9:30am - 1:00pm

**Cost:** Gold coin donation

### Life Drawing

Join Julia Wakefield for life drawing classes. Includes model and tuition. Beginners welcome. BYO materials.

**When:** 1st & 3rd Thurs of the month

**Time:** 9:45am - 12:15pm

**Cost:** \$15

### Social Table Tennis

Whether you're a beginner or a seasoned player, come enjoy some tips and have some fun!

**Where:** Uraidla Institute

**Time:** 10:00am - 12:00pm

**Cost:** Gold coin donation



# Torrens Valley Community Centre Regular Programs

Situated amongst the busy and friendly Gumeracha Community Hub, come enjoy our programs, socialise over a tea or coffee, visit the op shop. All programs run at the centre unless otherwise indicated. Bookings not required unless specified.

## Monday

### Tai Chi

Great activity to improve balance and muscular strength. (Classes full and currently not taking new participants)

**Who:** Beginners

**Time:** 9:30am - 10:30am

**Who:** Intermediate/advanced

**Time:** 10:45am - 11:45am

**Cost:** \$5

### Which-Craft

A social space for all things craft! Bring along your piece and craft in company.

**Time:** 12:30pm - 2:30pm

**Cost:** \$3

### Social Singing

Kick the week off with great vibes and some fun with music. All welcome.

**Time:** 2:00pm - 3:30pm

**Cost:** \$3

### Yoga with Ness

Kickstart your week strong. Yoga is a great way to improve strength, flexibility and balance. A fantastic wellness activity for the mind and soul.

**Time:** 5:30pm - 6:30pm

**Cost:** \$10

### Boxing with Ness



Beginner through to advanced. Boxing for fitness, fun and de-stressing. Hand wraps compulsory (can be purchased for \$5). Minimum age 12. 12-15 must be accompanied by an adult.

**Time:** 6:45pm - 7:30pm

**Cost:** \$5 introductory price

## Tuesday

### Community Shed

Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.

**Time:** 9:00am - 12:00pm

**Cost:** Gold coin donation

### Happy Dance with Ness

Perfect for beginners, a great mid intensity exercise class. Come ready to sweat and prepare to leave empowered and feeling strong!

**Time:** 9:15am - 10:15am

**Cost:** \$5

### Easy Movez

Moderately paced exercise class incorporates a variety of techniques including resistance bands and light weights.

**Time:** 10:30am - 11:30am

**Cost:** \$3

### Classic Movie Club

Are you a fan of the timeless 'classics'? Join us for a good laugh and great company as we turn the community centre into a pop-up movie theatre.

**When:** 3rd Tues of the month

**Time:** 1:00pm - 3:00pm (approx)

**Cost:** \$3



# Torrens Valley Community Centre Regular Programs

## Wednesday

### Art Group

Bring your latest project and gain inspiration from fellow artists. Beginners welcome. Bring your own materials.

**Time:** 10:30am - 12:30pm

**Cost:** \$3

### Monthly Meals

Enjoy a tasty lunch in great company. (If you have any dietary requirements, please let us know a week in advance, for catering purposes.)

**When:** Mar - Nov, 1st Wed of the month

**Time:** 12:00pm - 1:00pm

**Cost:** \$5

**Bookings:** Essential call 8389 1711



### Monthly Movie Club

Enjoy the movies? Join us for a good laugh and great company as we turn the community centre into a pop-up movie theatre.

**When:** 2nd Wed of the month

**Time:** 1:00pm - 3:00pm (approx)

**Cost:** \$3

## Thursday

### Community Shed

Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.

**Time:** 9:00am - 12:00pm

**Cost:** Gold coin donation

### Chair Strength & Mobility

Designed for ages 47-60+, this class offers a supportive and effective way to build strength, improve movement, and enhance stability, all with the aid of a chair. A gentle yet empowering approach to staying active and confident.

**Time:** 10:30am - 11:30am

**Cost:** \$3

### Thursday Craft'ernoon

Love working on craft projects but wouldn't mind getting out the house? Craft'ernoons are for creative projects of any kind. From quilting, crochet, card making to needlework and scrapbooking -all welcome. BYO materials.

**New Time:** 12:30pm - 5:00pm

**Cost:** \$5

### Social Cribbage

Ever wanted to learn how to play Cribbage? Do you play already and would like play somewhere socially?



**When:** 1st and 3rd Thursday of the month

**Time:** 1:30pm - 3:00pm

**Cost:** \$3

**Where:** Community Hub Foyer



# Creative Arts

## *Mosaic Garden Flower*

Create your own mosaic garden flower ornaments on stakes for your home garden. Create your design and learn tips & tricks for making beautiful mosaic art.

Note: Closed toe shoes compulsory, old clothes recommended.

**When:** Saturday 26 April  
**Time:** 9:30am - 12:30pm  
**Where:** Torrens Valley Community Centre  
**Cost:** \$45  
**Bookings:** Essential

## *Handbuilt Marbled Clay Pottery Class*

Join local artist Rebecca Prince in this series of 4 workshops where you will learn how to make your own marbled clay using two different coloured clays. You will then use your marbled clay to create 3 to 4 handbuilt pieces, ranging from bowls and small bottle vases to candle holders and oil burners.

**When:** Thursday 1, 8, 15, 22 May  
**Time:** 6:30pm - 8:30pm  
**Where:** The Summit Community Centre  
**Cost:** \$140  
**Bookings:** Essential



## *Earrings and Clutch Bag Workshop*

Paint a clutch handbag freestyle or choose your design to be pre-traced onto your clutch. While waiting for your clutch to dry, paint a pair of earrings to match or compliment your new bag! All materials provided, including an apron to protect your clothes.

**When:** Saturday 10 May  
**Time:** 10:00am - 12:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** \$45  
**Bookings:** Essential

## *Hat Burning Workshop*

Choose your hat and burn your pre-selected hat design template (selected in your ticket options) along with adding any bling, ribbons or feathers! This is a unique workshop that is perfect for beginners, with design tracers provided. All items are included in your ticket price, including your hat!

**When:** Saturday 10 May  
**Time:** 1:00pm - 3:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** \$60  
**Bookings:** Essential





# Creative Arts

## *Colour Mixing Demystified*

Learn how to mix almost any colour using only 6 paint colours and white. Caroline Johnson, a recent graduate from the Adelaide Central School of art, will explain an exciting and very simple colour mixing system.

**When:** Saturday 14 June  
**Time:** 9:30am - 1:00pm  
**Where:** The Summit Community Centre  
**Cost:** \$20  
**Bookings:** Essential

## *Introducing Sgraffito Workshop*

Sgraffito (in Italian "to scratch") is a pottery decorating technique. Join ceramic artist, Simone Linder-Patton for this workshop where you will learn the technique of sgraffito. You will decorate at least three plates with your own images or those provided.

**When:** Saturday 14 June  
**Time:** 2:00pm - 4:30pm  
**Where:** The Summit Community Centre  
**Cost:** \$55  
**Bookings:** Essential



# Sustainability

## *Make a Terracotta Olla for Your Garden*

In this workshop you will learn how to handbuild an olla (pot) out of terracotta. The terracotta pot is then fired at a low temperature so that it remains porous and will seep water through its walls slowly once buried in your garden. We will also make decorative lids for your pots.

**When:** Saturday 14 June  
**Time:** 10:00am - 1:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** \$30  
**Bookings:** Essential

**When:** Saturday 21 June  
**Time:** 10:00am - 1:00pm  
**Where:** The Summit Community Centre  
**Cost:** \$30  
**Bookings:** Essential

# Youth

## *Manga/Anime Character Drawing for Teens*

Love Japanese comics and cartoons? Want to draw in this unique style, but not sure where to start? Then this fun, instructional workshop is perfect for you! Sketch along with illustrator Tsunami Hee Ja as she walks you step by step through the basics of creating your own manga character.

**When:** Saturday 21 June  
**Time:** 10:30am - 11:30am  
**Where:** The Summit Community Centre  
**Cost:** \$10  
**Bookings:** Essential



Bookings via QR code

# Information Sessions

## *Perimenopause and Menopause: Nutrition and Exercise*

Join us for an informative and supportive event brought to you by Sonder, dedicated to exploring the journey through peri and post menopause. This event is open to all who wish to learn more about these life stages, manage symptoms effectively, and find support in a community setting.

**When:** Thursday 15 May  
**Time:** 12:00pm - 1:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** FREE  
**Bookings:** Preferred

## *Overcoming Barriers to Exercise*

Join us for an informative session on overcoming common barriers to exercise! Whether it's limited time, money, motivation, or knowledge, we'll explore practical tips and creative solutions to help you stay active.

**When:** Tuesday 20 May  
**Time:** 11:30am - 12:30pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Preferred

**When:** Tuesday 10 June  
**Time:** 12:00pm - 1:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** FREE  
**Bookings:** Preferred



## *Advance Care Directive Information Session*

Do you have an Advance Care Directive (ACD)? An ACD empowers you to make clear legal arrangements for your future health care, end of life, preferred living plans and other personal matters.

**When:** Thursday 22 May  
**Time:** 10:00am - 12:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential

## *Parenting Q&A - Pregnancy to Young Families*

Join Kate McMurray and other practitioners who work with pregnant women, post-natal women, children and young families for short presentations with question time. Parents are then welcomed to talk one on one with practitioners and connect with everyone over light lunch and refreshments.

**When:** Saturday 24 May  
**Time:** 10:00am - 12:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential



# Reconciliation Week

## *Storytelling/Cultural Talk with David Booth*

Join us during National Reconciliation Week to learn from storyteller, David Booth! Traditionally, storytelling has always been a way to share, connect and pass on knowledge from generation to generation. Dave will share old dreamtime stories that have strong connections to country.

The National Reconciliation Week (NRW) 2025 theme, Bridging Now to Next, reflects the ongoing connection between past, present and future.



**When:** Tuesday 27 May  
**Time:** 6:30pm - 7:30pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential

**When:** Wednesday 28 May  
**Time:** 6:30pm - 7:30pm  
**Where:** Torrens Valley Community Centre  
**Cost:** FREE  
**Bookings:** Essential

# NAIDOC Week

## *Didge and Dance with David Booth*

During the July school holidays, Join David Booth for an interactive dance movement workshop where David will share stories, dance and games. There will also be a didgeridoo explanation and demonstration. Suitable for the whole family! Please make sure you book a ticket for each member of the family.

This year's National NAIDOC Week marks 50 years of the week-long celebrations, and the theme, The Next Generation: Strength, Vision & Legacy, celebrates achievements of the past and the bright future ahead.

**When:** Monday 7 July  
**Time:** 1:00pm - 2:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential

**When:** Monday 14 July  
**Time:** 1:00pm - 2:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** FREE  
**Bookings:** Essential



**THE NEXT  
GENERATION:  
STRENGTH,  
VISION &  
LEGACY**  
6-13 JULY 2025



Bookings via QR code

# *Exhibition Program*

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## **SALA @ THE SUMMIT**

### **CALL FOR ARTISTS**

Seeking artists in any medium to enter their work in our exhibition:

### **ADELAIDE HILLS CONNECTIONS**

Artwork reflecting connections to community, nature, environment and history of the Adelaide Hills

**Monday 4 August - Thursday 11 September  
(Opening night Friday 1 August 2025)**

**Entries close  
3:00pm Tuesday 8th July**

SALA at The Summit returns this August! We welcome all artists to submit work for our annual exhibition. To register your interest or receive a link to the entry form please call 8390 0457 or email [thesummit@ahc.sa.gov.au](mailto:thesummit@ahc.sa.gov.au)

### *Exhibition Opportunities*

The Summit Community Centre runs a vibrant exhibition program throughout the year. Our exhibition space includes a large, light filled room and a bright foyer area, both with incredible views. Exhibitions are usually on display for 4 - 6 weeks and opportunities for exhibiting are open to artists all year round.

## ***Call for Artists***

We are taking bookings for exhibitions in 2025. Artists working in all mediums, either in groups or solo, are welcome to enquire. If you are interested in exhibiting at the centre, please contact us on 8390 0457 or [thesummit@ahc.sa.gov.au](mailto:thesummit@ahc.sa.gov.au).

# Centre News

## Volunteer Spotlight: Werner & Bonnie - A Dynamic Duo

If you've ever visited the Torrens Valley Community Centre, chances are you've met Werner and his ever-loyal, tail wagging companion, Bonnie. A dedicated volunteer since 2010, Werner continues to give time and energy to the Op Shop, The Green Shed, and the centre's outdoor spaces.

Take a stroll past The Green Shed, and you'll see Werner's handiwork. The wicking beds are now home to vibrant butterflies, birds and bees, a bee hotel & bird feeder, even a red bellied black snake! Werner's creativity is helping to make the garden a place to enjoy. Of course, where there's Werner, there's Bonnie. This adorable fur baby keeps a close eye on her "Dad" never passing up the chance for a friendly pat from visitors.

Werner's hard work and quiet presence have become a staple here at the centre and we're grateful for all he does. On behalf of the Adelaide Hills Council and Community Centre staff - thank you, Werner (& Bonnie!) for making the centre a brighter place.



## Volunteer Movie Day is Back!

FREE Movie Tickets for ALL Volunteers  
In celebration of National Volunteer Week (19-25 May 2025) Adelaide Hills Council, Mount Barker District Council and Alexandrina Council are collaborating to provide FREE movies to say thank you to our wonderful volunteers.

This year we have free movies for Adelaide Hills Council region volunteers at:

- Wallis Cinemas Mount Barker (Wed 21 May)
- Lobethal Cinemas (Fri 23 and Sat 24 May at 7pm)

Anyone who volunteers in any organisation in the Adelaide Hills Council district can redeem their FREE ticket from 1 May 2024 at: [www.ahc.sa.gov.au/volunteering](http://www.ahc.sa.gov.au/volunteering)

A poster for National Volunteer Week (19-25 May 2025). The top features a graphic of two hands holding a heart. Text on the poster includes: "Thanking Volunteers across the Mount Barker, Alexandrina and Adelaide Hills Council Regions", "National Volunteer Week 19-25 MAY 2025 Connecting Communities", and "FREE MOVIE FOR VOLUNTEERS". Below this, it states "Only available on selected dates below:" and lists "Wallis Cinemas Mount Barker Wednesday 21st May any standard session\*" and "Lobethal Cinemas Friday 23rd or Saturday 24th at 7pm only". At the bottom are logos for Adelaide Hills Council, Alexandrina, Mount Barker District Council, Lobethal Cinema, and Wallis Cinema.

# April School Holiday Programs

## MONDAY 14 APRIL

### *Tabletop Escape Room*

A tabletop escape room game where players will work together in a group of six to follow clues, solve puzzles and unlock all the boxes.

**Age:** 8 - 10

**Time:** 12:00pm - 1:00pm

**Age:** 11 - 13

**Time:** 1:30pm - 2:30pm

**Where:** Torrens Valley Community Centre

**Cost:** FREE

**Bookings:** Essential



## TUESDAY 15 APRIL

### *Paint a Watercolour Bookmark*

Drop in and paint a fun watercolour bookmark, to take home and enjoy. There are lots of different designs to choose from!

**Age:** All ages

**Time:** 9:00am - 3:00pm

**Where:** Torrens Valley Community Centre/Gumeracha Library Foyer

**Cost:** FREE

**Bookings:** Drop in



Bookings via QR code



## WEDNESDAY 16 APRIL

### *Young Drivers Awareness Course*

For drivers on their L's or P's. The top driving instructors from the Australian Driving Institute will teach you how to plan, look ahead and think ahead, as well as the best way to operate your vehicle. Learn about braking & steering techniques, safe following distance, understand alcohol, distraction, peer pressure, fatigue and accident avoidance.

**Age:** L and P plate drivers

**Time:** 8:30am - 4:30pm

**Where:** Charleston Community Hall

**Cost:** \$50

**Bookings:** Essential

Youth Program

### *Tabletop Escape Room*

A tabletop escape room game where players will work together in a group of six to follow clues, solve puzzles and unlock all the boxes.

**Age:** 8 - 10

**Time:** 11:00am - 12:00pm

**Where:** The Summit Community Centre

**Cost:** FREE

**Bookings:** Essential

### *Movie: Despicable Me 4*

Gru welcomes a new member to the family, Gru Jr., who's intent on tormenting his dad. However, their peaceful existence soon comes crashing down when criminal mastermind Maxime Le Mal escapes from prison and vows revenge against Gru. Popcorn provided.

**Age:** Rated PG

**Time:** 1:00pm - 3:00 pm

**Where:** Torrens Valley Community Centre

**Cost:** FREE

**Bookings:** Essential



# April School Holiday Programs

## THURSDAY 17 APRIL

### *Paint a Watercolour Bookmark*

Drop in and paint a fun watercolour bookmark, to take home and enjoy. There are lots of different designs to choose from!

**Age:** All ages  
**Time:** 9:00am - 3:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Drop in



## THURSDAY 24 APRIL

### *Paint a Watercolour Bookmark*

Drop in and paint a fun watercolour bookmark, to take home and enjoy. There are lots of different designs to choose from!

**Age:** All ages  
**Time:** 9:00am - 3:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** FREE  
**Bookings:** Drop in



## WEDNESDAY 23 APRIL

### *Mono Printing Surface Decoration on Clay for Teens*

Join Ceramic Artist Simone Linder-Patton in exploring the use of slips and underglazes with stencils and paper resists to create mono print surface decoration on soft slabs of clay. These will then be made into ceramic plates.

**Age:** Teens (12+)  
**Time:** 1:00pm - 3:00pm  
**Where:** Torrens Valley Community Centre  
**Cost:** \$10  
**Bookings:** Essential



### *Decorate a Bug for our New Mural*

Join local artists Rebecca Prince and Zinia King in a fun bug painting workshop! Using local bug species as inspiration you will learn how to paint wooden shapes to look like different bugs. After your shapes are painted they will be mounted on our outdoor mural.

**Age:** 8+  
**Time:** 10:00am - 12:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential

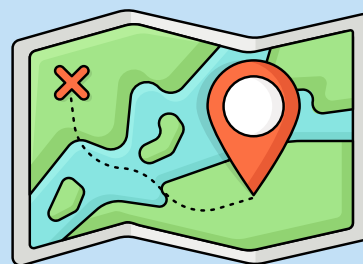


## ALL HOLIDAYS

### *Nature Adventure Trail*

Head off from The Summit Community Centre with your nature trail bag and explore some local walking tracks. Choose one track, or explore all three!

**When:** Mon - Thurs (not public holidays)  
**Age:** All ages  
**Time:** 9:00am - 3:00pm  
**Where:** The Summit Community Centre  
**Cost:** FREE  
**Bookings:** Essential



# Adelaide Hills Council Community Centres

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## *The Summit Community Centre*

4 Crescent Drive, Norton Summit

8390 0457

[thesummit@ahc.sa.gov.au](mailto:thesummit@ahc.sa.gov.au)

## *Torrens Valley Community Centre*

45 Albert Street, Gumeracha

8389 1711

[tvcc@ahc.sa.gov.au](mailto:tvcc@ahc.sa.gov.au)

### *Extreme and Catastrophic Fire Danger Ratings*

When an Extreme (75+) or Catastrophic Fire Danger Rating is declared for the Mt Lofty Ranges, the Adelaide Hills Council Community Centres will be closed, and all classes and programs will be cancelled without notice. Any monies paid will either be reimbursed, or the course will be rescheduled for a later date.

Current fire danger ratings can be checked here:



### *Opening Hours*

Monday - Thursday: 9:00am - 3:00pm

Friday: closed

Public holidays: closed

[ahc.sa.gov.au/community/community-centres](http://ahc.sa.gov.au/community/community-centres)



 @ahccommunitycentres



Council acknowledges that we meet on the traditional Country of the Peramangk and Kurna people. We pay our respects to Ancestors and Elders past and present as the Custodians of this ancient and beautiful land.