



January - April 2025

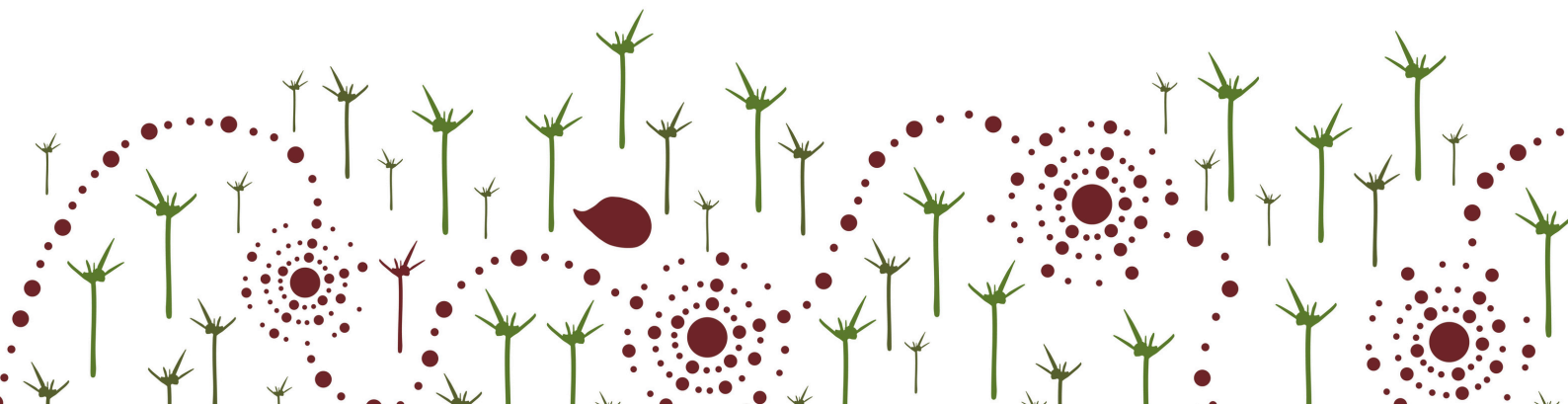
Adelaide Hills Council Community Centres *Program*



Adelaide Hills
COUNCIL

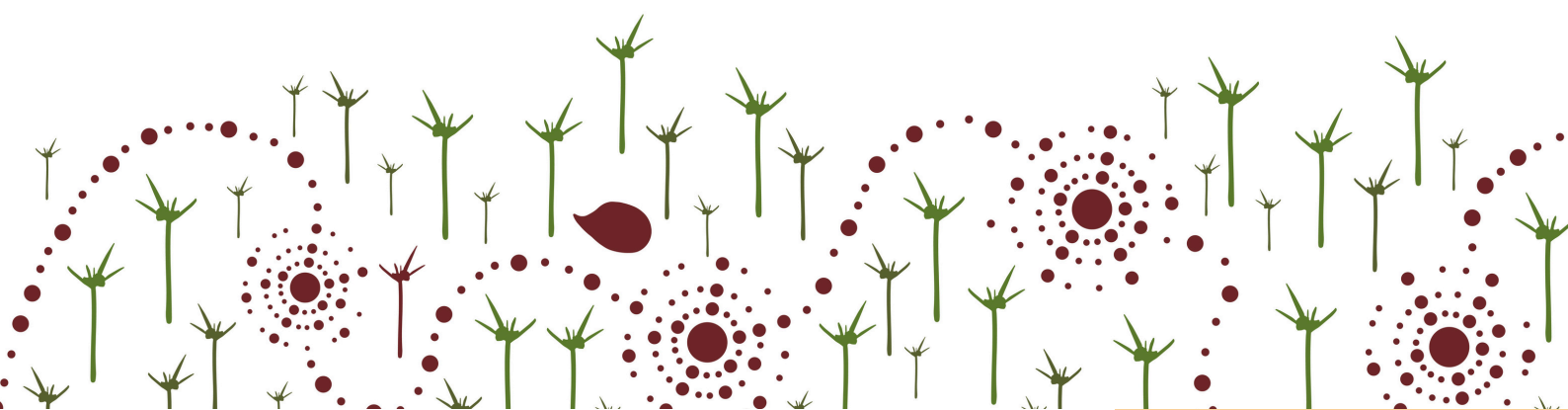
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The Summit Community Centre Regular Programs

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

Training for Life Fitness Program

(Starting 4th Feb)

Targeting those aged 47 - 60+, this health and fitness program focuses on easing lower back pain, improving upper body mobility, enhancing full-body strength and correcting movement patterns and emphasises the importance of physical strength and mobility for long-term health benefits. If you have limited mobility, you may wish to choose our new chair based class!

Bookings preferred for the first class.

Time: 9:15am - 10:15am

Cost: \$5



Chair based class



Time: 10:30am - 11:30am

Cost: \$5



Homeschool Art Classes

Join Zinia King in a wonderful set of 6 art classes where you will explore nature and imagination!

When: 11 Feb - 18 March

Time: 10:00am - 11:00am

Cost: \$110

Bookings: Essential



The Summit Community Centre Regular Programs

Wednesday

Dance Fitness/Zumba

(Starting 5th Feb)

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

(Starting 5th Feb)

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: Basket Range Hall

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).

Bookings preferred for the first class.

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. Begins in March.

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: Preferred, 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. Begins in March.

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

Strength and Balance

Gentle chair-based exercises, to help maintain strength, flexibility and balance.

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 and stay as little or as long as you like.

Time: 1:00pm - late

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

Paper Mache Lantern Workshop

In this workshop, we'll use various kinds of paper, pressed or printed flowers and glue to experience the centuries old craft of paper mache.

Make your own enchanting paper mache lanterns or lamps to create a cozy glow in your living room or or bedroom.

When: Saturday 8 February
Time: 10:00am - 1:00pm
Where: The Summit Community Centre
Cost: \$45
Bookings: Essential

Access Your Creativity Art Class

Join local artist Rebecca Prince in this series of 4 workshops exploring different aspects of creative expression. Each class will encompass a small project utilising different artistic approaches.

When: Thursday 13, 20, 27 February, 6 March
Time: 6:30pm - 8:30pm
Where: The Summit Community Centre
Cost: \$110
Bookings: Essential

Beginner's Handbuilt Pottery Class

Join local artist Rebecca Prince in this fun beginner's pottery series running over four weeks. Rebecca will gently guide you through the process of handbuilding with clay. Techniques will vary and include joining, slab building, pinch pots, coil building and learning how to construct simple usable household items.

When: Thursday 13, 20, 27 March, 6 April
Time: 6:30pm - 8:30pm
Where: The Summit Community Centre
Cost: \$140
Bookings: Essential

Gouache Still Life

Learn to paint a dynamic gouache still life with Rebecca Prince. Starting with a coloured ink layer underpainting you will sketch up a still life from a selection of arranged fruits and vegetables, painting on layers of water soluble gouache to make your still life subject pop.

When: Wednesday 19 February
Time: 1:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: \$25
Bookings: Essential

Decorate a Bug for our Mural (Children ages 8+)



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.

When: Saturday 22 February
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



Platter of Joy - Paint and Glaze a Ceramic Platter

In this workshop, you will create a unique design using patterns, fruit and flower images, symbols and colours of your choice to paint on a round ceramic platter with underglazes and a clear glaze to finish.

When: Saturday 29 March
Time: 9:30am - 3:00pm
Where: The Summit Community Centre
Cost: \$65
Bookings: Essential



Bookings via QR code

Parenting

The Heartful Village

Feeling the need for support as a stay-at-home parent? Join us for a playgroup style cuppa, chat and circle time, then enjoy two hours to yourself in our centre while your kids are looked after and entertained by dedicated carers. You may have a business, study or craft project you'd like to work on, or even read a book uninterrupted!

When: Thursday 13, 27 February, 13, 27 March and 10 April

Time: 9:30am - 12:30pm

Where: The Summit Community Centre

Cost: Contact Rosie

Bookings: Essential



When: Tuesday 11 March and 8 April

Time: 12:00pm - 3:00pm

Where: Torrens Valley Community Centre

Cost: Contact Rosie

Bookings: Essential



Contact Rosie on 0405 785 222 or rosiesheba@gmail.com for more information

Supported by Imagine Uraidla and AHC Community Centres



Information Sessions

ScamFit Online Safety

Stay one step ahead of scammers with ScamFit! You'll learn to spot online scams, avoid dodgy dealings and protect yourself from frauds when using your phone, tablet, computer, or any online device.

When: Tuesday 18 February

Time: 10:30am - 11:30am

Where: The Summit Community Centre

Cost: FREE

Bookings: Essential

When: Tuesday 25 February

Time: 1:00pm - 2:00pm

Where: Torrens Valley Community Centre

Cost: FREE

Bookings: Essential



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: Monday 10 March

Time: 9:30am - 11:30am

Where: The Summit Community Centre

Cost: FREE

Bookings: Essential

Bookings via QR code 

Adelaide Writers' Week

Writers' Week Live Streaming

During Writers' Week some of the selected sessions will be live streamed and available for watching at both centres. Bring some friends along, have a coffee and get immersed in Writers' Week! Session details will be confirmed closer to the date. Keep an eye out for live streaming at the libraries too!

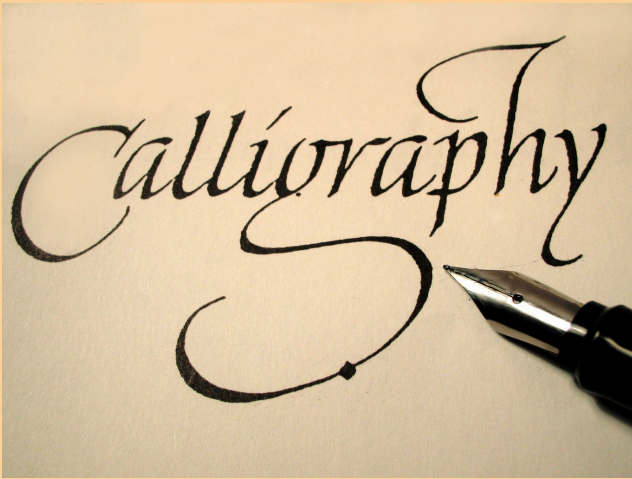
When: Monday 3 - Thursday 6 March

Time: 9:00am - 3:00pm

Where: both centres

Cost: FREE

Bookings: Not required



The Shapes of Letters - a Calligraphy Workshop for Artists in Any Medium

In this workshop we will explore the shapes and relationships of letter forms in the traditional Roman and Foundational alphabets. You will discover how beautifully proportioned letters are constructed and form a template for understanding the various "hands" or styles of calligraphy and lettering.

When: Wednesday 5 March

Time: 1:00pm - 3:00pm

Where: Torrens Valley Community Centre

Cost: \$20

Bookings: Essential

Heartful Path Writing Workshop: Cultivating Inspiration

Join author, Rosie Sheba for a workshop to reconnect with your creative inspiration. Rosie will guide you on a sensory journey to tap into your innate potential to connect with the words from your heart and bring them onto the page. Cultivating creativity through connection with our earth and with the day to day rhythms of life is Rosie's speciality. Allow Rosie to guide you as you bring forth the messages of your heart.

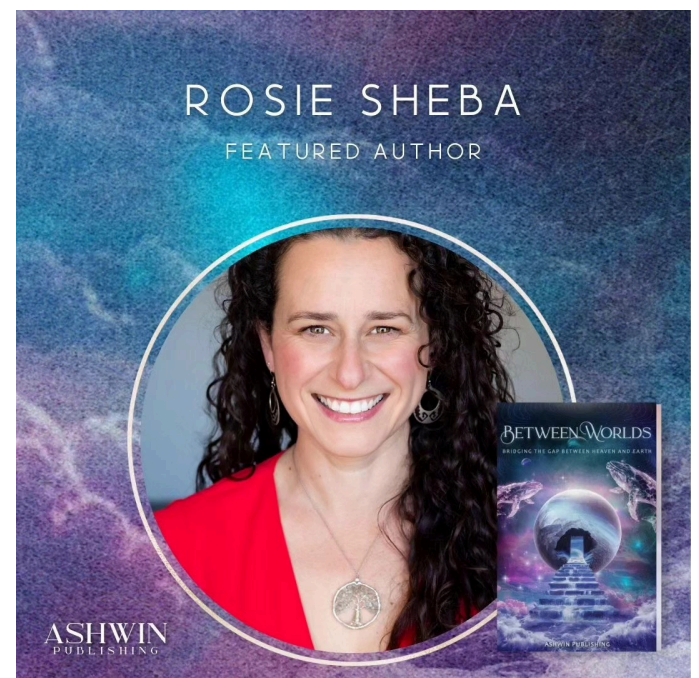
When: Tuesday 4 March

Time: 1:30pm - 3:00pm

Where: The Summit Community Centre

Cost: \$15

Bookings: Essential



Bookings via QR code



Monday 17 - Sunday 23 March 2025

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.

Enjoy Harmony Week activities for FREE at both community centres and across council. Even though these events are free, bookings are essential and we ask that you let us know if you are unable to attend so that others don't miss out!

Persian Cooking Class

Immerse yourself in the rich flavours of Persian cuisine. Learn how to prepare traditional Persian dishes, discover the stories behind them, and enjoy the vibrant taste testing at the end.

When: Tuesday 11 March
Time: 6:15pm - 8:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

Pakistani Truck Art

Experience festive Pakistani Truck Art where you will create a vibrant piece of wall art using specific patterns. Pakistani trucks are like an art gallery on wheels displaying complex designs and patterns, made by talented local artisans. Adults and children aged 10+.

When: Saturday 15 March
Time: 10:30am - 12:30pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



African Soul Drumming Workshops

Enjoy African drumming in a fun, relaxed, family friendly environment. Group drumming brings people together in a safe space and allows you to immerse yourself in the ancient rhythm of the drums. All ages.

When: Thursday 13 March
Time: 1:00pm - 2:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

When: Saturday 15 March
Time: 12:30pm - 1:30pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

Bookings via QR code.
Includes Harmony Week programs at the libraries and Positive Ageing Centre too!



Exhibition Program

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.

Exhibition Schedule

Exhibitions are open during centre hours only unless specified.

The Balance - an exhibition for kids, by kids, in spite of kids

Presented by Mount Lofty Kindergym featuring local artists both adults and children. The Balance is a family friendly group exhibition celebrating the artist, the child and the parent/caregiver. We want to share experiences of having children in our lives and to celebrate our identities as artists and parents/caregivers/community members. We want to nurture creativity within our community and create an art show that is engaging for the whole family.

Exhibition Dates: Until Thursday 6 February



Who Made Whom Who? an exhibition by artist Sunyata

The exhibition features a selection of captivating artworks of South Australian artist, Sunyata. As the neo-expressionist, Sunyata offers us glimpses into fleeting moments and narratives that unfold within. In this thought-provoking display, we invite you to ponder: are we observing the artist's expression, or are we reflecting on our own experiences? Who is truly seeing whom? Come explore this intriguing dialogue through art!

Exhibition Dates: Monday 17 February - Thursday 27 March 2025

Opening Event: Saturday 15 February, 2:00pm - 4:00pm

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.

Centre News

We've Moved to Humanitix!

Adelaide Hills Council has now moved to Humanitix as our event booking system. Follow the AHC Community Centres Humanitix page to receive notifications for new events!



Tour Down Under Closures

Due to road closures and restrictions during the Tour Down Under, Torrens Valley Community Centre will be closed on Tuesday 21 January, and The Summit Community Centre will be closed on Thursday 23 January.

Celebrating Megan Evans: 30 Years of Dedicated Volunteering

On Wednesday, 27 November, the Gumeracha Library and Torrens Valley Community Centre proudly celebrated Megan Evans, who has dedicated 30 years of service as a volunteer, making an incredible difference in the lives of many.

Megan's contribution was recognised with a Premier's Certificate for Outstanding Volunteer Service, presented by Cr Malcolm Herrmann. The special occasion was marked by a delightful afternoon tea, attended by a group of fellow volunteers, library staff, and community centre team members.

Over the past three decades, Megan's unwavering commitment has made a lasting impact on the Gumeracha community, enriching the lives of countless individuals through her generosity, kindness, and hard work.

We extend our heartfelt gratitude to Megan for her remarkable service and congratulate her on this well-deserved recognition!



January School Holiday Programs



Paint a Watercolour Bookmark

The Summit Community Centre

Monday 20 January
Tuesday 21 January
Wednesday 22 January

Torrens Valley Community Centre

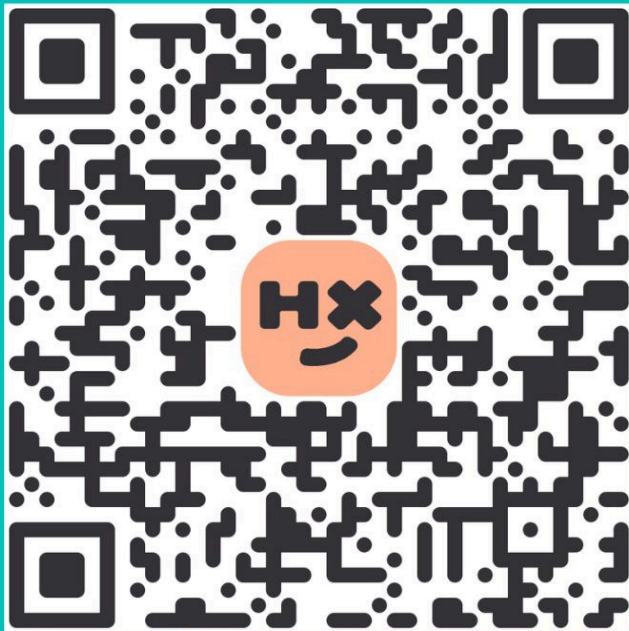
Thursday 23 January

9am - 3pm
Drop in (no bookings required)

*January School Holidays at the
Libraries*

SCHOOL HOLIDAY PROGRAM

January 13 - 24



BOOK NOW on HUMANITIX

Adelaide Hills Council Community Centres

The Summit Community Centre

4 Crescent Drive, Norton Summit

8390 0457

thesummit@ahc.sa.gov.au

Torrens Valley Community Centre

45 Albert Street, Gumeracha

8389 1711

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



 @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.