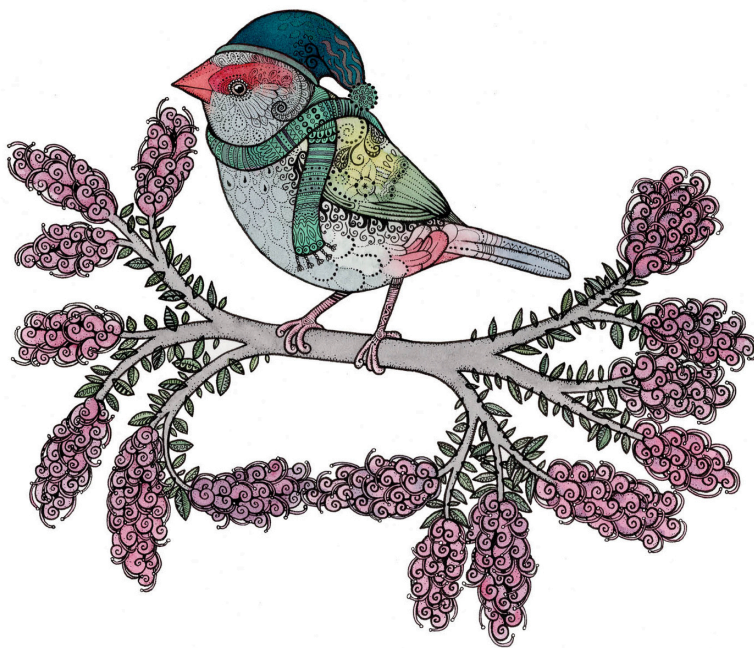




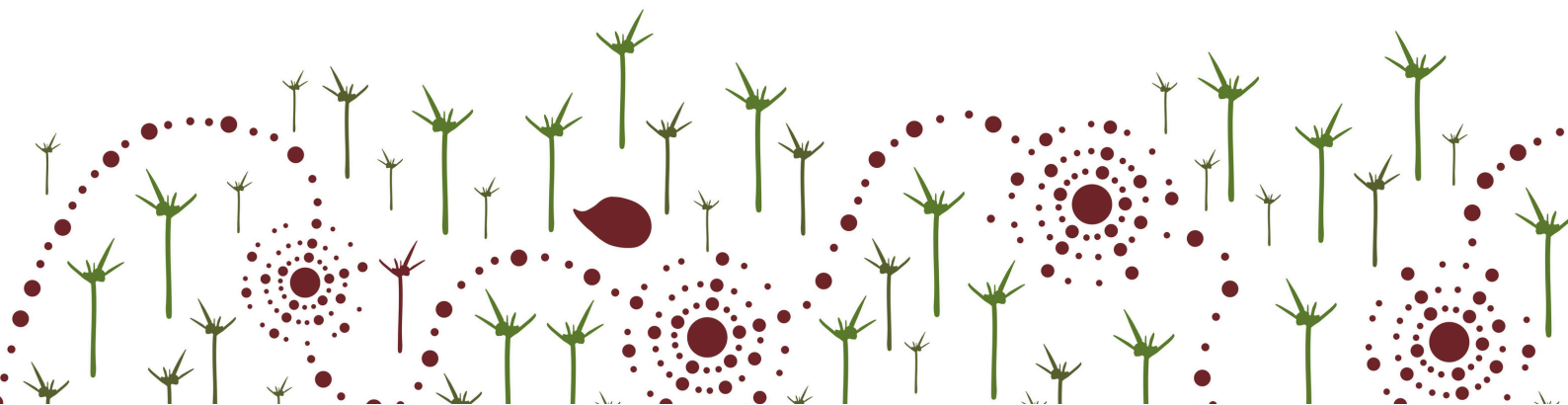
July - September 2024

Adelaide Hills Council Community Centres *Program*



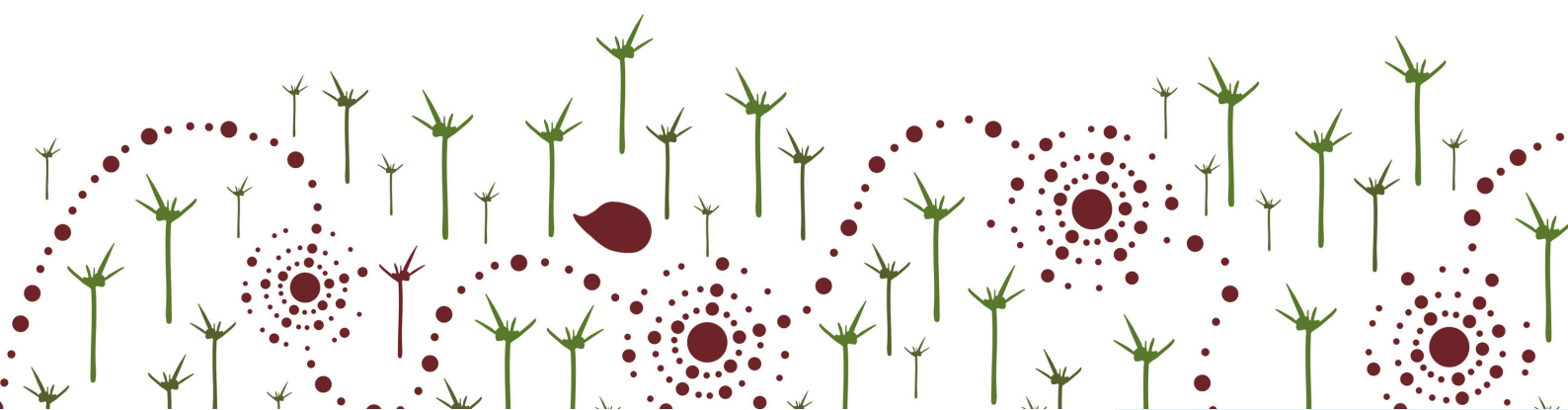
SUBSCRIBE

Subscribe to stay up to date with Your Community Centres



CONTENTS

The Summit Community Centre Regular Programs	1-2
Torrens Valley Community Centre Regular Programs	3-4
SALA at The Summit	5
Creative Arts	6
Health and Wellbeing	7
Emergency Planning	8
Exhibition Program	9
Volunteer Opportunities	10
July School Holiday Program	11-12



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: Rolling to toddling

Time: 9:30am - 11:30am

Who: Pregnancy to rolling

Time: 11:30am - 1:30pm

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

Homeschool Art Classes

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

When: 6 Aug - 17 Sept (no class 20 Aug)

Time: 10:00am - 11:00am

Cost: \$110

Bookings: Essential



Dru Yoga for Teens with Joanne

New!

Fun and engaging classes to encourage teens to find positivity and greatness within themselves with strengthening their body and mind in a calm, relaxed space.

When: Beginning 30 July

Time: 4:45pm - 5:45pm

Cost: \$5

Breathwork with Joanne

New!

Learn how to use the breath as an activating, balancing and relaxing tool, to manage your nervous system and improve your mental, emotional and cognitive health and well-being.

When: Beginning 30 July

Time: 6:00pm - 6:30pm

Cost: \$5

The Summit Community Centre

Regular Programs

Wednesday

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 - 10:15am

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

Friday

Dungeons & Dragons

Our DM Lachlan, will guide the group as they adventure their way through an epic campaign. No experience necessary. LGBTQIA+ inclusive.

Who: Young adults (ages 13+)

Time: 4:30pm - 6:30pm

Cost: \$15 for the term

Bookings: Essential



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

Torrens Valley Kindergym

Movement based program for under 5s.

Where: Gumeracha Town Hall

Who: All ages

Time: 9:30am - 10:30am

Who: Under 2 years

Time: 11:00am - 11:45am

Cost: Contact Stacey 0438 819 181

Which-Craft

A social space for all things craft! Bring along your piece and craft in company. Each term we'll offer a focus for anyone who'd like to learn something new.

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

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

Zumba 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: 12:30pm - 2:30pm

Cost: \$3

Recreational Gymnastics

Classes for children, focusing on mastering the basics of gymnastics before moving on to harder skills.

Where: Gumeracha Town Hall

Time: 4pm onwards

Cost: Contact Andrew 0421 561 654 or Cameron 0449 722 367

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: Feb - Nov, 1st Wed of the month

Time: 12:00pm - 1:00pm

Cost: \$5

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

Torrens Valley Women's Association

Welcoming all local Women to join for a few hours of friendship, laughs and skill sharing. Meet new friends, enjoy craft and social evenings. Find out more by emailing

torrensvalleywomensassociation@gmail.com or find them on Facebook.

Where: Gumeracha Town Hall

When: 2nd & 4th Wed of the month

Time: 7:00pm

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

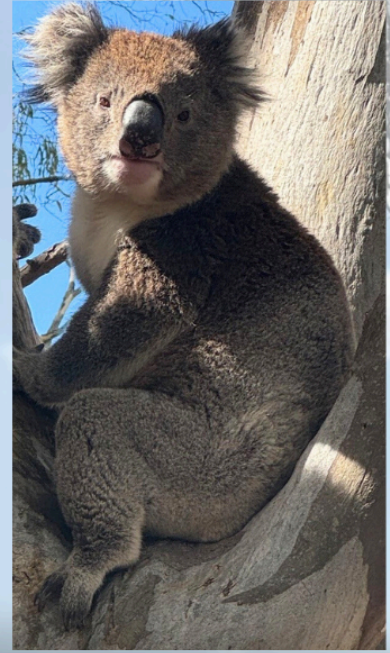
Thursday Craft'ernoon

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

SALA @ THE SUMMIT



ADELAIDE HILLS BIODIVERSITY

Artwork reflecting biodiversity across the Mount Lofty Ranges region

Monday 5 August to Thursday 29 August 2024
(Mon - Thurs 9am - 3pm)

There's still time to enter work in our exhibition
Entries close 3pm Tuesday 16 July!
Scan the QR Code for an entry form!



**SALA Exhibition and Children's Art Competition*

The South Australian Living Artists (SALA) Festival is a statewide festival of visual art. The Summit Community Centre will once again be participating in SALA with our exhibition 'Adelaide Hills Biodiversity'.

Exhibition Opening

Join us for the opening night of the exhibition. Meet the artists, try your hand at watercolour painting with artist, Rebecca Prince, or join artist, Zinia King and have a go at nature journaling. Soft drinks, tea, coffee and nibbles will be provided and wine will be available for purchase from Ten Miles East.

When: Friday 2 August
Time: 4:00pm - 7:00pm
Cost: FREE
Bookings: Preferred



Children's Art Competition

Create a piece of art relating to the theme of Adelaide Hills Biodiversity and have your artwork displayed during the SALA exhibition! Use pencils, charcoal, textas, paints or collage on an A3 piece of paper only. Prizes in 4 categories (\$50 Officeworks voucher): 5 - 7 years, 8 - 10 years, 11 - 14 years and 15 - 18 years.

Entries close 3pm Wednesday 24 July!
Scan the QR code for more information



*A collaboration with the Hills Environment Centre

Creative Arts

The Nuts and Bolts of Writing Historical Fiction with Rachael Mead

Whether you are writing a novel based on real events or telling a fictional story set in the past, learn techniques for combining research with a novelist's tools to create characters and settings that are engaging, believable and historically authentic.

When: Saturday 20 July
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: \$10
Bookings: Essential

Impressions of Nature

Using a variety of natural materials such as leaves, participants will impress shapes into soft slabs of clay that will then be formed into ceramic wares. A range of items will be made, vases, small dishes and gift tags or hanging decorations.

When: Wednesday 7 August
Time: 2:00pm - 4:30pm
Where: The Summit Community Centre
Cost: \$35
Bookings: Essential

Beginners Linocut for Fabric Printing

Learn to design and carve fabric block printing stamps from lino. Various techniques will be covered including how to create different marks with different tools, how to come up with a simple yet effective design and transfer to your lino block and print.

When: Saturday 31 August
Time: 10:00am - 1:00pm
Where: The Summit Community Centre
Cost: \$30
Bookings: Essential

Mosaic Birds with Angela

Create your very own pair of mosaic ornaments to take home, this time we'll create 2 small birds. Create your design, learn tips and tricks to undertake the satisfying art of mosaics!

Closed toe shoes are compulsory for this workshop.

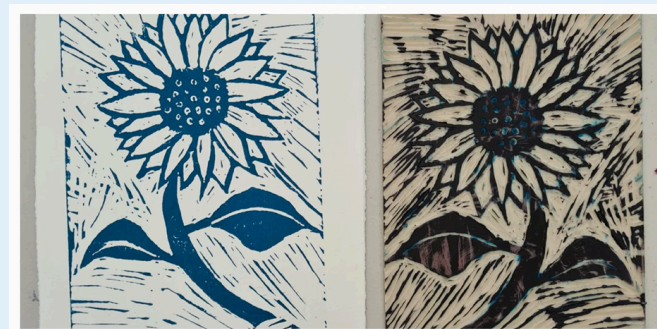
When: Saturday 14 September
Time: 9:30am - 12:30pm
Where: Torrens Valley Community Centre
Cost: \$50
Bookings: Essential



Alcohol Ink Art Workshop - Canvas + Coasters

Come and explore this exciting and colourful fluid art form with Bec from Belong Design. Experiment with a huge selection of alcohol ink colours to create a canvas piece and 4 ceramic tile coasters. All materials supplied.

When: Saturday 14 September
Time: 10:00am - 12:00pm
Where: Torrens Valley Community Centre
Cost: \$45
Bookings: Essential



Bookings via QR code



Health & Wellbeing

Let's Talk Peri And Post Menopause

Brought to you by Sonder, this peri/post menopause event is open to all wanting to learn, manage symptoms, and support each other.

When: Tuesday 30 July
Time: 1:00pm - 2:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

Welcome Share Dinner

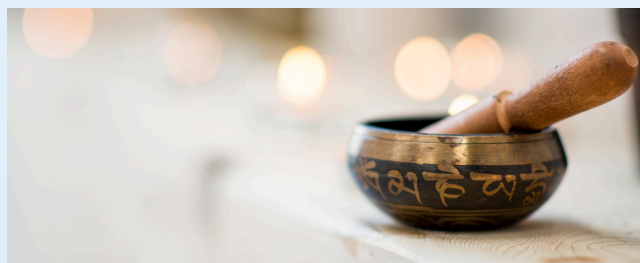
Join us in celebrating cultural diversity in the Hills! All ages and Hills residents are welcome. Bring your favorite dish or one that represents your culture, and don't forget to bring the recipe to exchange with others!

When: Thursday 8 August
Time: 6:00pm - 8:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

Sound Bath Relaxation Session

Join Ahilya for a soothing Sound Bath experience to deeply relax your body and mind. Featuring Tibetan and crystal bowls, gongs and more.

When: Wednesday 28 August
Time: 6:15pm - 7:30pm
Where: Torrens Valley Community Centre
Cost: \$15
Bookings: Essential
When: Thursday 19 September
Time: 6:30pm - 7:45pm
Where: The Summit Community Centre
Cost: \$15
Bookings: Essential



Healthy, Thrifty Cooking

Join us for a dietitian-led free and fun cooking session! We will be cooking healthy, quick and easy delicious meals that will not break the bank, as well as chatting about great snacks ideas, recipes and more.

When: Tuesday 13 August
Time: 11:15am - 1:15pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

KESAB DIY Cleaning and Personal Products*

Want to reduce plastic and chemicals in your home whilst saving money? KESAB will show you how with this DIY home and body care products workshop using cheap and accessible ingredients.

When: Saturday 7 September
Time: 12:15pm - 1:45pm
Where: The Summit Community Centre
Cost: \$15
Bookings: Essential



*A collaboration with the Hills Environment Centre

Advance Care Directive Information Session

An Advance Care Directive empowers you to make clear legal arrangements for your future health care, end of life, preferred living plans and other personal matters. Afternoon tea provided.

When: Tuesday 10 September
Time: 1:30pm - 3:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential
When: Tuesday 24 September
Time: 1:30pm - 3:30pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



Bookings via QR code

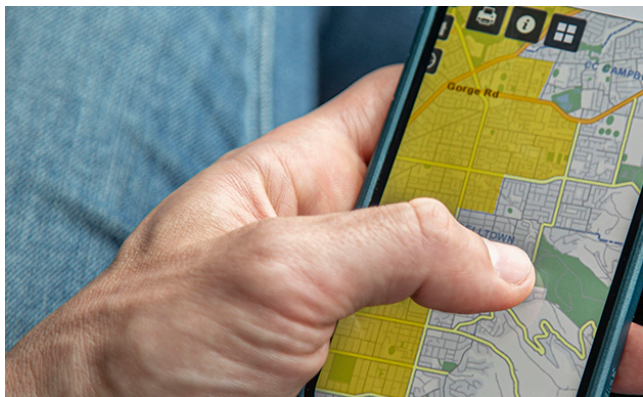


Emergency Planning

EmergencyRedi Workshop

EmergencyRedi workshops support people to learn about preparing for emergencies and take steps towards building their individual and household resilience.

- When:** Wednesday 25 September
Time: 6:15pm - 7:45pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential
- When:** Thursday 26 September
Time: 6:30pm - 8:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



CFS Emergency Apps Workshop

Bring your smartphone, tablet and/or laptop to learn where to find information during an emergency, useful apps to use, and the CFS website.

- When:** Wednesday 25 September
Time: 11:00am - 12:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



Bushfire Ready Workshop

This workshop will support you in understanding your local bushfire risk, preparing for the bushfire season, and which strategies will work for you. Light refreshments provided, BYO lunch.

- When:** Saturday 19 October
Time: 9:00am - 3:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



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.

Our exhibition program this year has been fully booked, but we do have an opening from mid November. We are also now taking bookings for 2025. If you are interested in exhibiting at the centre, please contact us on 8390 0457 or thesummit@ahc.sa.gov.au.

Exhibition Schedule

Exhibitions are open during centre hours only unless specified.

Colour Your Winter (Mitcham Felters)

In the depth of a grey winter, the Mitcham Felters want to brighten your spirits with an exhibition of wet felted wearable art, wall art and sculptural forms. These items are created from wool fibres combined with materials like silk, wool, paper and other textiles to provide a riot of colour and texture that will warm your heart as well as your body.

Exhibition Dates: Until 22 July

Out of Hours Openings: Sat 13 July, 1.30pm - 4.00pm



SALA @ The Summit - Adelaide Hills Biodiversity

A group exhibition including numerous artists from throughout the community including artworks in many mediums reflecting biodiversity across the Mount Lofty Ranges region. Artworks will showcase native wildlife, plant species and landscapes that you might see in the Adelaide Hills. See p5 for further information.

Exhibition Dates: Monday 5 August - Thursday 29 August

Opening Event: Friday 2 August, 4:00pm - 7:00pm

2024 SA Refugee Week student Poster Awards Exhibition

This exhibition features 85 artworks from students across South Australia from reception to tertiary studies. Here, we see their responses to the themes of multiculturalism, human rights, cultural diversity, anti-racism and the welcoming of refugees into Australia, as well as how refugees become part of, and contribute towards, the Australian family.

Exhibition Dates: Tuesday 10 September - Thursday 10 October

Volunteer Opportunities

Volunteering with Adelaide Hills Council is an opportunity to give back to your local community and work with us to build strong, connected individuals and communities across the Adelaide Hills. We are currently recruiting for Volunteer Customer Service Assistants at both community centres.

Volunteer Customer Service Assistant

The Role

The Customer Service Assistant provides customer service at the community centres, by greeting visitors and answering enquiries. They also assist with administrative tasks that support community centre programs. This role assists the community to access and enjoy programs and services coordinated by the community centres.

About You

You are comfortable in a customer service environment with a warm and friendly manner. Demonstrated administration skills with good working knowledge of the Microsoft Suite packages and experience communicating via email. You have the ability to communicate effectively and empathetically with a broad range of people including the elderly, disabled, disadvantaged, socially isolated and culturally diverse.

The Benefits

This role is a fantastic way to connect and interact with your local community, working with a friendly and supportive team at our community centres.

If you are interested in this role please give us a call, or apply online!



Volunteer

July School Holiday Programs

Family Lego and Games

Come along for a family afternoon of lego and games! Snacks provided. Fun for all ages.

When: Monday 8 July
Time: 1:00pm - 3:00pm
Where: Torrens Valley Community Centre
Bookings: Essential
Cost: FREE



Chemistry Capers with SciWorld

In this hands on workshop, children will learn about the different kinds of chemicals through demonstrations and experiments. Ages 5 - 8.

When: Tuesday 9 July
Time: 11:00am - 12:00pm
Where: Torrens Valley Community Centre
Bookings: Essential
Cost: \$5



Create a Healthy Lunch Box

Learn about preparing healthy, appealing, budget friendly lunchbox meals while learning about food in a fun way! Ages 7+.

When: Tuesday 9 July
Time: 10:30am - 11:30am
Where: The Summit Community Centre
Bookings: Essential
Cost: \$5 per family



Papermaking*

Learn about paper recycling and protecting the environment, while producing your own hand-made paper! Ages 5+.

When: Wednesday 17 July
Time: 2:00pm - 3:00pm
Where: The Summit Community Centre
Bookings: Essential
Cost: \$5



Change of time and date

Beachcomber and Local Shells Workshop#

Join Linda Builth (formerly of the SA Museum Discovery Centre) for a beach adventure right here at Norton Summit! Learn all about what amazing creatures you might find at a South Australian beach.

When: Wednesday 10 July
Time: 2:00pm - 3:00pm
Where: The Summit Community Centre
Bookings: Essential
Cost: \$5



Kids Dru Yoga with Joanne

Strengthen your body and mind and create a calm space to feel safe and relaxed! Ages 6 - 10.

When: Thursday 11 July
Time: 10:00am - 10:45am
Where: The Summit Community Centre
Bookings: Essential
Cost: \$5



Claymation with Goo Roo Animation

Create your own animated movie! Design and sculpt characters from plasticine, then bring them to life using Stop Motion Studio. Ages 7 - 13.

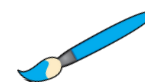
When: Monday 15 July
Time: 12:30pm - 3:30pm
Where: Torrens Valley Community Centre
Bookings: Essential
Cost: \$10



Biodiversity Acrylic Painting Workshop

Join artist, Rebecca Prince and create a painting on an A3 piece of paper that you might like to enter into the SALA 'Adelaide Hills Biodiversity Children's Art Competition'! Ages 8 - 16. See p5 for more information on the competition.

When: Wednesday 17 July
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Bookings: Essential
Cost: \$5



Bookings via QR code - includes AHC libraries school holiday programs!

*A collaboration with the Hills Environment Centre
#A Hills Environment Centre program

July School Holiday Programs

NAIDOC Week

NAIDOC Week Australian Native Food Plants – Cultural Connection*

Delve into the rich history and cultural significance of Australian native food plants while indulging in a delightful tasting plate. Ages 8+ with adult supervision.

When: Tuesday 16 July

Time: 10:30am - 12:00pm

Where: The Summit Community Centre

Bookings: Essential

Cost: \$5



NAIDOC Week Art Workshop – Cultural Connection*

Learn about symbols and their meanings and create your own story on a prepared and dried Eucalyptus leaf. Ages 8+ with adult supervision.

When: Tuesday 16 July

Time: 1:00pm - 2:30pm

Where: The Summit Community Centre

Bookings: Essential

Cost: \$5



*A collaboration with the Hills Environment Centre

NAIDOC Week - Aboriginal Storytelling

Join Ros Cameron for a relaxing storytelling session featuring stories by Aboriginal authors. Puppets and actions will make this an engaging and fun storytelling experience! Ages 3+.

When: Wednesday 17 July

Time: 10:30am - 11:30am

Where: Torrens Valley Community Centre

Bookings: Essential

Cost: \$5



Youth Programs

Mental Health Awareness Session

This session will provide an overview of mental health awareness with a youth lens, for all of community. Learning the skills to assist and identify the early warning signs of a mental health problem. Ages 12+.

When: Thursday 11 July

Time: 10:30am - 12:00pm

Where: Torrens Valley Community Centre

Bookings: Essential

Cost: FREE

When: Thursday 18 July

Time: 6:00pm - 7:30pm

Where: The Summit Community Centre

Bookings: Essential

Cost: FREE

Teens Dru Yoga with Joanne

Strengthen your body and mind and create a calm space to feel safe and relaxed! Ages 11 - 18.

When: Thursday 11 July

Time: 11:00am - 12:00pm

Where: The Summit Community Centre

Bookings: Essential

Cost: \$5



All Holidays

Create an Entry for the SALA Children's Art Competition

Create an A3 artwork to enter into our Adelaide Hills Biodiversity Children's Art Competition for SALA. Paper and some art materials supplied. Ages 5 - 18. See p5 for more information.

When: Monday - Thursday

Time: 9:00am - 3:00pm

Where: The Summit Community Centre

Bookings: Not required

Cost: FREE



Bookings via QR code - includes AHC libraries school holiday programs!



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

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 conduct our business on the traditional lands and waters of the Peramangk and Kurna people. We pay our respects to Elders past, present and emerging as the Custodians of this ancient and beautiful land.