

## FIRE DANGER DAYS AND CLOSURES

Please note the below closure information for the Community Centres and Community Sheds. On closure days all classes and programs will be cancelled without notice. Any monies paid will either be reimbursed or the course will be rescheduled at a later date.

SITE	SEVERE	EXTREME	CATASTROPHIC
The Summit Community Centre	Open	Closed	Closed
Torrens Valley Community Centre	Open	Open	Closed
The Red Shed, Uraidla	Open	Closed	Closed
The Green Shed, Gumeracha	Open	Closed	Closed

Would you like to join our mailing list?  
Simply send us an email:

The Summit Community Centre @ [TheSummit@ahc.sa.gov.au](mailto:TheSummit@ahc.sa.gov.au)

Torrens Valley Community Centre @ [tvcc@ahc.sa.gov.au](mailto:tvcc@ahc.sa.gov.au)

And let us know your areas of interest e.g. regular term programs, school holiday programs, special events, gardening, over 65's, health, fitness, art, community shed, literature, youth, or the early years.



Find us on Facebook by searching  
[@ahccommunitycentres](https://www.facebook.com/ahccommunitycentres)  
and like or follow us for updates

Community Centres

## TERM 4 PROGRAM

October - December 2021



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

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)



# THE SUMMIT

## Term four 2021 regular programs

*A fantastic Book Swap, tea and coffee, public computers, Wi-Fi and a vine covered patio with the best view in Adelaide. Drop in and say hello!*  
**Open Monday - Thursday 9 - 3pm. Friday 9 - 12pm.**

### Monday

**Knit 'n' Stitch** - 12:00pm - 3:00pm, gold coin donation (1st Mon of the month). *Bring along your latest work in progress and share ideas with a friendly group of like minded people.*



### Tuesday



© Zinia King

**The Red Shed** - 9:30am - 1:00pm (Greenhill Road, Uraidla, opp. Swamp Road), gold coin donation. *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!*

★★NEW★★ **Arts Hub** - 10am - 12:00pm, \$3

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

★★NEW★★ **Arts Hub Guest Artist** - 10am - 12:00pm, \$15 (4th Tues of the month). *Join a guest artist for some inspiration and to learn new skills.*

26 Oct - Rebecca Prince

### Wednesday

**Karra Watta Café** - 12:00pm - 2:00pm, gold coin donation (3rd Wed of the month). *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.*

**Let's Do Bus Trips** (for CHSP eligible over 65s). March - October (2nd Wed of the month). \$5 bus fee, plus lunch and tour cost if applicable. *A range of exciting day trips, visiting a different destination every month.*

**Book Club** - 1:00pm - 3:00pm, gold coin donation (4th Wed of the month). *Share your love of reading with this friendly, vibrant group. Book list is prepared from Library Catalogue.*

**Homeschool Chess Club** - 10:15am - 11:15am, gold coin donation (please enquire for more information).

**Yoga with Flo Benattar - Hatha** - 6:30pm - 8:00pm, \$10. *Beginners to intermediate. Includes relaxation and meditation.*

### Thursday

**The Red Shed** - 9:30am - 1:00pm (Greenhill Road, Uraidla, opp. Swamp Road), gold coin donation. *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!*

**Life Drawing** - 10:00am - 12:30pm, \$15 (2nd & 4th Thurs of the month). *Includes model and tuition. Beginners welcome. Bring own easel and materials.*

**Social Table Tennis** - 10:00am - 12:00pm (Basket Range Hall), gold coin donation. *For all ages and abilities, get a few tips and have some fun.*

★★NEW★★ **Guided Meditation Group (4 sessions)** - 6.30pm - 7.30pm, \$20 for all 4 sessions (28 Oct - 18 Nov). **Bookings essential via Eventbrite.**

### Friday

**Zumba** - 9:00am - 10:00am, \$3. *Perfect for beginners, a great mid intensity exercise class. Come ready to sweat, and prepare to leave empowered and feeling strong!*

★★NEW★★ **Watercolour Animals and Flora Course (6 weeks)** - 6.30pm - 8.30pm, \$60 for full course (beginning 22 October). *Materials are not included but can be hired for a small fee if you don't wish to bring your own. Materials list supplied upon booking. Bookings essential via Eventbrite.*

# THE SUMMIT

## Term four 2021 workshops, short courses, events

Program	Date	Time	Cost
Karra Watta Café Community Lunches (please ring to book)	Wed 20 Oct Wed 17 Nov	12:00pm - 2:00pm	Gold Coin
♦ <a href="#">Watercolour Animals and Flora Course (6 weeks)</a>	Fri 22 Oct - Fri 26 Nov	6.30pm - 8.30pm	\$60
♦ <a href="#">Silk Painting Workshop</a>	Sat 23 Oct	10:00am - 12:00pm	\$35
♦ <a href="#">Handbuilt Marbled Clay Workshop</a>	Sat 23 Oct	2:00pm - 4.30pm	\$20
♦ <a href="#">Exercises in Creativity with Rebecca Prince (Arts Hub Guest Artist)</a>	Tues 26 Oct	10:00am - 12:00pm	\$15
♦ Rock Painting	<a href="#">Tues 26 Oct</a> <a href="#">Tues 23 Nov</a>	3:30pm - 4:30pm	\$3
♦ <a href="#">Guided Meditation (4 sessions)</a>	Thurs 28 Oct - Thurs 18 Nov	6:30pm - 7:30pm	\$20
♦ <a href="#">Resin Art Workshop for Beginners</a>	Sat 30 Oct	10:00am - 12:00pm	\$45
The Red Shed Sunday Sessions	Sun 31 Oct Sun 28 Nov	9:30am - 1:00pm	Gold Coin
♦ <a href="#">Worm Farm Workshop</a>	Sat 20 Nov	10:00am - 11.30am	FREE
♦ <a href="#">Pen and Watercolour - Australian Flora and Fauna with Zinia King (Arts Hub Guest Artist)</a>	Tues 23 Nov	10:00am - 12:00pm	\$15
♦ <a href="#">Furoshiki and Japanese Card Making</a>	Sat 27 Nov	10:00am - 12:00pm	\$5
♦ <a href="#">Healthy Kids Snacks with Jessica Fabian from Magic Cooking Pot</a>	Sun 28 Nov	2:00pm - 4:00pm	\$15
♦ <a href="#">Climate-Ready Communities Workshop</a>	Sat 4 Dec	9:30am - 4:30pm	\$15 adults \$10 conc.

♦ All bookings via [www.adelaidehillscouncil.eventbrite.com](http://www.adelaidehillscouncil.eventbrite.com)



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and or follow us for updates!

### Karra Watta Community Lunches

A free community lunch available to anyone in the community who may be feeling a little isolated, is new to the area or would like to reconnect with old friends and make new connections by coming together to enjoy a hearty meal.

### Watercolour Animals and Flora Course

Join local artist, Rebecca Prince to learn to use watercolours with pen and pencil drawing to add an extra edge to your artwork. This 6 week course will cover mark making techniques using watercolours, pens and pencils and show you how to layer the materials to create interesting effects. Throughout the course we will focus on two main projects.

### Silk Painting Workshop

Join Helen Moon to learn about painting on silk, playing with colour and experimenting with different techniques to produce two beautiful silk scarves to wear, or give as gifts. This is a very forgiving painting medium, as the colours move and blend. There are no mistakes!

### Handbuilt Marbled Clay Workshop

Come and try natural clay marbling with three different beautiful earthy coloured clays. Once you make your block of marbled clay you will be shown how to roll it out, cut and assemble it into either a bottle, a mug or a bowl.

### Exercises in Creativity with Rebecca Prince (Arts Hub Guest Artist)

Come and join us for a fun and relaxed art and creativity workshop where you will learn to let go of inhibitions and overcome creative blocks. Choose from a wide selection of materials.

### Rock Painting

Get creative and join us in painting a rock for rock swapping or to take home. Ages 5+. Snacks provided.

### Guided Meditation Group (Age 15+)

Meditation is the art of consciously relaxing the body, calming the emotions, and finding a light state of balance by focusing the mind. At this weekly guided meditation group, you will be introduced to a range of meditation techniques that can be easily introduced into a busy lifestyle. These techniques are non-religious and open to everyone.

### Resin Art Workshop for Beginners (Age 13+)

Join Bec Long from Belong Design for a wonderful chance to explore and experiment with this unique fluid medium and create a one of a kind art piece for you or someone special. Includes all materials to create your own unique piece of resin art on a 30cm round board.

### The Red Shed Sunday Sessions

Come along to our Sunday morning session at The Red Shed at Uraidla on the last Sunday of each month. All welcome, and no special skills required.

### Worm Farm Workshop

Have you ever considered establishing your own worm farm? Join KESAB's compost and garden expert for a demonstration on how to establish and maintain a healthy worm farm.

### Pen and Watercolour - Australian Flora and Fauna with Zinia King (Arts Hub Guest Artist)

Learn how to paint Australian flora and fauna in Zinia King's unique pattern-pen and loose watercolour style. Watercolour and drawing basics will be addressed in a fun non-judgemental environment.

### Furoshiki and Japanese Card Making

Learn the beautiful Japanese art of fabric wrapping and card making - a simple way to reduce your environmental footprint this Christmas.

### Healthy Kids Snacks with Jessica Fabian from Magic Cooking Pot

Get hands on making and learning 5 recipes to help make your school holidays a packet-free zone this summer! We will be creating a healthy and delicious herb and creamy cheese dip, cute and popular tiny chocolate cookies, berry muffins, strawberry lemonade and dried fruit bars.

### Climate-Ready Communities Workshop

Whether it's bushfires, heatwaves, floods or cyclones, extreme weather events are becoming more frequent and more intense. With the poor and vulnerable likely to be hit the hardest, it's essential that communities are supported to adapt to the changing conditions. Run by Australian Red Cross in conjunction with the Hills Environment Centre.

Information about the Adelaide Hills Council  
and Community Centres can be found at [ahc.sa.gov.au](http://ahc.sa.gov.au)





# TORRENS VALLEY Term four 2021 regular programs

*Situated amongst the busy and friendly Gumeracha Civic Centre, come and enjoy our courses, regular programs, socialise over a tea or coffee, public computers, Wi-Fi, op shop, community garden and more! Open Monday - Thursday 9 - 3pm. Friday 9 - 12pm.*

## Monday

**Tai Chi** - Beginners - 9:00am - 10:00am, Intermediate 10:15am - 11:15am, Advanced - 11:30am - 12:45pm, \$5.  
*Great activity to improve balance and muscular strength.*

**Kindergym** - 10:00am - 11:00am (0-5 years).  
Registration/term fees apply.  
Contact Angie 0474 216 976.

**Recreational Gymnastics** - 3:40pm onwards.  
Registration/term fees apply.  
Contact Andrew 0421 561 654 / Cameron 0449 722 367.

## Tuesday

**Community Shed** - 9:00am - 12:00pm, gold coin donation.  
*Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.*

**Easy Movez** - 10:30am - 11:30am, \$3.  
*Moderately paced exercise class, incorporates a variety of techniques including resistance bands and light weights.*

**Cards and Games** - 1:00pm - 3:00pm, \$3.  
*Social cards and board games - a great way to meet friends!*

**Recreational Gymnastics** - 3:40pm onwards.  
Registration/term fees apply.  
Contact Andrew 0421 561 654 / Cameron 0449 722 367.



## Wednesday

**Dance & Rhyme, it's Story Time!** - 9:15am - 9:45am, free.  
*Join Kate, Sandra and friends for a fun morning of story telling, action rhymes and craft activities. Suitable for toddlers and pre-schoolers.*

★**NEW DAY**★ **Community Garden** - 10:00am - 12:00pm, \$3  
*Meet like minded green thumbs and enjoy great company.*

**Art Group** - 10:30am - 12:30pm, \$3.  
*Bring your latest project and gain inspiration from fellow artists. Beginners welcome. Bring your own materials.*

**Monthly Social Soup Group** (includes bread) 12:00pm - 1:00pm, \$3.  
(1st Wed of the month - until November)

**Lets Do Bus Trips** (for CHSP eligible over 65s), March - October (3rd Wed of the month), \$5 bus fee, plus lunch and tour cost if applicable. *A range of exciting day trips, visiting a different destination every month.*

**Dru Yoga** - evening, fees apply.  
Contact Lynette 0404 911 527.

## Thursday

**Community Shed** - 9:00am - 12:00pm, gold coin donation.  
*Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.*

**Strength and Balance** - 10:30am - 11:30am, \$3.  
*Gentle chair based exercises, to help maintain strength, flexibility and balance.*

**Ring of Oaks Quilters** - 1:00pm - 3:00pm, \$5.  
*Share quilting ideas and be inspired while chipping away at a work in progress or create a future heirloom.*

**Pins 'n' Needles** - 6:00pm - 9:00pm, \$5.  
*Share needlework ideas and enjoy some great company.*



## Friday

**Zumba** - 10:45am - 11:45am (Cudlee Creek Hall) \$3.  
*Perfect for beginners and active older adults. Come ready to sweat, and prepare to leave empowered and feeling strong!*



# TORRENS VALLEY

## Term four 2021 workshops, short courses, events

Program	Date	Time	Cost
Dungeons and Dragons	Monthly on Saturdays	1:00 pm - 4:00pm	\$3
◆Rock and Mini Terracotta Pot Painting	<a href="#">Wed 20 Oct</a> <a href="#">Tues 23 Nov</a>	3:30pm - 4:30pm	\$3
◆ <a href="#">Are you ready for the next emergency?</a>	Thurs 21 Oct	7:00pm - 8:40pm	FREE
Skills for Work and Business	Fri 22 Oct - 10 Dec	9:30am - 1:30pm	FREE
◆ <a href="#">Social Media for Beginners</a>	Tues 26 Oct	6:00pm - 8:30pm	\$5
◆ <a href="#">Hip Hop Series</a>	Thurs 28 Oct, 4 & 11 Nov	5:00pm - 7:00pm	\$10
Snake Awareness Training	Sat 13 Nov	1:00pm - 3:00pm	\$10 Adults \$5 Children 12+
◆ <a href="#">Gumeracha Alive</a>	Sun 14 Nov	10:00am - 2:00pm	FREE
◆ <a href="#">Cheese Making</a>	Sat 27 Nov	10:00am - 1:30pm	\$60
◆ <a href="#">Traditional Basket Weaving</a>	Sat 27 Nov	10:30am - 12:30pm	\$20
◆ <a href="#">Solar and Battery Information Session</a>	Tues 30 Nov	6:30pm - 7:45pm	FREE
◆ <a href="#">Build Your Own Recycled Christmas Tree</a>	Wed 8 Dec	4:00pm - 5:00pm	\$15
Regular happenings - Exercise classes, men's shed, community garden, quilting, art, bus trips, children's activities	Various days, times and costs		

◆ All bookings via [www.adelaidehillscouncil.eventbrite.com](http://www.adelaidehillscouncil.eventbrite.com)



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and or follow us for updates!

### Dungeons and Dragons

Join our monthly social Dungeons and Dragons group. Call 8389 1711 to register your interest or find our more.

### Rock and Mini Terracotta Pot Painting

Get creative and join us in painting a rock for rock swapping or even a terra cotta pot to paint and take home. Ages 5+. Snacks provided.

### Are You Ready For The Next Emergency?

Learn how you can get prepared for an emergency at an information session organised by the Gumeracha Community Resilience Group. Community members, the CFS and Red Cross will share their experience and resources to help you prepare. Held in the Gumeracha Town Hall.

### Skills for Work and Business

This course will assist you to explore your pathway and strengthen the skills you need to take the next step. Topics include communicating online, digital meeting skills and record keeping for business or work purposes. For more information or to book call: 8371 4622

### Social Media for Beginners

Totally new to social media and want to learn how to use it? Or, using social media and want to gain a better understanding of how it works? Join local digital marketing strategist Nic Henry Jones from Market Me Marketing for a Social Media for Beginners Workshop. We'll cover the basics including an overview of social media platforms, branding & digital assets, hashtags and how to use them, 2021/22 content trends, post types and how best to use image & video and much more. \*\*Bring your laptop (preferred), ipad and smartphone so you can access your social media platforms at the workshop.

### Hip Hop Series

Facilitated by Hip hop artist Aiden Fargher, better known by his performing name, Subliminal. Want to work on lyric and rap writing? Perhaps beat making mixing and producing? A three part series with flexibility to focus on whatever techniques you'd like to learn or hone. This could be performing, getting creative or working behind the scenes. No experience necessary, a great pathway to explore and find out more. Ages 10 - 25 years. Snacks provided.

### Snake Awareness Training

Presented by Geoff Coombe from Living With Wildlife and Adelaide Snake Catchers. The workshop covers understanding snake behaviour, how to discourage snakes from around the house, how to be snake aware in the bush and backyard and the latest first-aid information. Includes a live snake display under safe conditions. To book email: [events@hecinc.org.au](mailto:events@hecinc.org.au)

### Gumeracha Alive

Join local community groups and the community centre for a family fun day to celebrate recent achievements in Gumeracha, including undergrounding of power cables, streetscape upgrade and the Civic Centres' 21st Birthday. There will be live music, various come and try workshops and activities for all, main street tours, henna and so much more. Food and drinks available for purchase. For the full list of activities visit: [www.gumerachaalive.eventbrite.com](http://www.gumerachaalive.eventbrite.com)

### Cheese making

Join Woodside Cheese Rights to learn how to make either halloumi or feta cheese to take home. A cheese tasting will also feature during the session. Please select what cheese you'd like make when making your booking.

### Traditional Basket Weaving

A relaxing hands-on workshop learning the traditional Aboriginal craft of basket weaving with natural materials. Learn how to make your own basket or mat. All materials are supplied.

### Solar and Battery Information Session

This session will provide valuable information on home solar. This will cover off on what size solar system will work for you (bring a recent electricity bill). Is it worth installing a battery, batteries and blackouts, equipment and technology options. How to choose a supplier, emerging technology and future opportunities. Solar bulk buys and energy sharing.

### 'Build Your Own' Recycled Christmas Tree

Join Volunteers from the Gumeracha Green Shed to build your very own timber Christmas tree from recycled timber pallets. Learn some trade secrets and get the satisfaction of building something memorable yourself. Ages 8+ and children must be supervised by a parent or guardian for assistance during the workshop. All materials supplied, please wear closed toe shoes and have hair tied back. The session will be held in the Gumeracha Green Shed. \

Information about the Adelaide Hills Council  
and Community Centres can be found at [ahc.sa.gov.au](http://ahc.sa.gov.au)

