

OPSHOP OPEN MONDAY - FRIDAY 9:00 AM - 2:30PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>atWork Australia 9am - 5pm Ph: 1300 080 856</p> <p>Gardening Group* 9.30am - 11.30am</p> <p>Craft and Sewing 10am - 12pm Ph: 0428 244 741</p> <p>Play, Gym 'n Create 10am - 12pm & 12.30pm - 2.30pm Ph: 0423 196 571</p> <p>Mindful Meditation 1.30pm - 2.30pm Ph: 8301 7232</p> <p>PALS* <i>(Participate and Learn after school)</i> 3.15pm - 4.45pm</p> <p>Art and Chat* 1pm - 3pm</p> <p>Southern Community Options Mon - Sun Ph: 8323 7555</p> <p>Seaford Hangout* 3.30pm - 6pm Ph: 8386 3319</p> <p>Chair Yoga 12.30 pm - 1.30 pm Ph: 0447 173 815</p>	<p>Gallery Quilters Sit & Sew 9am - 1pm Ph: 0466 975 735</p> <p>Status Employment 9am - 5pm Ph: 8377 0101</p> <p>Walking Group* 9am - 10am</p> <p>Camera Club* <i>2nd Tuesday monthly</i> 9.30am - 11.30am</p> <p>Play, Gym 'n Create 10am - 12pm Ph: 0423 196 571</p> <p>Tai Chi* 1.15pm - 2.45pm</p> <p>Line Dancing* 3pm - 4pm</p> <p>Yoga Essentials 6.30pm - 8pm Ph: 0401 135 576</p> <p>4 Paws Puppy School 6.30pm - 7:30pm Ph: 0431 451 848</p> <p>Lions Club Seaford <i>1st Tuesday monthly</i> 6.30pm Ph: 0423 489 929</p> <p>Carers Support & Respite Centre Inc. <i>1st Tuesday of Month</i> 10 - 12noon Ph: 8433 9555</p> <p>Adult Guitar Lessons for Beginners* 6-7pm (10 Weeks) FREE</p>	<p>Seaford Seniors Social Club* 9.00am - 2.00pm</p> <p>atWork Australia 9am - 5pm Ph: 1300 080 856</p> <p>SCC Playgroup* 9.30am - 11.30am</p> <p>Gardening Group* 9.30am - 11.30am</p> <p>Little Grubs* <i>Week 5 each term</i> 10.15am</p> <p>JP Services* 12pm - 3pm</p> <p>Zumba Gold* 7pm - 8pm</p> <p>Calm & Content Baby Massage 10.30am - 11.30am Ph: 0403 354 036</p> <p>Alcoholics Anonymous 8.15am - 10am Ph: 0412 109 294</p> <p>Tiny Tutus 8.30am - 11.15am Ph: 1300 245 060</p>	<p>Senior Fitness* 9.15am - 10.30am</p> <p>Mobile Family Connections 10am - 11.30am Ph: 8215 6310</p> <p>Family by Family 12pm - 2:30pm Ph: 0432 043 537</p> <p>FoodBank* <i>Fortnightly</i> 10.30am - 12.30pm</p> <p>Chair Yoga 10.30am - 11.30am Ph: 0424 724 914</p> <p>Yoga Made Easy 1.30pm - 2.30pm</p> <p>Yoga Essentials 7pm - 8.30pm Ph: 0401 135 576</p> <p>Siblings in Focus 3.30pm - 5pm Ph: 8186 6944</p> <p>RSPCA Dog Training 7pm - 8pm Ph: 8329 6000</p> <p>Carers SA Peer Support Workshops <i>2nd Thursday monthly</i> 1.30pm - 3pm Ph: 1800 422 737</p> <p>Indigo Group <i>Fortnightly</i> 9am - 3pm Ph: 8384 2427</p>	<p>Men's Breakfast* <i>3rd Friday monthly</i> 9am - 11am</p> <p>Walking Group* 9am - 10am</p> <p>SCC Playgroup* 9.30am - 11.30am</p> <p>Yoga Essentials 9.30am - 11am Ph: 0401 135 576</p> <p>Book Club* <i>2nd Friday monthly</i> 10am - 12 noon</p> <p>Well Read Book Club* <i>Last Friday of the month</i> 10am - 12pm</p> <p>Marianne Downes Child Speech Pathology 9am - 12.00pm Ph: 0437 910 300</p> <p>One on One Computing* 12.30pm - 3pm Ph: 8386 3319</p>
		<p>Saturday</p>		<p>Sunday</p> <p>Seaford Christian Fellowship 10am - 12pm Ph: 0410 813 605</p>

* Centre Run Programs *

Please see over page for further Information,
or call the Centre on 8386 3319

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Family & Children	Fitness and Health	Special Interest	
<p>PALS Participate and Learn after school program for 5 to 12 years old. Please contact the Centre for program information and bookings. Monday 3.15pm - 4.45pm Cost: FREE</p> <p>SCC PLAYGROUP Family fun, indoor and outdoor play for children aged 0-5yrs and their adult. Bookings essential for COVID requirements. Please contact the Centre to book your place. Wednesday and Friday 9.30am - 11.30pm Cost: \$4 per family</p> <p>LITTLE GRUBS Messy fun in the Community Garden for pre-schoolers and their caregivers. Week 5 of each term. please contact the Centre for further information. Cost: \$4 per family</p> <p>SEAFORD HANGOUT Pool table, tennis, WIFI and a Free feed! An after school activity for 12 - 17 year olds. Monday 3.30pm - 6.00pm Cost: FREE</p>	<p>WALKING GROUP Come along and get fit while meeting new friends. Meet at the Centre Carpark 10 minutes before walk starts Tuesday and Friday 9.00am - 10.00am Cost: FREE</p> <p>TAI CHI Interested in learning and practicing Tai Chi? Then Come along! Tuesday 1.15pm - 2.45pm Cost: \$7.50 pp</p> <p>LINE DANCING Line Dancing for Seniors (60+). Bookings Essential. Tuesday 3.00pm - 4.00pm Cost: \$5</p> <p>ZUMBA GOLD Low intensity but just as much fun! Wednesdays 7.00pm - 8.00pm Cost: \$6.50</p> <p>SENIOR FITNESS Strengthening and low impact exercises. Thursday 9.15am - 10.30am Cost: \$6.50</p>	<p>CAMERA CLUB Get the best from your camera. Friendly and non competitive group. 2nd Tuesday of the Month 9.30am - 11.30am Cost: \$5</p> <p>SEAFORD SENIORS SOCIAL CLUB Fun activities for over 50's including cards, billiards, mah-jong, indoor lawn bowls and much more! Wednesday 9.00am - 2.00pm Cost: \$5</p> <p>GARDENING GROUP Join our community garden crew. New and experienced gardeners welcome or just sit and enjoy the space. Monday and Wednesday 9.30am - 11.30am Cost: FREE</p> <p>BOOK CLUB Enjoy a cuppa and a biscuit while sharing your love of reading. Contact the Centre for availability and dates. 2nd Friday of the month. 10.00am - 12.00pm Cost: \$5</p> <p>ONE ON ONE COMPUTING No question too small. Contact the centre to book your appointment. Friday 12.30pm - 3.00pm Cost: FREE</p> <p>ADULT GUITAR LESSONS FOR BEGINNERS Bring along your acoustic guitar and learn the basics. Bookings essential Tuesday 6.00pm - 7.00pm Cost: FREE</p>	<p>MEN'S BREAKFAST Join likeminded people for a hearty breakfast and interesting guest speakers. Bookings are ESSENTIAL. Please contact the Centre to register. 3rd Friday of Month 9.00am - 11.00am Cost: \$7.50</p> <p>WELL READ BOOK CLUB Enjoy a cuppa at a café while sharing your love of reading. Contact the Centre for availability and location. Last Friday of Month 10.00am - 12.00pm Cost: FREE</p> <p>ART AND CHAT Bring your own art / craft projects you are working on. Tea, coffee and some art / craft supplies provided. Monday 1.00pm - 3.00pm Cost: FREE</p>
		<p style="text-align: center;">Other</p> <p>JP SERVICES Subject to availability. Recommencing 13/01/2021 Wednesday 12.00pm - 3.00pm Cost: FREE</p> <p>FOODBANK Fortnightly Affordable groceries for people in need. Contact the Centre for dates Thursday 10.30am - 12.30pm</p>	