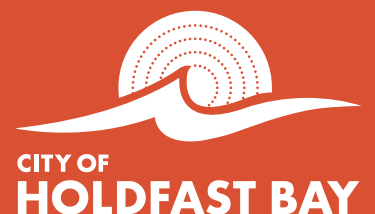


Holdfast Bay Community Centre Program Guide



8229 9897
holdfastcommunitycentre.com.au



Welcome

The Holdfast Bay Community Centre is a place for our community to meet, socialise and connect. Offering inclusive and diverse programs, activities, events, and venue hire.

The centre offers:

- Groups and activities run by the community for the community
- Room hire - one off and regular
- YMCA fitness programs
- Alwyndor programs including Commonwealth Home Support programs (CHSP)

Activities

<p>Active Minds Explore individual interests and build connections with rewarding and flexible activities that support and maintain cognitive, physical and social skills.</p>	<p>Day: Thursday Time: 10.30am - 11.30am Cost: \$8 concession / \$12 private Contact: Alwyndor - 8177 3200</p>
<p>Advanced Tai Chi Tai Chi will help improve coordination and concentration as well as balance, strength and flexibility.</p>	<p>Day: Wednesday Time: 10am - 11.30am Cost: \$95 concession / \$105 private (8 week class) Contact: Rosemary - 8381 7969</p>
<p>Brighton Karate Improve your fitness, strength, coordination and self confidence. Beginners to advanced classes.</p>	<p>Day: Monday Time: 6.30pm - 8pm Cost: \$65 monthly (first 2 lessons free) Contact: Pam - 0477 112 107</p>
<p>Chair-based exercises A combination of postures while seated comfortably in a chair and is aimed at maintaining and improving strength, flexibility, coordination and balance.</p>	<p>Day: Friday Time: 11.30pm - 12.30pm Cost: \$10 Contact: YMCA - 8294 6488</p>
<p>Chop, Cook & Dine Build your knowledge around good nutrition, cooking skills, and delicious recipes while having fun in a happy and engaging environment.</p>	<p>Day: Wednesday Time: 1.30pm - 3.30pm Cost: \$8 concession / \$12 private Contact: Alwyndor - 8177 3200</p>
<p>Christian Science Informal Group, Brighton Church meetings, everyone welcome.</p>	<p>Day: Sunday, 1st and 3rd of the month Time: 9.30am - 12.30pm Cost: Free Contact: Sue - 0458 195 314</p>

Activities

<p>Dance Fusion A light cardio exercise class combining different dance styles to fun and upbeat music. Improve your coordination and maintain balance, strength and flexibility.</p>	<p>Day: Thursday Time: 1pm - 2pm Cost: \$8 concession / \$12 private Contact: Alwyndor - 8177 3200</p>
<p>Entertainment night Enjoy a night filled with good food, great music and wonderful company. Each night has a different, fun theme.</p>	<p>Day: Tuesday (every 4 weeks) Time: 4.30pm - 7.30pm Cost: To be confirmed Contact: Alwyndor - 8177 3200</p>
<p>Fitness Bug Want to improve your fitness, health and wellbeing? This gym group is aimed to get the best health and wellbeing results from each participant with tailored workouts. All fitness levels welcome.</p>	<p>Day: Monday Time: 6.15pm - 7.15pm Day: Thursday Time: 6.15pm - 7.45pm Day: Saturday Time: 9.15pm - 10.15pm Cost: \$12.50 Contact: John - 0414 839 924</p>
<p>In Home Care Greek specific, CHSP funded, centre based respite group - clients must be eligible for aged care funding and have a carer. Goal focused social group for participants while providing respite for carers. Activities are based on the interests of group participant including social activities, cooking, gardening, exercise and specific Greek cultural celebrations.</p>	<p>Day: Wednesday Time: 10am - 2pm Cost: \$15 Contact: Mary - 0417 798 438</p>
<p>JKA Holdfast Karate Club We teach the Shotokan style of karate and specialise in the growth and development of our students by teaching life skills such as discipline, respect, resilience and self confidence.</p>	<p>Day: Wednesday Time: 5.15pm - 6pm, Beginners, children of all ages 6pm - 7pm, experienced 5-12 year olds (minimum 1yr experience) 7pm - 8.30pm, all abilities adult class (13+) Cost: \$7 (+\$80 membership) Contact: Sam - 0450 582 908</p>
<p>Mindful Yoga Calm the busy mind and stretch and strengthen your body while subtly moving with the breath. Work within your own range of motion, choosing the best option to suit you as an individual.</p>	<p>Day: Wednesday Time: 9.30am - 10.30am Cost: \$12 Contact: Trudy - 0408 851 774</p>
<p>MS Balance Take part in exercises that are tailored to individual needs in our weekly fitness classes with an MS physiotherapist.</p>	<p>Day: Thursday Time: 1.30pm - 2.30pm Cost: \$10 concession / \$15 private Contact: MS Society 8198 1400</p>

Activities

<p>Neuro Moves An innovative, holistic, evidence-based exercise and therapy service for people living with a neurological condition or physical disability.</p> <p>Our highly trained physiotherapists and exercise physiologists will target each client's unique goals to help them to improve their quality of life and maintain their independence.</p>	<p>Day: Wednesday & Thursday Time: 8am - 5pm Cost: Varies, depending on services Contact: Laura - 0422 035 979</p>
<p>Playgroup SA Mums, dads, grandparents and caregivers are welcome with their babies, toddlers and preschoolers (0 - 5) for inside and outside play and activities. Tea and coffee available.</p>	<p>Day: Tuesday Time: 9am - 11am Cost: \$4 + membership Contact: Yvette - 0438 664 920</p>
<p>Social Bridge with friends Do you love and have experience playing Bridge? Come and meet some like-minded people and have fun playing Bridge with other locals.</p>	<p>Day: Tuesday Time: 6.30pm - 10pm Cost: \$5 Contact: Fran - 0404 726 576</p>
<p>Tai Chi Tai Chi is a series of gentle, graceful movements designed to exercise the body and clear the mind and is an effective exercise for health and wellbeing. Tai Chi has been shown to improve balance, muscle strength, flexibility and effective in falls prevention and managing arthritis. No experience necessary.</p>	<p>Day: Tuesday Time: 10.30am - 11.30am Cost: \$10 Contact: John - 0414 839 924</p>
<p>Women's Percussion Group Playing African drums and other percussions for women.</p>	<p>Day: Tuesdays Time: 10am - 11.30am Cost: \$8 Contact: Clare 8297 3218</p>
<p>YMCA Strength for Life Supervised strength and cardio group program designed for the over 50s. Health assesment required prior to starting.</p>	<p>Day: Monday Time: 8.30am / 9.30am / 10.30am / 12pm Day: Tuesday Time: 9.30am / 10.30am Day: Wednesday Time: 8.30am / 9.30am / 10.30am Day: Thursday Time: 9.30am / 10.30am Day: Friday Time: 10.30am Cost: \$10 Contact: YMCA - 8200 2500</p>

Activities

<p>YMCA Reformer Pilates Connect mind, body and spirit in a total body workout. Offering a quality reformer pilates experience inclusive of all ages and abilities. A small group setting provides a welcoming experience while enabling trainers to tailor exercises with modifications and resistance to suit beginners through to advanced users.</p>	<p>Visit sa.ymca.org.au/pilates for timetable and costs.</p>
<p>Yoga with Marilyn or Vari Relax, destress and unwind in a calm and supportive environment. Beginner to intermediate yoga exercises designed to help you relax. Bring your yoga mat and blanket/towel. These classes do include floor exercises.</p>	<p>Yoga with Marilyn Day: Monday & Thursday Time: 10am - 11.30am Cost: \$15 Contact: Marilyn - 0403 508 071</p> <p>Yoga with Vari Day: Friday Contact: Vari - 8387 0552 Time: 10am - 11.30am Cost: \$14</p>
<p>Yoga Hutt Provides yoga and mindfulness classes to children aged 5-8 years old. Classes focus on expressing feelings, breath work for calming our bodies, focus/meditation activities, yoga stories/games to learn yoga poses, positive affirmations and visualisation stories for relaxation.</p>	<p>Day: Wednesday Time: 3.20pm - 4.10pm Cost: \$8 Contact: Clare 8297 3218</p>
<p>Zumba Let's Zumba! All fitness levels are welcome to join these fun and energetic Latin-based dance sessions. Bring your water bottle, towel and a can-do attitude, and let's get started!</p>	<p>Day: Saturday Time: 9.30am - 10.30am Cost: \$16 casual visit or \$105 for 10 classes Contact: Shawn - 0414 570 622</p>

Rooms for hire



Commercial kitchen



Mawson Hall



Activity room 1



Susan Grace Benny Room

Seaside Living and Services

We offer:

Therapy & Wellness
Mobile Therapy Services
Social Activities in the community
Home Maintenance & Gardening

Transition Care
Respite
Residential Care
Home Care Packages

Supporting Adelaide's southern metro community to live healthy, engaged and fulfilled lives.

8177 3200
alwyndor.org.au


Alwyndor