

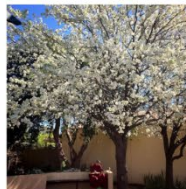
# Eastwood

## Community Centre Term 1 - 2023



*The Heart of our  
Community*

*A Place to Live Laugh Learn and Connect*



**95 Glen Osmond Road Eastwood 5063**  
**eastwood.asn.au**  
**eastwood@eastwood.asn.au**  
**(08) 8373 2225**



Welcome to Eastwood for Term One of 2023.

I am excited to be bringing new directions, programs and activities to our community this coming year.

Though I commenced as Director in August last year, many of you will have seen me around the Centre for almost 5 years as Program Manager, Information Technology – Be Connected and Adult Community Education Programs. Now growing our beautiful Centre is my mission!

We had a fantastic last half of 2022 with programs and new activities commencing. People from the community once again connecting by joining our ongoing programs or exploring new activities. New Groups that commenced in 2022 included our first *What's Cooking at Eastwood Now, Around the Culinary Word in 40 Day's series and Pizza making. This saw a broad range of new attendees come to the Centre.*

*We commenced our Sunday Sounds – Pizza & Music in the Garden which has continued into 2023 with even more social activities for the community.*

Our Strategic Plan 2023 -2025 focus on realising our vision to be *the heart of our ever-changing and diverse community, to be a place where people feel free to live, laugh, learn, and connect.*

Eastwood Community Centre plays a vital role in helping individuals in our community make social connections, engage with other services, undertake adult & community education programs and thus creating a robust, vibrant community within the Centre. By providing a sense of social inclusion and strong social connections we help support and assist improvements in an individual's quality of life.

I look forward to seeing you at Eastwood over the upcoming weeks and months.

**Leanne Isaacson,**  
**Director**  
March 2023

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# HALL FOR HIRE

Our community centre has a spacious hall available for hire on Saturday evenings for various events, including parties, dinners, family gatherings and fundraising activities. The hall can accommodate up to 100 guests comfortably and is perfect for any occasion.

The hall features a fully equipped kitchen with a refrigerator, oven, stovetop, and microwave, making it easy for guests to prepare and serve food. We also provide tables and chairs for the event, so you don't have to worry about renting them separately.

Our community centre offers affordable rates for hiring the hall.

We are conveniently located on Glen Osmond Road with parking available for your guests. Our community centre is easily accessible by public transportation, making it convenient for guests to attend your event.

If you are interested in hiring our hall for your event, please contact us at [bookings@eastwood.asn.au](mailto:bookings@eastwood.asn.au) to enquire about your event. We require a deposit to secure your booking, and we will provide you with all the necessary information and guidelines to ensure your event is a success.



## SITTING ROOM AND BACK GARDEN FOR HIRE

Our sitting room and back garden are available for hire for children's birthday parties, baby showers, and family afternoons. The indoor space can accommodate up to 30 guests comfortably and is perfect for intimate gatherings.

The sitting room is a cozy and welcoming space, ideal for setting up a small buffet, dessert table, or activity area for children. The back garden is a private and peaceful area, surrounded by greenery and perfect for outdoor games, relaxation, or photo opportunities.

We offer 4-hour blocks on Saturday or Sunday mornings or afternoons, giving you plenty of time to set up, host your event, and clean up afterward. We require a deposit to secure your booking, and the hire fee includes access to the sitting room and back garden for the duration of your event.

The sitting room and back garden are available which means you can easily move between the indoor and outdoor spaces and take advantage of the beautiful weather and scenery.

We offer affordable rates for hiring our sitting room and back garden, and we provide flexible options to meet your needs. You can bring your own food and beverages or hire a caterer of your choice. We do not provide catering services but can recommend local vendors if needed.

Our location is easily accessible by public transportation and has ample street parking available for your guests. We are committed to providing a safe and comfortable environment for all our guests.

If you are interested in hiring our sitting room and back garden for your event, please contact us at [bookings@eastwood.asn.au](mailto:bookings@eastwood.asn.au) to enquire and book your event.



# WHAT'S COOKING NOW AT EASTWOOD?

The Eastwood Community Centre is delighted to be able to offer the

## **“DINING ON A BUDGET – DINNER FOR TWO FOR LESS THAN \$10**

series of cooking sessions as part of its “What’s Cooking Now at Eastwood?” program.

All sessions will be hands-on and facilitated by Chef Tony Adey. As a participant you will get to create a range of exciting dishes and then consume them at the conclusion of the session. All you need to bring are a couple of takeaway containers (for leftover food); something to drink with your meal; a sense of adventure; and some good cheer! Alcoholic and non-alcoholic beverages permitted. Aprons, all ingredients and cooking equipment will be supplied.



## **“DINING ON A BUDGET – DINNER FOR TWO FOR LESS THAN \$10 Commencing Monday 6th February from 5.30pm – 9.30pm.**

Price: \$330 (\$55 per session) for all six sessions or \$65 per session

Register at [www.eastwood.events](http://www.eastwood.events)

### **SESSION ONE:**

- Grilled chicken with charred greens and chimichurri.
- Moroccan spiced carrot and pumpkin salad with hot smoked salmon.

### **SESSION TWO:**

- Malaysian chicken with coconut curry noodles.
- The “original” Thai basil Stir fry.

### **SESSION THREE:**

- Crumbed chicken tenderloins and grilled asparagus with Creole ravigote dressing.
- Garlic and sumac lamb rissoles, carrot and chickpea salad and pita bread.

### **SESSION FOUR:**

- Thai Gai Yang chicken, coconut and carrot salad and roti bread.
- Fennel and peppercorn salmon, hummus and rocket and fennel salad.

### **SESSION FIVE:**

- Thai spiced chicken tacos.
- Spiced meatballs with tahini and yoghurt sauce and garlic bread.

### **SESSION SIX:**

- Chorizo beef tacos.
- Crumbed chicken with herb and garlic butter pasta.

## ENTERTAINMENT AT EASTWOOD

Eastwood is proud to be bringing a range of activities to create community connection. All ages are welcome

### SUNDAY SOUNDS:



### LIVE MUSIC & PIZZA IN THE GARDEN FEATURING MUSIC BY A RANGE OF MUSICIANS AND ENTERTAINERS

Pizza (hand made by our resident Chef Tony Adey & staff), wine and soft drinks available to purchase.

Time: 2.00pm to 5.30pm

12<sup>th</sup> March 2023 – Propane Candy Acoustic

14<sup>th</sup> May, 2023 - TBA

### FRIDAY NIGHT WINED-DOWNS:

Finish off the week with some live music, great company and good food.

Hand Made Pizza wine and soft drinks available to purchase.

Time: 5.30pm to 9.00pm

Tickets \$10

17<sup>th</sup> March – St Patricks Day Dave Freeman

31<sup>st</sup> March – Propane Candy Acoustic

Register for all events at  
[www.eastwood.events](http://www.eastwood.events)



## FUNDRAISING CONCERT

Join entertainer, Dave Freeman at the Eastwood Community Centre and experience the Diamond voice, Diamond Story and Diamond Show at this fundraising concert for the Community Centre.

With previously sold out performances at the Adelaide Fringe and featuring on the Murray River Princess 'Hot August Night' Music Cruises, Dave will take guests on an intimate journey into the music of Neil Diamond through his "OMG Neil Diamond Sounds Like Me" Show. Dave is not an impersonator, but like Neil Diamond, he is a storyteller.

Dave will perform his "OMG Neil Diamond Sounds Like Me" tribute show including storytelling, songs, dancing and music from Neil Diamond's famous Hot August Night Album.

Doors Open at 6.30pm Show starts at 7.30pm

Beer, Wine and Soft Drinks available for purchase - No BYO

**Tickets \$30 and bookings are essential This is a seated event in the ECC Hall.**



**Eastwood Community Centre**  
PRESENTS  
**OMG! Neil Diamond Sounds Like Me**  
FEATURING DAVE FREEMAN  
**Saturday 15th April**  
DOORS & BAR OPEN AT 6.30PM  
SHOW STARTS AT 7.30PM  
WINE, BEER AND SOFT DRINKS FOR SALE  
(NO BYO)  
**TICKETS \$30**  
ONLINE BOOKINGS ESSENTIAL  
[WWW.EASTWOOD.SHOW](http://WWW.EASTWOOD.SHOW)  
OR CALL 8373 2225  
95 GLEN OSMOND ROAD, EASTWOOD

Scan to Book







## **Empower East**

**Eastern / Central NDIS Network**

**Monday 20<sup>th</sup> March**

**Third Monday of the Month – 4.30pm – 6pm**

Empower East is a networking event for NDIS providers to connect, share knowledge, and develop partnerships. The event offers an opportunity for NDIS providers to expand their professional networks and stay up-to-date with the latest developments in the disability service sector. It provides a platform for NDIS providers to showcase their services and expertise to potential clients and collaborators, as well as to learn from other providers' experiences and best practices. The event is held at Eastwood Community Centre and is designed to bring together NDIS providers from across the region to facilitate collaboration and innovation in the disability service sector.

## **CONNECT – Womens' Multicultural Business Network**

**Monday 3<sup>rd</sup> April**

**First Monday of the Month – 4.30pm – 6pm**

This vibrant and inclusive gathering is the perfect opportunity to connect with women entrepreneurs and professionals from diverse backgrounds and cultures who are passionate about creating opportunities, building relationships, and fostering growth in the business community.

At the CONNECT Women's Multicultural Business Network, you'll be surrounded by a dynamic and supportive community of women from all walks of life, who share a common goal of empowering each other and making a positive impact in the world. You'll have the opportunity to network, learn, and grow in an inclusive and respectful environment that celebrates diversity and encourages cross-cultural connections.

Don't miss this chance to connect with amazing women from around the world, and gain a fresh perspective on the business world!

## ADULT COMMUNITY EDUCATION

New programs commencing in February –  
Information and Enrolment Session 7 February 10am

### Culinary Capers - Cook Your Way to A Delicious Career

8 Weeks commencing 16 February 10.00am – 2.30pm

### Art of Abundance: Express Your Creative Self

8 Weeks commencing 15 February 9.30am – 1.30pm

### Get the Money Smarts: Develop Positive Financial Skills and Mindsets

8 Weeks commencing 17 February 12.30pm – 3.30pm

#### ONE-ON-ONE COMPUTER HELP

One-on-one support can answer all your questions (without geek-talk) and show you how to make the most of your phone or tablet security on your devices and/or computer... and enjoy it.

New programs commencing in 2023 – register your interest..

- Digital Devices
- Using online sites – MyGov, MyHealth, Online Banking and much more
- Cybersecurity for your personal information
- Cybersecurity for your business
- LinkedIn for Work
- Be Connected for seniors
- Workready skills to re-engage in the workforce



## ARTS & CRAFTS

### ART AROUND THE TABLE

This course offers the opportunity to try your hand at new art skills. Enjoying morning tea whilst making new friends, no experience required.

**Fortnightly** Commencing 1 February 10.00am–12.30pm

**Facilitator:** Miranda Harris

**Tel:** 0419 740 505

**Fee:** \$5

### ART & CRAFT FOR EVERYONE

Join those who share an interest in art, come along have a laugh over a tea and/or coffee connect with your neighbours from the local community. Everyone is welcome.

**Fortnightly:** 1st & 3rd Tues of the Month 1.00pm-4.00pm

**Facilitator:** Helen Rodriguez

**Tel:** 8364 1796 or 0432 980 948

**Cost:** \$5 per session

### ART & ABILITY - FOR PEOPLE WITH A DISABILITY

Artists will produce work that is self-expressive. Emphasis on colour and large works to be hung at home or sold to business. Works go towards our annual SALA Exhibition in August.

**Weekly:** Wednesday 1.00pm -3.00pm

**Facilitator:**

**Contact:** Community Bridging Services

**Tel:** 8207 1233



## ARTS & CRAFTS Cont'd



### DRAWING & PAINTING

Join our structured drawing and painting course, join others as you explore a diverse range of art including two sessions with an Art Expert.

**Weekly:** Monday 1.00pm-4.00pm  
**Facilitator:** Anne Harrop  
**Tel:** 0402 185 420  
**Cost:** \$200 for six weeks

### SEWING, PATCHWORK & QUILTING

Come along and bring your own quilting, share your ideas, skills, and abilities with other likeminded quilters.

**Weekly:** Friday 9.30am-11.30am  
**Tel:** 8373 2225  
**Cost:** \$5

### WATER COLOUR

Learn watercolour with Marilyn Jacobs, an experienced watercolour tutor, exhibiting artist and an RSASA Fellow. Marilyn presents a variety of challenges for students, ranging from representational and traditional styles through to more experimental approaches covering different techniques, artists, and subjects. Ten-week course for adults. Classes are suitable for all levels of ability. Bring your own materials - list will be supplied.

**Weekly:** Friday 9.30 am -12.30 pm  
**Facilitator:** Marilyn Jacobs  
**Tel:** 8373 2225  
**Cost:** \$190  
**Contact:** Eastwood Community Centre to enrol

## COMMUNITY CONNECTIONS

### 3R'S

**Respite:** A regular planned break for carers throughout the week, providing peace of mind knowing the person they care for is participating in meaningful activities in a safe and caring environment. **Recreation:** We help you to reconnect to a range of activities that allow you to remain as independent as possible in your community. **Revitalisation:** We give you the assistance you need to make informed choices that will enhance your life.

**Weekly:** Monday (except 2nd Monday) 10.00am-2.00pm

**Contact:** Matthew Moody

**Tel:** 8366 4144 (City of Burnside)

**Email:** 3rs@burnside.sa.gov.au

### COMMUNITY GARDEN PLAYSPACE, LITTLE STREET LIBRARY

Come along and enjoy the Centre's Garden and children's play space. Check out our Little Street Library with children's and adult books to take away; or if you have ones you would like to share, please leave them with Tot and Dot our great characters that look after our books and reading space.

**Tel:** 8373 2225 for further information

### COMMUNITY GARDEN VOLUNTEERS

Community Garden Volunteers welcome to work in the garden on a regular basis. The garden provides a space for all members of the community to enjoy and includes a play space and little free library.

**Tel:** 8373 2225 for further information

### REVIVAL CENTRES CHURCH

Revival Centres Church preaches the full gospel message of Jesus, with all members of the community welcome. Due to COVID restrictions meetings may change.

**Weekly:** Sunday 12.30 pm

**Facilitator:** Pastor Malcolm Smith

**Mobile:** 0430 652 050

## DISABILITY PROGRAMS

For people interested in community together, making new friends and enjoying an outing or learning more about utilising information technology, in particular your smart phone, or camera.

This program runs weekly and is complimented each fortnight with a fortnightly bus outing to various venues around Adelaide.

Other Programs Commencing in the coming months

- Bus Trips - Social and day outings
- Photography
- Lets Get Cooking
- Community lunches
- Make new friends through monthly Funky Friday music
- Developing Skills for Work
- Information Technology
- 



## DANCE & MUSIC

### SIEMPRE TANGO

Discover the powerful, sensuous dance of Argentina, from beginners to advanced.

**Weekly:** Sunday 3.30pm-9.00pm

**Facilitator:** Michael Speck

**Mobile:** 0407 615 900

**Email:** [www.siempretango.net.au](http://www.siempretango.net.au)



### LA LA LAND CHOIR

**Weekly:** Thursday 7.15pm-10.00pm

**Facilitator:** Carol Young

**Mobile:** 0407 718 956

**Email:** [youngcarol67@gmail.com](mailto:youngcarol67@gmail.com)

### MOVEMENT WITH MUSIC

Come along have a dance and get to know people in your local community. This is a low-key group that just loves to come together to listen to music, move a bit, have a laugh and share lunch at the end of the session.

**Weekly:** Friday 12.00pm to 1.30pm

**Facilitator:** Peter Willis

**Mobile:** 0408 857 339

**Cost:** \$5 per session

## HEALTH & FITNESS

### BREATHE: MY YOGA SPACE

Hatha style class suitable for all levels. Connect with the breath, release tension, and create ease in body and mind.

**Weekly:** Thursday – 9.15am – 10.45am  
Friday – 10.15am – 11.45am

**Facilitator:** Kathy Linscott

**Mobile:** 0411 612 340

**Cost:** \$15 per session



### LAUGHTER WORKSHOP

Come along and have a laugh, feel the benefits of laughter, and go home feeling calm and relaxed.

**Weekly:** Saturday 9.00am-10.00am

**Facilitator:** Sally Harper 8277 8624

**Cost:** \$5 per session

### STRENGTH FOR LIFE



The program encourages older South Australians to attend strength training sessions by promoting the benefits of strength training.

Strength training has also been shown to improve balance and reduce risk of falling, enhance mental wellbeing, improve body composition (more muscle, less fat), raise self-esteem and self-confidence, reduce lower back pain, enhance older people's ability to undertake activities of daily living and maintain an independent lifestyle

**Participants will need to book in for an assessment from which a personalised training plan will be developed. Please ring for further information.**

**Weekly:** Monday 8.00am – 9.00am  
Thursday 2.00pm – 3.00pm  
Friday 7.45am – 8.45am

**Contact:** Kye Ashden

**Tel:** 8373 2225

**Cost:** \$8.00 per session or purchase book of 10 sessions \$70.00



## HEALTH & FITNESS Cont'd

### **STRETCH & BALANCE - Monday**

Stretch & Balance is designed to improve balance, flexibility and posture therefore increasing the muscles natural range of motion and tone. All activities can be adapted to your own ability.

**Weekly:** Monday 9.15am–10.15am

**Contact:** Kye Ashden

**Tel:** 8373 2225

**Cost:** \$7.50 per session or purchase book of 10 sessions \$65.00

### **STRETCH & BALANCE - Friday**

This class adds another dimension to the Stretch and Balance class incorporating the strength component with focus on improving your physical strength, flexibility, and posture. Attention is given to the abdominal muscles, lower back, hips, and buttocks. All activities can be adapted to your own ability.

**Weekly:** Friday 9.00am -10.00am

**Contact:** Kye Ashden

**Tel:** 8373 2225

**Cost:** \$7.50 per session or purchase book of 10 sessions \$65.00



## HERITAGE & HISTORY

### ADELAIDE HISTORICAL BOTTLE CLUB INC

Established in 1971 by a group with an interest in collecting old bottles and learning about Adelaide's early produce manufacturers; as well as collecting associated historical artefacts. Displays, sales and information for members and visitors.

**Monthly:** 2<sup>nd</sup> Thursday 7.00pm-10.00 pm

**Contact:** 8373 2225



### MEDIEVAL HISTORY & MARTIAL ARTS CENTRE SA

Our goal is the knowledge of the history and traditions of the Early Middle Age people, Scandinavia, and Rus from the period of 9-11 centuries known as "the Viking Age".

**Weekly:** Tuesday 6.30pm-9.30pm

**Contact:** Alex Foster

**Tel:** 0400 762 115



## PARENTS AND FAMILIES

### ABACUS MATHS FOR KIDS

Abacus math is a fun way to discover numbers & calculations. As a result, children have fun with numbers and develop several abilities like concentration, memory, observation, and many more with interactive learning styles.

**Weekly:** Thursday 4.00pm–5.15pm

**Contact:** Tomoko Koijima

**Mobile:** 0412 195 081

### POSITIVE MINDS: CONFIDENT GIRLS

The positive minds program is tailored uniquely for young girls to learn in a warm, supportive, and inclusive environment.

**Weekly:** Thursday 4.00pm–5.00pm

**Thursday 5.00pm – 6.00pm**

**Facilitator:** Nikki Wadewitz

**Contact:** Madhavi Nawana Parker

**Email:** [positivemindsaustralia@outlook.com](mailto:positivemindsaustralia@outlook.com)

**Tel:** 0403 498 219 (Madhavi)

## PARENTS AND FAMILIES Cont'd

**We would be interested in hearing from parents and families about how we can provide a range of programs or activities – please give us a call, email or drop in for a chat.**

### PLAYGROUP

Playgroup is a group of mums, dads, grandparents, and caregivers who meet with their babies, toddlers, and pre-schoolers (aged 0-6) for interaction and fun. All working together to provide opportunities to learn through play and connect with others.

**Weekly:** Commencing in May 2023  
Wednesday 9.30am-11am

**Tel:** 8373 2225



## **SUPPORT SERVICES**

### **ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES**

**Weekly:** Wednesday 6.30pm – 8.30pm  
Friday 6.30pm – 8.30pm  
**Tel:** 8373 2225

### **AA EASTWOOD RECOVERY (AA SUPPORT GROUPS)**

**Weekly:** Monday 11.30am – 1.00pm  
Friday 1.00pm – 2.30pm  
Sunday 10.00am – 11.30am  
**Tel:** 8373 2225

### **EASTWOOD WOMEN'S STEP (AA SUPPORT GROUP)**

**Weekly:** Thursday 12.15pm – 1.45pm  
**Tel:** 8373 2225

### **GAMBLERS ANONYMOUS**

**Weekly:** Tuesday 8.00pm – 9.30pm  
**Tel:** 8373 2225

### **PRIMARY PURPOSE - NARCOTICS ANONYMOUS**

**Weekly:** Thursday 12.00pm – 1.30pm  
**Tel:** 8373 2225



**FACES OF EASTWOOD**





# The Heart of our Community

A Place to Live Laugh Learn and Connect

# How to get here

 Eastwood Community Centre



Bus No: 861 or 171  
Bus Stop No: 3



EASTWOOD COMMUNITY CENTRE SUPPORTERS



glenside lions



Supported by  
**Government  
of South Australia**



Visit our Website

Term 1 Program Booklet January – April 2023



Like us on Facebook