

TORRENS VALLEY COMMUNITY CENTRE



Behind Gumeracha Town Hall
Albert Street

PO Box 45, GUMERACHA SA 5233

Phone: (08) 8389 1711

Fax: (08) 8389 1722

Email: torrensvlcc@internode.on.net

Website: www.torrensvalleycc.org.au

Office Hours: Monday to Friday 9:00am to 3:00pm

Program January - March 2010

Welcome to 2010! We are thrilled to bring you more exciting new programs and courses for you to join in. Our new Community shed at the back of the centre is looking for eager people who would like to be involved in setting up the shed and looking at projects or programs the shed may want to do. We are holding a "Blokes Open night" for the shed in February (see further details below) and invite you all to come along. We are focusing on the blokes this term with our new "Blokes Move" 10 week exercise program and the starting of the community shed. Read on for more exciting programs for all ages

Fitness, Leisure, Personal Interest Activities and Special Events!

New TELSTRA CONNECTED SENIORS Training Courses:

We are running FREE technology courses for seniors kindly provided by a grant from Telstra. Please note the mobile phone courses you will need to bring in your own mobile phone and the courses run over 4 weeks covering many aspects of your phone and SMS messaging etc.

- **Mobile Phone Usage Course** (4 x 2 hour course)
Monday 8th February – 1:30pm to 3:30pm
Wednesday 24th February – 4:00pm to 6:00pm
Thursday 11th March – 12:30pm to 2:30pm
- **Using Email** (1 x 3 hour course)
Monday 15th February – 12:30pm to 3:30pm
Wednesday 24th February – 6:00pm to 9:00pm
Tuesday 16th March – 10:00am to 1:00pm
- **Using Internet** (1 x 3 hour course)
Wednesday 10th February – 10:00am to 1:00pm
Monday 15th March – 1:00pm to 4:00pm
Tuesday 23rd March – 12:30pm to 3:30pm
- **On-Line Banking and Shopping** (1 x 2½ hour course)
Thursday 22nd April – 12:30pm to 3:00pm
Thursday 29th April – 12:30pm to 3:00pm

** Remember if you want to know more about computers we have wonderful tutors teaching computer classes and also have a fully supervised **Internet Café every Thursday 9:30am to 12:00pm**. Call for bookings and further information.

New FREE Training Courses:

- **Creating Child Safe Environment (Mandatory Reporting)**
Wednesday 24th March 9:30am – 4:00pm. Bring your own lunch and morning and afternoon tea provided.
 - **General Manual Handling**
Wednesday 31st March 9:30am – 12:30pm
 - **Driver Specific Manual Handling**
Wednesday 31st March 1:30pm – 3:00pm
- Contact the office to book your place. Limited numbers.

New "Blokes MOVE": "Lose that Christmas Pudding" Starting Thursday 4th February 6:30pm – 8:30pm

A low cost, fun 10 week program for men who want to get a bit fitter and feel a bit better. Grab a mate and come along together. \$60 for 10 week course. Bookings essential.

"Blokes Shed Open Night":

Wednesday February 10th March 6:30pm – 8:30pm

Come and have a sausage sizzle and look at the new shed. A blank canvas for us to create an area for people to learn and share skills; meet new people; work on community projects and just have a place to come along and have a chat & cuppa!

NEW FREE Movie in the Park – "Land of the Lost"

Friday 5th March from 7:00pm Family fun! Bring your chairs, rugs or bean bags to Federation Park, Gumeracha for a FREE movie in the park. Sausage sizzle and snacks available. All proceeds to benefit the new Community Shed!

Parent Education Group (PEG) for 0-5 year olds:

New program out for the year! Every 3rd Wednesday from 9:30am to 11:00am. \$5 per adult. Next **February 17th - Saved! First Aid and Aquatics**. Ring for a program and bookings.

Scrapbooking Workshops: The workshops are planned for the 4th Friday of each month 7:00pm to 10:00pm. The next workshops to be held 29th January, 26th February and 19th March. \$5 per person + materials. Bring your own materials or buy on the night. Don't forget your photos. Registration essential, limited numbers.

Fit and 50's+ Exercise Group: Gentle exercise, ideal for people with pre-existing health conditions. Tuesdays 11am to 12 noon. \$3.00 per person. A great way to get back into some form of movement. Registration essential.

Strength and Balance Plus: Held every Thursday from 10.30 – 11.30 am during school term. Low impact, gentle strength and toning routine. Suitable for falls prevention and mobility. Transport available. Morning tea included. Cost \$3 p/ session.

Aerobics: Monday evenings during school term 6.30pm – 7.30pm. Cost is \$5.00 per session. Suitable for all fitness levels. Limited numbers. Come along and have fun and keep fit. Our trained instructor, Liz, is there to guide you through, give it a go!

Internet Café: every Thursday from 9:30 am to 12:00noon. Our Coordinator John is on hand to help you feel confident to explore the Internet. If you're not sure, why not come in and have a coffee and chat with John.

Line Dancing - 7pm: Line Dancers SA Beginner classes, all ages welcome! Great way to keep fit, make new friends and have some fun! Terrific music and atmosphere with step-by-step instructions. Rolling program, so you can join at any time. NOW every Tuesday evening 7:00pm to 9:00pm. \$10 per session. Come and try! Call Margaret on 8568 2435.

Tai Chi: Gentle exercise that promotes health & wellbeing for all ages. Mondays during school term, starts 1st February. \$5 per session. Wear loose clothing & flat shoes. Beginners 9:30am - 10:30am, Intermediate and Seniors 11:00am-12:30pm. Bookings essential: 8389 1711.

Youth Programs:

"Chill Lounge" will be held for 11 - 16 year olds from 3:30 - 7pm on the 1st Friday of each month. Limited supervision with games, music plus soft drinks and pizzas for sale. This new initiative is to give young people a place to come to and meet and chill out! Bring your friends and come and have a game of table tennis. Have a chance to chat to the Youth Development Office, Mark about ideas for future events or programs. Further info give us a call on 8389 1711

Computer Courses

Have you ever wanted to learn more about computers but feel a bit overwhelmed or shy? TAFE courses too expensive? Come to the Torrens Valley Community Centre for your low cost, personal, non-intrusive computer courses. Compare our prices. Our courses are run by professional tutors with a maximum of 5 students per class to ensure personalised help and tuition.

Computers for Everyone: This course takes you painlessly through the basics of using a computer, email and internet in plain easy to understand language. Only \$50 for a 6 week course held **Thursdays only 1:00pm to 3:00pm**.

Advanced Computing: Know the basics and ready to learn more? Why head to TAFE when we have various courses available on a rotating basis on Tuesday afternoons 1:00pm to 3:00pm, Tuesday evenings 7:00pm to 9:00pm.

<u>Introduction to Word:</u>	\$10 per class x 4 wks (\$40)
<u>Word Advanced:</u>	\$10 per class x 4 wks (\$40)
<u>Excel Spreadsheets:</u>	\$10 per class x 4 wks (\$40)
<u>Publisher:</u>	\$10 per class x 4 wks (\$40)
<u>Microsoft Outlook (Internet)</u>	\$20 for 2 week course
<u>Email:</u>	\$20 for 2 week course

For all computer course bookings phone 8389 1711. You may not get into a course straight away due to current program and waiting lists, so we ask for your patience.

Services and Information

Career Development Centre – Now in Gumeracha!

Do you need some professional support in making choices about the next stage of your career? Do you know what your skills and strengths are and how they can be translated into a work environment? Staff at the Career Development Centre help you to identify your strengths, interests and possible career pathways. The centre offers a FREE service for people who are unemployed and underemployed; Youth including school leavers; mature aged; people with a disability; indigenous people; parents and carers returning to work and migrants. Other people who may be interested include employers looking for Professional Development for their staff and Employed and self-employed persons. An outreach centre has been set up at this centre **every 2nd Friday from January 15th**. For further information and bookings please call 8391 1374 or email admin@adelaidehills.com.au

Oppe Shoppe: The Oppe Shoppe is staffed by volunteers who raise funds to support young people's activities through sales of quality 2nd hand clothing and bric-a-brac. Open Monday 10:00am to 3:00pm; Tuesday & Friday 1:00 to 4:00pm; Saturday 10:00am to 1:00pm and every 3rd Sunday in the month 10:00am to 3:00pm.

Shopping Trips / Mystery Trips: Our new 12 seater Community bus based is working to help those people in need to get out. It is a new service for people who are isolated. Our current services are:- Wednesday – Lobethal Shopping & TVCC Oppe Shoppe trips. Friday – Mt. Barker Shopping and once a month – Tea Tree Plaza Shopping Trip. Call 8389 1711 to register your interest. Our Mystery Trips are for carers of someone who would enjoy an afternoon out to a mystery location for afternoon tea and a scenic drive. The aim is to give the carer a break, whilst at the same time knowing that the person they care for is having a great time. Contact Sandra Wilksch on 8408 0549 to register your interest.

McGrath Foundation: Make easy pink stitches with the Pink Toyota Sewing Machine. The Toyota FSR21 sewing machine helps support McGrath Breast Care Nurses in communities right across Australia. \$20* of the purchase price will go directly to the McGrath Foundation for all machines sold, especially if purchased online at www.aisin.com.au/sewing. Special available until 31 August 2010. **Price ONLY \$199.00.**

Women's Health Information Hub: We have available an information hub on women's health, provided by the Government of South Australia Office for Women.

Facilities for Hire: Our centre is a great facility for kid's parties, family gatherings, meetings or courses. Well equipped clean kitchen with air conditioning and seating for up to 60. Ample off street parking. We now have high quality data projector and screen for corporate courses or functions, so why not ring us for prices and availability.

Current Volunteer Positions

Volunteering at TVCC: We are very fortunate to have wonderful people volunteering at the centre. Volunteering is a great way of using your skills and/or reskilling to assist the community. Anne Ellis, Coordinator of the centre would love to speak to anyone who would like to volunteer their time to assist with administration, reception, running programs or providing support in the community. We are currently seeking the following and ask if you are interested to contact Anne on 8389 1711 to arrange an appointment. We are also approved to host job seekers undertaking voluntary work through Centrelink.

- **Oppe Shoppe Volunteers:** Do you love talking to people and displaying all sorts of merchandise? Have a spare few hours to help? We are looking to open our shop another day of the week and seek volunteers to assist.
- **Creche Volunteer:** We want to help young parents learn new skills through coming to our monthly PEG group. We therefore need a kind person to help mind the children at the centre whilst the parents meet for ½ to ¾ hour. Only every 3rd Wednesday of the month from 9:30am to 11:00am.
- **Receptionist / Office Support:** We currently have an urgent need for skilled persons who would be willing to volunteer for 1 day a week in our office. Ideally a Wednesday or Thursday. Computer skills are essential and further training is available.

Dates for your Diary:

- Active Youth Drama Workshops: 12th – 16th April
- Youth Fashion Parade – 16th April
- Senior First Aid and CPR Refreshers – To be advised.
- Intro to Photography – 11th June (^:30pm – 8:30pm)
- Beginners Quilting Workshops – To be advised

Interested? Please contact us to register your interest in these forthcoming programs.

How to Contact Us

Coordinator:	Anne Ellis
Administration:	Karen Walsh
Address:	Behind Town Hall, Albert Street, Gumeracha
Hours:	Monday to Friday 9:00am to 3:00pm
Phone:	(08) 8389 1711 Fax: (08) 8389 1722
Emergency:	0437 817 358
Email:	torrensvalcc@internode.on.net
Website:	www.torrensvalleycc.org.au

IMPORTANT INFORMATION

As of December 1st, 2009 where there is a Catastrophic level Fire Ban for the Mt Loft Ranges the centre and Op shop will be **CLOSED** and **ALL CLASSES and PROGRAMS** will be cancelled. Any monies paid will either be reimbursed or the course will be rescheduled for a later date. For any queries during this time please contact the Coordinator, Anne Ellis on 0437 817 358. Thanking you.