

TORRENS VALLEY COMMUNITY CENTRE



Behind Gumeracha Town Hall
Albert Street

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

Program July - September 2010

We are excited about our new TVCC Sign located on Albert Street! It not only says where we are and what we do but it has a space for current information. Keep an eye on it when you pass. Take time to read how we can help you - or give us some suggestions. The Green Shed will be looking at starting young people's workshops so stay tuned.

Fitness, Leisure, Personal Interest Activities and Special Events!

NEW Let's Do: Dale Elliott - Wednesday 28th July, 1.00 pm - 3.00pm

Once a Commercial Pilot and Aircraft Engineer, Dale's life took a rapid diversion in December 2002 after a motorcycle accident left him a paraplegic. The experiences Dale has encountered during his new life in a wheelchair have forced him to think outside the square, regain the confidence to participate and reach out to seize the opportunities around him. Dale is an award winning sit-down/stand-up comedian and inspirational speaker, his motto "Adapt. Believe. Achieve." Dale is a natural entertainer. Please come along and hear what Dale has been up to now. **\$5 including afternoon tea.**

New Fashion Show:

Friday 10th September, 7.00pm-10.00pm Oppe Shoppe Fashion Parade. We did the kids, now its time for the adults to strut their stuff on the 'cat walk'. See the great range of affordable, fashionable clothing the Oppe Shoppe has to offer. **\$5 entry. Tea, coffee and cake provided. Wine available for purchase.**

Scrapbooking Workshops: Friday 23rd July, 7.00pm - 10.00pm. The workshops are planned for the 4th Friday of each month..\$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 per session

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. Next available bookings February 2011 - register you interest now. Wear loose clothing & flat shoes. Beginners & Intermediates 9:30am- 10:30am. Seniors: 11:00am-12:30pm

ATTENTION YOUTH: Do you have any ideas for future events or programs that you like to see in the area. We would love to hear from you, so give us a Call 8389 1711

Green Community Shed: Every Thursday between (9:30am - noon) a group of men are meeting at our new shed to work on community programs. Come down and say hello, see what's going on and meet the guys! Everyone is welcome as the shed is brand new and we are in the process of setting it up - very exciting!!!

School Holidays- New Workshop at the Shed Youth Open Shed Morning 9.30 - Noon

- Fix Bike, scooter or skateboard
- Have a go on radio and talk overseas
- Plus other exciting things. **Bookings essential.**

DATES FOR YOUR DIARY - JULY SCHOOL HOLIDAYS

- * Kids Cooking Tuesday 6th 11am -12:30pm
- * Ticklish Allsorts Concert Thursday 8th 11am - 12:30pm
- * That Science Gang Tuesday 13th 1pm - 2pm
- * Make a Weather Station Wednesday 14th 10am-11:30pm
- * Sewing a Pillowcase Thursday 15th 10am-12pm

PLEASE CONTACT THE CENTRE FOR COST, BOOKINGS & FURTHER DETAILS.

FREE Internet Cafe: At the Torrens Valley Community every Thursday 9:30am - 12:00pm. Take advantage of our high speed internet connection. Our Coordinator John is on hand to help you if you need it, otherwise feel free to surf the net, check out your favorite websites, search your hobbies, look for a job.....the possibilities are endless. Come along, grab a cuppa and have a chat to John.

Registrations of Interest

If you are interested in any of the following programs and courses, please call the centre and register your interest. "First in, Best Dressed" as they say, so don't miss out on some great opportunities here at the centre.

- **Photoshop (Basic Course)**
- **First Aid (Senior/CPR)**
- **First Aid for Primary School Aged Children**
- **Positive Relationships Workshop**
- **How to Deal with Cyber Bullying**
- **Men's Exercise Group**
- **Resume Writing Workshop**
- **First Impressions/Job Interviews**

NEW Courses - Configure a New Laptop

Do you have a notebook (laptop) computer? Are you confused with all the software that the manufacturer installs over and above the operating system (Windows)? For a beginner some of the software is hard to understand and leads to confusion and frustration as to what to do with it, whether you need it and how to get rid of it. Configuring a new notebook (laptop) computer can help elevate the continual pop-up reminders and unnecessary programs and software. This course will help people better understand pre-installed software, anti-virus programs and trial software. The TVCC is looking at Expressions of Interest. The classes will be run (subject to interest) on Thursday evening 7.00pm-9.00pm with a limit of 2 participants per class.

Computer Courses

Have you ever wanted to learn more about computers but feel a bit overwhelmed or shy? TAFE courses too expensive? Come here for your low cost, personal, non-intrusive computer courses. Our courses are run by professional tutors with a maximum of 4 students per class to ensure personalised help **Bookings are essential.**

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.**

Start Dates 2010: July 8th, August 19th, September 30th, November 11th.

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. See attached for upcoming class dates.

Services and Information

Tax Help is on again!

This is just a reminder that we will again be offering FREE tax help again this year. Our tax help volunteers will be able to complete your tax return for you. In the near future we will be taking bookings for a maximum of 1 hour appointments here at our centre. Times available will vary from during the week and on Saturday mornings. Only simple tax affairs will be dealt with in this service. Please put a reminder in your calendar and give us a call early July for more details.

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.** 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, Wednesday and Thursday 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 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.

Gumeracha Library: New toys available for free loan.

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/heating 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.

Justice of the Peace: Available in Gumeracha. We have 3 contacts at the centre who can help you. Please contact us on 8389 1711 to get further information.

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 re-skilling 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.

Disco Volunteers – 2 disco's per year

Interested people are encouraged to register as 'Disco Helpers'. The next disco is **October 29th for Halloween.** We need people who are willing to help out with decorating, supervising and selling refreshments. So if you think you can lend a hand give us a call. Volunteering looks great on your resume too!

TUTOR – FITNESS VOLUNTEER: Interested in running a regular exercise class specifically for men? We would like to have a class once a week for the guy's. If you are interested please contact the centre for further information. Call 8389 1711 and have a chat to Anne.

How to Contact Us

Coordinator: Anne Ellis
Administration: Karen Walsh
After hours no: 0437 817 358

Wanted!! Any newspapers for Gumeracha Primary School. To help with fundraising and a competition that is running for this term. Drop at Gumeracha Primary School or Gumeracha Hairdressers. Enquiries 0408 823 780 Rhonda.

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.