

TORRENS VALLEY COMMUNITY CENTRE



"Fun, Help and Learning"

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

Behind Gumeracha Town Hall
Albert Street

PO Box 45, GUMERACHA SA 5233

Phone: (08) 8389 1711

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Email: torrensvalcc@internode.on.net

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Program September-December 2010

Wow....our last program for 2010!!! 2011 is fast approaching and we are already planning programs and events for the upcoming year. The Tour Down Under will come through Gumeracha on Friday January 21st and the community is once again looking at putting on some marvellous activities for you to support the cyclists. We have some great courses and events to finish out 2010, so please take some time to read our program. Just a reminder the centre will be closed for our annual Christmas holidays, from December 20th 2010 to January 11th 2011. We would like to wish everyone a safe and happy festive season.

Fitness, Leisure, Personal Interest Activities and Special Events!

WHAT'S NEW?

Let's Do: LUNCH – Wednesday 20th October, 11.30 am – 1.30pm

Grab a few friends or come along and meet some new ones. The Centre will be hosting a fabulous 2 course lunch for only \$5. **All ages welcome.** For bookings and enquiries please contact the centre on: 8389 1711

Fashion Show: Friday 10th September, 7.00pm-10.00pm

The kids have had their turn, 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. **Entry is \$5 with door prizes, a complimentary glass of wine on arrival and supper provided.**

Bus Trip: Would you like to visit the Gumeracha Library? The Friends of the Gumeracha Library and the Torrens Valley Community Centre have joined together to offer a once a month bus trip starting on Tuesday September 28th. Morning tea will be provided. For further information and bookings please contact the centre.

Quilting Class: Beginners 4 week workshop, starting Wednesday October 6th through to 27th. Day class: 1.00pm-3.00pm. Night class: 7.00pm-9.00pm. \$40 includes all materials. Booking and payment prior to class is essential. Only 4 people to a class, so be quick!!

"Patchwork Circle"(Coming Soon: subject to interest) A fortnightly or monthly get-together at the centre from October-March, for people wanting to join other sewing enthusiasts, start a new project, finish an old one or just chat with fellow quilters. If your interested please contact the centre 8389 1711

Herb Garden: Are you interested or do you know someone who may be interested in helping set up a small herb garden? This will only take a few hours of your time and would be great opportunity to meet others. Please call us for more details 8389 1711

LEARNERS PERMIT COURSE

Do you want to get your Drivers Licence? We are running a training program for youth over 16½ to get your 'Learners Permit'. Attend a 3½ day course, including sitting your test on the final day!! 10am-3pm Thursday 14th, Friday 15th, Thursday 21st and Friday 22nd October. \$20 per person + \$45 for your licence. Bookings essential, as there are limited spaces. Lunch provided. Call the centre on: 8389 1711

Scrapbooking Workshops: 4th Friday of the month 7.00pm -10.00pm. The workshops are \$5 per person + materials. Bring your own materials or buy on the night. Don't forget your photos. Registration essential, limited numbers. Last dates for 2010 - September 24th, October 22nd & November 26th.

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 your interest now. Wear loose clothing & flat shoes. Beginners & Intermediates 9:30am- 10:30am. Seniors: 11:00am-12:30pm

Green Community Shed: Every Thursday between 9:30am-12.00pm a group of men meet at our new shed to work on community projects. 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!!!

IMPORTANT DATES FOR YOUR DIARY:

PLEASE CONTACT THE CENTRE FOR BOOKINGS & FURTHER DETAILS.

At the Torrens Valley Community Centre - Woodworking with Bunnings. September 28th 10.30am-11.30am

In the Library - Animals Anonymous, Wildlife on Wheels. Sponsored by Friends of the Gumeracha Library. October 5th at 2.00pm

The Torrens Valley Community Kindergym will be holding a fulfilled morning on Sunday October 24th from 11am with Free Face Painting, Sausage Sizzle, fun Activities and Presenting the "Doogans" appearing at 12pm. Tickets are \$8 for Kindergym members, \$10 prepaid and \$12 at the door. This event is proudly sponsored by the Torrens Valley Community Centre Oppe Shoppe, supporting young people, families and children in the hills community.

Halloween Disco: October 29th, 6.30pm – 8.30pm. \$5 per person or \$10 for a family. Fully supervised by Police Cleared Staff. Prizes for best costume, games and dancing. Novelties, snacks and drinks available to purchase. Please note, no parents will be allowed in the Town Hall.

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.

Country Health SA has funded a two year project in the Adelaide Hills to increase the number of local children aged 0-18 years, who are eating well & sufficiently active. This involves working in partnership with local community to support local settings & groups who work with children & families such as: childcare centres, Schools, child & parent groups, community centres & local agencies. A range of resources are available to increase physical activity opportunities for children & to provide environments supportive of healthy eating including: staff training & professional development, programs & resources for education settings, peer education programs for students, parent information on healthy eating & physical activity, support for grant funding. During **September & October 2010**, interested community groups & individuals are invited to participate in the planning to decide how resources & funding can best support local children & families. Groups & individuals can participate in writing, or by attending a local information session. To be part of the community consultation or for further information about this exciting project, please contact: Sonya Stanley (Project Coordinator) Adelaide Hills Community Health Service on: 8393 1833 or 0427 011 758

Computer Courses

Do you want to learn more about computers but feel a bit overwhelmed or shy? Our centre offers low cost, personal, non-intrusive computer courses. 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.**

Final Dates for 2010: October 7th, November 18th.

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

FREE TAX HELP

Our tax help volunteers will be able to complete your tax return for you. Times are available on Mondays, Wednesdays and Saturday mornings. Available for low income individuals and families with a maximum income of \$40,000 for the 2009-2010 financial year. Only simple tax affairs will be dealt with in this service. **Bookings are essential.**

Career Development Centre

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 Monday.** 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 10:00am to 4:00pm; 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.

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.

REGISTRATION OF INTEREST: Do you enjoy or would you like to develop skills in public speaking, debating, poetry reading, reciting and the general procedures of conducting meetings. We are taking expressions of interest to establish a class or group to meet on a regular basis. Please call us on 8389 1711

Current Volunteer Positions

OPPE SHOPPE VOLUNTEER: We are currently seeking volunteers to fill several vacant shifts in our beautiful Oppe Shoppe, located next to the Gumeracha Town Hall. If you have a few spare hours on Mondays or once a fortnight on Fridays and you are interested in working with a great bunch of people, in a relaxed and fun environment, please contact Anne on 8389 1711 to arrange an appointment. We are also approved to host job seekers undertaking voluntary work through Centrelink.

TUTOR – FITNESS VOLUNTEERS: Interested in running a regular exercise class specifically for men? We would like to have a class once a week for the guy's.

We are also looking for someone to run an evening Aerobics class.

So If you are interested in running either of these please contact the centre for further information. Call 8389 1711 and have a chat to Anne.

How to Contact Us

Team Leader:	Anne Ellis
Assistant Coordinator:	Karen Walsh
After hours no:	0437 817 358

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.