

Wonder and Wisdom Intergenerational Playgroup



WHEN: Thursdays 10.30am - 12pm
WHERE: Enfield Community Centre
 540 Regency Rd, Enfield
COST: Free
REGISTRATIONS: Call Syeda on 1800 171 882 to register or for more information.

University of the Third Age (U3A) - Inner North

U3A is a community organisation which provides fun and learning for people over 50 who are no longer working more than 20 hours a week.

U3A Inner North is now based at Enfield Community Centre and offers classes on a wide range of topics, including arts, crafts, hobbies, dancing, history, languages, film, music, movies and many more, from Tuesday - Friday.

For more information about the program and details about enrolling, see the website: u3ainnernorth.org.au or call 0410 434 048.

STRENGTH FOR LIFE

Enfield Community Centre

Are you over 50 and find you're not as strong as you used to be?
 The sessions are based on a social and nonthreatening atmosphere run by a qualified personal trainer with individual programs for every participant.



Tuesdays
 10.45am - 11.45am

Fridays
 10am - 11am

\$7 per session (no lock-in contracts or direct debit) - \$35 for 6 session card
 Strength for Life is a project of COTA SA that enables people 50yrs and over to access quality strength training programs that are affordable & supervised.
 Supervised strength training has also been shown to improve balance and walking endurance & can be effective in alleviating the effects of chronic diseases such as diabetes, osteoarthritis, heart disease, kidney disease and depression. Call Enfield Community Centre on 8405 6556 or email liz.haar@cityofpae.sa.gov.au for more information.



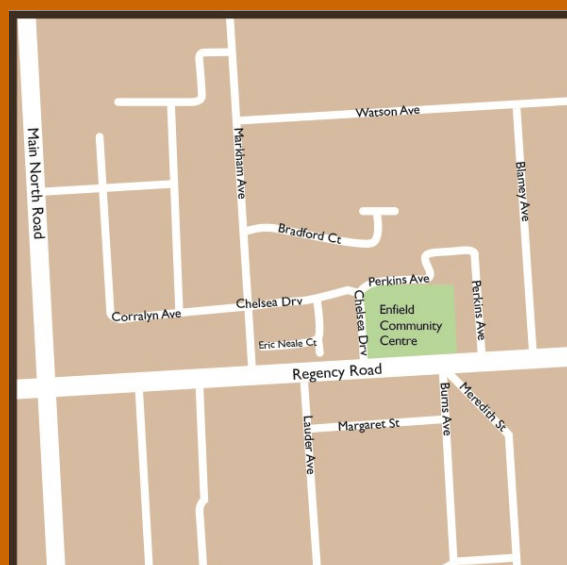
VOLUNTEERS WANTED

Would you like to contribute to your local community?
 Enfield Community Centre is looking for volunteers to work with our Lunch Club on Fridays & our playgroups Monday and Thursday.
 Call: 8405 6556 or liz.haar@cityofpae.sa.gov.au

Enfield Community Centre
 540 Regency Rd, Enfield
T 8405 6556

E liz.haar@cityofpae.sa.gov.au
<https://www.cityofpae.sa.gov.au/community/facilities/community-centres>

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Your guide to...



Activities Guide



For more information visit
www.cityofpae.sa.gov.au/enfieldcc

Enfield Playgroup

We welcome babies, toddlers and pre-school aged children from birth to five years. The playgroup is held on Mondays from 9.30am until 11.30am.

Children can engage in creative, unstructured learning through play, drawing, as well as using the exciting and bright Imagination Playground equipment.

Cost: Gold coin Call: Liz on 8405 6556



Crafting for Everyone!

Come and help us decorate the Centre, inside and out.

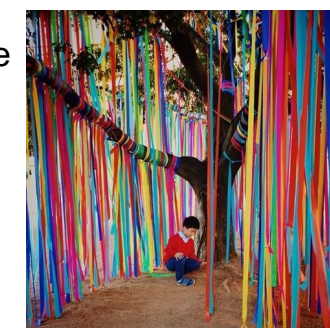
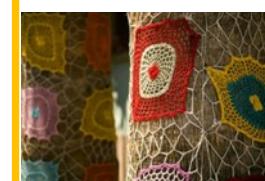
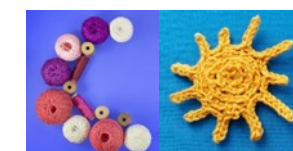
We get together on Mondays from 1pm - 3pm.

Suitable for anyone 12 years and older. We cater for a variety of skill levels and interests.

The project will run every Monday until the end of August.

No cost

Call 8405 6556 for more information



Creative Mondays

A weekly opportunity to be creative, learn new skills and meet new people.

Cost: \$3.00 per week

Join painting/drawing classes with the support of instructor **Anna-Maria**.

Time: 10am - 12pm



Card Making & Craft Learn to make your own beautiful, personalised cards with support and assistance from **Lee**. Or bring your own cards or other craft project to work on in a friendly and supportive environment.

Time: 12.30pm - 3pm

Cost: \$3.00 per week.
 Small extra cost if you purchase card kits.



For more information call 8405 6556 or email liz.haar@cityofpae.sa.gov.au

English as a Second Language

Where: Enfield Community Centre, 540 Regency Rd, Enfield

When: Mondays & Fridays in School Terms

Monday: Beginners English 10am - 12pm

Friday: Advanced English 10am - 12pm

Cost: FREE

Contact: Enfield Community Centre on 8405 6556 for more information

Tax Help

Free assistance with preparing your Tax Return for people on a low income. Appointments available on Fridays until the end of October 2022.

Call 8405 6556 to book your appointment or for more information.



Mondays

Art and Drawing with Anna-Maria

Mondays 10am - 12pm
Cost \$3.00 per session
Call 8405 6556 for more information
All welcome

Card Making and other Craft with Lee

Mondays 12.30pm - 3pm
Cost :\$3 (Small extra cost to purchase card kit)
Learn to make greeting cards or bring your own cards or other craft project to work on in a friendly and supportive environment.

Enfield Playgroup

Mondays 9:30am - 11:30am.
Cost Gold Coin
Ages: birth to 5 years. Children can create their own exciting play-space with a variety of shapes and materials. Art table, playdough table and ride on cars for kids to play with.
Call 8405 6556 for more details

English as a Second Language (during School Terms)

Beginning English class, Monday 10am - 12pm
Call 8405 6556 for more information

Gentle Yoga with Maria

Monday 6pm - 7pm
Call Maria 0411 384 486.
All welcome

Probus Club of Enfield

1st Monday monthly 10am - 12pm

Retire Active SA Tapliners

Monday 1.30pm - 2.30pm
Seniors tap-dancing troupe - beginners class
Call Lorraine on 8269 3915

Total Taekwondo Academy

Mon, Wed and Fri 5.30pm - 8:30pm
Classes for all ages.
Call Mohammad on 0413 702 553.

Chinese SA Christian Church (Young Adults)

Tuesdays 8:30pm - 10:30pm
Call Lawrence on 0403 708 157

Tuesdays

U3A - Inner North

For more information about the classes, Tuesday to Friday and details about enrolling, see the website: u3ainnernorth.org.au or call 0410 434 048.

Northern Carers Network Aboriginal Carers Support Group

First Tuesday of each month 11am - 2pm
Call Danica on 8284 0388

Yoga Group

Tuesday 7.30pm - 9pm
Call 8405 6556 for more information

Wednesdays

Retire Active SA Tapliners

Wednesday 12pm - 3pm.
Seniors tap-dancing troupe
Call Lorraine on 8269 3915

Cake Decorators Association of SA

1st Wednesday Monthly 7pm - 10:30pm.
Call Dawn on 0438 803 168

Families4Families

3rd Wednesday monthly 10am - 12pm
For families of people with acquired brain injury.
Call 0433 388 250 for more information

Sound of Elvis Fan Club

3rd Wednesday Bi-monthly 7pm-9pm.
Call Nancy on 0412 637 019

Total Taekwondo Academy

Mon, Wednesday and Friday 6pm - 8:30pm
Call Mohammad on 0413 702 553 for more information

Thursday

Intergenerational Playgroup

Thursday 10.30am - 12pm (during school terms)
Call Syeda on 1800 171 882 to register or for more information.

Gentle Yoga with Maria

Thursday 9:15am - 10:15am.
Yoga for all abilities
Call Maria 0411 384 486. *All welcome*

Immunisation Clinic

4th Thursday monthly: 4pm - 6.45pm
No appointments necessary.
Call 8152 0363 for more information

Friday

Enfield Lunch Club

Delicious 2 course meal for \$5.00.
Fridays at noon.
To book call Liz on 8405 6556.
Bookings Essential

English as a Second Language

(during school terms)
Advanced English class, Friday 10am - 12pm
Call 8405 6556 for more information

Chinese SA Christian Church (Bible Study)

Friday fortnightly 7.30pm - 9pm.
Call Jing on 0408 832 481

Strength For Life – Over 50s Strength & Balance

Classes: Friday 10.00am - 11.00am
Call Liz on 8405 6556 for more information

Total Taekwondo Academy

Monday, Wednesday and Friday 5.30pm - 8:30pm
Call Mohammad on 0413 702 553 for more information

Saturday

Arabic School

Saturdays during School Terms.
Call Mahmud on 0418 896 539 for more information

Australians for Syria SA

1st Sunday Monthly 6pm-10pm
Call Mahmud on 0418 896 539

Skywalker Basketball Team

Saturdays 9am - 12pm. Shoot out with the team.
Call Wei on 0433 535 525

Filipino Australia Community Service Inc

Karaoke/Disco Second Saturday of each month, 6pm - 11pm
Call Cholly on 0434 531 982

Jaffaria Social Soccer

Sunday 5:30pm - 7pm
Call Abdul on 0432 823 136

Sunday

Adelaide & Metropolitan Malayalee Association

Sundays 3pm - 5pm
Call Girish on 0433 649 616

Sudanese Ethnic School

Sundays during School Terms.
Call Hiba for more information on 0469 725 919

Check out our Facebook page at
[Enfield Community Centre - Home | Facebook](#)
for more about our programs and activities.

