

### Health and Wellbeing

#### Informal Singing Group

Run by and for LGBTQIA+ and disabled community members. If you like to sing or want a supportive place to talk with like-minded people we'd love to meet you, either in person or via zoom.

**Second and fourth Friday of the month, 2pm to 3pm**

**AGE: 25+ years**

**COST: Gold coin donation**

**For more information:**

[www.facebook.com/groups/lgbtqisinging/](http://www.facebook.com/groups/lgbtqisinging/)



#### Dance SA

Classes available for ages 18 months and above. Bookings essential.

**Thursdays and Fridays**

**Bookings essential.**

**T: 0408 988 483**

#### Para District Weight Watchers

**Bookings essential.**

**Wednesdays, 9am to 11am**

**T: 8359 4645**



#### Bhutanese Gardening Group

A group for those wanting to share a love of gardening and casual conversation.

**Wednesdays, 10am to 1pm**

**E: [enquiriessenc@salisbury.sa.gov.au](mailto:enquiriessenc@salisbury.sa.gov.au)**

#### Yoga

Bookings essential.

**Mondays, 9.15am to 10.30am**

**E: [enquiriessenc@salisbury.sa.gov.au](mailto:enquiriessenc@salisbury.sa.gov.au)**

**Saturdays, 9.15am to 10.30am**

**T: 0400 274 295**

**COST: \$8 per class**



#### Chair Yoga

Learn stretches, strength, balance and breathing exercise.

**Fridays, commencing 2 Aug to 20 September, 10am to 11am**

**AGE: Suitable for all ages and abilities.**

**COST: \$8 per session**

**T: 0400 274 295**

### Art and Craft



#### Quilting

**Mondays, 9am to 12pm**

**COST: Gold coin donation**

#### General Crafts

**Thursdays, 10am to 12pm**

**Fridays, 9.30am to 12pm**

**COST: Gold coin donation**

#### Machine Embroidery

**Tuesdays, 9am to 12pm**

**COST: Gold coin donation**



#### The Salisbury Art Society

Free your inner artist! Bring your paintbrushes along and meet some new friends.

**Tuesdays, 7pm to 10pm**

**Wednesdays, 9.30am to 12pm**

**COST: \$5**

**T: 0459 904 952**

### Community Programs

#### Shared Morning Tea



Come along each week to join in a relaxed, informal shared morning tea. Tea and coffee provided.

**Fridays, 11am to 12.30pm**

**AGE: All ages**

**COST: FREE**

**T: 8487 1840 or**

**E: [enquiriessenc@salisbury.sa.gov.au](mailto:enquiriessenc@salisbury.sa.gov.au)**

#### All A'Board Table Games



An inclusive social group for all men in the community to play some games and make some friends.

**Friday, 19 July, 23 Aug and 20 Sep,  
6pm to 10pm**

**T: 0438 784 851 (text only) or**

**T: 8487 1840**

**E: [enquiriessenc@salisbury.sa.gov.au](mailto:enquiriessenc@salisbury.sa.gov.au)**

#### Pottery Origami Crane Workshop



2-week course making your own unique piece of clay art with Belinda from Clay's Cool.

- Week 1 - Skills to create your crane with clay
- Week 2 - Marbling technique to decorate your crane

**Tuesday 13 and 20 Aug,  
10am to 12pm**

**COST: \$10 per session**

**Bookings essential.**

<https://Origamicranepottery.eventbrite.com.au>

#### Conversation Café



Are you new to Salisbury East or keen to connect with neighbours and make new friends? Join our FREE coffee, cake and chat session. To find out when the next one is in your area call in, phone, email or check out our website and socials.

**T: 8487 1840**



#### Big IDEAS for my community

Share with us your BIG IDEAS and how they might look within the Salisbury community.

**E: [enquiriessenc@salisbury.sa.gov.au](mailto:enquiriessenc@salisbury.sa.gov.au)**

**T: 8487 1840**

#### Contact us

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