

## Para Hills Community Hub

Oct to Dec 2024

### Community Event

#### Adelaide Symphony Orchestra

Tuesday 5 Nov, 10am to 11am

**COST: FREE**

**Bookings essential.**

**W:** [aso.com.au](http://aso.com.au)

### Children, Youth and Family Programs

#### Giggle Time

Parents or carers of children 0 to two years can have fun building early literacy skills through sharing books, songs and rhymes. All sessions run during school term only.

**Thursdays, 10am**

**COST: FREE**

#### Story Time

Story Time is a great activity to engage your child aged 3 to 5 years in reading. It allows children to hear rhymes, stories and language, and broaden their creativity and imagination.

**Fridays, 10.30am (during school term)**

**AGE: 3 to 5 years**

**COST: FREE**

#### Nature Play

Drop by the Community Garden for some self-guided nature-based play activities or simply grab a book and relax! Activities may vary depending upon the weather. Dress accordingly, things may get messy!

**Thursdays (during school term), 10am to 12pm**

**AGE: Suitable up to 5 years and family**

#### After School Catchup

Join us for LEGO, colouring, jigsaw, dominoes and more.

**Wednesdays (during school term), 3.30pm to 4.30pm**

**AGE: 6 to 12 years**

#### Immunisation Clinic

**First and third Friday of the month, 9am to 12pm**

**W:** [salisbury.sa.gov.au/immunisation](http://salisbury.sa.gov.au/immunisation)

#### Library of Things

### LIBRARY of things

Tired of purchasing new toys or want to try a toy before you buy? Check out our Toy Collection available at the Para Hills Community Hub! Speak to staff for more information.

#### After School Children's Program

Join us for a 5-week program designed to get kids moving, having fun, and developing healthy habits!

**Tuesdays commencing 15 Oct**

**AGE: suitable for 5 to 10 years**

**COST: \$5 per session**

**Bookings essential.**

**W:** [Eventbrite.com/cc/para-hills-community-hub-after-school-programs-3695469](http://Eventbrite.com/cc/para-hills-community-hub-after-school-programs-3695469)

### Language and Literacy

#### Writing Group

**Wednesdays (during school term), 12.30pm to 2.30pm**

**COST: \$5 per session**

#### Adult Literacy Classes

Small group program for those who would like support with basic numeracy and literacy skills.

**Fridays (during school term), 12.30pm to 2.30pm**

**T: 8406 8482**

#### Let's Talk Books

If you love books and talking about them, then get along to our 'Let's Talk Books' discussion group. We want to talk about books you have read, recommend titles to each other and generally speak about our favourite books and love of reading in a relaxed and informal setting.

**First Thursday of the month, 3.30pm to 4.30pm**

### Digital Literacy

#### Basic Tech Support

Bring along your personal device.

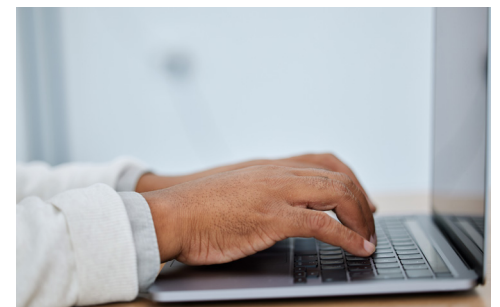
**Mondays, 2pm to 2.45pm**

**COST: FREE**

**Bookings essential.**

**W:** [TechHelpAtParaHills.eventbrite.com.au](http://TechHelpAtParaHills.eventbrite.com.au)

#### Computing 101



**Tuesdays and Thursdays (during school term), 1pm to 3pm**

**COST: FREE**

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### Digital Programs

#### Digital Artists

Digital artists will learn the skills of digital art using our iPad Pros, Apple Pencils and try out different techniques like digital painting, drawing, and even generating short animations. You'll be creating digital masterpieces in no time, no experience necessary!

**Mondays commencing 21 Oct, 3.45pm to 5pm**

**COST: \$30 for 6 weeks**

**AGE: suitable for 8 to 13 years**

**Bookings essential.**

**W:** [digitalartistsparahills.eventbrite.com.au](https://digitalartistsparahills.eventbrite.com.au)

#### Stop Motion Makers

Learn the principles of stop motion including clay-mation and object animation, be involved in the collaborative creative process.

**Thursdays commencing 7 Nov, 3.45pm to 5pm**

**COST: \$20 for 4 weeks**

**AGE: suitable for 8 to 13 years**

**Bookings essential.**

**W:** [stopmotionphch.eventbrite.com.au](https://stopmotionphch.eventbrite.com.au)

### Health and Wellbeing

#### Sound Healing Meditation

Experience the power of sound to relax your mind, body, and soul. No prior experience is necessary.

**Last Tuesday of the month, 1.30pm to 2.30pm**

**COST: FREE**

### Arts and Craft

#### Spinning

**Mondays (during school term), 1.15pm to 3.15pm**

### Para Hills Community Garden

#### Friends of the Garden

Come along and enjoy a morning in our community garden with other like-minded green thumbs sharing knowledge and a conversation whilst doing general garden maintenance activities.

**Fridays, 10am to 12pm**

**T: 8406 8468**

#### Grow It Local

Grow it Local is a free national program supporting people to grow, share and eat more locally grown foods.

**W:** [salisbury.sa.gov.au/growitlocal](https://salisbury.sa.gov.au/growitlocal)

### Seniors Programs

#### Guitar for Beginners and Beyond

**Fridays, 10am to 12pm**

**COST: \$3 per session**

#### ARAS - Aged Rights Advocacy Service

ARAS provides advocacy assistance to support older people to uphold their rights and their responsibilities.

**Tuesdays, 10am to 12pm**

**Bookings essential.**

**T: 8406 8587**

### Chair Yoga

**Mondays and Thursdays, 1pm to 2pm**

**COST: \$6 per session**

### Community

#### Neighbours Meet and Greet



Come along to a neighbour meet and greet where you can meet others, get to know our staff, find out about what's happening in the area enjoy some light refreshments in a relaxed environment.

**Thursday 17 Oct, 21 Nov, and 19 Dec, 10.30am to 11.30am**

**COST: FREE**

**W:** [salisbury.sa.gov.au/MAGYS](https://salisbury.sa.gov.au/MAGYS)

#### Big Ideas for My Community



Share with us your big ideas and how they might look within the City of Salisbury community.

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

#### For more information, contact us

**A:** 22 Wilkinson Road, Para Hills

**T:** 8406 8560

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

**W:** [salisbury.sa.gov.au/phch](https://salisbury.sa.gov.au/phch)