

### 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**

**Saturdays, 9.15am to 10.30am**

**T: 0400 274 295**

**COST: \$8 per class**

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

#### Chair Yoga



Learn stretches, strength, balance and breathing exercise.

**Fridays (during school term), 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**

**No bookings required.**

### 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 18 Oct and 22 Nov,  
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)

#### Open Craft Sessions

Looking for a creative and fun way to spend your morning? Come join us for a delightful craft session where you can unleash your inner artist!

**Mondays, 9am to 12pm**

**COST:** Gold coin donation

**No bookings required.**

#### Neighbours Meet and Greet



Are you new to the area or perhaps you've lived local for a while and have knowledge to share? 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.

**Friday 4 Oct, 1 Nov, and 6 Dec,  
10.30am to 11.30am**

**COST:** FREE

If you love the sound of this but can't make it to a centre – get in touch to arrange a neighbours meet & greet on your street!

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

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

#### Intergen-Multiple Birth Playgroup



Are you a parent of multiples? No matter your age, we'd love you see you at our intergenerational playgroup for families of multiples.

**Tuesdays, commencing 15 Oct,  
9.15am to 11.30am**

**No bookings required.**

#### Big Ideas for My Community



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

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

**T:** 8487 1840

#### For more information, contact us

**A:** 28 Smith Rd, Salisbury East

**T:** 8487 1840

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

**E:** [salisburyeastcentre@gmail.com](mailto:salisburyeastcentre@gmail.com)