

### Adult community education

#### Torrens Transit Pathway

This 6-week program will provide you with the knowledge and skills to apply for a Bus Driver position at Torrens Transit. We will help you to organise: application paperwork, prepare your resume, and prepare for an interview.

Wednesday 30 April

9.30am to 11.30am

Cost: Free

#### Basic Sewing Skills

Learn to sew simple projects, make simple garments and pattern adjustments in a friendly environment that is suitable for beginners. Bring your own sewing machine or use one of ours.

Mondays 10am to 1pm

(Join anytime)

#### Everyday Conversation Skills (Intermediate)

This program will help you to improve your English conversation and general speaking skills in a relaxed supportive environment.

Thursdays 9.30 am to 11.30am

#### English for Everyday Reading and Writing (Beginners)

This program will help you to improve your English reading and writing skills in a relaxed supportive environment.

Wednesdays 9am to 11.30am

### Social activities

#### Multicultural Sewing Classes



Join our welcoming sewing classes designed for women from all cultural backgrounds. Whether you are a beginner or have experience this is a great opportunity to learn new skills, share traditions and make friends.

Thursdays 10am to 12.30pm

(commencing 1 May)

Cost: Gold coin

For enquiries contact Zulfiya

M: 0410 079 942

#### Multicultural Women's Social Group

A group for women from diverse backgrounds to share experiences, learn from each other and create lasting friendships.

Thursdays 9.30am to 12pm

Cost \$3 per session

To register contact Zulfiya on

0410 079 942 or 8406 8488

#### Bangalong Music Group

Open to all acoustic players to enjoy the afternoon with other musicians.

Thursdays 1pm to 5pm

Held at Pooraka Memorial Hall 39

Scott St Pooraka

Cost \$3

For enquiries contact Terry

M: 0412 972 931

### Multicultural Playgroup



Our inclusive sessions bring together families from diverse backgrounds to share in the adventure of early childhood. Bring along a piece of fruit to share.

Wednesdays 9.30am to 11.30am

(during school term)

Age: 0 to 5 years

Cost: \$2 per family

#### Reach for the Stars

A program for girls supported by Dream in Code. In a collaborative environment develop ideas, plan projects, build life skills and have fun.

Wednesdays fortnightly from 4.30 to 5.30pm

Age: 12 to 17 years

Cost: Free

Enquiries contact Laurel.

E: laurel@yupyup.com.au

#### Chatty Café

A relaxed, welcoming space where anyone can drop in for a cuppa, a chat, and some friendly company.

First Tuesday of the month

1pm to 3pm

Cost: free

#### Cafe Fridays

Fridays 10am to 12pm

Cost: \$3

### Health and fitness

#### Fitness for the Over 50s

Low impact increase strength and mobility.

Wednesdays 9.30am to 10.30am

Cost: \$4.50 per class

#### Tai-Chi and Tan-tui

Wednesdays 11am to 12.30pm

Cost: \$5 per session

#### Women's Drumming 4 Fun and Fitness

Relieve stress, improve coordination and motivation.

Wednesdays 1pm to 2.30pm

Cost: \$3 per class

#### Yoga - All Levels



Join us for Yoga to relieve stress and improve your strength and balance.

Mondays at Scott Street

10am to 11am Wednesdays at

Pooraka Farm Community Centre

6.30pm to 7.30pm

Cost: \$10 per class or \$75 for 10 classes (valid for two terms)

#### Taekwondo



Tuesdays and Thursdays

6.30pm to 8pm

Contact Evan M: 0438 821 523

### Art and craft

#### Fabric of Life

Needlework and fabric crafts

Fridays 11.30am to 2.30pm

Cost: \$3 per class

#### Pooraka Farm Community shed

##### Women's Shed Group

Learn basics of carpentry and household repairs and connect with other women in a fun learning environment.

Wednesday 9.30 am to 12.30pm

Cost: \$3 per session

##### Men's Shed Group

Come along and join other men in a variety of activities, make friends and learn a new skill. No experience necessary.

Tuesday & Thursdays

9am to 1pm

Cost: \$3 per session

### Saturday Morning Activities

#### Creative Space at PFCC



Draw Sketch Design Paint (Digital & traditional)

Fourth Saturday of the month

10am to 12pm

Cost: \$3 Per class

#### Book Group



Meets First Saturday of the month, 10am till 12pm

Cost: Gold coin

#### Jigsaw Puzzle Group

Connect with other jigsaw puzzle enthusiasts.

Fourth Saturday of the month

10am to 12pm

#### For more information, contact us

📍 126 Henderson Avenue, Pooraka

☎ 8406 8488

✉ poorakafcc@gmail.com

🌐 pfcc.salburysa.com

📱 @pfcc126