## What's on Guide



#### **Bagster Road Community Centre**

### January to March 2025

#### What's new

#### Welcome Wednesdays

Looking for something to do mid-week to get you out the house? Enjoy a light snack, tea and/or coffee while the Improv Music Group play. The children's area and toy library will be open and mindfulness activities are available for adults.

Wednesdays 12.30pm to 2.30pm

Cost: Free

# Bush Use Garden and Cooking

Aboriginal and Torres Strait Islander women can join us for a 5-week program to learn about a range of topics, including Kaurna seasons chart, Aboriginal native plants, diabetes education, food labels and cooking with native ingredients.

Thursdays 10am to 12pm (commencing 13 February)

Cost: Free

**Bookings** essential

P: 8487 1830

E: enquiriesbrcc@salisbury.

sa.gov.au



#### Children and families

#### Craft and Play Sessions

Join us for fun filled craft and play sessions aimed at children aged 3 to 5 years, but suitable for all ages. Tea and coffee are available for parents/caregivers.

Fridays 10am to 11am

Cost: Free

Age: 3 to 5 years Bookings preferred

P: 84871830

E: enquiriesbrcc@salisbury.

sa.gov.au

#### **Bagster Road Toy Library**

The Bagster Road Toy Library is opening Wednesday 22 January with a launch event and has a range of items available to help your child build their skills and imagination.

Tuesdays 12pm to 2pm, Wednesdays 12pm to 2.30pm and Fridays 10am to 12pm Appointments can be made for parents/caregivers with children who might need a quieter time to access the toy library.

Cost: Free membership and

borrowing

### Art and craft

#### Folk Art

Social craft group, everybody welcome. For all skill levels.

Tuesdays 9.30am to 12pm

Cost: \$5

#### **Upcycling Craft Group**

Join our regular weekly informal craft group for a chat, show off your pieces and explore what can be made using a little bit of imagination.

Wednesdays 10am to 12pm

Cost: Free

### Health and wellbeing

#### Zumba Gold

Join us for a Zumba Gold class with low impact and easy to follow dance steps.

Mondays 10am to 10.45am

Cost: \$5

# Heart Foundation Walking Group

The Heart Foundation Walking Group offers support and motivation to those wanting to be more physically active or get more out of walking.

Thursdays 9am to 10am

Cost: Free

For enquiries, contact Alan

P: 0401 652 609

#### Shugoki Karate

Join Sensei Chloe to learn how to defend yourself and get fit at the same time.

Mondays and Wednesdays 5.30pm to 6.30pm

Cost: \$10 (first lesson free)

Age: 5+

For enquiries, contact Adrian

P: 0435 855 616

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#### Social activities

Neighbours Meet and Greet



Come along to a neighbours meet and greet where you can meet others, find out about what's happening in the area and enjoy some light refreshments in a relaxed environment. If you love the sound of this but can't make it to a centre, contact us to arrange a Neighbours Meet and Greet on your street.

Last Wednesday of the month, 11am to 12pm Cost: Free

#### Improv Music Group

Join other music enthusiasts for a session of improvised music. There's no need to be an expert musician, however basic knowledge of an instrument is required. The group particularly welcomes budding and experienced Aboriginal and Torres Strait Islander musicians.

Wednesdays 12.30pm to 3pm Cost: Free

#### Northern Food Hub — Puddle Jumpers

Come along to grab fresh fruit and vegetables, bakery items, tea and coffee and enjoy home-cooked meal. There are weekly activities for children.

Mondays 5pm to 8pm Cost: Gold coin

## InComPro's Nunga Men's Breakfast

Aboriginal and Torres Strait Islander men can join us to share a feed, meet new people and have a yarn.

Wednesdays (fortnightly)
9am to 11am
Cost: Free

For enquiries, contact Ricky.

P: 0439 071 604

#### Salisbury Garden Club

Come along and meet like-minded people with green thumbs. Share your knowledge and learn new ideas in a social environment.

Second Tuesday of the month, 9.30am to 12pm

Cost: \$5

#### Community Book Swap



Bring in your old books for others to enjoy or come in for a coffee and read a book or take one home to read later.

#### Digital literacy

#### **Digital Artists**

This four-week express course in digital art looks at how new and evolving technology influences the creative process. You can learn digital art skills using our iPad Pros and 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 3.45pm to 5pm (commencing 3 February)
Cost: \$20 for 4 weeks
Age: 7 to 13 years
Bookings essential
W: DigitalArtistsBagsterRoad.
eventbrite.com.au

# BIG IDEAS — for my community

Share your BIG IDEAS with us to create an exciting vision for the Salisbury North community, including how you might like to use Bagster Road Community Centre and the best actions to make it a reality. Pop in to discuss your idea with a staff member or contact us below.

## For more information, contact us

👰 17 Bagster Road, Salisbury North

**&** 8487 1830

mairiesbrcc@salisbury.sa.gov.au

m salisbury.sa.gov.au/libraries

(a) @salisburylibraryservice