### What's on Guide



### Para Hills Community Hub

### Children and families

### Giggle Time

Parents or caregivers can have fun building early literacy skills through sharing books, songs and rhymes.

Thursdays 10am to 10.45am (during school term)

Cost: Free

Age: 0 to 2 years

### Story Time

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

Fridays 10am to 10.45am (during school term)

Cost: Free

Age: 3 to 5 years

### After School Catchup

Drop in after school for a fun afternoon of LEGO, colouring, jigsaws, dominoes and more.

Wednesdays 3.30pm to 4.30pm (during school term)

Cost: Free

Age: 6 to 12 years

### Nature Play

Drop by the Community Garden for some self-guided nature-based play activities or grab a book and relax. Activities may vary depending upon the weather.

Thursdays 10am to 12pm (during school term) Age: 0 to 2 years

#### Immunisation service



The City of Salisbury provides a free immunisation service for eligible people up to 19 years of age and catch-up immunisations for secondary school students. This service is administered by Health and Immunisation Management Services (HAIMS). Bring your immunisation record and Medicare card.

First and third Friday of the month, 9am to 12pm No bookings required P: 8152 0363 E: admin@haims.com.au W: salisbury.sa.gov.au/

immunisation

### Library of Things

Tired of purchasing new toys or want to try a toy before you buy? Check out our toy collection and speak to staff for more information

### Health and wellbeing

### Sound Bath Healing Meditation

Join us for an immersive and rejuvenating sound healing meditation session. Experience the power of sound to relax your mind, body, and soul.

Last Tuesday of the month, 1.30pm to 2.30pm

Cost: Free

### Digital literacy

### **Basic Tech Support**

Bring your personal device for basic operating tips.

January to March 2025

Mondays 2pm to 2.45pm

Cost: Free

Bookings required W: salisbury.sa.gov.au/

digitalliteracy

### Computing 101

Receive basic computer support using your own device.

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

Cost: Free

### Community

## BIG IDEAS — for my community

Share your BIG IDEAS with us to create an exciting vision for the Para Hills community. Speak to a staff member or fill out one of our BIG IDEAS cards.

## 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. 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.

Third Thursday of the month, 10.30am to 11.30am

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### Para Hills Community Hub

# Language and literacy

Writing Group



Bring your creative juices along to this small social group and create your own stories. Members of the group share ideas, write stories and even have some published.

Wednesdays 12.30pm to 2.30pm (during school term)
Cost: \$5 per class

### Adult Literacy Classes

Join a small group for support with basic numeracy and literacy skills.

Fridays 12.30pm to 2.30pm (during school term)

Cost: Free

Bookings required

P: 8406 8482

#### Let's Talk Books

Talk about books you have read, recommend titles and speak about your favourite books and love of reading in a relaxed and informal setting.

First Thursday of the month 3.30pm to 4.30pm Cost: Free P: 8406 8530

### Art and craft

### Spinning

A social group engaging in an old tradition spinning yarn from raw fibres. While not a teaching group, you will develop new skills of an old traditional craft.

Mondays 1.15pm to 3.15pm (during school term)
Cost: \$5 per class

### **Card Making**

Get crafty with other likeminded people in a welcoming social group setting. All welcome, no experience necessary.

Wednesdays 12pm to 3pm (during school term)
Cost: \$5 per class

### Quilting

Join a social group of quilting enthusiasts. All welcome. While not a teaching group, you will learn new things from others to get you on your quilting journey.

Fridays 9am to 2pm (during school term) Cost: \$5 per class

### Smocking

Join a welcoming social group of smocking creators. If you like to smock and want to share your interest with others, then this is the group for you.

Thursdays 9am to 1pm Cost: \$5 per class

### January to March 2025

### Nature programs

The Community Garden can be accessed through the library and is open for everyone to enjoy.

Monday to Friday, 9am to 5pm.

#### Friends of the Garden

Enjoy a morning in our community garden with other like-minded green thumbs sharing knowledge and a conversation while doing general garden maintenance.

Fridays 10am to 12pm Cost: Free For enquiries, contact Michelle P: 8406 8565

### **Seniors Programs**

### Aged Rights Advocacy Service (ARAS)

ARAS provides advocacy assistance to support older people to uphold their rights and responsibilities. ARAS can help with any My Aged Care queries you have about finding access to the right government-funded aged care services.

Tuesdays 10am to 12pm Appointment required P: 8406 8587

### For more information, contact us

22 Wikinson Road, Para Hills

**%** 8406 8560

enquiriesphch@salisbury.sa.gov.au

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(a) @salisburylibraryservice