

Adult Community Education (ACE)

We offer a range of free courses for adults aged 17 to 65 years. Creche is available for parents/caregivers attending our courses. For more information and to enrol, contact the centre or email pfccfoundationskills@gmail.com.

Introduction to Construction

Develop skills and knowledge to pursue further training or find work in the construction industry.

Week 1 and 8 to 10: Thursdays and Fridays 9.30am to 12.30pm

Week 2 to 7: Tuesdays 10am to 4pm

Computing Basics

Our program offers guidance on navigating computers, basic Microsoft Word and Excel skills, as well as employment and training planning.

Wednesdays 12pm to 2pm (commencing 29 January)

Train the Trainer Basic Skills

Build your confidence, knowledge, and skills in teaching adults across diverse community and workplace settings.

Thursdays 9.30am to 1.30pm (commencing 13 March for 10 weeks, during school term)

Customer Service Basics

Gain the confidence, knowledge and techniques to provide outstanding service in any setting.

Wednesdays 9.30am to 11.30am (commencing 5 February)

Everyday Conversation Skills

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

Thursdays 9.30am to 11.30am

English for Everyday Reading and Writing

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

Wednesdays 9.30am to 11.30am

Health and wellbeing

Fitness for Over 50s

Low impact classes to increase strength and mobility.

Wednesdays 9.30am to 10.30am

Cost: \$4.50 per class

Women's Drumming 4 Fun and Fitness

Relieve stress and improve coordination with our drumming classes.

Wednesdays 1pm to 2.30pm

Cost: \$3 per class

Taekwondo



Learn new skills with a Taekwondo class.

Tuesdays and Thursdays

6.30pm to 8pm

P: 0438 821 523

Yoga - All Levels

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

Mondays at Pooraka Memorial Hall 10.30am to 11.45am

Wednesdays at Pooraka Farm Community Centre 6.30pm to 7.45pm

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

Art and Craft

Fabric of Life

Join us to learn and improve needlework and fabric craft skills.

Fridays 11.30am to 2.30pm

Cost: \$3 per class

Creative Space

Work on your own visual art projects and exchange ideas. Bring your own laptop, tablet, sketchpad.

Fourth Saturday of the month, 10am to 12pm

Cost: \$3 per class

Social activities

Women's Group

The Women's Group is open to women of all ages and cultures.

Mondays 1pm to 2.30pm

Cost: \$3 per class

Multicultural Women's Social Group



The Multicultural Women's Social Group is open to women from diverse backgrounds to share experiences and build friendships.

Tuesdays 9.30am to 12pm

Cost: \$3 per session

To register, contact Zulfiya.

M: 0410 079 942

Cafe Fridays

Fridays 10am to 12pm

Cost: \$3 per class

Bangalong Music Group

Open to all acoustic players.

Thursdays 1pm to 5pm

Cost: \$3

For more information, contact Terry.

M: 0412 972 931

Women's Shed Group

Learn the basics of carpentry and household repairs.

Wednesdays 9.30am to 12.30pm

Cost: \$3 per session

Men's Shed Group

Join other men in a variety of activities.

Tuesdays and Thursdays

9am to 1pm

Cost: \$3 per session

Children and youth Multicultural Playgroup

Our inclusive sessions bring together families from diverse backgrounds.

Wednesdays 9.30am to 11.30am (during school term)

Cost: \$2 per family

Age: 0 to 5 years

Little Steps Forward Playgroup

Our program embraces diversity and encourages learning through play in a nurturing environment.

Wednesdays 12.30pm to 2pm (during school term)

Cost: \$2 per family

Age: 0 to 5 years

Homework Club

Get assistance with homework, stay motivated and connect with peers.

Wednesdays 6.30pm to 7.30pm (fortnightly, commencing 8 February)

Cost: Free

Age: 5 to 11 years

To register, contact Zulfiya.

M: 0410 079 942

Reach for the Stars



Reach for the Stars has been co-designed with girls aged 12 to 17 and is being supported by Dream in Code.

Cost: Free,

Age: 12 to 17 years

To register, contact Georgia.

P: 0434 654 903

Saturday morning activities

Book Group

Join others passionate about reading to discuss popular books.

First Saturday of the month, 10am to 12pm

Cost: Gold coin

Jigsaw Puzzle Group

Bring your own puzzle or collaborate on a new one.

Fourth Saturday of the month, 10am to 12pm

Cost: \$3

For more information, contact us

 126 Henderson Avenue, Pooraka

 8406 8488

 poorakafcc@gmail.com

 pfcc.salburysa.com

 @pfcc126