

Community Programs

Chair Yoga



Learn stretches, strength, balance and breathing exercises. Ideal for all ages and abilities.

Fridays 10am to 11am
(during school term)

Cost: \$8 per session or
\$35 for 5 sessions

Bookings required

To book, contact Karen
M:0400 274 295

Hatha Yoga

Mondays 9.15am to 10.30am

Saturdays 9:30am to 10:30am

Cost: \$10 per session

Bookings required

To book Monday sessions,
contact Susannah.

E: enquiriessenc@salisbury.
sa.gov.au

To book Saturday sessions,
contact Karen.

M: 0400 274 295

Shared Morning Tea

Come along each week to join in a relaxed, informal shared morning tea. Bring something small to share and enjoy a chat over a free cup of coffee and/or tea.

Fridays 11am to 12.30pm

Cost: Free

All A'Board Table Top Games

An inclusive social group for all men in the community to play games and make friends.

Third Friday of the month,
6pm to 10pm

M: 0438 784 851

Open Craft Sessions

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

Mondays 9am to 12pm

Cost: Gold coin

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. Come along and share your knowledge, experience and join in on the fun.

Tuesdays 9.30am to 11.30am
(commencing 4 February)

Cost: Free

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.

Friday 7 February and 7 March,
10.30am to 11.30am

Cost: Free

BIG IDEAS — for my community



Share your BIG IDEAS with us to create an exciting vision for the Salisbury East community, including how you might like to use Salisbury East Neighbourhood Centre and the best actions to make it a reality. Speak to a team member or fill out a Big Ideas Card in the centre.

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 Fridays monthly, 2pm to 3pm

Cost: Gold coin

Age: 25+

Dance SA



Classes available for ages 18 months and above.

Tuesdays and Fridays (during school term)

Age: 18 months+

Bookings required

P: 0408 988 483

Bhutanese Gardening Group



A group for those wanting to share a love of gardening and casual conversation. An interpreter is available on site.

Wednesdays 10am to 1pm

Cost: Free

For more information, contact Teju.

E: enquiriessenc@salisbury.sa.gov.au

Para District Weight Watchers

Wednesdays 9am to 11 am

Booking required

P: 8359 4645

Art and craft

Quilting



Mondays 9am to 12pm

Cost: Gold coin

Machine Embroidery

Tuesdays 9am to 12pm

Cost: Gold coin

General Crafts

Thursdays 10am to 12pm

Fridays 9am to 12pm

Cost: Gold coin

The Salisbury Art Society

Free your inner artist! Bring your paintbrushes along and meet some new friends. The Art Society was founded in 1979 and has nurtured artists in the local area ever since.

Tuesdays 7pm to 10pm


Wednesdays 9.30am to 12.30pm

Cost: \$5

P: 0459 904 952

For more information, contact us

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 8487 1840

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 salisbury.sa.gov.au/libraries

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