

Aldinga Community Garden (ACG)

"Members of Aldinga Community Garden (ACG) have been and are busy in 2011. The winter rains (2010) and cooler summer months resulted in our first bumper crop of amazingly tasty apples (Pink Lady and Lady Williams). Nursing these two trees (feeding, pruning) for more than 6 years finally paid off. Other fruit trees did well, especially the fig, apricot and guava.



Pink Lady and Lady Williams Apple Trees at ACG, April 2011

The good growing conditions (plus adding more compost, volcanic rock dust from Jim Thompson @ GreenRok and straw mulch) gave us bumper crops of leeks, fennel, tomatoes, egg plants, beans, pumpkins, zucchini and cucumbers. Many veggie seedlings were grown at home by members from ACG seed stock. But potatoes, onions, capsicum and corn let us down or perhaps we let them down!

We are now (July) well and truly into growing winter crops with beds of garlic, broad beans, onions, parsley, carrots, cabbages, beetroot - all growing well. Fresh heads of celery are ready for picking and eating. They are delicious. Spare beds are about to be planted with 'seed' potato tubers or green manure to improve the soil for Spring.

Members attended two workshops at the Garden, run by Onkaparinga Community Garden Network - Permaculture hosted by Stephen Poole and a Fruit Tree Workshop with Harry Harrison from Rare Fruit Society and Glandore Community Garden. These were great, inspirational and informative. Follow-up contact with Harry means we will be developing a small Fruit Tree Avenue of avocados, plums, nectarine and nashi. Members also visited Glandore Community Garden in June to savour delicious pizzas, baked on site and absorb how others go about gardening. Many thanks to Lynn McCarthy, of Glandore Community Garden, for the invitation.

Over the past few months we have welcomed new members to the garden. The Garden is open to everyone in the local community. You don't need to be a gardener! Come along on Wednesday or Sunday after 10am and see if ACG is for you. We are looking at ways to beautify the garden (perhaps through signage and sculptures) so if this appeals, please contact us. Tel: Sue 85578090"

*Sue Rayner,
Co-ordinator, Aldinga Community Garden*

New Courses for 2011

Fabulous cooking classes- sweet desserts, winter soups, garden to kitchen, Greek Flavours and Moroccan kitchen with Katherine. Local chef "Dar" is offering her culinary expertise in cooking classes in Term 4.

Home Maintenance Course—You Can Fix It, Yes You Can with ABC Radio's Rose Squire—get in quick, free thanks to ACE funding.

Get your "L's" - subsidies by ACE funding.

Love My Wines—Wine Education and Tasting. This hit course is back!!

Caring for Kids—First Aid for Parents by St John—get in quick, free thanks to funding from Communities for Children

Wise Move—(A Program for Women of All Ages) - free thanks to Women's Health Service.

Carers Respite

Are you caring for a family member or friend? Would you like some time for yourself?

Book into one of our courses at the Centre and Carers Support will arranged for someone to care for your family member while you are the centre.

Contact Meredith McLeod on 8379 5777 for more information.

Hall Hire

Looking for somewhere to hold that meeting, session, activity, special party or other celebration? Great facilities are available at Sellicks Hall or Aldinga Community Centre.

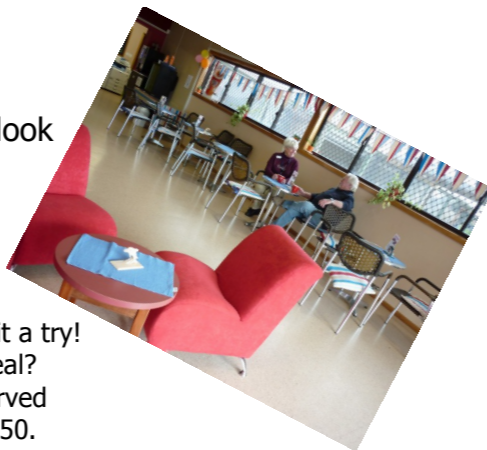
For more information, contact the Booking Officer Narelle on 0414 447 299.

Community Café

Come and visit our new look community café!

Looking for a delicious cup of coffee and home made cake or a toasted sandwich?

Come to the centre and give it a try! Looking for a good, cheap meal? Delicious 2 course lunches served on Monday and Friday for \$3.50.



ACC NEWSLETTER



ALDINGA COMMUNITY CENTRE

Terms 3 & 4 2011

*It's your Community
Everyone is Welcome!*

Centre Diary

AGM: September
Family Disco: October
School Holidays
Art & Craft Exhibition:
November

Tax Help

On Fridays here at the centre. Free assistance for low income earners and pensioners to help prepare their taxation returns with a trained volunteer tax helper. Book through the centre.

Adult Learning Program

The Adult Learning program has vacancies for students. If you or a member of your family needs one-to-one help with reading, writing, English conversation, maths or resume writing, then ring Grace at the Centre on 8556 5940.

GREAT NEW COOKING CLASSES AVAILABLE!

Extend your culinary expertise with sweet desserts, winter soups, garden to kitchen, Greek flavours and Moroccan kitchen with Katherine Sigston (July/Aug). ^{New!} A wonderful opportunity to enjoy the culinary expertise of popular local chef Darlene Simper in Oct/Nov. Her "Spring time Fresh 'n Easy" Course is sure to be a hit! Be quick!!

Art & Craft Exhibition

Come and view the wonderful art & craft produced at the centre. Friday evening 25 November to Sunday 27 November. More details to come—watch this space!!

Visit our Website at www.aldingacc.org

You will be able to download the latest and revised newsletter. Plus add and read comments on our blogs, see the centre diary.



Aldinga Community Centre
Symonds Reserve
Stewart Avenue
Aldinga Beach
Tel: **8556 5940**

Call now to book your course

See the back page for our fantastic new courses!!!!

**Look inside
for all our
courses!!**



Your local community centre serving Aldinga, McLaren Vale, Sellicks, Willunga & Surrounding Areas

Fitness

Aldinga Walkers

Friday 8.30-9.30am

Join Sandra and Dave, Heart Foundation trained walk organisers for a FREE one hour stroll and stay for affordably priced coffee & cake afterwards. **Dogs on leads and children in pushers welcome.** Call Sandra or Dave on 8557 6460

Tae Kwondo

Tuesday & Thursday 6-8.30pm

The practice of Tae Kwondo improves health and fitness, balance, agility and alertness of mind.

Call John or Margaret on 0419 816 252

Tai Chi & Chi King for Health

Monday 1.30-2.30pm \$8.50 per week (\$5 per week over 50s)

Wednesday 7-8.30pm \$9 per week (\$6 for over 50s)

Learn to exercise mind, body and spirit with simple movements that can easily be done at home.

Kenpo Karitsu

Wednesday 7-8.30pm

Family self defence. A blend of American Kenpo Karate & traditional Ju Jitsu.

Beginners welcome. Call Dave on 0450 805 778

Thai Boxing

Monday & Thursday 7-9pm

Saturday 10.30am-12.30pm

Train for fun and fitness or competition, learn real fighting skills, and become more confident, focused and fit. Males & females over 14 years. Call Debbie on 0409 696 608 or after hours Dale on 0409 894 434

Zumba

Tuesday 7-8pm & Friday 5.45-6.45pm

Latino Dance inspired fitness—join the party! Call Kamini on 8556 6563

Yoga/Belly Dance & Zumba

Friday 3.40-5.30pm

Incorporating a mix of all three styles.

Beginners welcome. Call Karen on 8556 6563

Over 50s Fitness

Moderate Moves

Tuesday 9-9.45am

\$6 per week (\$5 per week over 50s)

A low to medium impact class, including aerobic workout, light weights, core stability and toning exercise.

Tuesday 10-10.45am

A weight based exercise class with emphasis on tone and flexibility.

Health, Wellbeing & Lifestyle

Line Dancing

Monday 7-9pm—beginners

Thursday 12 noon-1pm—beginners, 1-3pm—intermediate

\$3.50 per week (\$2.50 concession)

A group of line dancers meet weekly to enjoy their “boot scootin”. Call Jenny on 8387 4481

Love My Wines

Tuesday evenings 7-9.15 pm (August)

Course fee \$75

Come and learn about wine from a master wine maker. Cheese and nibbles provided. Very relaxed atmosphere.

Men’s SouthTalk

Tuesday 1-3pm, \$2.50 per session

SouthTalk is a conversation group with a trained facilitator, which discusses a range of subjects and issues.

Men’s Breakfast

Saturday 9-11am (July 31, Aug 28, Sept 25, Oct 30 & Nov 27)

\$3 donation per person

Local men of all ages are invited to these monthly breakfasts hosted by our Men’s Southtalk group. Network, chat and listen to guest speakers.

Weight Watchers

Monday 5-7pm

\$25 joining fee, \$20 renewal fee (\$18 conc.) \$2 per week

Adult Learning Program

Monday 10am-12pm

\$2.50 per week (\$2 conc)

Support for adult learners in literacy and numeracy, basic computing, English conversation, resume writing and help with study in a relaxed atmosphere. Small group or one-on-one assistance, including computing tuition available. An Adult Community Education funded class

DanceSA Dance Classes

Jazz/Funk/Contemporary/Hip Hop

Wednesday 27 July (10 weeks)

(3-5 yrs) 3.45-4.30pm

(6-9 yrs) 4.45-5.45pm

Thursday 28 July (10 weeks)

(6-9 yrs) 3.45-4.45pm

(10-14 yrs) 4.45-5.45pm

DanceSA Boys Hip Hop

Jazz/Funk/Contemporary/Hip Hop

Friday 29 July (10 weeks)

(8-10 yrs) 4.30-5.30pm

(15+) 6-7pm

\$7.50 per class/\$75 per term. Free trial lesson.

Timetable by term - ACC

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|
| Seniors Kiosk 8.30am 3.30pm | Basic Word Processing 9.00am 10.30am | Computer for Beginners 9.00am 10.30 am | Windows 7 9.30am 11.30am | Aldinga Walkers 8.30am 9.30am | First Aid for Parents (Sept) 9.00am 4.00pm |
| POMS Parents on Monday 9.00am 11.00am | Seniors Fitness – Moderate 9.00 am 9.45am | Emergency Assistance 9.30am 12.00pm | Cooking Classes with Darlene Simper (Oct/Nov) 9.30am 11.30am | Occasional Child Care 9.00am 11.30am | Thai Boxing 10.30am 12.30pm |
| Adult Learning Program 10.00am 12.00pm | Crafty Playgroup 9.30am 11.30am | Active Playgroup 9.30am 11.30am | Line Dancing 12.00pm 1.00pm | Tax Help 9.00am 3.00pm | Home Maintenance (Sept) 1.00pm 4.00pm |
| Emergency Assistance 9.30am 12.00pm | Spinners, Knitters, Weavers 10.30am 3.00pm | Aldinga Community Garden 9.30am | Digital Storytelling 12.30pm 2.30pm | Internet Plus 9.30am 11.30am | |
| Community Café 12.5pm 1.15pm | Seniors Fitness – Moderate 10.00am 10.45am | E-Commerce 12.45pm 2.45pm | Occasional Child Care 12.30pm 3.15pm | Community Café 12.15pm 1.15pm | |
| Occasional Child Care 12.30pm 3.15pm | Basic Word Processing 11.00am 12.30pm | Sewing and Craft 12.45pm 2.45pm | Line Dancing 1.00pm 3.00pm | Office 2010 1.00pm 3.00pm | Sunday |
| Basic Powerpoint 2010 1.15pm 3.00pm | Occasional Child Care 12.30pm 3.15pm | Wise Move – October 1.00pm 3.00pm | DANCESA Dance Classes 3.45pm 5.45pm | Baby Playgroup 1.30pm 3.00pm | Cooking Classes with Katherine Sigston (July-Aug) 4.00pm 6.00pm |
| Tai Chi and Chi King 1.30pm 2.30pm | Internet Basics (Sept) 1.00pm 3.00pm | Cooking Classes with Katherine Sigston (July & Aug) 7.00pm 9.00pm | Thai Boxing 7.00pm 9.00pm | Yoga/Zumba/Belly Dance 4.30pm 5.30pm | Cooking Classes with Darlene Simper (Nov) 10.30am 12.30pm |
| PALS Participate & Learn 3.30pm 5.00pm | Men’s SouthTalk 1.00pm 3.00pm | Spinners, Knitters, Weavers 7.00pm 9.00pm | Thai Boxing 7.00pm 9.00pm | DANCESA Boys Hip Hop 4.30pm 7.00pm | |
| Weight Watchers 5.00pm 7.00pm | Get Your “L’s” (Sept-Oct) 4.00pm 6.30pm | Kenpo Karitsu 7.00pm 8.30pm | | Zumba 5.45pm 6.45pm | |
| Thai Boxing 7.00pm 9.00pm | Yoga/Zumba 7.00pm 8.00pm | | | | |
| Line Dancing 7.00pm 9.00pm | Love My Wines (August) 7.00pm 9.15pm | | | | |

Timetable by term - Shed

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---------------------------------|------------------------------|----------------------------|--------|--------------------------------------|
| Cabinet Making 1.00pm 4.00pm | Pottery Club 10.00am 12.30pm | Woodturning 9.00am 12noon | Men’s Day 9.00am 3.00pm | | Saturday Craft Club 9.30am 12noon |
| | Craft Club 1.00pm 3.00pm | Woodturning 1.30pm 4.00pm | | | |
| | Mosiacs 7.00pm 9.00pm | | | | |

Timetable by term - Sellicks

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------|---|--|--------------------------------------|-----------------------|
| Aged Care & Housing (1 st & 3 rd) 9.30am 2.00pm | Hip Hop Hounds 5.30pm 8.30pm | Jump & Jive 10.00am 11.00am | U3A Painting for Pleasure (fortnightly) 1.00pm 4.00pm | Kenpo Karitsu 6.30pm 8.30pm | Gotta Dance 9.00am |
| Belly Dancing, Bolly-wood & Hula 6.00pm 7.00pm | Zumba 9.30am 10.30am | (1 st Wed, every 2 nd month) 7.00pm 9.30pm | | Sellicks Playgroup 10.00am 12noon | |
| Yoga 7.30pm 8.45pm | Yoga 10.45am 11.45am | | | | |

Sellicks Community Hall

Phone: 8556 3011
 Mobile: 0414 447 299
 Email: booking.officer.acc@gmail.com

Aged Care & Housing

1st & 3rd Monday monthly
 Our group offers social activities, chair based exercise. Trips and guest speakers.
 Call Jan on 8323 8258

Gotta Dance

Saturday 9am
 Would your children enjoy dancing with other local children? We teach jazz, tap and hip-hop. Call Karena on 0401 906 289

Jump & Jive

Wednesday 10-11am
 \$3 per family
 Bring your children to the hall for a fun packed hour of music and dancing.

Hip-Hop Hounds

Tuesday 5.30-8.30pm
 \$5 per week
 Dance with your dog Canine Musical Freestyle. Fun in training to support a healthy relationship between dog and owner. Beginners to advanced.
 Call Jean on 8556 2241.

Kenpo Karitsu

Friday 6.30-8.30pm
 Family Self Defence. A unique blend of American Kenpo karate and traditional ju jitsu. Comes from the UK and now taught in Adelaide. Beginner welcome-come and try- free first lesson.
 Call Dave on 0450 805 778.

Sellicks Playgroup

Friday 10am-12 noon (Aug, Oct & Dec)
 \$3 per family
 A great way to meet parents of other pre-school children and the kids enjoy it too!

Sellicks Area Residential Association

1st Wednesday of every 2nd month
 7-9.30pm
 Discussions on local topics and interests.
 Call Wayne on 0439 750 757

Zumba

Tuesday 9.30-10.30am
 Latino dance inspired fitness -Join the Party!
 Call Kamini on 8556 6563

Yoga

Tuesday 10.45-11.45am
 Authentic, integrated practices for general and specific health purposes.
 Beginners welcome. Call Kamini on 8556 6563.

Belly Dancing, Bollywood & Hula

Monday 6-7pm
 Authentic, integral practices for general and specific health purposes. Beginner welcome. Call Kamini 8556 6563.

U3A Painting for Pleasure

Thursdays 1-4pm fortnightly from 4 August
 Come and paint for pleasure.

Yoga

Monday 7.30-8.45pm
 \$12 per week (\$10 conc.)
 Grab a mat, wear some comfy clothes and have a go.
 Call Ann on 0401 638 617.

Wise Move



1.00pm-3.00pm, 19 October
 (8 weeks)

Value yourself and make your health and well-being a priority for your family. This FREE motivational course will assist you to increase our level of physical fitness, improve your self esteem, confidence and assertiveness, develop self management and goal setting skills and improve your weight and eating habits and address any underlying body image issues.

Don't wait until the New Year to be the new you!!

Parents & Children

Active Playgroup

Wednesday 9.30-11.30am
 \$3 per family per week.
 For pre-schoolers and their parents and/or grandparents.

Baby Playgroup

Friday 1.30-3.00pm. \$2 per family per week.
 A casual playgroup for babies less than 18 months old and their parents or grandparents. Creche may be available for older siblings.

Crafty Playgroup

Tuesday 9.30-11.30am
 \$3 per family per week
 For pre-schoolers and their parents and/or grandparents.

Coffee, Cake & Creche

Wednesday 1.45-2.45pm—\$2.50
 Come and enjoy some child free time with other parents.

First Aid for Parents “Caring for Kids” by St John

Learn CPR for babies to toddlers, illness, wounds, burns, asthma etc.
Saturday 9am-4pm on 17 September
 FREE as part of My Neighbourhood Project, funded by Communities for Children.

Occasional Child Care

Monday, Tuesday & Thursday
 12.30-3.15pm—Friday 9-11.130am
 Subsidised child care for non-working parents. Call the Kindergarten on 8556 5483

PALS

Monday 3.30-5pm—FREE
 A free Participate and Learn Skills program for children 5-12 years. Contact the centre for details.

Parents on Monday

Monday 9-11am
 \$2 per family per week
 A group of parents and caregivers come together to relax, chill out and enjoy some great activities in a warm, friendly and supportive environment.
 Call Ruth on 8557 9500.

Arts & Crafts

Spinners, Knitters & Weavers

Tuesday 10.30-3pm & Wednesday 7-9pm
 \$3.50 per week
 Enjoy learning spinning, knitting and weaving with a group of like-minded enthusiasts. Call Rosemary on 8556 6447.

Sewing & Craft

Wednesday 12.45-2.45pm
 \$2 per week—Free creche
 Learn to sew an easy cushion or garment or take some time out for craft. Sewing machine and overlocker available. Call on 8556 5940.

Craft Club

Tuesday 1-3pm
 \$5 per week plus materials
 Come and learn or increase your skills in pottery, lead lighting, copper foiling, ceramics, wood burning, silk painting, fused glass jewellery or bring your own project.

Kids Mosaics Workshop

7 October 12.30-4.30pm
 A fun afternoon for children aged 7-14 years using their creativity to make a beautiful mosaic. Bring along your lunch/snacks. All materials supplied, \$25 per child.

Mosaics

Tuesday 7-9pm & Friday 1-3pm
 Term payment \$15 (\$12 conc)
 \$9 per week (\$8 conc)
 Explore your hidden artistic talent in this creative and popular course and create a beautiful mosaic. All materials supplied.

Pottery Club

Tuesday 10am-12.30pm
 \$5 per week plus materials
 A club for beginners and the more experienced. Wheel tuition available.

Saturday Craft Club

Alternate Saturdays from 30 July
 9.30am-12 noon
 \$5 per session plus materials
 Come and try lead lighting, copper foiling, fused glass, silk and fabric painting, wood burning and pottery/ceramics.



Shed Courses

Cabinet Making

Alternate Mondays 1-4pm
\$5 plus materials
A basic cabinet-making course starting with hand cut joints leading to small items made using joints. Progress to making small personal projects.

Men's Day

Thursdays 9-3pm—\$2
Join us for machine training, completing odd jobs, making items to sell or for yourself (at your cost). Great friendly atmosphere. BBQ every second Thursday.

Woodturning

Wednesday 9am-12 noon & 1.30-4pm
\$5 per session
A class for those who would like to learn the art of woodturning. All materials and equipment supplied. All skill levels Welcome.

Community Services & Garden

Aldinga Community Garden

Open Wednesday and Sundays from approx 9.30am. An organic, wheelchair accessible, community shared garden at the tennis courts, Symonds Reserve. Come along to the garden on Wednesdays and Sundays to become involved and meet members. Grow it—eat it. Call Sue on 8557 8090.

Community Café

Monday and Friday 12.15pm
\$3.50
Home cooked 2 course lunch. Please book before 10am on the day on 8556 5940.

Emergency Assistance

Monday & Wednesday 9.30am-12 noon
Bread distribution
Thursdays 8.45am-9.30am
Call 8557 7707.

Tax Help

Friday 9-3pm
Free assistance for low income earners and pensioners to help prepare their taxation returns with a trained volunteer tax helper. Appointments essential.

Seniors Kiosk

Daily 9-3pm
Two computers with broadband Internet connection available free for people over 50. Come and make use of this free service.

Aldinga Bay Community Shed and Aldinga Beach R-7 School

In our last newsletter we congratulated the Aldinga Bay Community Shed and the Aldinga Beach R-7 School on receiving \$25,000 NAB Schools First funding to work together -using community supported education to improve student retention.

Well, the partnership has resulted in some great success with children being mentored in the arts of pottery, mosaics and woodwork. Children benefit greatly from skills and knowledge passed on from older generations!

And we're not quite sure who enjoys this time the most -the children or the wonderful shed volunteers with their wealth of knowledge, ready to pass on. The children have the opportunity to be involved in hands-on activities in the shed and see firsthand their newly acquired skills put into action. It would seem that community supported education is a valuable tool in improving student retention - whilst opening young minds to more opportunities in life.



Computer Courses

Basic Word Processing

Tuesday 9-10.30am & 11am-12.30pm
\$10 deposit then \$5 per class
Designed for beginners who need help with the fundamentals of operating a computer and then basic word processing. Thanks to ACE funding.

Computing for Beginners

Wednesday 9-10.30am
\$10 deposit then \$5 per class
This course is for people who cannot use a Computer and want to learn how. Thanks to ACE funding.

Digital Story telling

Thursday 12.30-2.30pm
\$10 deposit then \$5 per class
This course will teach the beginner how to transfer photos from a digital camera or scan old photos and use them in a digital format to create slide shows and movies then create a DVD and organise their media library.

Internet Basics

Tuesday 1-3pm (July-Aug) & (Sept)
\$10 deposit then \$5 per class
Learn how to use the Internet and how to be safe using it. Thanks to ACE funding.

Windows 7

Beginners to Moderate
Thursday 9.30-11.30am
\$10 deposit then \$5 per class
Learn some of the excellent features and included programs in these advanced operating system. Learn just how easy Windows 7 can be to use.

Basic Powerpoint 2010

Monday 1.15-3pm
Create basic presentations using animation, slide transitions and sound. You will be amazed how easy it is!

Internet Plus & Social Networking

Friday 9.30-11.30am
\$10 deposit then \$5 per class
Learn the net and what it can offer, from making phone and video calls (SKYPE) to web aps (Google docs, office 365 etc). Learn to send photographs and share albums on the net, share large files using web services (dropbox etc). Plus an introduction to Social networking and how to do this safely.

Office 2010

Friday 1-3pm (29 July—30 August)
Learn about the changes and see what is new in Word, Excel and Outlook!

Need to Update your Computer Skills?

The Aldinga Community Centre offers fantastic computer courses with friendly tutors in a relaxed setting.

A big thank you to ACE funding for support in the following courses:

- How to use a computer, Basic Word Processing
- Internet Basics
- Computing for Beginners



Getting Your "L's"

Learn and understand the reasons behind the questions for the "L's" test with a patient qualified instructor, Derek Mikolaj from A1 Driving Academy. Very high success rate. Do the test in a non-stressful location. This short course is great for people who may have reading or writing difficulties. Subsidised by ACE funding.



Tuesdays 4.00pm-6.30pm (5 weeks)
Beginning Tuesday 6 September. \$10 for individuals, \$50 for organisations



Home Maintenance Course You Can Fix It? Yes You Can!!

Wouldn't you love to be able to do odd jobs around the home, and fix that leaky tap without the expense of getting a tradesperson out?

Well here's your chance—join 891 ABC Radio's "About the House with Rose Squire" for a FREE hands-on class. Learn to do odd jobs around the home such as tap washers and maintenance, re-grouting tiles, replacing silicone sealant, fixings and fastenings and painting. Empower yourself, and meet new friends in the process. Course open to men and women. Be quick, limited numbers!!