

Body, Mind and Spirit Continues at The Summit

When: Fridays 10am to 12 noon

Cost: \$5

21 October | Sounds of Light—Healing with Sound

Peter Holton will utilise sound & vibration to assist health & healing.

28 October | Transcendental Meditation

Yasmin Kowalski, who runs the Adelaide Transcendental Meditation Centre, will talk on this powerful tool for stress management and relaxation.

4 November | Ancient & Medieval Foods

Maureen Gordon will discuss food sources and storage techniques used throughout the Millennium.

CATASTROPHIC FIRE DAYS

When a Catastrophic Level Fire Ban is declared for the Mt Lofty Ranges, the Centre will be **CLOSED** and all classes and programs will be cancelled.

Any monies paid will either be reimbursed or the course will be rescheduled for a later date.

Please direct enquiries to the

Community Centre Coordinator on **8390 0457**.

Volunteer Vacancies

Are you looking for a challenge and would like to make a difference? Why not join our friendly team of volunteers. Our Centre is also approved to host job seekers undertaking voluntary work to meet Centrelink requirements or maybe you are a student looking for work experience. We provide a supportive and friendly environment and training for those who would like to further their skills.

Current vacancies for :

- community garden
- reception / admin
- teaching a skill or running a group
- assisting with the ongoing programs of The Red Shed at Uraidla
- assisting with the establishment or ongoing programs at The Summit Community Garden
- supporting seniors program

Is there a program or course you'd like to see run at the Centre? Or maybe a school holiday activity your children would like to do?

Drop in or give us call, we'd love to hear your ideas.

Information

Free Internet Access — Bring along any SA Library card, or we can set you up as a Visitor

Facility / Room Hire — Our Community Centre is available for room hire for community events, training, classes and limited private functions

Mobile Library Services — visits The Summit Community Centre every fortnight (Wednesdays).

Justice of the Peace — by appointment at The Summit

Information — Tourist information, health services, environmental issues & lots of other resources

Also located on site:

East Torrens Historical Society -
Secretary - Lesley 8390 3390

Adelaide Hills Natural Resource Centre 8390 1891

Join our Mailing List

Want to join our Email Mailing List?

Simply send an email to:
TheSummit@ahc.sa.gov.au
Tell us your interests:

Full Term Brochure
Arts, Crafts and Culture
Body, Mind and Spirit
Family, Children and Youth
Food and Cooking

Health and Wellbeing
Home and Garden
Over 65's
Technology
Thinkers of the Hills

The Summit Community Centre

Bookings essential for all programs

unless otherwise stated

4 Crescent Drive
Norton Summit 5136

PO Box 44
Woodside SA 5233

(08) 8390 0457

| TheSummit@ahc.sa.gov.au



*The Summit
Community Centre
Term 4, 2016*



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Arts, Craft and Culture

Oil Painting

After the inspiration of SALA come along and join Don and this enthusiastic group of painters. Tuition in these sessions will concentrate on the fresh colours and new life that Spring brings. Beginners welcome.

When: Tuesdays 9.30am—12.30pm
18 Oct—22 Nov (6 week course)
Cost: \$5 per session

Watercolour Painting

Sean Wessex-Brown returns for a 6 week program, 'Abstracts in Nature'. Learn the techniques and effects of water colour in a fun and relaxed environment. Beginners welcome.

When: Wednesdays 10am—12 noon
19 Oct—23 Nov (6 week course)
Cost: \$5 per session plus material costs

Painting Group

Bring along a blank canvas or your latest project, gain inspiration and guidance from fellow artists.

Beginners welcome. Please bring own materials.
When: 1st and 3rd Mon of month 9.30am—1pm
Cost: \$5 per session

Life Drawing

Regular life drawing group with tuition alternate weeks. Beginners welcome. Bring own easel and materials.

When: Thursdays weekly, 10.00am—12.30pm
School Terms
Cost: \$15 per session (includes cost of model)

Book Club @ The Summit

Share your love of reading with this friendly vibrant group. Book list is prepared from Library Catalogue.

When: 4th Wednesday of the month 1—3pm
Cost: Gold coin donation each session

Knit 'n' Stitch

Bring along your latest work in progress and share ideas with a friendly group of like minded people.

When: 1st Monday of the month, 12 noon—3pm
Cost: Gold coin donation

Mosaic

Basket Range Mosaic Group meets at Basket Range Cricket Clubrooms to work on personal and community projects. This friendly group welcomes new members.

Some tuition is available for beginners.

When: 2nd and 4th Friday of month from 9.30am
Cost: \$6 per session
Contact: Cheryl 0407 796 023

Home and Garden

The Red Shed at Uraidla

Join our friendly team of shed volunteers, and share in the Shed's latest project. We are planning trips to visit other community sheds at Mitcham and Mt Barker, and will be inviting the Burnside Shed to come and share a morning with us.

Where: Greenhill Road, Uraidla (Opp. Swamp Road)
When: Thursdays 9.30am—1pm
Cost: Gold coin donation each session

Garden @ The Summit

Join our passionate group of volunteers to develop and plant our demonstration garden of local native plants.

When: Tuesday or Wednesday mornings.

Over 65's



Seniors Xmas Lunch

Monday 28 November
10am to 2pm

Food and Entertainment

Bookings Essential: 8390 0457

Cost \$15

If you have transport issues, please enquire when booking.

Uraidla Chat 'n' Do

Craft, exercise, speakers, entertainment and friendship. (We always have a laugh!)

When: Wednesday fortnightly
Cost: \$10 includes morning tea and lunch
Where: Summertown Uniting Church
Contact: The Summit or Rosie on 0422 138 885

Scrabble and Games

Join us for a day of social scrabble and games. A great way to meet friends and have some fun.

When: 2nd & 4th Monday of month 10am—2pm
Cost: \$4 per session

Let's Do Bus Trips

A range of exciting day trips for the over 65s. Join us and visit a different destination every month.

When: 2nd Wednesday of the month
Cost: Entry fee to venue and cost of lunch—varies

Health and Wellbeing

Essential Oils and Intuition

This workshop will look at the use of organic oils for better health and wellbeing.

When: Friday 18 November 6.30pm to 8.30pm
Cost: \$5

Walking Meditation—commencing 28 October

An opportunity to calm your mind and to bring your awareness to the present moment. As we walk we become aware of our intentions to move and the movement itself.

When: Fridays 1pm to 3pm 28 Oct—16 Dec
Cost: Gold Coin Donation

Yoga with Flo Benattar—Hatha

Increase your strength and flexibility, graduated postures. Beginners to intermediate. Includes relaxation and meditation.

When: Wednesday weekly 6.30—8pm - school terms
Cost: \$10 per session

Calm and Tranquillity

Presented by the Baha'i Community. An evening of beautiful words, calming music and friendship.

When: Tuesdays 6.30—8.00pm
Enq: bahiyehsamimi@gmail.com / 0416 819 619

Victorian and Edwardian Fashion Parade



A fascinating view of fashion and the life led in Victorian and Edwardian times. Covering men's and women's fashion during the 19th Century until the Titanic took its maiden voyage.

When: Friday 21st October 7.30pm—9pm
Supper: High Tea & Wine
Cost: \$5