

School Holiday Programs

A varied School Holiday Program is planned to entertain and challenge children of varying ages.

Recently we have had activities such as watercolour painting, felt making, making of creatures from leaves and seed pods collected in nature and decorating your very own Kokeshi Doll. Please check Adelaide Hills Council website for our most recent program.

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

Join our Mailing List

Want to join our Email Mailing List?

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

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

Health and Wellbeing
Home and Garden
Over 65's
Technology



Information

Internet Café — Free access to Internet, 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.

Library Services — Library opening times available on AHC Website.

Justice of the Peace — Services are available every Tuesday afternoon from 2.00pm - 4.00pm.

Information — Local Tourist information, health services, lots of other resources

Also located on site:

Gumeracha Historical Society
Gumeracha RSL
Gumeracha Town Hall Committee

Torrens Valley Community Centre

Bookings essential for all programs unless otherwise stated

45 Albert Street
Gumeracha 5233

PO Box 44
Woodside SA 5233

8389 1711 | tvcc @ahc.sa.gov.au



Torrens Valley Community Centre General Program



(08) 8389 1711

ahc.sa.gov.au

The Torrens Valley Community Centre is situated in picturesque town of Gumeracha. It is an active and lively hub boasting a team of dedicated and friendly staff and volunteers.

The Torrens Valley Community Centre offers a wide range of activities for all members of our community. See our full program for each term at www.ahc.sa.gov.au as we have many exciting one-off activities.

Also on site is our community Op Shop. Meet our lovely volunteers and shop for a bargain.

Over 65's

Lets Do Bus Trips (for eligible participants)

A range of exciting day trips for the over 65s. Join us and visit a different destination every month. When: 3rd Wednesday of the month

Arts, Craft and Culture

Ring of Oaks Quilters

Weekly group of active quilters, share ideas, be inspired, get encouragement and friendly advice. Chip away at a work in progress or create a future heirloom.

Thursday 1.00pm - 3.00pm
Cost \$5.00

Pins 'n' Needles

Come and join our Pins 'n' Needles and share needlework ideas and enjoy some great company.

Thursday 6.00pm - 9.00pm
Cost \$5.00

Art Group

Bring your latest project along and gain inspiration and guidance from fellow artists. Beginners welcome.

Please bring your own materials.

Wednesday 11.30am - 1.30pm
Cost: \$3.00

Paper Craft Workshops

Card making, stamping and scrapbooking with Jodie
Contact Jodie for times 0422 970 696

Health and Wellbeing

'Fit 4 Life'

Low impact cardio and toning exercise class held weekly at the Cudlee Creek Hall.

Wednesday 9.30am - 10.30am
Cost: \$3.00

Easy Movez

Moderately paced exercise class for men and women. This class incorporates a great variety of exercise techniques including resistance bands and light weights.

Tuesday 10.30 am - 11.30 am
Cost: \$3.00

Tai Chi

Improve flexibility and strength and Alleviate stress and anxiety with Tai Chi. Suitable for all ages.

Monday (Beginners and Intermediate)
Cost: \$5.00

Strength and Balance

A well rounded weekly physical activity session of gentle chair based exercises for seniors. Exercised to help maintain strength, flexibility and balance.

Thursday 10.30am - 11.30am
Cost \$3.00
My Aged Care referral needed

Dru Yoga

Yoga classes held every Wednesday morning and evening with Lynette.

Contact Lynette 0404 911 527

Line Dancing - with Margaret

Spend an evening having fun and getting fit with line dancing. Tuesday evenings.

Contact Margaret 8568 2435

Home and Garden

Community Shed

Located at the back of the Community Centre, our shed provides a place to come and share with others from the area on projects or to just sit and have a chat. All levels of skills are encouraged to attend and to contribute in ways that suit each participants.

Tuesday 10am - 12pm
Thursday 9am - 12pm
Cost: Gold coin donation

Community Garden - Happy diggers gardening group

Want to be a part of a community garden? Community gardens are a great way to meet like minded green thumbs and enjoy great company.

Wednesday 10am- 12pm
(1st & 3rd Wed of the month)
Cost: \$3.00

Family, Children and Youth

Various levels of gymnastics teaching children overall body management skills.

Recreational Gymnastics

Monday and Tuesday 3.40pm onwards

Registration and term fees apply

Contact Jane 8568 5028 or 0478 643 502

Junior Gym

Monday 2 - 3pm (3-5 years)

Kinder gym

Wednesday 9.30 - 10.45am (0-5 years)

Registration and term fees apply

Contact Kathryn 0400 033 267 or Tonia 0434 951 078

Once Upon a Time with Linda (from Term 2)

Story telling and crafts for Pre-schoolers set in the Gumeracha Library. A different theme each week to captivate your child's imagination.

Wednesday 10.45am - 11.45am
FREE