



July - September 2025

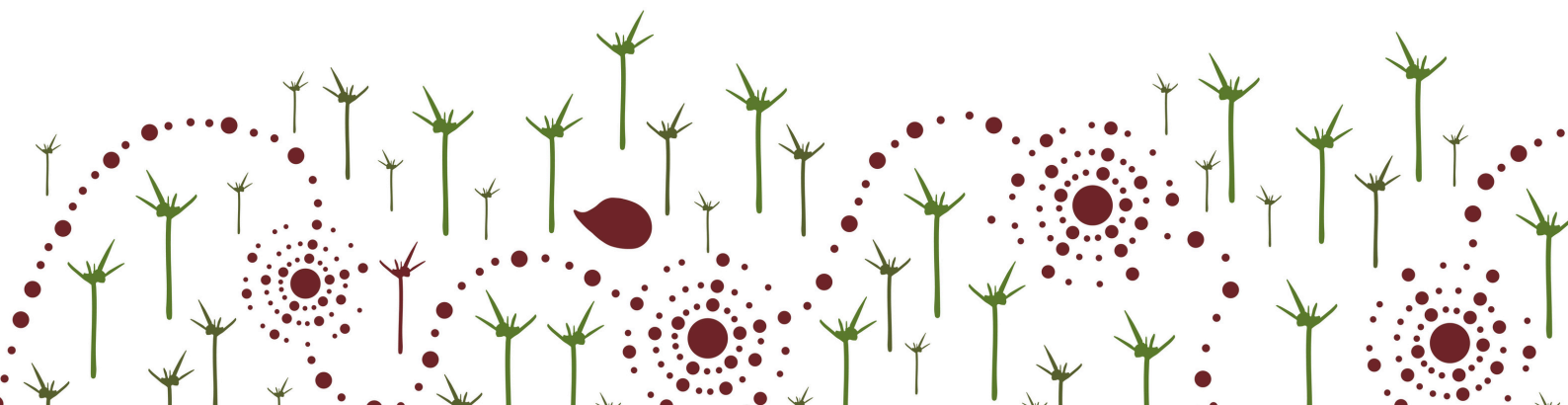
Adelaide Hills Council Community Centres *Program*



Adelaide Hills
COUNCIL

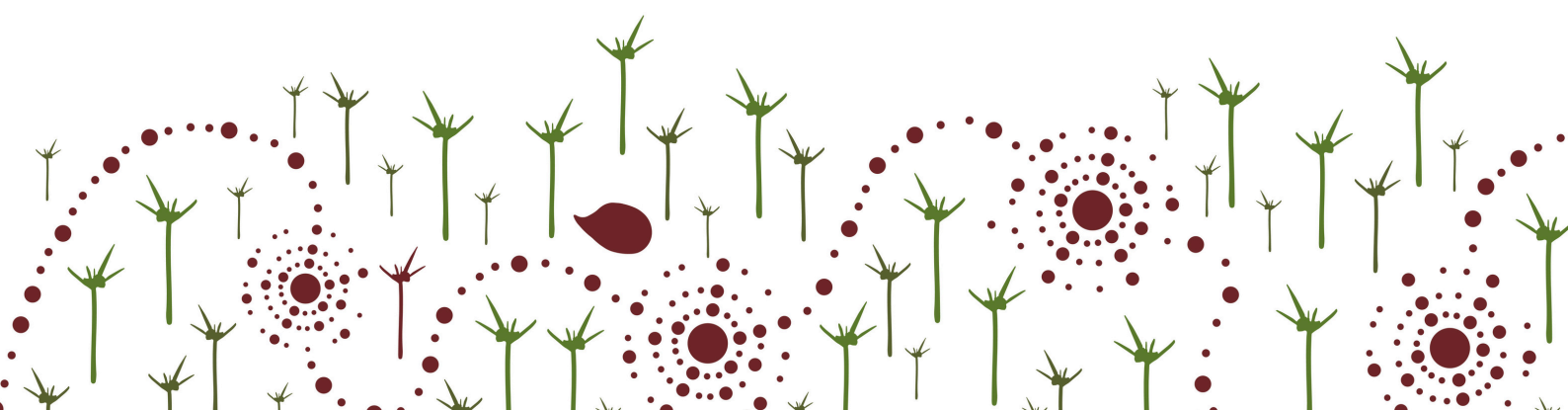
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The Summit Community Centre Regular Programs

Wonderful bright open space with a vine covered patio and the best views in Adelaide! Learn new skills, meet new people, enjoy the FREE Wi-Fi or relax with a cuppa and a book from our Book Swap. Drop in and say hello! All programs run at the centre unless otherwise indicated. Bookings not required unless specified.

Monday

East Torrens Historical Society

Promoting the study and discussion of the history of the former District Council of East Torrens. Contact Lesley for more information on 8390 3390.

When: 1st and 3rd Mon of the month

Time: 9:00am - 12:00pm

Family Beginnings Playgroup

Come along to playgroup for a nourishing morning of connection, conversation, hot tea, an opportunity to ask questions and share stories. Includes some visiting professionals. Contact Kate for more information on 0403 890 234.

Who: Pregnancy to toddling

Time: 10:00am - 12:00pm

Knit 'n' Stitch

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

When: 1st Mon of the month

Time: 12:00pm - 3:00pm

Cost: Gold coin donation



Tuesday

The Red Shed

A community shed where you can work on your own project or join in a community project - no special skills required, friendly company - all welcome!

Where: Greenhill Road, Uraidla

Time: 9:30am - 1:00pm

Cost: Gold coin donation

Lower Back Mastery Class

A program for all ages, providing a gentle yet practical pathway to strength. Focused on improving mobility, reducing pain, and building confidence through effective, low-impact exercises designed for lasting back health.

Time: 9:15am - 10:15am

Cost: \$5

Chair Strength & Mobility

Designed for ages 47 and over, this class offers a supportive and effective way to build strength, improve movement, and enhance stability, all with the aid of a chair. A gentle yet empowering approach to staying active and confident.

Time: 10:30am - 11:15am

Cost: \$5

Homeschool Art Classes

Join Rebecca Prince in a wonderful set of 4 art classes where you will explore nature and imagination!

When: 12 August - 2 September

Time: 10:00am - 11:00am

Cost: \$90

Bookings: Essential



The Summit Community Centre Regular Programs

Wednesday

Dance Fitness/Zumba

Perfect for beginners, a great mid intensity exercise class. Come ready to sweat, and prepare to leave empowered and feeling strong!

Time: 9:30am - 10:30am

Cost: \$5

Karra Watta Cafe

A free community lunch available to anyone. A great chance to reconnect with old friends and make new connections by coming together to enjoy a hearty meal.

When: 3rd Wed of the month

Time: 12:00pm - 2:00pm

Cost: Gold coin donation

Bookings: Essential, call 8390 0457

Book Club

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

When: 4th Wed of the month

Time: 1:00pm - 3:00pm

Cost: Gold coin donation

Hatha Yoga with Flo

Beginners to intermediate. Includes relaxation and meditation.

Time: 6:30pm - 8:00pm

Cost: \$10



Thursday

The Red Shed

A community shed where you can work on your own project or join in a community project - no special skills required, friendly company - all welcome!

Where: Greenhill Road, Uraidla

Time: 9:30am - 1:00pm

Cost: Gold coin donation

Life Drawing

Join Julia Wakefield for life drawing classes. Includes model and tuition. Beginners welcome. BYO materials.

When: 1st & 3rd Thurs of the month

Time: 9:45am - 12:15pm

Cost: \$15

Social Table Tennis

Whether you're a beginner or a seasoned player, come enjoy some tips and have some fun!

Where: Basket Range Hall

Time: 10:00am - 12:00pm

Cost: Gold coin donation



Torrens Valley Community Centre Regular Programs

Situated amongst the busy and friendly Gumeracha Community Hub, come enjoy our programs, socialise over a tea or coffee, or visit the op shop. All programs run at the centre unless otherwise indicated. Bookings not required unless specified.

Monday

Tai Chi

Great activity to improve balance and muscular strength. (Classes full and currently not taking new participants)

Who: Beginners

Time: 9:30am - 10:30am

Who: Intermediate/advanced

Time: 10:45am - 11:45am

Cost: \$5

Which-Craft

A social space for all things craft! Bring along your piece and craft in company.

Time: 12:30pm - 2:30pm

Cost: \$3

Social Singing

Kick the week off with great vibes and some fun with music. All welcome.

Time: 2:00pm - 3:30pm

Cost: \$3

Yoga with Ness

Kickstart your week strong. Yoga is a great way to improve strength, flexibility and balance. A fantastic wellness activity for the mind and soul.

Time: 5:30pm - 6:30pm

Cost: \$10

Boxing with Ness

Beginner through to advanced. Boxing for fitness, fun and de-stressing. Hand wraps compulsory (can be purchased for \$5). Minimum age 12. 12-15 must be accompanied by an adult.

Time: 6:45pm - 7:30pm

Cost: \$5 introductory price

Tuesday

Community Shed

Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.

Time: 9:00am - 12:00pm

Cost: Gold coin donation

Happy Dance with Ness

Perfect for beginners, a great mid intensity exercise class. Come ready to sweat and prepare to leave empowered and feeling strong!

Time: 9:15am - 10:15am

Cost: \$5

Easy Movez

Moderately paced exercise class incorporates a variety of techniques including resistance bands and light weights.

Time: 10:30am - 11:30am

Cost: \$3

Classic Movie Club

Are you a fan of the timeless 'classics'? Join us for a good laugh and great company as we turn the community centre into a pop-up movie theatre.

When: 3rd Tues of the month

Time: 1:00pm - 3:00pm (approx)

Cost: \$3



Torrens Valley Community Centre Regular Programs

Wednesday

Art Group

Bring your latest project and gain inspiration from fellow artists. Beginners welcome. Bring your own materials.

Time: 10:00am - 12:00pm

Cost: \$3



Monthly Meals

Enjoy a tasty lunch in great company. (If you have any dietary requirements, please let us know a week in advance, for catering purposes.)

When: Mar - Nov, 1st Wed of the month

Time: 12:30pm - 1:30pm

Cost: \$5

Bookings: Essential call 8389 1711



Monthly Movie Club

Enjoy the movies? Join us for a good laugh and great company as we turn the community centre into a pop-up movie theatre.

When: 2nd Wed of the month

Time: 1:00pm - 3:00pm (approx)

Cost: \$3

Thursday

Community Shed

Come and work on projects or just sit and have a chat. All levels of skills are encouraged to attend.

Time: 9:00am - 12:00pm

Cost: Gold coin donation

Chair Strength & Mobility

Designed for ages 47 and over, this class offers a supportive and effective way to build strength, improve movement, and enhance stability, all with the aid of a chair. A gentle yet empowering approach to staying active and confident.

Time: 10:30am - 11:30am

Cost: \$3

Thursday Craft'ernoon

Love working on craft projects but wouldn't mind getting out the house? Craft'ernoons are for creative projects of any kind. From quilting, crochet, card making to needlework and scrapbooking -all welcome. BYO materials.

New Time: 12:30pm - 5:00pm

Cost: \$5

Social Cribbage

Ever wanted to learn how to play Cribbage? Do you play already and would like play somewhere socially?

When: 1st and 3rd Thursday of the month

Time: 1:30pm - 3:00pm

Cost: \$3

Where: Community Hub Foyer



SALA @ THE SUMMIT



ADELAIDE HILLS CONNECTIONS

Artwork reflecting connections to community, nature, environment and history of the Adelaide Hills

**Monday 4 August - Thursday 11 September
(Opening night Friday 1 August 2025)**

SALA Exhibition and Young Artist's Competition

The South Australian Living Artists (SALA) Festival is a statewide festival of visual art during August. The Summit Community Centre is once again participating in SALA with our exhibition 'Adelaide Hills Connections'. We welcome all artists to submit work for our annual exhibition.

Entries close 3pm Tuesday 8 July! Scan the QR code for more information.



Exhibition Opening

Join us for the opening night of the exhibition. Meet the artists, enjoy a taste of Persian cuisine and get creative with artist, Rebecca Prince by decorating a bug to add to our outdoor mural. Soft drinks, tea and coffee will be provided and wine will be available for purchase from Ten Miles East.

When: Friday 1 August
Time: 4:00pm - 7:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Preferred

5.

Bookings via QR code



Young Artist's Competition

If you're between the ages of 5 and 18 we'd love you to enter our art competition, with entries showcased during our SALA exhibition! Create your masterpiece on paper (minimum size A4, maximum size A3) and submit it to be in the running for some great prizes!

Age categories: 5 - 8 years, 9 - 12 years, 13 - 15 years, 16 - 18 years.

**Entries close 3pm Wednesday
16 July! Scan the QR code for
more information**



*Watercolour and Pen Nature Sketching**

Join local artist Rebecca Prince for a beginner friendly, fun and mindful nature sketching session. In this session you will learn watercolour and drawing techniques to help you journal any inspiration you find in your natural surroundings.

When: Saturday 9 August
Time: 2:00pm - 4:00pm
Where: The Summit Community Centre
Cost: \$10
Bookings: Essential

*Part of the Winter Words program

An Introduction to Scraperboard/Scratch Board

Scratch Board or Scraperboard is a method where a dark surface is scratched away to reveal white lines, tones and textures. Join Veronica Oborn Jefferis, People's Choice Award winner of our 2022 & 2023 SALA exhibitions for this interactive workshop.

When: Saturday 23 August
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: \$25
Bookings: Essential

Creative Arts

Paint and Glaze a Ceramic Mug

Led by Adelaide Hills artist Bethany Neck, you will create a unique design using patterns, fruit and flower images, symbols and colours of your choice to paint on a ceramic mug with underglazes and a clear glaze to finish. The mugs will be fired in our own kiln.

When: Saturday 2 August
Time: 9:30am - 1:00pm
Where: Torrens Valley Community Centre
Cost: \$40
Bookings: Essential

Paint and Glaze a Teacup and Saucer

Led by Adelaide Hills artist Bethany Neck, you will create a unique design using patterns, fruit and flower images, symbols and colours of your choice to paint on a teacup and saucer with underglazes and a clear glaze to finish. The cups and saucers will be fired in our own kiln.

When: Saturday 30 August
Time: 9:30am - 1:00pm
Where: The Summit Community Centre
Cost: \$45
Bookings: Essential

Fruit or Flower Still Life in Water Mixable Oils

Join Adelaide Hills artist, Bethany Neck in this workshop where you will paint a still life arrangement using water mixable oils. Bethany will guide you step by step through the process of creating your own water mixable oil painting.

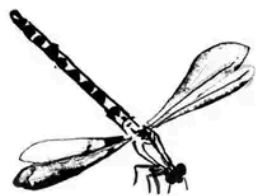
When: Wednesday 3 September
Time: 9:30am - 12:30pm
Where: The Summit Community Centre
Cost: \$35
Bookings: Essential

Decorative Coil Pottery Building

Come and learn coil pottery hand-building basics with local artist Rebecca Prince. Rebecca will guide you through the process of rolling coils and building decorative yet functional forms using sculptural and creative techniques.

When: Saturday 27 September
Time: 10:00am - 1:00pm
Where: The Summit Community Centre
Cost: \$45
Bookings: Essential





2025 Winter Words



Writing Ourselves Home: The Poetry of Local Places

Join Rosie Sheba, number one Amazon bestselling author and local resident, as she guides you on a poetic sensory journey to craft your words into an ode to Mother Earth. Sourcing inspiration from the Adelaide Hills, you will craft a poem or piece of creative prose using your senses and guided by nature in a two hour workshop.

When: Saturday 26 July

Time: 10:00am - 12:00pm

Where: The Summit Community Centre

Cost: \$10

Bookings: Essential

The Nuts and Bolts of Writing Historical Fiction

Every writer of historical fiction wants their work to be both captivating and accurate. This 3-hour workshop will introduce you to techniques for combining research with a novelist's tools to create characters and settings that are engaging, believable and historically authentic.

When: Saturday 16 August

Time: 10:00am - 1:00pm

Where: Torrens Valley Community Centre

Cost: \$10

Bookings: Essential

From Page to Stage: A Spoken Word Poetry Workshop

A hands on, interactive workshop to learn how to write for performance and bring your poetry to life! You'll be exposed to works of contemporary Australian spoken-word poets, guided through a writing session and then supported to bring your words to life in an inclusive and welcoming space to an audience of fellow poets. No experience necessary, come along and find your voice!

When: Sunday 17 August

Time: 11:00am - 2:00pm

Where: The Summit Community Centre

Cost: \$10

Bookings: Essential



Healthy Living & Sustainability

Which Bin - Recycling & Repurposing

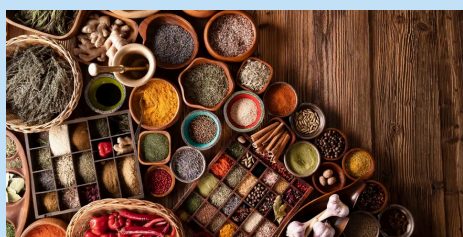
A presentation and conversation with AHC's Waste Management Coordinator about resources, waste and recycling. Learn more about what goes in which bin and where the materials we dispose of go beyond our kerbsides.

When: Monday 4 August
Time: 2:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Preferred

Persian Cooking Class

Immerse yourself in the rich flavours of Persian cuisine. Learn how to prepare traditional Persian dishes, discover the stories behind them, and enjoy the vibrant taste testing at the end.

When: Tuesday 19 August
Time: 6:15pm - 8:00pm
Where: Torrens Valley Community Centre
Cost: \$5
Bookings: Essential



Harvest and Brine: Growing and Pickling Produce

An interactive demonstration teaching you the process of pickling your own produce from beginning to end. Includes take home kit including recipe, seeds for growing your own produce and salt, spices and sugar for pickling.

When: Saturday 23 August
Time: 10:00am - 11:30am
Where: Torrens Valley Community Centre
Cost: \$20
Bookings: Essential

Bookings via QR code



R U OK? Day - Zentangles and Colouring

Zentangles is a meditative drawing practice where repetitive, structured patterns called 'tangles' are drawn with a pen on small pieces of paper.

When: Tuesday 9 September
Time: 12:30pm - 2:00pm
Where: Torrens Valley Community Centre
Cost: Free
Bookings: Essential
When: Wednesday 10 September
Time: 10:30am - 12:00pm
Where: The Summit Community Centre
Cost: Free
Bookings: Essential

Movie Screening "Everybody's Oma" - Dementia Awareness Month

A moving and powerful documentary that explores the complexities of dementia and the enduring power of family love. It offers a glimpse into the lives of those affected by dementia, encouraging empathy and understanding.

When: Wednesday 10 September
Time: 1:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Preferred
When: Monday 15 September
Time: 1:00pm - 3:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Preferred

Composting/Worm Farming Workshop

Come along and learn about the benefits of composting food scraps and the importance of diverting food from landfill from expert, Alan Shephard.

When: Saturday 13 September
Time: 10:00am - 11:00am
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

Information Sessions

Advance Care Directive Information Session

Do you have an Advance Care Directive (ACD)? An ACD empowers you to make clear legal arrangements for your future health care, end of life, preferred living plans and other personal matters.

When: Monday 11 August
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

When: Tuesday 26 August
Time: 10:00am - 12:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

Save On Your Energy Bills Information Session

Bring a bill and get some tips on lowering your energy cost! Presented by Origin Energy, this session will include simple, practical tips to help you save. Anyone with who has questions about their energy bill (not only Origin customers) is encouraged to attend.

When: Wednesday 23 July
Time: 11:00am - 12:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Preferred

When: Wednesday 6 August
Time: 2:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Preferred



Bookings via QR code



Parenting

The Village Project

Feeling the need for support as a stay-at-home parent? Want to connect with others from the community? Join us for a cuppa and a chat where you can connect with other families in the community and then take 2 hours to yourself while your children are looked after and entertained by dedicated carers.

When: Thursday 24 & 31 July, 14 & 28 August
Time: 9:00am - 12:30pm
Where: The Summit Community Centre
Bookings: Essential

Supported by Imagine Uraidla and AHC Community Centres



Parenting Q&A - Pregnancy to Young Families

Join Kate McMurray and other practitioners who work with pregnant women, post-natal women, children and young families for short presentations with question time.

When: Saturday 9 August
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: \$5
Bookings: Essential

Dad's Workshop

Dads are invited to join Kate McMurray for an evening of sharing the challenges and embracing the strengths of being a Dad. There will be lots of opportunity to connect, talk, ask questions and share stories.

When: Tuesday 19 August
Time: 7:00pm - 9:30pm
Where: The Summit Community Centre
Bookings: Contact Kate on 0403 890 234

Exhibition Program

Exhibition Schedule

Exhibitions are open during The Summit Community Centre hours unless specified.

SALA @ The Summit - Adelaide Hills Connections

A group exhibition featuring a diverse range of artists from across the community, showcasing artworks in various mediums reflecting connections to community, nature, environment and history of the Adelaide Hills. See p5 for further information.

Exhibition Dates: Monday 4 August - Thursday 11 September

Opening Event: Friday 1 August, 4:00pm - 7:00pm

Insecta Botanica: The Interconnected Worlds of Insects and Flowering Plants

A celebration of the relationships between insects, bug and flowers. This Hills Environment Centre exhibition invites audiences to explore the extraordinary and often overlooked world of insects, bugs and pollinators (bees, beetles, butterflies, moths, ants, flies, and more) and their relationship with flowering plants.

Exhibition Dates: Monday 22 September - Thursday 30 October

Opening Event: Thursday 18 September 4:00pm - 7:00pm

Exhibition Opportunities

The Summit Community Centre runs a vibrant exhibition program throughout the year. Our exhibition space includes a large, light filled room and a bright foyer area, both with incredible views. Contact us for more information.

Volunteer Opportunities

Volunteering with Adelaide Hills Council lets you give back to your community and help build strong, connected individuals and neighbourhoods. We're currently seeking Volunteer Customer Service Assistants for both community centres.

Volunteer Customer Service Assistant

The Role

The Customer Service Assistant provides customer service at the community centres, by greeting visitors and answering enquiries. They also assist with administrative tasks that support community centre programs, thereby assisting the community to access and enjoy programs and services coordinated by the community centres.

About You

You are comfortable in a customer service environment with a warm and friendly manner. Demonstrated administration skills with good working knowledge of the Microsoft Suite of packages and experience communicating via email. The ability to communicate effectively and empathetically with a broad range of people including the elderly, disabled, disadvantaged, socially isolated and culturally diverse.

Volunteering is a fantastic way to connect and interact with your local community. If you are interested in this role please give us a call, or apply online!



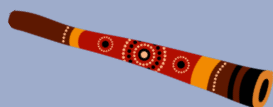
July School Holiday Programs

MONDAY 7 JULY

Didge and Dance with David Booth

Join David Booth for an interactive dance movement workshop where David will share stories, dance and games.

Age: Families/all ages
Time: 1:00pm - 2:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



Free Board Games and Lego

Looking for something fun (and free!) to do these school holidays? Come along for a relaxed and friendly space where kids can build epic LEGO creations and battle it out over board games!

Age: Families/All ages
Time: 9:30am - 2:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Drop in

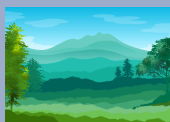


TUESDAY 8 JULY

My Favourite Hills Landscape Acrylic Painting Workshop

Join artist, Rebecca Prince and create an acrylic painting on an A3 piece of canvas paper of your favourite Adelaide Hills landscape, that you might like to enter into the SALA 'Adelaide Hills Connections' Young Artist's Competition.

Age: 8 - 16
Time: 10:00am - 12:00pm
Where: The Summit Community Centre
Cost: \$5
Bookings: Essential



Bookings via QR code

WEDNESDAY 9 JULY

Healthy Lunchbox Session

Learn about preparing healthy, appealing, budget friendly lunchbox meals while learning about food in a fun way! This workshop will be educational and hands on, with an opportunity for children to eat their creations.

Age: 7+
Time: 10:30am - 11:30am
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



Paint a Watercolour Bookmark

Drop in and get creative! Paint your own watercolour bookmark to keep or gift. It's the perfect way to add a splash of colour to your everyday reading. No experience necessary. All materials provided.

Age: Families/All ages
Time: 9:30am - 2:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Drop in



THURSDAY 10 JULY

Creative Kids Mosaic Workshop

Get ready to dive into a world of color and creativity! In this hands-on workshop, kids will design and make their very own mosaic masterpieces to take home and treasure. Parent supervision required.

Age: 6 - 10
Time: 1:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: \$5
Bookings: Essential



July School Holiday Programs

MONDAY 14 JULY

Didge and Dance with David Booth

Join David Booth for an interactive dance movement workshop where David will share stories, dance and games.

Age: Families/all ages
Time: 1:00pm - 2:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



TUESDAY 15 JULY

Healthy Lunchbox Session

Learn about preparing healthy, appealing, budget friendly lunchbox meals while learning about food in a fun way! This workshop will be educational and hands on, with an opportunity for children to eat their creations.

Age: 7+
Time: 10:30am - 11:30am
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



WEDNESDAY 16 JULY

Movie Magic: School Holiday Screening for All Ages!

Come and enjoy "The Lost Tiger" movie these school holidays. Teo is a plucky young tiger and one of the last of his kind. Found abandoned and wearing a mysterious crystal necklace, he is adopted into a big, boisterous kangaroo family of travelling wrestlers.

Age: All ages
Time: 1:00pm - 3:00pm (approx)
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



THURSDAY 17 JULY

*Dinosaurs Down Under**

Come on a wonderful journey to uncover the boundless and beautiful forms that came before us. Brought to you by award-winning singing palaeontologist, Professor Flint!

Age: All ages
Time: 1:00pm - 2:00pm
Where: The Summit Community Centre
Cost: \$5 (+booking fee)
Bookings: Essential



* A collaboration with the Hills Environment Centre

Paint, Craft, Create! Free School Holiday Fun at Gum!

Looking for a colourful way to spend the school holidays? Drop in for a free art and craft zone bursting with paints, pencils, paper, and more! Kids can paint, draw, glue, and create to their heart's content—no experience needed, just imagination!

Age: All ages
Time: 9:00am - 12:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Drop in



ALL HOLIDAYS

Paint or draw an entry for the SALA Children's Art Competition

Drop in and paint or draw an artwork to enter into the SALA 'Adelaide Hills Connections' Young Artist's Competition! Various art materials and paper supplied.

Age: 5 - 18
Time: 9:00am - 3:00pm Mon - Thurs
(closed public holidays)
Where: The Summit Community Centre
Cost: FREE
Bookings: Drop in



Bookings via QR code



Adelaide Hills Council Community Centres

The Summit Community Centre

4 Crescent Drive, Norton Summit

8390 0457

thesummit@ahc.sa.gov.au

Torrens Valley Community Centre

45 Albert Street, Gumeracha

8389 1711

tvcc@ahc.sa.gov.au

Extreme and Catastrophic Fire Danger Ratings

When an Extreme (75+) or Catastrophic Fire Danger Rating is declared for the Mt Lofty Ranges, the Adelaide Hills Council Community Centres will be closed, and all classes and programs will be cancelled without notice. Any monies paid will either be reimbursed, or the course will be rescheduled for a later date.

Current fire danger ratings can be checked here:



Opening Hours

Monday - Thursday: 9:00am - 3:00pm

Friday: closed

Public holidays: closed

ahc.sa.gov.au/community/community-centres



 [@ahccommunitycentres](https://www.facebook.com/ahccommunitycentres)



Council acknowledges that we meet on the traditional Country of the Peramangk and Kaurna people. We pay our respects to Ancestors and Elders past and present as the Custodians of this ancient and beautiful land.