



October - December 2025

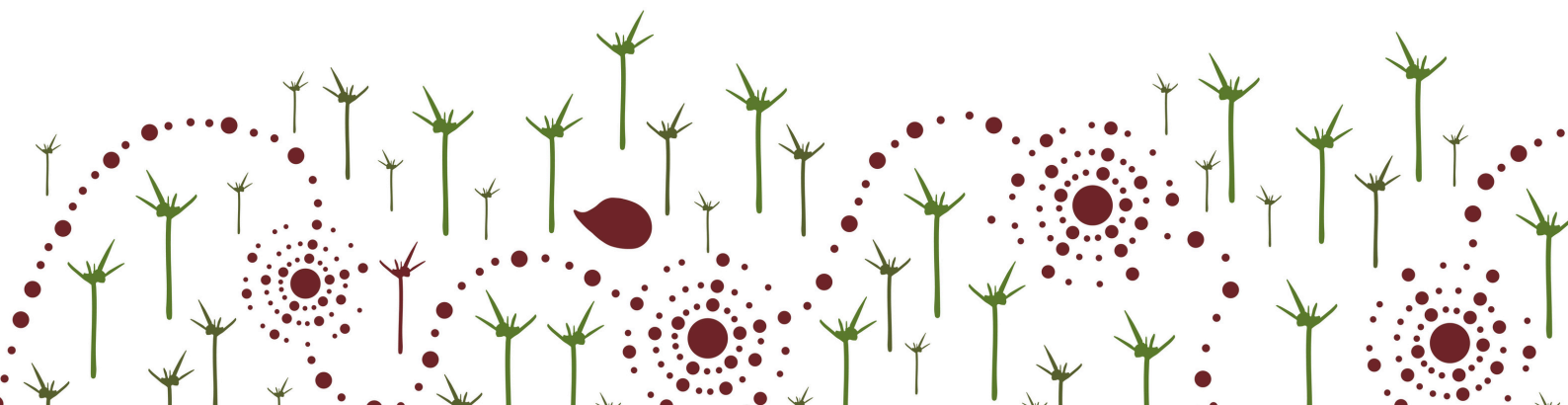
Adelaide Hills Council Community Centres *Program*



Adelaide Hills
COUNCIL

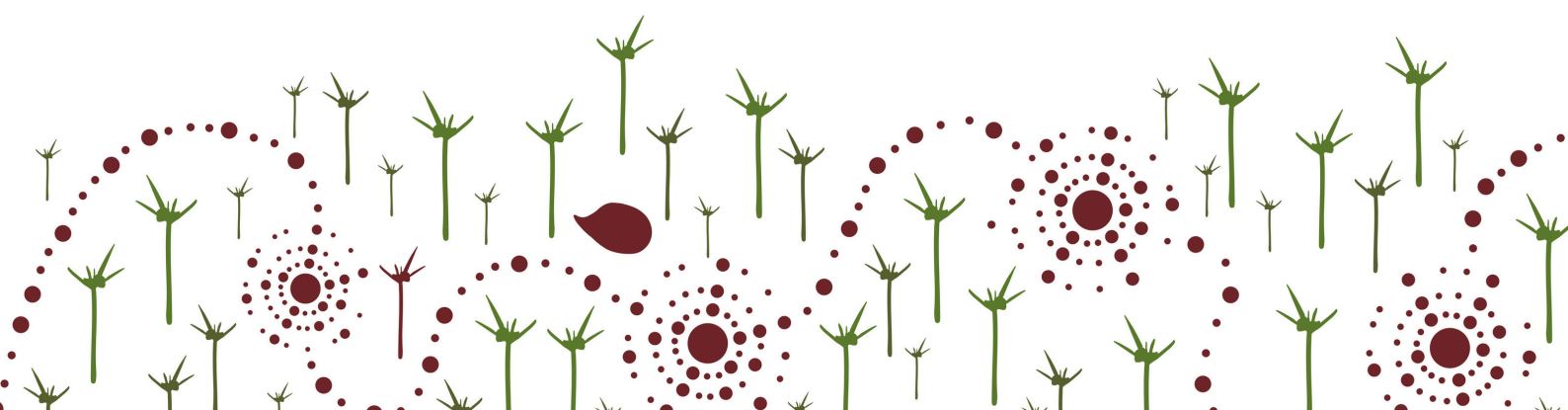
SUBSCRIBE

Subscribe to stay up to date with Your Community Centres



CONTENTS

The Summit Community Centre Regular Programs	1-2
Torrens Valley Community Centre Regular Programs	3-4
Creative Arts	5
Healthy Living & Sustainability	6
Food for Thought	7
Christmas Workshops	7
Information Sessions	8
Parenting	8
Exhibition Program	9
SALA Highlights	10
October School Holiday Program	11-12



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



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



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

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: 5:30pm - 6:15pm

Cost: \$5



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



Creative Arts

Art Workshop Series

Discover the joy of painting in this hands-on workshop series held over six consecutive Wednesdays. Each pair of sessions introduces you to a different medium - watercolours, acrylics, or oils. Book into 2, 4, or all 6 workshops, or sign up for the full series and enjoy a discounted rate!

What: Watercolours

When: Wednesday 15 and 22 October

Cost: \$30

What: Acrylics

When: Wednesday 29 October and 5 November

Cost: \$30

What: Oils

When: Wednesday 12 and 19 November

Cost: \$30

All 6 \$75

Time: 10:00am - 12:30pm

Where: The Summit Community Centre

Bookings: Essential

Creative Mosaic Workshop Series

Join artist Angela Biermann for three workshops where you will learn the basics of mosaic and take home a beautiful mosaic birdhouse.

When: Wednesdays 22 & 29 October, 5 November

Time: 10:00am - 12:30pm

Where: Torrens Valley Community Centre

Cost: \$105 (total cost for series)

Bookings: Essential



Watercolour and Pen Nature Sketching for Seniors

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

When: Tuesday 4 November

Time: 10:00am - 12:00pm

Where: The Summit Community Centre

Cost: \$15

Bookings: Essential

Supported by the Hills Positive Ageing Project



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 2023 & 2024 SALA exhibitions for this interactive workshop.

When: Saturday 15 November

Time: 10:00am - 12:00pm

Where: The Summit Community Centre

Cost: \$25

Bookings: Essential



Bookings via QR code



Healthy Living & Sustainability

Lower Back Strength & Hyperextension Workshop

Love your lower back - safely, confidently and effectively. Join Personal Trainer Jules for a hands-on, practical workshop designed to help you feel strong, supported, and confident in your body.

When: Tuesday 28 October
Time: 1:00pm - 3:00pm
Where: Torrens Valley Community Centre
Cost: \$5
Bookings: Essential

Understanding and Valuing our Sleep

Join us for an informative session exploring the vital role sleep plays in our health and wellbeing. We'll take a closer look at the different types and stages of sleep such as REM and deep sleep, and why each is essential for physical restoration, emotional balance, and mental clarity.

When: Tuesday 28 October
Time: 1:00pm - 2:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential

Wim Hof Fundamentals Workshop

The Wim Hof Method is a powerful combination of breathwork, cold exposure, and mindset training that helps people reconnect with themselves, build resilience, and reset their nervous system. Includes deep breathwork journey, ice bath immersion and sound healing.

When: Saturday 22 November
Time: 10:00am - 1:00pm
Where: The Summit Community Centre
Cost: \$90
Bookings: Essential

Make a Terracotta Olla

Create a more water sustainable garden by learning the ancient art of Olla water irrigation. In this workshop you will handbuild a pot out of terracotta. You will also make your very own unique lid design, which will be visible above ground, with guidance from artist Rebecca Prince.

When: Saturday 22 November
Time: 10:30am - 1:30pm
Where: Torrens Valley Community Centre
Cost: \$35
Bookings: Essential



Mindfulness and Meditation - M&Ms

This session offers a gentle introduction to mindfulness and meditation practices that support relaxation and self-awareness including body scan meditation. This will be a brief introduction to mindfulness - what it is and how it can help us stay present and reduce stress.

When: Wednesday 3 December
Time: 11:00am - 12:00pm
Where: The Summit Community Centre
Cost: FREE
Bookings: Essential



Bookings via QR code

Food for Thought

Karra Watta Cafe Big Blue Table

We will be hosting a Big Blue Table at our monthly Karra Watta Cafe. It's a chance to connect over a meal in a fun environment whilst having a conversation about mental health. All funds raised will go to Beyond Blue.

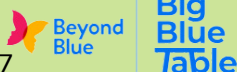
When: Wednesday 15 October

Time: 12:00pm - 2:00pm

Where: The Summit Community Centre

Cost: \$5

Bookings: Phone 83900457



Monthly Meal with Aged Rights Advocacy Service (ARAS)

Join us this November for a delicious, low-cost lunch with great company and meaningful conversation! This month, we're welcoming a special guest from the Aged Rights Advocacy Service (ARAS) so you can lunch and learn!

When: Wednesday 5 November

Time: 12:30pm - 2:00pm

Where: Torrens Valley Community Centre

Cost: \$5

Bookings: Essential

Food and Wine Pairing

Join us for a relaxed and flavour-filled workshop exploring the art of pairing food and wine. You'll taste four beautiful wines, two whites and two reds and learn how carefully crafted canapés can elevate each one.

When: Tuesday 18 November

Time: 6:30pm - 8:30pm

Where: The Summit Community Centre

Cost: \$25

Bookings: Essential

When: Wednesday 26 November

Time: 6:00pm - 8:00pm

Where: Torrens Valley Community Centre

Cost: \$25

Bookings: Essential



Bookings via QR code



Christmas Workshops

Paint and Glaze a Christmas Platter

Create a unique Christmas design on a ceramic platter with underglazes and a clear glaze to finish.

When: Saturday 8 November

Time: 9:30am - 3:30pm

Where: The Summit Community Centre

Cost: \$65

Bookings: Essential

Clay Christmas Ornaments

Get into the spirit of the festive season and learn to create beautiful ceramic ornaments to give away as gifts or keep for your own decorating at home. A great family activity (suitable for children aged 6+) or come along on your own and meet new people! Adults and children must both book tickets.

When: Saturday 29 November

Time: 10:00am - 12:00pm

Where: The Summit Community Centre

Cost: Adult \$15, Child \$5

Bookings: Essential



Embossed Metal Christmas Decorations

Join artist Rebecca Prince to create your very own embossed metal Christmas decorations. Using soft and pliable metal, you'll be able to create gorgeous individual decorations or garlands.

When: Tuesday 9 December

Time: 1:00pm - 3:00pm

Where: Torrens Valley Community Centre

Cost: \$25

Bookings: Essential

Information Sessions

Aged Rights Advocacy Service (ARAS) Information Session

Join us to hear from a representative of the Aged Rights Advocacy Service (ARAS) to learn how they can help advocate and support you or your loved ones as you navigate home services or residential aged care.

When: Wednesday 15 October
Time: 6:30pm - 8:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

Scams Awareness

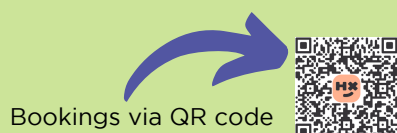
Reduce your chances of falling victim to an online scam with this valuable session delivered by NBN Co. Get practical tips on how to spot a scam, and what to do if you think you may have fallen victim to a scam.

When: Tuesday 28 October
Time: 1:00pm - 2:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential

Australian Red Cross EmergencyRedi Workshop

EmergencyRedi workshops support communities to complete a REDiPlan – an all-hazards tool developed by the Red Cross that supports communities to consider what they need to put in place to be prepared for disasters in their local context.

When: Wednesday 29 October
Time: 6:30pm - 7:30pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



Digital Champions: Building Confidence and Capability

Develop your technical troubleshooting skills in this practical information session facilitated by NBN Co.

When: Tuesday 25 November
Time: 1:00pm - 2:30pm
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.

When: Wednesday 26 November
Time: 1:00pm - 2:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



Parenting

The Village Project

Feeling the need for support as a stay-at-home parent? Come along for a cuppa and a chat where you can connect with other families in the community.

When: Thursday 23 & 30 October, 13 & 27 November
Time: 9:30am - 12:30pm
Where: The Summit Community Centre
Bookings: Essential



Dad's Workshop

An evening of sharing the challenges and embracing the strengths of being a Dad.

When: Monday 20 October
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.

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

Memento Mori: ineke van den Hout

Memento mori is a Latin phrase that means "remember you must die" and serves as a reminder of the inevitability of death. Far from being morbid, this concept encourages people to live a more meaningful life by appreciating the brevity of existence, focusing on what truly matters, and finding purpose in their actions.

Exhibition Dates: Monday 24 November - Wednesday 17 December

Opening Event: 23 November 2:00pm - 4:00pm



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.

Program Expression of Interest

We are currently seeking expressions of interest from community members who would be interested in attending Tai Chi or Chi Gung evening class, possibly at The Summit Community Centre on a Tuesday evening and at the Torrens Valley Community Centre on a Wednesday evening. Please register your interest via the QR code.



SALA @ THE SUMMIT

ADELAIDE HILLS CONNECTIONS

SALA Highlights

SALA at The Summit was once again a resounding success with many people visiting the exhibition throughout August and into September, including over 100 people at the opening event. The theme of this year's exhibition was Adelaide Hills Connections - Artwork reflecting connections to community, nature, environment and history of the Adelaide Hills. There was overwhelming interest in the exhibition from artists in the community and this year, 39 artists entered 98 artworks into the exhibition, including paintings, textiles, photography, ceramics, and various other mediums.

The People's Choice Award winner is Nguyen Tran with the watercolour painting 'Woorabinda Haze'.



Nguyen Tran, Woorabinda Haze

A Young Artists Competition with the same theme was once again run in conjunction with the exhibition. Twenty six entries were received from children aged 5 - 14 years. The winners of the competition are Jason Webster (7 years) in the 5 - 7 category, Donson Cheng (9 years) in the 8 - 10 category and Emily Peterson (12 years) in the 11 - 14 category, chosen by popular vote.

Congratulations to the winners and all the artists that participated!



Jason Webster (7 years)



Donson Cheng (9 years)



Emily Peterson (12 years)

October School Holiday Programs

MONDAY 29 SEPTEMBER

Paint Your Own Fruity Fridge Magnets

Get creative and paint your own set of five fruity fridge magnets! Design and personalise your own fun magnets to take home with you. Perfect for decorating your fridge or adding a splash of colour to any space!

Age: 5+
Time: 10:00am - 11:00am
Where: The Summit Community Centre
Cost: \$3
Bookings: Essential



Food and Mood

Did you know that the foods you eat can help you feel happier, more focused, and full of energy? In this fun and interactive session, we'll explore how different foods affect your mood and brain power.

Age: 5 - 12
Time: 10:30am - 12:00pm
Where: Torrens Valley Community Centre
Cost: FREE
Bookings: Essential



TUESDAY 30 SEPTEMBER

Create a Pottery Owl Jar

Learn how to design and sculpt a jar in the shape of an owl or other bird. You can decorate your jar with clay tools adding texture for feathers and by painting with underglaze colours.

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



TUESDAY 30 SEPTEMBER

Paint a Set of Ceramic Trinket Trays

Get ready for a burst of creativity at our fun and affordable ceramic trinket tray painting workshop! Kids aged 8 and up are invited to join us for a hands-on session where they'll paint a set of three fruit-shaped trays

Age: 8+
Time: 10:30am - 12:00pm
Where: Torrens Valley Community Centre
Cost: \$5
Bookings: Essential

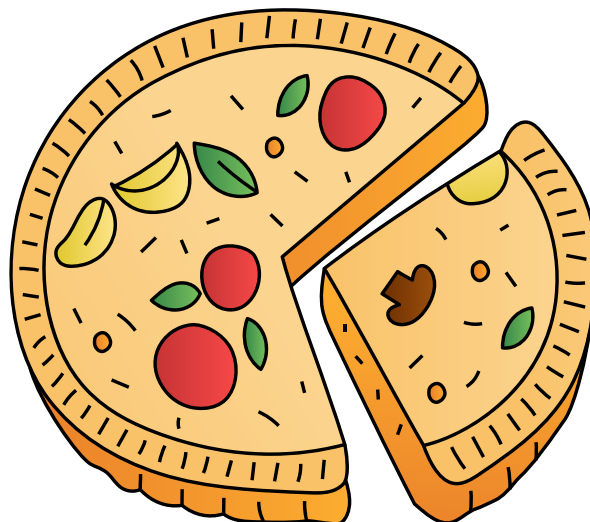


WEDNESDAY 1 OCTOBER

Monthly Meals - School Holiday Edition

Join with one of our regular programs reimagined to connect young and old! Our Monthly Meals runs once a month as an affordable and tasty way to connect with people in your local community.

Age: All ages
Time: 12:30pm - 1:30pm
Where: Torrens Valley Community Centre
Cost: \$5
Bookings: Essential



October School Holiday Programs

TUESDAY 7 OCTOBER

Wilbur's Wildlife Animal Experience

Come along to learn about our wild Australian animals! Pat, hold and discover facts about a range of reptiles, mammals, amphibians and invertebrates. Exciting encounters with friendly native animals!

Age: All Ages

Time: 10:30am - 12:00pm

Where: Torrens Valley Community Centre

Cost: \$5

Bookings: Essential



Paint a Ceramic Vase

Get creative and paint your own ceramic vase! Design a personalised piece, perfect for displaying dried flowers, adding a handmade touch to your space, or giving as a thoughtful gift.

Age: 10+

Time: 10:00am - 12:00pm

Where: The Summit Community Centre

Cost: \$5

Bookings: Essential



WEDNESDAY 8 OCTOBER

Monthly Movie Club - School Holiday Movie (PG)

Come and join us for a free movie event that's sure to warm your heart. Kids get a bag of popcorn to enjoy and there will be tea, coffee and biscuits for parents and kids alike.

Age: Families/all ages (PG)

Time: 1:00pm - 3:00pm

Where: Torrens Valley Community Centre

Cost: FREE

Bookings: Essential

THURSDAY 9 OCTOBER

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.

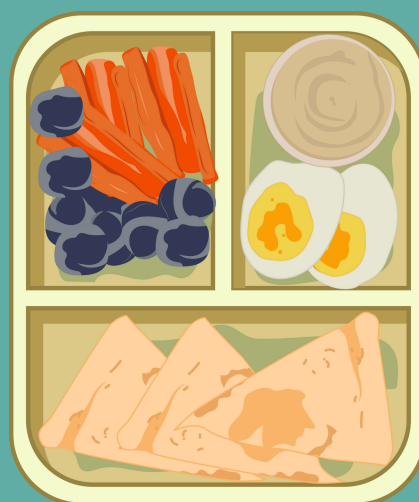
Age: 7+

Time: 10:30am - 11:30am

Where: The Summit Community Centre

Cost: FREE

Bookings: Essential



WEDNESDAY 8 OCTOBER

Young Drivers Awareness Course

A defensive driving course for anyone on their Ls or Ps. You will improve your driving technique with practical exercises. Learn about braking & steering techniques, safe following distance, understand alcohol, distraction, peer pressure and fatigue, accident avoidance and much more!

When: Wednesday 8 October

Time: 8:30am - 5:00pm

Where: Charleston Community Hall,
1 Newman Road, Charleston

Bookings: Essential

Cost: \$50



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.