



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zero Club 9am-10.30am A weight control, support & social group. New members welcome MEMBERSHIP FEES APPLY  Est 2002	Diamond Creations 9.30am-12.30pm A fun social group where you will create your own Diamond Art piece! FREE—ALL WELCOME 	Gentle Fitness 9.15am-10.00am Join us for a fun, fitness session with a qualified PT. All ages & fitness levels are welcome. FREE—ALL WELCOME  SCHOOL TERMS ONLY	Maggie Moo Music Playgroup 9.30-10.15am (0-1.5yr) 10.30—11.15am (1.5-4yr) Two sessions available Music, songs & instruments! FREE—NO BOOKING NEEDED  SCHOOL TERMS ONLY	Yoga with Emma 9.15am-10.15am A fun FREE yoga session suitable for all ages & abilities. Please bring a mat or towel with you. FREE—ALL WELCOME  SCHOOL TERMS ONLY
Knit & Chat 10.30am-12.30pm Come & join our knitting circle—bring your own creations or you can 'Knit a Care Square' for blankets. FREE—ALL WELCOME 	Carers SA Support Group 10.30am-12.30pm <u>1ST & 3RD TUESDAY OF MONTH</u> A free, friendly support group presented by Carers SA. Contact 1800 422 737 for more information. 	Financial Counselling 9.30am-11.30am <u>STARTS 3RD MAY</u> A fortnightly, drop in service with Anglicare SA. FREE—ALL WELCOME  SCHOOL TERMS ONLY	SA Rock Painting 11.30am-1pm Come along and decorate rocks which we will add to our Rock Swap table for our community to swap, hide & seek! FREE—ALL WELCOME 	Diamond Creations 11am-12.30pm A fun social group where you will create your own Diamond Art piece! FREE—ALL WELCOME 
Craft & Coffee 1pm-3pm Come along & join the fun crafting! Learn to make beautiful keepsake cards and more! FREE—ALL WELCOME  SCHOOL TERMS ONLY	Ready Set Prep 1pm-3pm <u>9TH TO 30TH MAY AND 13TH JUNE TO 4TH JULY</u> A 4 week meal prep session. All participants are selected after attending info session. FEES AND BOOKINGS APPLY 	Carers SA Support Group 10.30am-12.30pm <u>2ND WEDNESDAY OF MONTH</u> A free, friendly support group presented by Carers SA. Contact 1800 422 737 for more information. 	Sewing with Vicki 1pm-3pm Join us as we create some fun, simple sewing projects on machines. No previous experience necessary! FREE—ALL WELCOME  SCHOOL TERMS ONLY	Craft & Coffee 1pm-3pm Come along & join the fun crafting! Learn to make beautiful keepsake cards and more! FREE—ALL WELCOME 
English Chat 1pm-2pm An informal social session using conversation and games to help gain confidence with the English language. FREE—ALL WELCOME  SCHOOL TERMS ONLY	Board Game & Pool Table 1pm - 4pm Bring a friend along for a laid back game of pool or choose a board game to play FREE ALL WELCOME	Pick up a project 10.30am-12:30pm Help us complete the many unfinished crafts we have. It's a great way to get creative while also helping us to free up some storage space! FREE—ALL WELCOME	Board Game & Pool Table 1pm - 4pm Bring a friend along for a laid back game of pool or choose a board game to play FREE ALL WELCOME	Women's Legal Service 9.30am-3pm A fortnightly FREE & confidential service. By appointment only Phone 8221 5553 
Kings Birthday Public Holiday Closure Monday 12th June	Scan to QR code to stay up to date with all that's happening at The Rise! Join our  page here: 	Colouring Corner 1pm-4pm An adult social group to colour your world! Join us for the simple pleasure of taking time out. FREE—ALL WELCOME 	 FOR OUR ELDERS 2-9 JULY 2023	

Please note that we cannot accommodate groups for sessions without prior arrangement.

Please always call to discuss if our sessions are suitable for your clients.

Where sessions include materials these will be provided to the participant only.

All our programs for Term 2 will run from Monday 1st May to Friday 7th July 2023



Health Matters Group

@ Elizabeth Rise Community Centre



We are seeking people who are interested in identifying meaningful goals to help them to feel healthier and improve their wellbeing.

A great opportunity to learn over 4 interactive workshops, Health Matters helps you to identify what matters. Learn strategies to support you to live a meaningful life.

When: Wednesday 17th and Wednesday 24th May 2023

This will be run as two 90-minute groups over 2 days from 10.30am to 2.00pm

Where: Elizabeth Rise Community Centre. 7/26 Hamblynn Road, Elizabeth Downs

Please register interest on 8180 9995 or 8256 0448

We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded. Neami National is committed to cultivating inclusive environments for staff, consumers and carers. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities. We are an environmentally conscious organisation.



**BE A VOICE
FOR
GENERATIONS**

**NATIONAL
RECONCILIATION
WEEK 2023**

27 MAY — 3 JUNE

ACT TODAY FOR A RECONCILED TOMORROW

#NRW2023

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