The centre is open 9am-5pm every weekday. You are welcome to pop in anytime!
*Unless otherwise stated, the programs marked will only operate in school terms

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero Club 9am-11am A weight control, support &amp; social group. New members welcome! <em>Membership fees apply</em></td>
<td>Cooking with Friends* 11.30am-1pm Cook up a storm &amp; eat your rewards! Learn new recipes and meet new people too. Only during school terms</td>
<td>Women’s Craft, Coffee &amp; Chat* 10am-12pm An 8 week social craft group program with a new fun project on offer each term. All materials are provided. <strong>Christmas Crafts!</strong> Only during school terms</td>
<td>Joeys Story Time Playgroup* 9.30am-10.30am Story time, songs and fun for toddlers. Plus special guests! Please bring a piece of fruit to share. Only during school terms</td>
<td>First Senses Sensory Messy Play 9.30am-10.30am ONE DAY—8th November Bookings and tickets are essential through the First Senses website ONLY firstsenses.com.au</td>
</tr>
<tr>
<td>Knit &amp; Chat 10.30am-12.30pm Come &amp; join our knitting circle—bring your own creations or you can ‘Knit a Care Square’ for blankets for the homeless. All wool provided for you.</td>
<td>Kids Clubhouse* 3.30pm-4.45pm Drop in for after school. Come on in for some chill out time after school with cooking, games and craft! Only during school terms</td>
<td>Financial Counselling* 10am-12pm A free service with no appointment required. Come and see Alana from Anglicare SA for budgeting advice &amp; more. Only during school terms</td>
<td>Walk &amp; Talk* 9.30am-10.30am All ages &amp; fitness levels are welcome. Explore your neighbourhood! Supported by the Heart Foundation. Only during school terms</td>
<td>Women’s Legal Service 9.30am-4pm 8th &amp; 22nd November A fortnightly free &amp; confidential service. By appointment only Phone 8221 5553</td>
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<tr>
<td>English Chat* 1pm-2pm An informal social session using conversation and games to help gain confidence with the English language. Only during school terms</td>
<td>Parents Next 9am-3pm A representative from KYW Parents Next program will be on site every Tuesday for appointments and offer support.</td>
<td>Creative Colouring Corner* 12pm-2pm An adult social group for stress busting! Come join us, relax &amp; colour your world! Only during school terms</td>
<td>ProActiv People 2pm-5pm Living with disability? Want to find a job or keep the one you have? The ProActiv path works out for the best. Contact 83624507 for an onsite appointment.</td>
<td>Deadly Fridays* 12pm-2pm An Aboriginal focused activity group for adults. Featuring cooking &amp; healthy eating, arts &amp; crafts, and more! Only during school terms</td>
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<td>ProActiv People 2pm-5pm</td>
<td>Playford Mobile Library 3pm-4pm 1st, 15th &amp; 29th November The City of Playford Mobile Library visits the shopping centre carpark fortnightly.</td>
</tr>
</tbody>
</table>

**NEW**

**NEW**

**NEW**

Christmas & New Year Closure Notification

The Elizabeth Rise Community Centre will be closed from 12pm Friday December 20th 2019 and reopen on Monday January 6th 2020.

Most of our groups will finish up the week ending Friday 13th December 2019.

| Time In 1pm-2.30pm A new group for mums, dads & carers of young children aged 0-2years. Take some ‘me time’ & enjoy other families. Email time_in@outlook.com ALL WELCOME |

Would you like to see a specific program happening here at the Rise?
Special interests or hobby you would like to learn in a welcoming social setting?
Let us know.

**NEW**

**NEW**

**NEW**

**NEW**
**Zero Club**
A weight control, support & social group with a focus on healthy eating, friendship and support. New members are welcome & membership fees apply. For more information contact Robyn on 0415 999 515

**Knit & Chat**
Come and join our knitting circle! Bring your own creations or you can ‘Knit a Care Square’ contributing to blankets for the homeless. All knitting needles and wool will be provided for the squares.

**English Chat**
Informal social session to gain confidence with the English language through conversations, activities and games. *Only during school terms.*

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**Cooking with Friends**
Cook up a storm and eat your rewards. All meals provided—you just need to cook them! No bookings required. *Only during school terms.*

**Kids Clubhouse**
Come and drop in to the centre after school for some chill out fun time, craft, cooking and more. *Only during school terms.*

**Parents Next**
A representative from KWY Parents Next program will be on site for appointments and to offer support. Contact 8377 7822 for more info

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**Women’s Craft Coffee & Chat**
All welcome! New fun projects with all materials supplied. *Only during school terms.*

**Financial Counselling**
A free service provided by Anglicare SA. No appointment is necessary. Anglicare SA provide assistance with a range of needs including budget advice. Ph. 8209 5400 *Only during school terms.*

**Creative Colouring Corner**
The practice of colouring is said to generate wellness, creativity and mindfulness. A friendly welcoming session for adults, who want to colour their world! *Only during school terms.*

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**Joeys Story Time Playgroup**
Story time, songs and fun for little ones and their parent and carers. Special guests throughout the term! Please bring a piece of fruit to share. *Only during school terms.*

**Walk & Talk**
All ages & fitness levels are welcome. Registered walking group with the Heart Foundation—join us! *Only during school terms.*

**Time In**
A group for parents of children aged 0-2 years. Take some ‘me time’ and meet new people. Contact time_in@outlook.com to book.

**ProActiv**
Living with disability? Want to find a job or keep the one you have? Contact ProActiv for an appt. on 83624507

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**First Senses Messy Play**
A ONE OFF session suitable from 6 months to 5 years. Sensory and messy play for kids. Please bring a towel & change of clothes as we will get messy! Bookings and tickets are essential through the website ONLY— firstsenses.com.au

**Women’s Legal Service**
Free and confidential legal advice, assistance, referrals and representation. For an appointment please contact 8221 5553.

**Deadly Fridays**
An Aboriginal focused activity group for adults. Featuring cooking & healthy eating, arts & crafts, fun & more! Contact Naomi from City of Playford on 8256 0145. *Only during school terms.*

**Mobile Library**
The City of Playford mobile library visits the centre carpark every fortnight, with a selection of materials including books, DVDs, CDs & more.