



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Knit & Chat 10am-12pm</p> <p>Come & join our knitting circle—bring your own creations or you can 'Knit a Care Square' for blankets.</p> <p>FREE—ALL WELCOME</p> 	<p><u>IMPORTANT UPDATE</u> During November the Centre will be CLOSED on Tuesdays, so we are able to provide a safe, quiet space for our Flourish & Circle of Security sessions.</p> <p>Thank you</p>	<p>Yoga With Linda 10am-11am</p> <p>A fun FREE yoga session suitable for all ages & abilities. Please bring a mat & drink bottle.</p> <p>FREE—CALL TO BOOK LIMITED NUMBERS</p> 	<p>Rise & Shine Playgroup 9.30am-10.15am</p> <p>Story time, songs, take home craft and fun. No fruit time due to COVID restrictions.</p> <p>FREE—ALL WELCOME</p> 	<p>Wiggle & Giggle 10am-11am</p> <p>For children aged 3-5yrs where they will explore their world using music, percussion & dance!</p> <p>FREE—ALL WELCOME</p> 
<p>Carers SA Support Group 10am-12pm</p> <p>A monthly support group presented by Carers SA. Contact 1800 422 737 for more information.</p>  <p>MEETS NOV 16</p>	<p>Walk & Talk 9.30am-10.30am</p> <p>All ages & fitness levels are welcome. Explore your neighbourhood!</p> <p>FREE—ALL WELCOME MEET OUTSIDE THE CENTRE</p> 	<p>Community Lunch 12pm-1pm</p> <p>Join us for a free meal each week, as we eat together as a community!</p> <p>FREE—ALL WELCOME</p> 	<p>Sharing Culture Through Art 10.30am-12.30pm</p> <p>A new program where we will learn all about Aboriginal culture through creating various artworks, together.</p> <p>BOOKED OUT!</p> 	<p>Diamond Creations 11am-1pm</p> <p>A fun social group where you will create your own Diamond Art piece!</p> <p>FREE—CALL TO BOOK</p> 
<p>Macramé 12pm-2pm</p> <p>Join us as we create and learn about the art of macramé together and take home your creation to display upon completion.</p> <p>BOOKED OUT!</p> 	<p>Flourish 10am-12pm</p> <p>A recovery focused self development program for people living with mental health challenges, looking to improve quality of life.</p> <p>CALL MEL TO BOOK ON 0428 986 852</p> 	<p>Crochet & Coffee 12pm-2pm</p> <p>A social group where you simply join us with your own creations or learn some new ones!</p> <p>FREE—ALL WELCOME</p> 	<p>Basic Sewing 1pm-3pm</p> <p>Join us as we create some fun, simple sewing projects on machines just in time for Christmas!</p> <p>FREE—CALL TO BOOK</p> 	<p>Playford Mobile Library 3pm-4pm</p> <p>13th & 27th November</p> <p>The City of Playford Mobile Library visits the shopping centre carpark fortnightly.</p> 
<p>English Chat 1pm-2pm</p> <p>An informal social session using conversation and games to help gain confidence with the English language.</p> <p>FREE—ALL WELCOME</p> 	<p>Circle of Security 1pm-2.30pm</p> <p>A 6 week course for parents to help organise children's feelings, work on building relationships with your child & understanding behaviour</p> <p>CALL CENTACARE TO BOOK ON 8215 6700</p> 	<p>CHRISTMAS CLAY DECORATIONS WORKSHOP</p> <p>Thanks to "Pottering Around" join us Monday November 23rd at 1.30pm</p> <p>A fun clay workshop and we will be making our own Christmas clay decorations!</p> <p>Limited tickets— 10 adults only</p> <p>BOOK HERE: https://bit.ly/3jGCl4y</p>		

We are adhering to all federal, state and local government requirements and have an updated COVID SAFE plan & COVID Marshal in place at Elizabeth Rise Community Centre. We ask that you please read our guidelines upon entry which include hand washing and sanitising, maintaining physical distancing, limiting your visit time to the centre and please stay home if you are unwell.

Elizabeth Rise Community Centre is an initiative of The City of Playford. Programs are also provided by other services and organisations. For information please contact the Coordinators on 8256 0448 or email elizabethrisecommunitycentre@playford.sa.gov.au

We are located at Shop 7, 26 Hamblynn Road, Elizabeth Downs. Bus routes 440 or 228—Stop 74