

HEALTHY FOOD CO.

THE PRECINCT
112 Coventry Road
Smithfield Plains



The Healthy Food Co. provides low-cost nutritional food products and grocery items to the whole community at reasonable prices. We are a volunteer run service and have been serving our community since 1996.

We offer Easy Meal kits that feed a family of 4 for under \$15.00 per kit. We are open to everyone and have no requirement for entry.

f Healthy Food Co at Playford

Healthy Food Co. – The Precinct

112 Coventry Road,
Smithfield Plains, SA 5114

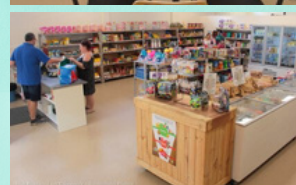
Ph: 8254 3641

Opening Hours:

Mon - Fri

9.30am to 4.30pm

After hours collection of Easy Meal orders available from John McVeity Centre.



CHSP PLAYFORD NORTH PROGRAMS

Fun and engaging activities such as music, arts and crafts, cooking, guest speakers, regular outings in the community as well as making a whole bunch of new friends!

Programs based at John McVeity Centre.

Kookaburra Group | Wednesdays, 9am - 2pm

MALPA Group | Thursdays, 9am - 2pm

Eligibility: CHSP Social support group referral with My Aged Care . Priority to Residents living in the City of Playford.

Contact:

Louise Rinaldi | Grenville Hub - Outreach Program Coordinator
8256 0305 | lrinaldi@playford.sa.gov.au



Playford Friends Group
\$2 per card **5 pack \$7**
Greeting Cards
A colourful collection of moments for you to share.



VENUE HIRE

PLAYFORD WELLBEING HUB

JOHN MCVEITY CENTRE

Room and court hire available 7 days a week. Spaces available for celebrations, workshops, meetings, court sports and more!

FUNCTION ROOMS

MEETING ROOM

COURTS

SOFT PLAY

FOR BOOKINGS & ENQUIRIES CONTACT

jmc@playford.sa.gov.au 8480 0100

THE PRECINCT

Spaces available Monday - Friday for meetings, training sessions, workshops and more!

MAKERSPACE

PODS

FOR BOOKINGS & ENQUIRIES CONTACT

nrobinson@playford.sa.gov.au
8256 0372



Located at The Precinct



LUTHERAN CARE OP SHOP
Located at The Precinct

OPEN
Monday - Friday
9am - 4pm



The Shed is open for men to come and access information on men's services within the City of Playford as well as joining up and participating in the activities and socialising with other members.

For more information contact
0480 143 584 | playfordms@gmail.com
<https://playfordms.netlify.app/>



For more information contact
0439 439 907 | admin@bbaustralia.com.au
www.beyondbarriersaustralia.com.au



For more information contact Michelle
0422 133 088 | michelle@recovery4life.com.au
recovery4life.com.au



For more information contact
0414 919 389 | admin@huckstepcareservices.com.au
www.huckstepcareservices.com.au



For more information contact
0499 413 902 | admin@hypesupportservices.com
www.hypesupportservices.com



Take a multidisciplinary approach to educating NDIS Participants, helping them reach their full potential.

Munno Para Office:
Located at John McVeity Centre
Phone: 1800 577 370
Email: admin@fs-solutions.com.au



Novita provides rehabilitation, therapy, early intervention, community inclusion, assistive technology and disability services to people living with disability, as well as support for their families and carers.

Novita Group Room & Gym is located within John McVeity Centre.
For more information call 1300 668 482



PLAYFORD

WELLBEING HUB TIMETABLE

TERM 4 2023

16th October to 15th December



JOHN MCVEITY CENTRE

182 Peachey Road, Smithfield Plains



THE PRECINCT

112 Coventry Road, Smithfield Plains

CONTACT US

8480 0100 | jmc@playford.sa.gov.au



TERM 4
2023

All programs will operate during Term 4 dates
16th October to 15th December
unless otherwise stated.

Follow us on Facebook to keep up to date with the
most recent Playford Wellbeing Hub information!

 John McVeity Centre  The Precinct



MONDAY

Up & Go with Sue
9:15am - 10:15am
Group fitness session
focused on wellbeing,
socialising and being active
Fees apply
No booking required

JOHN MCVEITY CENTRE

Food Forest Visit
9:30am - 12:30pm
13TH NOVEMBER
See permaculture in action!
Poultry focussed tour
Cost \$5
Book via Eventbrite

JOHN MCVEITY CENTRE



Irrigation Workshop
10am - 1pm
30TH OCTOBER
Learn to create a simple
irrigation system for your
home garden
Cost \$5
Book via Eventbrite
THE PRECINCT

Anglicare SA Kids Club
FREE
3pm - 4.30pm
For ages 5-12 yrs
kidsclub@anglicaresa.com.au
THE PRECINCT

ACBA Aussie Hoops
4pm - 6pm
Junior basketball clinics
For ages 5-10yrs
Fees apply
Register online at
adelaidebasketball.com.au
JOHN MCVEITY CENTRE

Just Kicks Taekwondo
5.15 - 5.55pm (4-7yrs)
6.05 - 7.05pm (8-14yrs)
7.15 - 8.15pm (15+yrs)
Fees apply
justkickstkd@hotmail.com.au
JOHN MCVEITY CENTRE

Womens Social Netball
6.30pm - 9.30pm
For ages 16+ yrs
Weekly games until Feb 2024
REGISTER YOUR INTEREST
JOHN MCVEITY CENTRE

TUESDAY

Fit & Fab with Di
Tuesday & Thursday
9:30am - 10:30am
Low impact group fitness
session to help improve
strength, core and balance
Fees apply
No booking required

JOHN MCVEITY CENTRE

Maggie Moo Playgroup **FREE**
9:30am - 10:30am
Interactive music and
movement session to
develop memory and
language while having fun!
Book via Eventbrite

JOHN MCVEITY CENTRE



Anglicare SA Natter & Network
9:30am - 11:30am **FREE**
A group for people of all ages
to come together, meet new
people, have a cuppa & chat.
kidsclub@anglicaresa.com.au
THE PRECINCT

Yara Nunga Basketball
3.30pm - 5pm
7TH NOV - 11TH DEC
Hang out with youth mentors,
have a yarn & shoot hoops.
Fees apply
yarafamilyconnections.com
lyouth-groups
JOHN MCVEITY CENTRE

Little Tillies
4pm - 5pm (7-9yrs)
5pm - 6pm (10-12yrs)
A come & try soccer
program for girls
Fees apply
Book via Eventbrite
JOHN MCVEITY CENTRE

SA Church Basketball
4pm - 8.30pm
Junior & Senior Basketball
competition. For ages 8+
Fees apply
sachurchbasketball.com.au
JOHN MCVEITY CENTRE



WEDNESDAY



Book online at
www.breastscreen.sa.gov.au
or call 13 20 50.



Just Kicks Taekwondo
5.15 - 5.55pm (4-7yrs)
6.05 - 7.05pm (8-14yrs)
7.15 - 8.15pm (15+yrs)
Fees apply
justkickstkd@hotmail.com.au
JOHN MCVEITY CENTRE

Senior Social Futsal
6.30pm - 8.30pm
For ages 16+ yrs
Weekly games until Feb 2024
REGISTER YOUR INTEREST
JOHN MCVEITY CENTRE



THURSDAY

FREE Tree Tots
10.30am - 11.30am
Storytime n the garden!
Reading & nature based play
& crafts
For ages 2-5yrs
Book via Playford Library Eventbrite

THE PRECINCT

Tai Chi with Nazli
11am - 12pm
Come along and improve
your flexibility, strength, and
overall physical and mental
wellbeing in a comfortable
and friendly environment.
Fees apply
No booking required

JOHN MCVEITY CENTRE



Scrapbooking & Papercraft Class
2pm - 5.30pm OR
6pm - 10pm
2ND & 30TH NOVEMBER
Memory crafting with Julie
\$15 per session
To book: 0408 088 631
JOHN MCVEITY CENTRE

Cirkidz Satellite
4-5pm & 5-6pm
Circus Skills & Parkour
Two sessions available
For ages 5-12yrs
Fees apply
cirkidz.org.au
JOHN MCVEITY CENTRE



Special Olympics Basketball
5-6pm & 6-7pm
1 hr sport & health program
for children & adults
with intellectual disabilities
& autism. **Fees apply**
Book here: bit.ly/3F1XUK3
JOHN MCVEITY CENTRE

Fair Dinkum Yoga
7pm - 8pm
TUESDAY & THURSDAYS
Adults only
Fees apply
yogafairdinkum@gmail.com
JOHN MCVEITY CENTRE

FRIDAY

Up & Go with Sue
9:15am - 10.15am
Group fitness session
focused on wellbeing,
socialising and being active
Fees apply
No booking required

JOHN MCVEITY CENTRE

Play Gym
9:30am - 10:30am
For ages 6 months - 6yrs &
their caregiver/guardian
A play session to explore fine
& gross motor skills
Fees apply
No booking required

JOHN MCVEITY CENTRE

FREE Community Garden Catch Up
9:30am - 11:30am
All community welcome
Contact Nat on 8256 0372
THE PRECINCT

Keep Em Movin & Groovin
4pm - 4:45pm
20TH OCT - 17TH NOV
Kids (5-11yrs) fitness classes
Bootcamp circuits, dance,
boxing & more!
Fees apply
Book here: bit.ly/45dKK7b
JOHN MCVEITY CENTRE

Free Fridays
5pm - 7pm
A MONTHLY program for
young people to hang out or
play sports
Ages 12-17yrs only
No booking required
JOHN MCVEITY CENTRE

Queenstown Trampoline Gymnastics
5pm - 9pm
MONDAYS & FRIDAYS
Weekly training sessions
Fees apply
queenstowntrampolinedgymnastics@gmail.com
JOHN MCVEITY CENTRE



SATURDAY

Queenstown Trampoline Gymnastics
9am - 1pm
Weekly training sessions
Fees apply
queenstowntrampolinedgymnastics@gmail.com
JOHN MCVEITY CENTRE

Junior Social Futsal
Weekly games Saturday
mornings until Feb 2024
For ages 6-14yrs
STARTS 20TH OCT
REGISTER YOUR INTEREST
JOHN MCVEITY CENTRE



SUNDAY

Faith Alive Dream Centre Church
1.30pm - 4pm
Pentecostal church service
For more info contact 0451 623 207
JOHN MCVEITY CENTRE

Senior Social Futsal
5pm - 8pm
For ages 16+ yrs
Weekly games until Feb 2024
REGISTER YOUR INTEREST
JOHN MCVEITY CENTRE



BOOK VIA
eventbrite

All programs requiring bookings via Eventbrite
will open for registrations 2-3 weeks
before sessions start.
Follow our Eventbrite page to be notified of new events!
playfordwellbeinghub.eventbrite.com.au



The Playford Wellbeing Hub offers a range of programs and services to
support community physical, social and mental health and wellbeing.
For more information contact JMC on 8480 0100
or email jmc@playford.sa.gov.au