

# TERM 1 2023

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](mailto:jmc@playford.sa.gov.au)

John McVeity Centre ~ 182 Peachey Road, Smithfield Plains

The Precinct ~ 112 Coventry Road, Smithfield Plains



PLAYFORD

# WELLBEING HUB

All programs will operate during Term 1 dates 30th January to 13th April unless otherwise stated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FREE Community Garden Catch Up</b> <b>9.30am-11.30am</b> All community welcome Contact Nat on 82560372 for more info THE PRECINCT	<b>FREE Maggie Moo Playgroup</b> <b>9.30am-10.30am</b> Interactive music and singing session to develop memory, language while having fun! Bookings via Eventbrite JOHN MCVEITY CENTRE	<b>MEETS MONTHLY</b> <b>Green It Yourself Playford!</b> <b>9.30am-11.30am</b> <b>FEB 8, MARCH 8, APRIL 5</b> A fun monthly program about living sustainably & taking care of the environment. Book via Eventbrite. THE PRECINCT	<b>Fit &amp; Fab</b> <b>9.30am-10.30am</b> Low impact group fitness session for adults to help improve strength, core & balance. \$8 per session & no booking required JOHN MCVEITY CENTRE	<b>Play Gym</b> <b>9.30am-10.30am</b> For ages 6mths to 6yrs A parent supervised play session for pre-schoolers. Cost per session/per family Call 8480 0100 for more info JOHN MCVEITY CENTRE
<b>Up &amp; Go Fitness with Sue</b> <b>9.30am-10.30am</b> A group fitness session focused on wellbeing, socialising & being active. \$8 per session - no booking required JOHN MCVEITY CENTRE	<b>Fit &amp; Fab</b> <b>9.30am-10.30am</b> Low impact group fitness session for adults to help improve strength, core & balance. \$8 per session & no booking required JOHN MCVEITY CENTRE	<b>Just Kicks Taekwondo</b> <b>5pm-5.40pm</b> (4-7yrs) <b>5.50pm-6.50pm</b> (8-14yr) <b>7pm-8pm</b> (15+ years) <a href="mailto:justkickstkd@hotmail.com.au">justkickstkd@hotmail.com.au</a> Fees apply. JOHN MCVEITY CENTRE	<b>FREE Tree Tots</b> <b>10.30am-11.30am</b> Storytime in the garden! Reading and nature play presented by Playford library for kids aged 2 to 5 years. Register via Eventbrite THE PRECINCT	<b>FREE Community Garden Catch Up</b> <b>9.30am-11.30am</b> All community welcome Contact Nat on 82560372 for more info THE PRECINCT
<b>FREE Inclusive Cricket Blast Program</b> <b>4-5pm</b> <b>13 FEB TO 6 MARCH</b> Cricket activities for children from diverse backgrounds. For ages 5-12 yrs. Contact Michael 0432792812 OR <a href="http://www.bit.ly/3HCQy7">www.bit.ly/3HCQy7</a> JOHN MCVEITY CENTRE	<b>Church Basketball SA</b> <b>Juniors 4.15pm-6.30pm</b> <b>Seniors 6.30pm-9pm</b> Basketball Competition Fees apply call 0476262011 for more info JOHN MCVEITY CENTRE	<b>Senior Social Futsal (16+)</b> Register your team now!  REGISTER YOUR INTEREST JOHN MCVEITY CENTRE	<b>Immunisation Clinic</b> <b>3pm-7pm</b> Walk in clinic. No appointment needed. Call 82560118 for more info. JOHN MCVEITY CENTRE	<b>Up &amp; Go Fitness with Sue</b> <b>9.30am-10.30am</b> A group fitness session focused on wellbeing, socialising & being active. \$8 per session - no booking required JOHN MCVEITY CENTRE
<b>STARTS MAR 20</b> <b>Come N Try Netball</b> <b>4-5pm</b> <b>20 MARCH-3 APRIL</b> Come n Try Netball! For ages 5-12years Bookings via Eventbrite Fees apply JOHN MCVEITY CENTRE	<b>Fair Dinkum Yoga</b> <b>7pm-8pm</b> Adults only, fees apply <a href="mailto:yoga@dinkum@gmail.com">yoga@dinkum@gmail.com</a> JOHN MCVEITY CENTRE	<b>STARTS FEB 8</b> <b>After School Craft Party</b> <b>4pm-5.30pm</b> A 6 week program with a range of fun craft activities. For ages 5-15yr—Fees apply. Bookings via Eventbrite. THE PRECINCT	<b>Cirkidz Satellite</b> <b>4pm-6pm</b> To book call 83465735 Circus Skills & Parkour Two sessions available either 4pm or 5pm. For ages 5-12yrs Fees apply. JOHN MCVEITY CENTRE	<b>Youth Hub Fridays</b> <b>4pm-6pm</b> <b>FEB 3 MAR 3</b> A MONTHLY youth hang out to play a variety of sports! Ages 12-17 only No booking required JOHN MCVEITY CENTRE
<b>Just Kicks Taekwondo</b> <b>5pm-5.40pm</b> (4-7yrs) <b>5.50pm-6.50pm</b> (8-14yr) <b>7pm-8pm</b> (15+ years) <a href="mailto:justkickstkd@hotmail.com.au">justkickstkd@hotmail.com.au</a> Fees apply. JOHN MCVEITY CENTRE	<b>All bookings on Eventbrite open 2 weeks prior to programs starting</b> <a href="https://playfordwellbeinghub.eventbrite.com.au">playfordwellbeinghub.eventbrite.com.au</a> 	 <b>FAMILY FUN NIGHT</b> Friday 17 March 2023 5:30-7:30pm AT JMC	<b>STARTS FEB 9</b> <b>After School Craft Party</b> <b>4pm-5.30pm</b> A 6 week program with a range of fun craft activities. For ages 5-15yr—Fees apply. Bookings via Eventbrite. THE PRECINCT	<b>FOR HIRE</b> Function Rooms (JMC) Sports Courts (JMC) Meeting Rooms (Precinct) Call 84800100 for more info
SUNDAY				
<b>Women's Social Netball (16+)</b> Register your team now!  REGISTER YOUR INTEREST JOHN MCVEITY CENTRE	<b>Bridge City North Church</b> <b>10am-11.30am</b> For more info 0400972763 JOHN MCVEITY CENTRE	<b>Mercy Ministry of Nations Church</b> <b>12.30pm-3.30pm</b> For more info 0478584291 JOHN MCVEITY CENTRE	<b>Senior Social Futsal (16+)</b> Register your team now!  REGISTER YOUR INTEREST JOHN MCVEITY CENTRE	<b>Faith Alive Centre Church</b> <b>1.30pm-4pm</b> For more info 0451623207 JOHN MCVEITY CENTRE

**PLAYFORD WELLBEING HUB**

**SUMMER PRUNING & TREE CARE**

Tuesday 21st Feb  
10am-1pm

The Precinct Community Garden

**GRW IT LOCAL**

Sponsored by **cops for kids**

**FEB 17  
9AM TO 4.30PM**

**FREE**

**Child Car Restraint Fittings & Checks**

**THE PRECINCT**

**OPEN** *Saturday*

**4th March, 10am - 2pm**

Healthy Food Co  
The Precinct Cafe  
Lutheran Care Op Shop  
Community Garden

**FUN WORKSHOPS & MORE**

**FUN FREE OUTDOOR FITNESS CAMPS**

NO JOINING FEE, NO CLASS FEE, IT'S ALL FREE!

Regular exercise and good nutrition can help build a happy life

CLASSES START AT 5.30PM DAILY - EACH SESSION RUNS FOR 45MIN

Mon	Tue	Wed	Thurs	Fri
X-TRAINING	BOXING	X-TRAINING	YOGA	BOXING

**AT JOHN MCVEITY CENTRE**  
**REGISTER AT [LIVELIFEGETACTIVE.COM](https://www.liveliforgetactive.com)**

*Scrapbooking & Papercraft Class*

MEMORY CRAFTING WITH JULIE

30TH MARCH & 20 APRIL | 6 - 10PM  
0408 088 631 TO BOOK

**FIRST NATIONS NETBALL CLINICS**

SUNDAY 26 FEBRUARY 2023  
SMITHFIELD  
JOHN MCVEITY CENTRE

**AGE GROUP 7 - 12 YEAR OLDS**  
**12.00PM - 2.00PM**

**AGE GROUP 13 - 17 YEAR OLDS**  
**2.15PM - 4.15PM**

**[SA.NETBALL.COM.AU](https://www.sa.netball.com.au)**



**Regular Opening Hours:**

Mon—Fri 9.00am to 4.30pm

**After Hours Pick Up:**

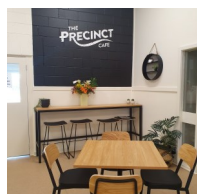
Order your Easy Meal online and pick up at John McVeity Centre!

112 Coventry Road

Smithfield Plains

Phone: 8254 3641

*Providing low cost meals packs and essential grocery items and open to all of the community. The Precinct Café is located within the Healthy Food Co & is open for lunch Monday to Friday.*



Playford Wellbeing  
**Discovery Trail**  
**COMING SOON! STARTS FEB 2023**



This is a joint project between  
the City of Playford and Wellbeing SA.

