

## February 2017 TIMETABLE

Mon 30 January, 6 & 13 February	Tuesday 31 January, 7 & 14 February	Wednesday 1, 8 & 15	Thursday 2, 9 & 16	Friday 3, 10 & 17
<p><b>Rise 'n Shine!</b> 10am – 12 noon</p> <p>Bring your friends, or meet new ones! Play cards, board games or check out the book swap shelf. Play pool or table tennis. Relax and chat. Have a cuppa. Make use of the free Wi-fi. The space is yours!</p>	<p><b>7th Feb</b> 11:30am-12:30pm. New Easy Meals Tasting- Cook the newest Meals in the Food Co-op 'Easy Meal' range</p> 	<p><b>Women's Craft, Coffee &amp; Chat</b> 10am – 12 noon</p> <p>Bring along your craft/art work or just drop-in for a cuppa and a chat. <b>Stop Press News!</b> The wonderful Kate will be back to run mosaic sessions. Don't miss out!</p>	<p><b>Joeys Book Club</b> 9:30am – 10:30am</p> <p>Story time for little ones and their parents/carers.</p> 	<p><b>Outreach Playgroup</b> (run by staff from the Elizabeth Downs Primary School) <b>9am – 10:30am</b></p> <p>Babies – pre-schoolers and their parents/carers Bring a piece of fruit to share. All welcome!</p> 
<p><b>MONDAY 30</b> <b>Tears and Cheers Morning Tea</b> 9:30am – 11am</p>  <p>Is your child/grand-child starting school or preschool today? Not sure what to do? After you wave goodbye to your 'first-timer' come and shed some 'Tears' &amp; shout a few 'Cheers' with us. There'll be tissues and morning tea waiting for you.</p>	<p><b>Bits 'n Bobs</b> 1pm – 3pm</p> <p>A friendly inclusive group for those wanting to share in a craft activity and make new friends. \$3 per session.</p> 	<p><b>Financial Counselling</b> 10am –12 noon No appointment necessary</p> <p>A free service! A Financial counsellor (Anglicare) can assist you with a range of needs including budget advice.</p> 	<p><b>DON'T LET YESTERDAY USE UP TOO MUCH OF TODAY.</b></p> 	<p><b>Deadly Friday's</b> 11am - 2pm</p> <p>An Aboriginal Focused activity group.</p> <p>Cooking &amp; healthy eating, Arts and crafts, Upskilling and training education, Pampering and much more.</p> <p><b>For more information, contact Naomi Agius 82560145</b></p> 
<p><b>Special Q &amp; A Sessions:</b> 6<sup>th</sup> February 10am -12pm 13<sup>th</sup> February 1pm – 3pm</p> <p>For Job Seekers - Learn how to set up an email account, job search websites and more</p> <p><b>13 February 10-12</b> Nutrition &amp; Physical Activity Nutrition and physical activity advice</p>	<p><b>African Family support service.</b> 1:30pm – 3:30pm</p> <p>A free fortnightly service helping to work through the challenges that settlement brings to people's lives, including: Counselling &amp; referrals</p> <p><b>AND</b> - Developing Computer literacy skills for African women.</p>	<p><b>Blokes in the Kitchen</b> 10am – 12 noon Cook up a storm and eat your rewards! Contact Kerryn – 8256 0441</p> <p><b>WEDNESDAY 15</b> <b>Kids in the Kitchen</b> 3:30pm – 4:45pm Have fun creating yummy and healthy food. Bookings are essential Kerryn - 8256 0441</p>	<p>Feel free to come in and check out the Book Swap Library, have a cuppa, use the free Wi-Fi.</p> <p>Bring your little one in for some free play.</p> <p>We'd love to see you.</p>	
<p><b>Your Time!</b> 3pm – 5pm</p> <p>Drop in Family Time. * Need another place to inspire your child/ren to do homework? * Need support from other parents and grandparents? * Need some 'chill-out' time to play and chat together? This is <b>YOUR TIME!!</b></p>	<p><b>Urban Youth Drop In:</b> 3:30pm – 5pm</p> <p>For young people aged 13 -17. Facilitated by UnitingCare Wesley Port Adelaide,</p> <p>Free food. Table tennis, 8-ball, Art and craft activities.</p> 	<p><b>WEDNESDAY 1</b> <b>Elizabeth Rise Community Centre Advisory Group</b> 3:30pm – 5pm</p> <p>Let members know what your ideas are for future programs and initiatives. We'd love to hear from you!</p> 	<p><b>Families on The Rise</b> 3:00pm – 5pm</p> <p>After school activities kids club for the whole family, where you can play, learn and laugh together and extend social networks.</p>  <p>Come join the fun!</p>	<p><b>FRIDAY 10</b> <b>Mobile Library</b> 3pm – 4pm</p> <p>The City of Playford Mobile Library will be at the Rise Shopping Centre fortnightly! Books for all ages.</p> 

## February 2017 2017 TIMETABLE

Monday 20 & 27	Tuesday 21 & 28	Wednesday 22 & March 1	Thursday 23 & March 2	Friday 24 & March 3
<p><b>Rise 'n Shine!</b> 10am – 12 noon</p> <p>Bring your friends, or meet new ones! Play cards, scrabble, board games or check out the book swap shelf. Play pool or table tennis. Relax and chat. Have a cuppa. Make use of the free Wi-fi. The space is yours!</p> 	<p><b>New!</b></p> <p><b>Free Legal Advice</b> 10am – 12 noon</p> <p>No appointment necessary. A free fortnightly service. Do you have questions about your will, advance care directives, deceased estate or probate? Beth is available to help. Introductory session on the 21st - <b>"Why do I need a Will?!"</b></p>	<p><b>Women's Craft, Coffee &amp; Chat</b> 10am – 12 noon</p> <p>Bring along your craft/art work, learn how to do Mosaics, or just drop-in for a chat.</p> 	<p><b>Joey's Book Club</b> 9:30am – 10:30am</p> <p>Story time for little ones and their parents/carers.</p> 	<p><b>Outreach Playgroup</b> (run by staff from the Elizabeth Downs Primary School) <b>9am – 10:30am</b></p> <p>Babies – pre-schoolers and their parents/carers. Bring a piece of fruit to share. All welcome!</p> 
<p><b>New!</b></p> <p><b>African Women's Time</b> 10am – 2pm</p> <p>A weekly interactive time for African Women.</p> <p>Craft Cooking Chatting Community- building Celebrating heritage and culture</p> 	<p><b>Bits 'n Bobs</b> 1pm – 3pm</p> <p>A friendly inclusive group for those wanting to share in a craft activity and make new friends. \$3 per session.</p>	<p><b>Financial Counselling</b> 10am – 12 noon</p> <p>No appointment necessary. A free service! A Financial counsellor (Anglicare) can assist you with a range of needs</p>	<p>Elizabeth Rise Community Centre is located in the Elizabeth Rise Shopping Centre.</p> <p>Bus routes 440 or 228 Stop 74.</p> 	<p><b>Deadly Friday's</b> 11am - 2pm</p> <p>An Aboriginal Focused activity group.</p> <p>Cooking &amp; healthy eating, Arts and crafts, Upskilling and training education, Pampering and much more.</p> <p>For more information, contact Naomi Agius 82560145</p> 
<p><b>Your Time!</b> 3pm – 5pm</p> <p>Drop in Family Time. * Need another place to inspire your child/ren to do homework? * Need support from other parents and grandparents? * Need some 'chill-out' time to play and chat together? Then this is <b>YOUR TIME!!</b></p>	<p><b>Urban Youth Drop In:</b> 3:30pm – 5pm</p> <p>For young people aged 13 -17. Facilitated by UnitingCare Wesley Port Adelaide. Video games Cooking and free food Table tennis and 8-ball Art and craft activities.</p> 	<p><b>WEDNESDAY MARCH 1</b></p> <p><b>Blokes in the Kitchen</b> 10am – 12 noon</p> <p>Quick, easy, and delicious recipes. Cook up a storm and eat your rewards!</p> <p>Contact Kerryn – 8256 0441</p>	<p><b>Families on The Rise</b> 3:00pm – 5pm</p> <p>After school activities kids club for the whole family, where you can play, learn and laugh together and extend social networks.</p>  <p>Come join the fun!</p>	<p><b>FRIDAY 24</b> <b>Mobile Library</b> 3pm – 4pm</p> <p>The City of Playford Mobile Library comes to the Rise Shopping Centre fortnightly.</p> <p>Books for all ages.</p> 