

**Delivering and hosting a wide range of community strengthening programs and initiatives to 50,000 residents annually**

### HEALTH & FITNESS

#### BEE FIT

For seniors. Get fit to great music.

**Date :** Wednesday

**Time :** 12:15pm - 1:15pm

**Cost :** \$10.00

**Registration :** Jackie 8294 4807

#### YMCA STRENGTH FOR LIFE

Supervised strength and cardio group program designed for the over 50's.

**Time :**

M - 8:30am, 9:45am, 12:00pm

T&W - 8:30am, 9:45am, 11:00am

TH - 9:30am, 10:45am

F - 8:30am, 9:45am

**Cost:** \$8.00

**Registration:** HBCC 8298 7422

Health assessment required

#### YMCA WALK & TALK

Stay healthy and enjoy the outdoors and beautiful Brighton coastline while making new friends. Refreshments included.

**Date :** Friday

**Time :** 10:00 - 11:00am

**Cost :** \$3.00

**Registration :** HBCC 8298 7422

#### TAI CHI

For stress control, health & relaxation.

**Date :** Wednesday

**Time :** 9:25 - 10:25am (beginners)

10:30 - 11:30am (advanced)

**Cost :** \$100.00 or \$90 concession (8 weeks)

**Registration :** Rosemary 8381 7969

#### YMCA TAI CHI

Exercises for health of mind and body.

**Date :** Tuesday

**Time :** 10:30 - 11:30am

**Cost :** \$8.00 per session

**Registration :** HBCC 8298 7422



#### EXERCISE PHYSIOLOGY

Accredited exercise physiologists are university qualified health professionals who are the experts in prescribing individualised exercise programs to help you manage or prevent chronic disease, injury or illness. An exercise physiologist assists in restoring one's optimal physical function, health or wellness and can help with the following conditions; diabetes, cardiovascular disease, some forms of cancer, osteoporosis, mental health conditions, stroke, neurological conditions and many more.'

Our onsite exercise physiologist can be contacted on **8298 7422** for further information or to make a booking.

#### YOGA

Come along, relax and unwind.

**Date :** Monday & Thursday

**Time :** 10:00 - 11:30am

**Cost :** \$12.00

**Registration :** Marilyn 8298 7422

#### ZUMBA

It's easy and fun. Before you know it you're getting fit.

**Date :** Saturday

**Time :** 9:30 - 10:30am

**Cost :** \$15.00 casual or \$105 for 10 session pass

**Registration :** Shawn 0414 570 622

### HOBBIES

#### ADELAIDE SENIORS DANCE ACADEMY (ASDA)

Over 50's class. Come along and have some fun and gain the benefits of low cardio impact exercise and experience the magic of the ballroom floor. You will need to bring a partner (2 ladies very welcome to dance together). Includes cheese and wine supper.

**Date :** Thursdays

**Time :** 7:45 - 9:30pm

**Cost :** \$12.00

**Registration :** Vicki 0404 190 226

#### ART GROUP

Various mediums are used – pastels, oils, water color, acrylics, charcoal.

**Date :** Monday

**Time :** 9:15am - 12:45pm

**Cost :** \$7.00

**Registration :** Dianne 8293 2567

### YMCA SOCIAL FRIDAYS

Informal and friendly. Activities include cards, scrabble, yoga, billiards and mahjong.

**Date :** Fridays

**Time :** 9:30am - 3:30pm

**Cost :** \$6.00

**Registration :** HBCC 8298 7422

### BRIGHTON CHRISTIAN SCIENTISTS

Everyone welcome.

**Date :** 1st & 3rd Sunday of every month

**Time :** 10:00am - 11:00am

**Cost :** Free

**Registration :** Doug 0434 664 512

### COMMUNITY MEALS

Enjoy a three course lunch.

**Date :** 1st Tuesday of every month

**Time :** 12:00 - 2:00pm

**Cost :** \$12.00 (CHSP registered) \$15.00 (non CHSP registered)

**Registration :** 8229 9828

### SEASIDE WRITERS

A friendly group who meet to read their work to each other and receive friendly critique. Everyone welcome and all writing genres accepted.

**Date :** 1st and 3rd Monday of the Month

**Time :** 7:00 - 9:30pm

**Cost :** \$5.00

**Registration :** Steve 0400 299 296

### SOCIAL BRIDGE WITH FRIENDS

For people who love bridge.

**Date :** Tuesdays

**Time :** 6:30 - 10:00pm

**Cost :** \$5.00

**Registration :** Fran 0404 726 576



### SOUTHERN WAR GAMING CLUB

Figurine War Games

**Date :** Sunday

**Time :** 11:00am - 4:00pm

**Cost :** \$5.00

**Registration :** Mike 0415 394 717

### WOMENS PERCUSSION GROUP

Mixing with percussion music for women over 50.

**Date :** Tuesdays

**Time :** 10:00 - 11:30am

**Cost :** \$5.00

**Registration :** Jacky 0427 298 304

## CHILD & YOUTH

### PLAYGROUP

Social interaction and play for babies, toddlers and parents.

**Date :** Tuesdays

**Time :** 9:30 - 11:30am

**Cost :** \$4.00 per family + Playgroup SA membership

**Registration :** Steve 0408 410 267

### KINDERMUSIK WITH EMILY

Come sing, dance & play! Music and movement classes suitable for newborns to 7 year olds.

**Date :** Thursday mornings (fortnightly)

**Time :** 9:15 - 10:15am (0-2 year olds)

10:15 - 11:15am (3-5 year olds)

**Cost :** \$14.00

**Registration :** Emily 0402 857 549

### KARATE

We teach Shotokan karate and specialise in the growth and development of our students by teaching life skills such as discipline, respect and resilience.

**Date :** Wednesday

**Time :** 6:00pm - 7:30pm (Youth 5-12Y)

7:30 - 9:00pm (Adult 16Y+)

**Cost :** \$5.00 (plus \$80 membership fee)

**Registration :** Sam 0433 364 814

### SENSORY PLAYGROUP

Play along with sensory play stations to inspire learning through play.

**Date :** Mondays and Wednesdays

**Time :** 9:30pm - 11:30pm (0-5Y)

11:15am - 12:30pm (0-14 months)

**Registration :** Kim 0418 824 254

## YMCA SOCIAL SUPPORT PROGRAMS

The Commonwealth Home Support Program (CHSP) is a government funded service that supports older people to remain living independently at home.

The Holdfast Bay Community Centre offers various CHSP programs from Monday - Thursday that will help you improve your health and wellbeing to support you to remain active and living independently at home.

### WHO CAN ACCESS CHSP PROGRAMS?

- **Over 65 years of age** - Please phone MyAgedCare on 1800 200 422 and ask for a referral to Holdfast Bay Community Centre. We can support you in this process if required. If receiving another service, please check your Regional Assessment Officer for eligibility.
- **Living with a disability** - NDIS approved programs for people living with a disability. YMCA is a provider of NDIS programs & eligible for plan funding depending on your goals.

### FEES

Program fees start from \$3.00 and extra \$2.00 for transport. Fee support is available for those experiencing financial hardship.

### TRANSPORT

Transport can be arranged for those living at home in the Holdfast Bay area. The Holdfast Bay Community Centre provides a 10 seater bus with rear wheelchair access. Bus is subject to availability.

For more information and program referrals please contact the centre on 8298 7422. Bookings are essential.

## MONDAY

### MIND YOUR MEMORY

10:30AM - 12:30PM

Brain Wellness is an 8 week course featuring information about the importance of nutrition, exercise, sleep, memory, meditation and how they relate to the brain. Brain games and problem solving activities will be utilised with the aim of stimulating your brain and boosting your memory.

### INDOOR BOWLS

1:30PM - 3:30PM

Indoor bias bowls is played in a friendly and social environment catering for all abilities. Located at the Centre, transport can be organised for those who don't drive.

### TRAVEL CLUB

12:30PM - 3:30PM

A social outing group for people aged 65 years and over. Enjoy an afternoon of coffee, cake and conversation at various places around Adelaide. Pick up and drop off at your home is available.

## TUESDAY

### LEAP TAKERS

9:30AM - 3:30PM

Leap Takers is a life transition program for adults of all ages living with a disability. The program is designed to support participants to achieve their NDIS goals and to navigate the transition of roles in their life.

### SONGS & RHYTHMS

1:00PM - 3:00PM

An interactive session consisting of singing, learning songs, rhythms and exploring instruments with others who love music. Other activities may include song writing, dancing and making your own musical instruments. Includes a light afternoon tea.

### GENTLE EXERCISE CLASS

1:15PM - 2:15PM

Exercise both chair based and standing depending on ability. Pick up from home is available, if you would like to improve your fitness, please come and join us.

## WEDNESDAY

### CRAFT

10:00AM - 12:00PM

A relaxing and enjoyable morning of craft. Knitting; Scrapbooking; Card making; Jewellery making and other DIY crafts. Learn a new skill or bring your project in and enjoy afternoon tea with like-minded Crafties. Option to stay on into the afternoon and continue with your craft.

### KONNECTIONS PLUS

5:00PM - 7:00PM

A program for young adults aged 18-35 with Aspergers and/or high functioning autism. This program supports making new friends and gaining work-ready and independent living skills while engaging in the community.

## THURSDAY

### LEAP TAKERS

9:30AM - 3:30PM

Leap Takers is a life transition program for adults of all ages living with a disability. The program is designed to support participants to achieve their NDIS goals and to navigate the transition of roles in their life.

### SENIOR EXPLORERS

10:30AM - 3:30PM

Senior Explorer day trips offer social outings to a variety of areas across Adelaide with a different theme each time. This is a great way to meet new people and make new friends with similar interests, while being a local traveller in the world's 5th most liveable city. Only 10 seats available, \$20 covers all day transport (lunch not included).

Funded through the Commonwealth Home Support Program – YMCA gratefully acknowledges funding support from the Commonwealth Government of Australia through the Department of Health and the State Government of South Australia through the Department of Communities and Social Inclusion.



Australian Government  
Department of Health



Supported by  
Government  
of South Australia  
Department for Communities  
and Social Inclusion



## ROOM FACILITY HIRE

The Holdfast Bay Community Centre hosts a wide range of functions including engagement parties, seminars, baby showers, milestones birthdays, conferences and many more. The Centre offers a variety of unique room spaces, outdoor kids space and commercial kitchen facilities.

Tables, chairs and hot urns are supplied on request. BYO alcohol is allowed as long as it's not sold on site. Bookings outside standard Centre hours are accepted.

## BECOME A CENTRE USER GROUP

The Holdfast Bay Community Centre hosts over 30 user groups, delivering a wide variety of community based programs. We are always looking to expand our program portfolio, and welcome submissions for new or existing user groups looking for space. Subsidised room hire rates start at \$20/hour.

## DID YOU KNOW WE HAVE FUN ACTIVITIES DURING SCHOOL HOLIDAYS?

Active play days, arts & crafts, learn a new language, dance and many more!

**AGE GROUPS:** 5 – 16 years old

**To keep up to date, subscribe to our mailing list or follow us on Facebook.**



For more details, please visit [sa.ymca.org.au/hbcc](http://sa.ymca.org.au/hbcc) or call **8298 7422**


## WHERE TO FIND US:


### COME BY BUS

Stop 33 is the closest bus stop to our Centre  
City → Glenelg → Seacliff → Marion Shopping Centre (Bus 265)  
Marion Shopping Centre → City (Bus 265)

### COME BY TRAIN

Hove Railway Station is only 650m from the Centre. It is an easy six minute walk across Brighton Road.

 51 King George Ave, Hove South Australia 5048

 (08) 8298 7422

 [hbcc@ymca.org.au](mailto:hbcc@ymca.org.au)

 /HoldfastbayCommunityCentre

