

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, 9:30am, 10:30am, 11:30am

T&W - 8:30am, 9:30am, 10:30am

TH - 9:30am, 10:30am

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

YMCA YOGA

Gentle style of yoga with flowing movements and meditation.

Date : Tuesday

Time : 5:30 - 6:30pm

Cost : \$12.00

Registration : HBCC 8298 7422

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 : 9:30am - 12:30pm

Cost : Free

Registration : Neil 0412 468 515

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

NEW

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 (08) 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

NEW

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 \$15/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 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

 /HoldfastbayCommunityCentre

