

REYNELLA Neighbourhood Centre Inc.



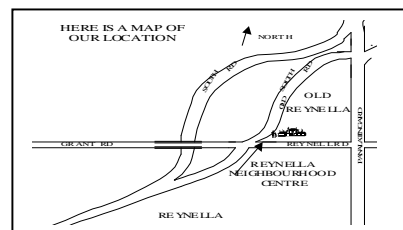
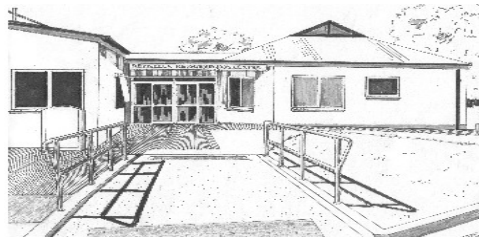
Cnr Old South & Reynell Rds., Old Reynella 5161

Ph: 8322 3591 fax: 8322 6851 Email: reynella@tpg.com.au

Web site: www.communitywebs.org Office Hours: 9am – 4pm Mon – Fri

TERM 4, 12TH OCTOBER – 11TH DECEMBER 2009

(Please note: some courses do not start until school term commences)



FROM THE CHAIRPERSON

Just recently we updated our constitution, and at the same time changed the name from “Management Committee” to “The Board of Management”. It doesn’t change the responsibilities or duties of the persons just recently elected at the Annual General Meeting on the 20th August 2009. It is just more prestigious for the occasions when we have to negotiate with welfare agencies plus it’s more modern and up to date.

Janeen Dale our Centre Support Officer, has settled in well and is proving to be quite an asset. Janeen is covering for Maralyn Blake whilst she is having a well deserved week’s holiday with her family.

For those who want to go one step further with their photographs we are resurrecting and tweaking a course where you will be able to combine your photographs with music. This course, “Convert your Photos into a Musical Slide Show”, will be stage 4 of the photography courses however we are going to need expressions of interest from you to see if there is a need for this course. If the response is favourable then we will run the course.

On the 6th November 2009 we are holding our annual Photographic Competition and I would strongly suggest you enter that old favourite. Judging is done independently of the centre with the Judges being well known in their own field.

Regards Bryn Price, Chairperson

PHOTOGRAPHIC COMPETITION

CATEGORIES:

- Landscape/Seascape
- Animals
- Portrait
- Miscellaneous
- Enlargements (prints larger than 6 x 4")



Entry Forms available from Reception 9.00am – 4pm
Monday to Friday Entries close ---- 4pm Oct 30th

Award Night: 7.00pm Friday 6th November

Winner Displayed: 9th – 13th November in foyer

Peoples Choice: voting is a gold coin donation

Winner chosen by Raffle

KIDS’ IN THE KITCHEN

Excellent for kids’ 8 – 12 years of age who like “Master Chef” Focusing on 2 & 5 fruit and veg, make Smoothies, Dips, Crispy Pita Chips, Snacks and lots more, includes a party at the end – food prepared by the kids’. All ingredients supplied

TUTOR: Fran Mackie

DATES: October 20th – November 17th (5 sessions)

TIME: 4.00pm – 5.30 pm (Tuesdays)

COST: \$5.00

Must register in advance

Supported by Eat 2 & 5 Fruits & Vegie Grant
SA Department of Health



Many of our courses are funded by the Department of Further Education Employment Science and Technology.

We would like to thank Mark Stevens from MATS Systems (8186 2110) Reynella for his help and support with our Computer Network

The Reynella Neighbourhood Centre would like to thank Kris Hanna M.P. for his assistance in the printing of our Newsletter.



A 'COMMUNITY SOUTH' CENTRE



COURSES MUST BE BOOKED AND PAID FOR IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY
Tickles Playgroup	"Reynella Roamers"	Reynella Craft Group & Crèche
9.15am - 11.15am Cost: \$2.00 per week	8.30am start Walk approximately 1 hour (No Cost) Conditions apply See Mondays "Village Walkers" for details Dogs are welcome, must be on a lead	We currently have vacancies in this long established craft group and also vacancies in the crèche. Ring the Centre to book your child into Crèche. \$10.00 Administration fee (refundable) for Crèche. Conditions apply Time: 10.00am – 12noon Cost: \$3.00 per week.
Southern Indoor Bowls	Breakfast with Friends	"Village Walker"
10.00am – 12.00 noon For the over 50's to keep fit, have fun and socialise	For details see back page	Join the "Village Walkers" See Monday for details
Computer Courses	The Anklebiters Playgroup	ESL and literacy
For details see back page	9,15am – 11.15am Cost: \$2.00 per week	10.00am – 12noon (mornings) 12.30pm – 2.30pm (afternoons) For details see back page
"Village Walkers"	Friendly Lunch Club	Yoga with Crèche
Join the "Village Walkers" in the Heart Foundation's "Just Walk It" program Mondays and Wednesdays 12.15pm start. 15 – 20 minutes walk along the walking trail (No cost) You will need to fill out the required registration form. If you have health restrictions you may need your doctor's approval. Dress in appropriate clothes and non-slip shoes. Dogs are welcome, must be on a lead	Held on the second Tuesday of the month, with interesting Guest Speakers Next Lunch Club dates: October 13th 12noon – 2.30 pm Cost: \$4.00 memb. \$4.50 non memb Heart Foundation will be the topic	Tutor: Jessica Martin Time: 1.15pm – 2.15 pm Dates: 14 th Oct. – 9 th Dec. (9 weeks) Cost: \$50.00 Payment required on Booking Bookings essential for Crèche \$10.00 Administration (refundable) fee for crèche. Conditions apply
Moving Meditation	Melbourne Cup Luncheon 3rd of November 12.30pm - 3.30pm Cost: \$7.00 memb. \$7.50 non memb Join in the fun and make a special hat for the parade	Stepz Dance Academy
Tai Chi Qigong 1.00pm – 2.30pm Teaches the importance of posture, movement flow, balance, centering and mental focus. Beginning 12 th of October (9 weeks) First lesson free Beginners 11.45 am – 12.45 pm Advanced 1.00 pm – 2.30 pm Contact Rosemary on 8381 7969	Christmas Lunch 8th December Cost: \$7.00 memb. \$7.50 non member Entertainment by Good Companions Bookings are essential	4.15pm – 7.15pm Children aged 3 – 15 years Learn Jazz, Tap Modern and Hip Hop Contact Mardi on 8321 9098
Stepz Dance Academy	Kids' in the Kitchen ★	Belly Dancing ★
4.15pm – 7.30pm Children aged 3 – 15 years Learn Jazz, Tap, Modern, Contact Mardi on 8321 9098	For details see front page	6.15pm - 7.15pm Bookings Phone: 8410 1240
Line Dancing	★ Pilates	Share a Craft
7.30pm - 9.00pm Beginners Class Contact Peter Heath on 8281 4767	Improve muscular tone, strength and flexibility. Please bring a towel Time: 6.00pm – 7.00pm Dates: 13 th October (9 weeks) Cost: \$70.00 /term or \$10.00 per week Phone Shelly on 0401 203 559	We have vacancies in this friendly evening group. Quilting, embroidery, sewing, patchwork, beading and crochet 7.30pm – 10.00pm Cost: \$3.00 per night Includes Tea/Coffee and Biscuits
Reynella Bridge Club	Belly Dancing	Evening Computer Courses
7.30pm – 10.30pm Cost: \$3.00 per week	6.15pm – 7.15pm Elementary 7.30 pm – 8.30 pm Beginners Bookings Phone: 8410 1240	For details see back page



For further information on all of the above Phone the Centre on 8322 3591 during Office Hours,

COURSES MUST BE BOOKED AND PAID FOR IN ADVANCE

THURSDAY	FRIDAY	SATURDAY/SUNDAY
Line Dancing	"Reynella Roamers"	Hall Hire
10.00am – 12noon Contact Shirley Stewart on 8296 4939	8.30am start approximately 1 hour (No Cost) Conditions apply. See Mondays "Village Walkers" for details	<p style="text-align: center;">ROOMS FOR HIRE</p> <p>\$275 Hire plus \$350 refundable Bond. Saturdays 9.00am – Midnight Also available Sundays Large Hall seats 120 at tables, plenty of room for dancing. 25 Trestle Tables, 200 chairs Spacious Kitchen for catering Airconditioning and Heating Suitable for Conferences, Weddings, Birthdays and family Celebrations. Smaller Multipurpose room also available, which opens onto garden/ playground.</p> <p style="text-align: center;">Cancellation Policy</p> <ol style="list-style-type: none"> 1. Payment is required to ensure your place in any course. 2. If a participant cancels a booking within 1 week of commencement of the course NO refund will be given. 3. If a participant cancels a booking prior to 1 week of course a \$5.00 Cancellation fee will be deducted from any payment
Healthy Food ----- Fast	Starbabes Playgroup	
For details see back page	We have vacancies in this group 9.30am – 11.30am Cost: \$2.00 per week	
Easy Moves	Southern Hills Indoor Bowls	
Gentle Exercise Program 1.30pm – 2.30pm Cost: \$3.00 per session	10.00am – 1.00 pm See Monday for details	
be active. <small>Government of South Australia</small>	Computer Courses	
Men's Group	For details see back page	
Come along with your ideas and enjoy a sociable afternoon. 1.30pm – 3.30pm Cost: \$3.00 per session New members welcome	Seniors Group	
Kids Art	Seniors Group meets on the 2 nd Friday of the month 1.30pm – 3.30pm Cost: \$3.00 per person includes afternoon tea. Games Afternoon 4 th Friday of the month 1.30pm – 3.30pm Cost: \$2.00 per person includes tea/coffee. Regular bus trips organised throughout the year with priority given to Seniors Group Members.	
For Children between the ages of 7 & 12 years Cost: \$35.00 full \$30.00 concession or second child per term Time: 4.00pm – 5.30pm	Writers Group	
Gentle Yoga	1 st and 3 rd Friday of the month Time: 1.30 – 3.30 Cost: \$3.00 per person/session	Volunteering
Tutor: Jessica Martin Time: 4.00pm – 5.00pm Dates: 15 th Oct. – 10 th Dec. (9 weeks) Cost: \$50.00 Payment required on Booking.	Parents without Partners	<p>Do you have a spare morning or afternoon each week? Then why not try volunteering at our busy, friendly Centre. Meet new friends, expand your horizons and learn new skills. We have vacancies in some areas and our volunteers are more than happy to assist you with any training you may require. For an appointment Phone Eunice on 8322 3591</p>
Teen Art	ARE YOU A SINGLE PARENT??? Do you want to improve your Social Life??	
For Teenagers between the ages of 12 & 16 years Cost: \$35.00 full \$30.00 concession or second child per term Time: 5.45pm – 7.15pm	Join us Friday nights for a coffee & chat 7.00pm - 9.00pm. Children Welcome. We hold a range of fun weekend activities – including family friendly events and kids' free functions. For more information contact Rob Nankivell mobile 0429 175 021 Or Parents without Partners on 8359 1552	
Shin- Gi –Tae Karate	New courses or groups and Coming Events	
Martial Arts 7.00pm – 9.00pm Cost: \$50.00 Annual membership Adults \$10.00 per week Children \$5.00 per week Contact Geoff Worden on 8322 9403		
		Free Tax Help
		Free Tax help for low income earners, earning approximately \$40,000 or less will be available till the end of October TIMES: 9.15am – 3.00pm Wednesdays and Fridays only For an appointment Phone the Centre on 8322 3591 , or call into Reception between 9.00am – 4.00pm Mon. to Bookings are essential

or Fax on 8322 6851, Email: reynella@tpg.com.au. Web site: www.communitywebs.org

ESL and LITERACY

READING, WRITING, ENGLISH and/or MATHS?? We have vacancies in the English Second Language (ESL), Literacy class. Classes will help to improve your Conversation Skills, Written English, Spelling, Grammar and Mathematics. Classes take place during the School Term **Wednesdays:** 10.00am – 12noon & 12.30pm – 2.30pm
Cost: \$20.00 full - \$15 00 concession (per term) **All Day:** \$30.00 full - \$25.00 concession (per term)
Volunteers are needed, **usually 2 hours per week**, to assist in the provision of individual tutoring. Training provided. **Phone 8322 3591** to arrange for an interview. Jennifer Woolsey the Language coordinator will call you

POSSIBLE NEW ADDITIONS TO OUR COMPUTER COURSES

If you would be interested in attending any of these courses please contact the Centre on **8322 3591**

1. **HOW TO INSTALL INTERNET PROGRAMS (5 Weeks)**
 - * **Getting started on Ebay**
 - * **Downloading free antivirus software**
 - * **Downloading videos**
 - * **Installing a 'webcam'**
2. **CREATING A WEBSITE USING PUBLISHER 2003 (5Weeks)**
3. **TWO HOUR WORKSHOPS ON TOPICS INCLUDING:**
 - * Installing hard Drives
 - * Installing and using DVD burners
 - * RAM formatting hard drives to XP operating systems



LEARNER DRIVER COURSE

Professional coaching by a qualified Instructor. Course runs over 5 weeks including the test.

TUTOR: Derek Mikolaj
DATES: 6th Nov - 4th Dec (Fridays)
TIME: 9.30 am - 11.30 am
COST: \$20.00 full - \$15.00 conc. \$25.00 to sit the test
 \$5.00 for manual if needed
 100% pass rate achieved
 Bookings essential Phone **8322 3591**

THE REYNELLA NEIGHBOURHOOD CENTRE WISH TO THANK THE FOLLOWING FOR THEIR ON GOING SUPPORT

- * City of Onkaparinga
- * DFEEST
- * Volunteers of the Centre
- * Community Benefit S.A.
- * Gay Thompson – M.P.
- * Kris Hanna - MP
- * MATS Systems
- * Old Reynella Discount Pharmacy
- * Home Hardware

COMPUTER COURSES

The Reynella Neighbourhood Centre is running Computer courses in the following:

1. **BASIC XP COURSE**
2. **WORD PROCESSING**
3. **EXCEL AND EXCEL BUDGETING**
4. **PUBLISHER**

Cost: Daytime \$35.00 (conc. \$30.00)
Evening \$40.00 (conc. \$35.00)

VINYL TO CD (Evenings only):

Learn to copy those loved Vinyl records to a CD. Students must have a good knowledge of computers as this is essential, e.g. save to file, save to folders, up and down loading, dragging and dropping.

LEARN TO USE A DIGITAL CAMERA:

Stage 1 Basic: covers the features of a digital camera and how to take photographs in different conditions.

Students must do **Stage 1** before registering for **Stage 2**

Stage 2 Editing Your Photographs:

Learn step by step how to download photos, crop, lighten and alter photos & practise special effects.

Bring your camera, lead and photo card.

Stage 3 A taste of Microsoft Digital Image Suite:

Have fun joining photos, repairing old photos and more

Stage 4 Covert your Photos into a Musical Slide Show

BASIC INTERNET COURSES: (evenings only)

ADVANCED INTERNET COURSES: (evenings only)

To register your interest please phone the Centre on **8322 3591**
 Small groups of five ensure personal tutoring

BREAKFAST WITH FRIENDS

Enjoy a cooked breakfast at the Reynella Neighbourhood Centre. 4th Tuesday of the month

MENU: Fruit, Fruit Juice, Cereal, Eggs, Bacon, Tomatoes & Toast
 Tea & Coffee **Great value!!**

COST: \$4.00 Payable in advance

TIME: 9.00am – 11.00am

DATES: 27th October and 24th November

Guest Speaker for **October:** Pat Masfield
 "Volunteers Service"

Guest Speaker for **November:** Bryn Price
 "Entitlements for Aged"

Bookings essential **Phone 8322 3591**

HEALTHY FOOD... FAST

4 week cooking class showing you how to cook delicious meals focusing on 2 & 5 fruit and veg. 1st week all ingredients supplied 2,3,4th weeks students bring own meat.

TUTOR: Maria Bowes

COST: \$15.00 full - \$12.00 concession

TIME: 10.00 am – 11.30 am (Thursdays)

DATES: 29th October, and 5th, 12th, 19th November



Supported by Eat 2 & 5 Fruits & Vegie Grant
 SA Department of Health

As part of our Community Support Program, **Reynella Home Hardware** has accepted R.N.C. as a Home Improvement Club Member. Cards are available from the office. Users of the card will receive trade discount on all purchases with the exception of specials and items already discounted.

Reynella Neighbourhood Centre received 5% of all sales recorded on your card.

THE OLD REYNELLA DISCOUNT PHARMACY

Spring is here! And so is the Hay fever Season. Got the runny nose, Itchy eyes, and sneezing? Come into our Pharmacy for advice that can help relieve these symptoms. We also have a range of products at everyday low prices, so come on in and check us out.

167 Old South Road Old Reynella Phone: **8381 9944.**

We proudly support the Reynella Neighbourhood Centre

