



Activities in West Torrens community facilities





Apex Park Community Facility
616 Burbridge Road, West Beach

Australian Air League Inc

For young people aged 8 to 18 years. Earn badges and follow everything to do with aviation and space.

Times: Thursdays during school terms 6.50pm - 9pm.

Cost: \$240 per year plus uniform.

www.australianairleague.com

Lockleys Girl Guides

Fun activities, camping and adventure for ages 5 to 18. We encourage girls to try new things in a non-competitive environment. Skills gained through Guiding will help girls throughout life.

Times: Tuesday 6.30pm - 8.30pm, Wednesday 6pm - 7pm.

Cost: \$185 annually plus term fees.

Contact: Tel. 0402 393 214,

www.girlguidessa.org.au

Men's Probus Club of West Beach

Social involvement for senior retired men.

First Tuesday of every month, 10am - 12noon

Cost: \$50 per year.

Contact: Tel. 8356 6631,

www.probussouthpacific.org





Camden Sporting Facility
Anzac Highway, Novar Gardens

Phantoms Cricket Club

Cricket training and competition for all ages.
Monday, Wednesday and Friday 4.30pm - 7.30pm
Contact: Tel. 0435 328 441





Plympton Community Centre
34 Long Street, Plympton

Coffee, tea and me - City of West Torrens

Drop in for a chat, catch ups with friends and be part of your community.
Tuesdays fortnightly 9.30am - 11.30am.
Contact: Tel. 8416 6346.

Fit ball drumming - City of West Torrens

If you love music and want to have fun as you exercise - then fit ball drumming is for you. It can help you develop rhythm, find connections between mind and body and create positive feelings of wellbeing.
Tuesdays 3pm - 4pm. Cost: gold coin.
Contact: Tel. 8416 6343.



Movers and shakers - City of West Torrens

This is a chair-based exercise program for over 50s.
Fridays 9.45am - 11am. Cost: \$5 per session.
Contact: Tel. 8416 6343

Raja Yoga by Subroto

Gentle yoga for a healthy life, suitable for adults.
Sundays fortnightly, 5pm - 6pm. Cost: \$10.
Contact: 0469 289 791

Richmond RAOB Lodge No 149

The RAOB is a worldwide not-for-profit mutual benefit and philanthropic organisation of like-minded people. Business/social meetings fortnightly on Fridays, 7.30pm - 10.30pm. Cost: \$2 per meeting.

Contact: Tel. David 0411 451 079, Kym 0412 661 451, raob.com.au

Horizon Taekwondo

Martial arts and fitness for children and adults. Saturdays 9am - 12noon.

Contact: Tel. 0431 231 040, horizontaekwondo.com.au



Hatha Yoga with Josephine Margaret Bishop

Hatha yoga suitable for adults and seniors.

Wednesdays, 9.30am - 10.45am. Cost: \$10 per class.

Contact: Jo 0420 987 760.

Share a table - City of West Torrens

Do you like to have lunch and meet new people? This program could be for you. Open to all people living in the CWT aged over 50. Various activities and entertainment are also included.

Tuesdays fortnightly 12noon - 2pm. Cost: \$5.

Contact: Tel. 8416 6346.



Thebarton Community Centre
Corner South Road and Ashwin Parade, Torrensville

Adelaide Robotics Academy

Robotics and coding for children.

Monday to Friday, 4pm - 6pm.

Cost: \$25 per session.

Contact: Tel. 7200 7223, www.roboticsacademy.com.au



Falun Dafa

Special exercises and meditation for all ages.

Thursdays, 7pm - 9pm.

Contact: Tel. 0400 306 581, www.falunau.org



Italian Pensioners of Thebarton and Suburbs Inc

A group for seniors offering bocce, bingo, pool, briscola and exercise classes. Wednesdays, 8.30am - 2pm.

Cost: \$3 a week.

Contact: Tel: 0438 846 181

Greek Pensioners and Aged of Thebarton and Surrounds

A weekly community social program for seniors with morning tea, lunch and bingo. Fridays 9am - 12.30pm

Cost \$8 per session.

Contact: Tel. 0422 105 039



New Creation Church Adelaide

Non denomination church gathering, suitable for adults.

Sundays, 10.30am - 12noon.

Contact: Tel. 0418 373 877, nccadelaide.com.au

South Australian Freshwater Anglers Association

Meetings of freshwater fishing enthusiasts, suitable for all ages.

First Tuesday each month, 7pm - 9pm.

Contact: Tel. 0418 812 724, www.safwaa.org

Special Olympics SA Dance Team

Dance for people living with a disability, suitable for all ages.

Thursdays 4pm - 7.30pm

Contact: Tel. 0420 466 064



Weigall Oval Sporting Facility
Oval Terrace, Plympton

RFDS Adelaide Auxiliary

The RFDS Adelaide Auxiliary is a volunteer group for adults and seniors which meets to further the awareness of the Royal Flying Doctor Service, and to conduct fundraising activities to help keep the planes flying throughout SA and NT. There are 24 support groups across SA and NT, but the Adelaide Auxiliary is the only one in the Adelaide metropolitan area. We welcome members who wish to assist this very worthy charity organisation, and offer social interaction, the opportunity to assist in the organising of fundraising activities such as quiz nights, card days, fashion parades, guest speaker morning teas, Christmas brunch, and other activities.

Contact: Tel. 0484 872 357 / 0402 906 440

Second Thursday each month - except January, 10.30am - 12noon.

West Torrens Civic Centre
165 Sir Donald Bradman Drive, Hilton SA 5033
westtorrens.sa.gov.au/
P: 8416 6333 E: info@wtcc.sa.gov.au

