



Box Factory Community Centre Regular Activities Calendar 2019

Location of programs:
 Box Factory, 59 Regent St South
 Hutt St Library, 235 Hutt St



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>Language @ Hutt Street Library English Conversation (ESL) Join volunteer Nancy for this weekly class to improve your English skills. 10:30am - 12:30pm weekly, \$2 (School Terms only)</p>	<p>Social + Culture Table Tennis All ages and skill levels welcome! Pizza Night on the last Tuesday of the month (\$5). 4:00pm - 6:00pm weekly, free</p>	<p>Children + Literature @ Hutt St Library Little Book Worms Literacy and numeracy-based activities for parent and child 3-5 years. 1st & 3rd Wednesday of each month 10:30am-11:30am, free (School Terms only). Bookings Essential: Kat 0417 142 556, email: katrina.ochan@sa.gov.au</p>	<p>Health & Wellbeing Chair Based Exercises for All Open to all levels of fitness ability. Improve aerobic levels, strength, balance and flexibility. Chair based and movement exercises. 4:00pm - 5:00pm weekly, \$5 </p>	<p>Social + Culture Table Tennis All ages and skill levels welcome! 4:00pm - 6:00pm weekly, free</p>	<p>Art & Craft Crafty Noons Bring along a project, all abilities welcome. Sewing machines, iron and ironing board are available. 2:00 pm - 5:00pm 2nd and 4th Sunday of the month, \$2 per session. Visit: their Facebook page.</p>
<p>Language @ Hutt Street Library Red Cross English One-on-One Tutoring (ESL) Join Red Cross ESL trained and experienced volunteers. For more information or to register call Vanessa 8100 4676, email vkersting@redcross.org.au 1:00pm-3:00pm, weekly, free (School Terms only).</p>	<p>Health & Wellbeing Meditation Free 4-part mediation courses by Sri Chinmoy Centre. 6:00pm - 7:00pm Weekly, free (various start dates). Visit: www.freemeditationadelaide.org</p>	<p>Language @ Hutt Street Library Spanish Classes Elena, volunteer and native Spanish speaker. Relaxed, informal, conversation class. Class 1 - Beginners 10:30am Class 2 - Beginners 11:30am Class 3 - Inter/Adv 1:00pm Weekly - 1-hour classes, \$2. (School Terms only) Registrations essential</p>	<p>Health & Wellbeing Cooking Workshops There will be various cooking classes throughout the year. Sign up to the mailing list to learn about future events! 6:30pm - 8:30pm, various dates. Cost: Free to \$15</p>	<p>Language English Conversation (ESL) Join volunteer Thor to practice holding longer conversations. 6:00pm - 8:00pm fortnightly, \$2. Visit: their meetup group webpage</p>	<p>Literature Bindii Japanese Genre Poetry All welcome. 12:30pm - 2:30pm 1st Sunday of every second month from February, \$2. Visit: www.haiku-bindii.blogspot.com.au</p>
<p>Literature Novelist's Circle I Writers' support group 6:30pm - 8:30pm 2nd Monday of the month (except on 1st Monday in March), \$3 per session</p> <p>Novelist's Circle II 6:30pm - 8:30pm 3rd Tuesday of the month, \$2 per session www.sandyvaile.com/meeting-information.html</p>	<p>Health & Wellbeing Men's Group Build community and friendship through sharing life issues in a supportive environment. 7:30 - 9:30pm 2nd Tuesday of each month, \$2. Visit: their meetup group webpage</p>	<p>Language Esperanto Join to talk, laugh and learn. All welcome. 6:00pm - 8:00pm 1st Wednesday of the month, February to November, \$2.</p>	<p>Community Meeting South East City Residents Association (SECRA) Local residents group. 6:00pm - 7:00pm, various dates, free, Email: secra.sa@gmail.com</p>	<p>Special Interest Group Carrousel Club Community self-help group for transgender persons and their partners. 7:00pm - 10:00pm 1st Friday of the month, free. Visit their Facebook page.</p>	<p>Health & Wellbeing Mindfulness Meditation Beginners welcome. Learn this style of meditation with Oasis Mindfulness facilitator Anne. 10:00am - 11:30am 1st Sunday of the month, free. Visit: their meetup group webpage</p>
<p>Literature Friendly Street Poets Open mic poetry reading. All welcome! 6:00pm - 9:30pm 1st Monday of the month, free to attend, \$5 per reader. Visit: www.friendlystreetpoets.org</p>	<p>Special Interest Group Adelaide Park Lands Preservation Committee meeting. 2nd Tuesday of the month, 6:00pm - 7:30pm, membership fees may apply. Visit: www.adelaide-parklands.asn.au</p>	<p>Special Interest Group Public Speaking & Presentation Rostrum 11 6.00pm - 8.00pm 2nd & 4th Wednesday of each month. Membership fees may apply. Visit: www.rostrum.com.au</p>	<p>Community Meeting Neighbourhood Watch Quarterly meeting. 6:00pm - 7:00pm, various dates, free. Email: nhwadelaide@gmail.com</p>	<p>Special Interest Group Australian Unemployed Worker's Union Learn your rights and advocacy for services. 7:00pm - 8:30pm 1st & 3rd Friday of each month, gold coin donation. Visit: www.facebook.com/AUWUSA/</p>	<p>Special Interest Group Australian Friends of the Camino Public talks and pilgrim gatherings. 1:00pm - 5:00pm various dates, free. For more information call (08) 8370 8182.</p>
<p>Literature Comics with Friends and Strangers Draw comics, practice, express yourself, share knowledge. 6:30pm - 10:30pm 3rd Monday of the month, gold coin donation welcome. Visit: their Facebook page</p>	<p>Health & Wellbeing Narcotics Anonymous Support group for men and women for whom drugs have become a problem. 6:30pm - 8:30pm weekly, free. www.na.org.au</p>	<p>Health & Wellbeing Master Lee's Tai Chi/Qi Gong For better health, wellbeing and social connection. 6:00 - 7:00pm weekly (10 April - 9 October), \$12 per session</p>	<p>Health & Wellbeing Crohn's & Colitis Support group for all impacted by Irritable Bowel Disease. 7:00pm - 9:00pm 1st Thursday of the month, free www.crohnsandcolitis.com.au</p>		<p>Special Interest Group Sunday Assembly Adelaide Sing songs, hear inspiring talks, and create community together regardless of faith. 10:00am - 1:00pm 3rd Sunday of the month, free. Visit: www.sundayassembly.com</p>
<p>Computing Adobe User Group - AUGSA Free tutorials and training, tips and tricks using this software. 5:30pm - 7:00pm Quarterly on Mondays, gold coin donation welcome. Visit: www.digitallamb.com.au/adobe-ug/</p>	<p>Health & Wellbeing AA breakfast meeting Self-help group to recover from alcoholism. 7:30am - 8:30am, Tuesdays and Saturdays, weekly, free www.aa.org.au</p>		<p>Music SCALA workshops Musician workshops. All welcome. 7:00pm - 9:30pm Usually 1st & 4th Thursday of the month, free. To confirm dates visit: www.scala.org.au</p>		<p>Special Interest Group Labour History Society Public talks on various topics. 2:00pm - 4:00pm 3rd Sunday bi-monthly, free. Visit: www.labourhistory.org.au</p>
					<p>Special Interest Group South Australian Voluntary Euthanasia Society (SAVES) Public talks and discussions. 2:15pm, 7 April & 3 November, free. Visit: www.saves.asn.au</p>