Other activities at the centre:

Netball

Our netball club caters for players aged from five to adult in the South Australian Uniting Churches Netball Association. More information is available at <u>http://morialtanetball.com</u>

Square Dancing Tuesday & Friday evenings

For information on the Square Dancing groups that meet at our hall please visit their website <u>http://wildfrontiersquaredanceclubinc.com</u>

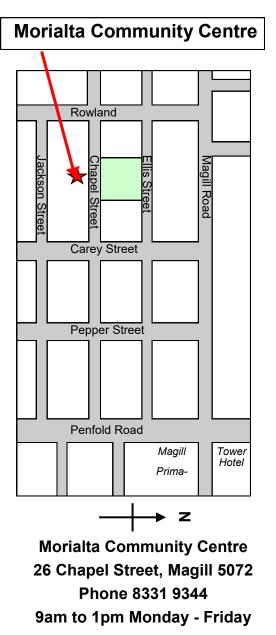
Keep Fit - Mondays & Wednesdays 9.30 - 10.30am

Classes consist of different segments including cardio, strength and core based formats that change every week, with a variety of musical styles.

Gentle Yoga/Chair Yoga - Thursdays 9.30am – 10.30am Increase strength, focus, flexibility, create a sense of inner well-being.

Hire of premises

We have various rooms for hire. Please contact us or look on our website at <u>www.morialtauca.org.au/resources/#space-foruse-and-hire</u> for more details.



Email: community@morialtauca.org.au

Website:www.morialtauca.org.au

Find us on: facebook



An initiative of Morialta Uniting Church



Lunch on Chapel - Wednesdays 12noon



Feel like a break from cooking and meeting new friends over a homecooked meal? Each Wednesday we serve a

low cost lunch with a choice of soup, three main courses, two desserts, cheese and fruit plate, juice, tea and coffee. No reservation required!

Art Circle - Fridays 9.30 to 11.30am

Our group meets to work on their painting, drawing, colouring and more. Bring your water colours, oils, pens, crayons and other



materials and be encouraged to express yourself on paper or canvas! Cost \$2 per session to cover tea or coffee.

Coffee and Chat - Fridays 9.30am



Drop in for a relaxing chat with tea or coffee. Come along when you feel like some company - you will be sure to receive a wel-

coming smile! Meet new friends, share experiences, be inspired, enjoy a laugh, surprise yourself!

English Conversation - Sundays 11.15am

This informal group meets to practice their spoken English on Sunday



mornings from 11.15am. Join us to improve your spoken English or to help those who are learning.

Community Shed - Wednesdays 1.00pm

A well-equipped workshop has been developed at our centre. If you are interested in joining our shed group, which meets



on Wednesday afternoons, please call the office.

Games - Wednesdays at 1.00pm



Join us after Lunch on Chapel, and share in games of Bridge, Rummikins and Mahjong.

Cost \$2 per session. Afternoon tea provided!

Playgroups - Monday & Tuesday mornings

Our **regular playgroup** meets on Tuesday mornings from 9.30 to 11.30am during school terms and is open to all pre-school children from birth to 5 years old.



Japanese playgroup - Come along on Monday mornings and join with the Japanese -speaking group with your pre-school child(ren).

Tai Chi - Mondays at 1.30pm



Join an informal group of older Tai Chi enthusiasts for a self-guided form of gentle exercise. Cost \$2 per session.

Community Library

We have a small community library, with books for all ages, as well as DVDs . Anyone is welcome to come and borrow items - we are



open every morning during the week. Donations of items for the library also welcome.

Fellowship



Wanting to relax, wind down, hear an interesting talk, enjoy the company of friends? Everyone is very welcome at our

meetings on the third Thursday of the month. Every Fifth Thursday of the month is a "Bonus Meeting".

Program details available on the website at http://www.morialtauca.org.au/activities

VOLUNTEERS

Our activities are run by volunteers and we always welcome new helpers. Drop in to the office to find out more about what volunteer opportunities are available. The office is open weekday mornings from 9.00am.