



Term 3 2011

Tax Help available Now

Trained Tax Help volunteers are now available to assist low income earners to complete their tax returns. A volunteer will be available each Thursday at the Hut. Bookings are essential, please contact Hut reception.

Introduction to Social Media

Facebook, Blogging, Twitter and more.....

Community groups can distribute messages directly to volunteers, donors, participants and the broader community instantly. Are you ready for this new age? Is your group present or is it invisible in this world? Introduction to Social Media – what you need to know
Implementing Social Media – strategy and pitfalls

Presenter: Martin J Cowling, CEO, People First – Total Solutions Pty Ltd

Friday 29 July 2011 from 9.30am to 4.30pm

Held at the Council Chambers, District Council of Mount Barker
Cost: \$30 for volunteers \$80 for paid staff (includes lunch)

For more information or to register your interest, call The Hut 8339 4400

ACE (Adult Community Education)

ACE Foundations Skills

Term 3 ACE Courses: COMPUTING COURSES

We are offering the following computer courses in term 3 starting in August.

- Introduction to Computing
- Digital Photography Editing
- Word Processing
- Spreadsheets/Excel
- Bookkeeping using MYOB.

Each course runs for 3 hours per session for 8 weeks.
Courses are accredited and assessed. Cost is \$50.

Contact Reception for times or to be added to the waiting list for next term.

Other Adult Community Learning

Broadband for Seniors

Provides an Internet kiosk at The Hut and individual help for older people learning to use the Internet

Computer Training

One-on-one computing and Internet tutoring (\$5 for a one hour session)

be active Playtime

be active Playtime sessions are free workshops for 0 – 5 year old and their parents or carers.

Learn how to use basic household items to enhance your child's play experiences at home

This 3 week session will also provide ideas and information about how to encourage and take part in physical activities at home.

All participants receive a great resource folder filled with activities to take home.

Sessions commence 22nd August, contact the Hut to register you interest



Government of South Australia
Office for Recreation and Sport



Hills Volunteering

The Volunteer Resource Centre for the Adelaide Hills, which recruits, places, trains and supports volunteers. Contact Esme at The Hut on Wed, Thurs, or 8391 7015 Fri

Community Connections – volunteering in the hills is a new feature presented in the Weekender. Keep your eye out for courses, workshops, and volunteering opportunities.

Volunteer Vacancies are available at the Hut, contact the Community Development Officer to find out if there is a role that interests you.

The Book Shed

The Hut Book Shed is located in Apex Park Stirling (off Merrion Tce).

It sells second hand books and raises funds to support community services.

Open Mon to Sat 10.00 to 5.00, ph 8339 2005

Career Development Services

If you are unemployed, underemployed or looking to re-enter the workforce then these services may assist you:

Career Development Centre

Available each Thursday at The Hut, phone the Career Development Centre to book an appointment 8391 1374 or admin@adelaidehills.com.au

Workskil

Available each Friday at The Hut, phone Workskil to book an appointment 8393 6500

Services

Carers Respite*

Weekly half day mystery trips using community buses. Designed to give carers a break.

Caring in our Community

Volunteer based “neighbourly” assistance

Community Buses*

Weekly shopping buses and transport to various community groups

Buses are also available for hire to community groups (contact Hut reception for information and bookings).

Information

Local community, tourist, and new resident information is available.

Emergency Financial Assistance

Available to families in need.

Hills NILS

A no interest loan scheme, with up to \$1,000 available to Hills residents on a low income for purchasing essential items

Personal Transport*

Volunteer drivers provide transport to appointments for those in need of assistance.

Physical Activity Programs

Bounce Fitness Classes

Exercise classes for all ages and levels of fitness. They are run each week morning at the Bridgewater Sports and Social Club from 9.30 with some early morning sessions. (Costs are per lesson or 6 week block). Phone Shannon on 0403 574 614 or Belinda on 0438 788 422.

Chair Yoga

Gentle yoga for older people at The Hut on Saturday mornings with transport provided using the community bus. Contact Caroline 0423 023 669

Community Fun and Fitness **

Classes are run weekly on Tuesday mornings from 9.15 to 10.15 at the Bridgewater Hall. (Cost \$6) Contact Rosemary on 8393 1828

MensMoves

A Thursday morning healthy lifestyle program for men. Phone Martin at The Hut on 8339 4400.

Move It

Links people, particularly men, with physical activities in the Hills and starts new programs if needed. Phone Martin the Hut.

Strength and Balance exercise classes

From 9.30 to 10.30 at Stirling RSL on Tuesday and Thursday
Woodside CWA Hall on Monday and Friday.

Walking Groups

Monday and Wednesday 9am (1 hour), Tuesday 1.30pm and Friday 9.30am for 2 hours. (cost \$10 individual or \$15 family per year).

Interest Groups

Aldgate Valley Food Co-op

Friday mornings 10.30 to 12.00 at Aldgate Valley Community Hall in Nation Ridge Rd. It provides a venue for purchasing organic foods and social contact. Phone Jane on 8339 2609

Blokes' Club

A fortnightly social group for older men at Aldgate RSL at 2.30 Wed.

ITShare ***

Operates every Mon and Tues from 9.30 to 5.00 below the Bridgewater Hall. They rebuild, recycle and donate computers which are available to community members for an administration fee. (ph 8339 3116 or 0409 758 015)

The Men's Shed

A backyard style shed for men, with a social focus, which meets on Mon and Wed from 9.00 to 12.00 at the Village Well (Strathalbyn Rd Aldgate). (cost \$2)

Music for Seniors

Meets weekly at Grace Lutheran Church Bridgewater on Tuesday mornings from 9.30 to 12.00 to learn, practice, and enjoy a range of musical instruments (cost \$10). Contact Janet on 8370 8182

Out and About Group

A social lunch group which meets in various venues on the second Tuesday of the month.

Plant Rescue

Interested in gardening? Come along on a Thursday and help to propagate plants, learn new skills, and meet people with a similar interest. At the Hut 10.00am – 3.00pm.

The Club

An older women's group which meets at The Hut on Tuesdays from 10.00 to 2.00 for morning tea, lunch, chat, games, and outings. Transport is by the community bus. (\$7 includes lunch)

Thursday Club

For older women. Meets weekly from 10.30 to 2.00 at the Bridgewater Uniting church and also has outings. Transport by the community bus.

Parents Group

Parents with young children, get together each Monday morning at The Hut from 9.30 to 11.30.

Meditation

A great way to slow down, relax, and find inner peace.

Classes commence 27th July and run each week.

One hour class – only \$10

* Run in conjunction with Ad. Hills Council Community Services.

** Run in conjunction with Ad. Hills Community Health Service.

***Independent group linked with The Hut

Facilities at The Hut

- **Internet access**
- **Meeting rooms for hire**
- **Photocopying and fax**
- **Hall hire for parties and events**

Aldgate Valley Hall is available to hire to the community for parties, events, and camp outs. Great location for children's parties or a camp out night under the stars with a warm bonfire.

Hall has kitchen facilities and a new oven. Contact the Hut for further details.

For more information about Hut activities, phone The Hut or the contact person listed for your area of interest.

**The Hut Community Centre
1 Euston Rd, Aldgate, SA 5154
Phone 8339 4400**

E reception@thehut.org.au

W www.thehut.org.au

Supported by the Adelaide Hills Council