

For more information about these Hut activities,
phone Hut reception on
8339 4400
or the alternate contact person listed.



The Hut Community Centre

1 Euston Road
Aldgate, SA 5154
PH 8339 4400

E reception@thehut.org.au
www.thehut.org.au

HUT HAPPENINGS

Term 3 2010

ACE COURSES

SouthAustraliaWorks
linking people, skills and jobs

Computing for Beginners

8 weeks Tuesdays 9.30 to 12.30 from 27th July at The Hut Cost \$40

Hands on experience for people who are new to computers in a small class with a supportive trainer.

Course full – book now for next course

Computing Plus

8 weeks. Thursdays 12.30 to 3.30 from 29th July at The Hut Cost \$40

Creating more complex documents using the power of the computer & the capabilities of commonplace programs.

Digital Photography

8 weeks. At The Hut. Cost \$40

Daytime classes - Thursdays 9.00 to 12.00 starting 29th July

Evening classes - Thursdays 7.00 to 10.00pm starting 29th July

Camera features, photographic composition, basic image editing and storing, sharing images, practical exercises.

Digital Photography Editing

8 weeks. At The Hut. Cost \$40

More advanced photo editing skills

Mondays 7.00 to 10.00 starting 26th July

Course full – book now for next course

Digital Story telling

Full day Saturday workshop at The Hut 4th September Cost \$10 (BYO lunch)

Using a multi-media program to create a digital presentation with photos, sound, video, graphics. BYO laptop (with photos) if you have one. Software provided.

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.

THE BOOK SHED

The 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

FACILITIES AT THE HUT

- Internet access
- Meeting rooms for hire
- Photocopying and fax

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 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.

Tax Help

Low income earners with simple tax returns can have their tax returns prepared and lodged by a Tax Office trained volunteer. Appointments Wednesday 9.00 to 4.30 From 14th July to end October.

* Run in conjunction with Adelaide Hills Council Community Services.

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

***Independent group linked with The Hut

OTHER ADULT EDUCATION

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)

Connected Seniors

Classes on using mobile phones now available. Four week courses. July and August classes are already full, so book now for September.

Learning Pathways

Provides volunteer training which is linked to TAFE qualifications. (phone Martin at The Hut on Mon, Wed, Thurs)

University of the Third Age (U3A)***

Provides a wide range of courses for seniors. Contact Frank on 8388 1145 or Jean on 8339 4193.

And what about men's cooking?

If you are a non-cooking man and would like to learn about basic cooking (more than a BBQ), contact Hut reception on 8339 4400 and register your interest.

If we have enough interest, we will organise our first 6-week cooking for men course.

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) Contact 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.

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

Hills Amblers (aka "wobbly walkers")

A Tuesday morning walking group with gentle walks (transport provided). Contact Gael at The Hut on Wednesdays. **In recess over winter.**

MensMoves

Healthy lifestyle Program for men. Thursday mornings (9.30 to 11.30) for 10 weeks, starting mid August. Phone Martin at The Hut 8339 4400.

Move It

Links people with physical activities in the Hills and starts new programs if needed.

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. Contact Shirley (Stirling) on 8339 4455 or Joan (Woodside) on 8339 7218.

Walking Groups

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

OTHER ACTIVITIES

Aldgate Valley Food Co-op

From 10.00 to 11.30 Friday mornings at Aldgate Valley Community Hall in Nation Ridge Rd. It provides a venue for purchasing organic foods and social contact. Phone Elisssa on 8339 2485

Blokes' Club

A fortnightly social group for older men at the 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 admin 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) Contact Tony on 8339 2649

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.

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. (\$5 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.

Young Parents Group

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