



## Newsletter Blast January 2023

*We recognise the Kurna and Peramangk Peoples as the traditional owners of the Adelaide Hills and pay our respects to elders past, present and emerging.*

**Join us for the opening of The Book Shed at Woodside**

**Saturday 11th February 10am - 12noon**

Dan Cregan MP will officially open the Woodside Bookshed on Saturday 11th February at 10am. Join us for a free BBQ, kids activities, live music by Jen and Dan from Gen 'n' Tonix, and the opportunity to browse the Bookshed.

Kids can dress up in their favourite book character to receive a free book.

So much work has gone into getting the Bookshed ready and it is all thanks to our dedicated and hard working volunteers, who have worked tirelessly to make this happen, thank you to all who have been involved.

We are very excited to share this space with you, join us for the celebration!

A promotional graphic for 'The Book Shed Woodside' opening celebration. On the left, there is a photograph of a bookshelf filled with various books. Overlaid on the right side of the image is a green circular graphic containing the text 'The Book Shed Woodside' in white and orange. Below this, it says 'Saturday 11th February 10am - 12' and 'Opening Celebration'. Further down, it lists the location '68 Onkaparinga Valley Rd, Woodside' and 'Free BBQ, Kids Activities, Live music'. At the bottom, it says 'Dress up as your favourite book character for a free kids book', 'Bookshed open 10am - 4pm', the phone number '83394400', and the website 'www.thehut.org.au'. A circular logo for 'The Book Shed The Hut Community Centre' is also visible, featuring a red house icon.




### We say Good-Bye to Marnie

We are very sad to announce that Marnie will be leaving us on February 12<sup>th</sup> to undertake a Bachelor of Teaching Degree. Marnie is a valued part of the team, bringing fresh eyes and a strong social justice mindset to our work and she will be greatly missed. Please join us to celebrate Marnie's time with us at a afternoon tea on Thursday 2pm.

### Blokes Brunch

On Sunday the 12<sup>th</sup> of February The Hut will be hosting a *Blokes Brunch* for hills men who'd like to connect over some brekky and a cuppa. The brunch will be held between 10am – 11am on the platform and will include a free plate of food and coffee. We will also have a game of darts going if you'd like to have a go!

Afterwards, why not make your way down to the Repair Café. If you're interested, please contact reception, or register your interest via Humanitix: <https://events.humanitix.com/blokes-brunch>

 **CALLING ADELAIDE HILLS MEN!**  
YOU'RE INVITED TO:

**Blokes  
Brunch**

Join us afterwards at the Hut Repair Cafe

AT THE HUT COMMUNITY CENTRE  
SUNDAY 12TH FEB 2023  
10:00 am - 11:00 am

Gold coin donation appreciated!

Call The Hut on 8339 4400 to book

## Getting Older? Let's Talk About It

### Ageing Well in your Community Conversation Series

Thinking about ageing? Join us as we highlight the opportunities and challenges of ageing well at home in your community.

This eight-session conversation series provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion!

Some of the topics explored include: home, belonging and community, the reality of ageing, ageism, money matters, living with meaning and purpose, importance of social connection.

If you would like to find out more, give us a call on 8339 4400 or Book [here](#)

# Getting older, let's talk about it!

## Ageing well in your community

Brought collaboratively to you by:

Supported by Office for Ageing Well  
Government of South Australia  
SA Health

Zest Creative - Living Life

The Hut  
Community Centre

Aldgate Village  
Well

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### My Money Basics

The Hut is pleased to announce that we are partnering with our friends at Good Shepherd to facilitate My Money Basics. These workshops will be part of our Low Income Support Program as an ongoing way to provide support and education to help improve people's financial wellbeing.

The sessions will be in the format of an informal setting with guided questions, including activities to help the participants understand their own 'money story', easy tips for avoiding money leaks and simple budgeting. All are welcome and of course it will include morning tea! So if you or someone you know would like to join Hayley for the first workshop please call 8339 4400 or email [hayley@thehut.org.au](mailto:hayley@thehut.org.au)

# My Money Basics

## FREE Everyday Money Management Workshops

- ✓ Reduce money stress
- ✓ Live within your current income
- ✓ Plan for the future

All are welcome to join us for this workshop on:

**Tuesday 21st March 9.30am-12.00pm**  
including Morning Tea

At The Hut Community Centre, 1 Euston Road Aldgate

To book please call 8339 4400 or email [hayley@thehut.org.au](mailto:hayley@thehut.org.au)



## REPAIR CAFE

Household items repaired by volunteer repair experts!

- Pushbikes
- Small Electrical
- Small Elect
- Wooden Items
- Tool Sharpening
- Tool Sharp
- Sewing & Darning

## CLOTHING SWAP

Kids clothing swap  
\$5 per family

- Size 0000 - 4 & other items such as shoes, bedding
- Take what you need
- Bring a bag of children's clothes to swap (bagged by size or play condition)
- Drop off to Hut reception the day before

**SPECIAL EVENT SUNDAY 12TH FEB 10AM - 1PM**



THE HUT COMMUNITY SHED, 1 EUSTON RD ALDGATE

### Grandparents for Grandchildren

Grandparents for Grandchildren are a professional team committed to supporting Grandparent and Kinship Carers. They provide a listening ear and practical, effective advice and support through individual support, education and development funding for families, information and resources, and coordination of Villages in local communities.

The Village Program was developed to enable Carer Advocates to provide carers with a safe space to meet in their local area, giving them the opportunity to connect, exchange ideas and

information and access familiar, more accessible services.

Learn more about the Villages [here](#)

A Village will commence here at The Hut on February 8th, if you are a grandparent providing full time care for grandchildren, we would love for you to join us.

# Grandparents For Grandchildren



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## Come and Hang Out at the Station!

Join us on the last Friday of each month -

Next session is Friday 24th February.

Facilitated by Headspace Mt Barker, give Jess

a call for more info 8398 4262

Scan the QR code for dates for 2023





## the hut's UQT

The Hut Community Centre in Aldgate are hosting headspace on the last Friday of each month for our UQT group

UQT is a play on the 'LGBTIQA+' letters. UQT is a safe hangout group for anyone aged 12-25 within the LGBTIQA+ community and their allies.

3.30pm - 5pm

hangout, share stories, laugh, learn, support one another, learn a new skill, have access to important resources and feel comfortable knowing this group is facilitated by a trained headspace worker. scan the QR code below for more info



Connect: [headspace.org.au](https://headspace.org.au)

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### Gambling Help in The Hills!

Logan from the Gambling Help Service at Relationships Australia SA is now at the Hut every Wednesday from 1pm – 5pm.

The service provides confidential support for anyone affected by or assisting someone with gambling issues and can also connect you to a financial counsellor.

Please call Logan on 0420 622 747 to book an appointment.

You can also contact the Gambling Help Intake Service for confidential support from 9.00am – 5.00pm (business days) Free call: 1800 934 196



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### Community Learning Program in 2023!

We have partnered with Community Centres SA's Community Learning program to bring you their courses, which are a great way to grow and polish your skills in an inclusive and welcoming environment.

Community Learning Courses boost confidence and foundation skills (language, numeracy, digital

and other skills), helping you feel ready to take the next step towards your goals. The courses achieve this by providing knowledgeable and supportive trainers and mentors that help you to engage with the course content but also use your new knowledge to progress your personal goals.

All classes are fully funded by the Department of Education and available to community members who:

- are a South Australian resident, or holds a valid work or study visa, and;
- is 18 years or older, and;
- is not enrolled at school or in a FLO program and;
- is seeking employment (including self employment) or further study.

For more information ring The Hut on 8339 4400 or email [programs@thehut.org.au](mailto:programs@thehut.org.au)



### **Intro to Horticulture**

If you are looking to explore a pathway into gardening, landscaping or horticulture but want to learn some basics to get you started, this course is for you! With our experienced horticulture facilitator, you will learn a range of theory and practical skills to start you on your pathway to further study or employment.

**Location:** The Hut Community Centre, Aldgate  
The 6 sessions will be held on 9 Feb, 16 Feb, 23 Feb, 2 Mar, 9 Mar, & 16 Mar.

Each Thursday class will run from 10:00am to 1:30pm.

Book [here](#)



### **Intro to Small Business**

Launching your own small business can create new opportunities and alternative income streams for yourself. This practical, step-by-step course will guide you on how to launch and grow your small business ideas or take a step back and give your existing business a revamp.

This course includes practical information and classroom theory.

**The Summit Community Centre, Norton Summit**

The 4 sessions will be held on 7<sup>th</sup> Feb, 14<sup>th</sup> Feb, 21<sup>st</sup> Feb & 28<sup>th</sup> Feb

Each Tuesday class will run from 9:30am to 2:30pm

Book [here](#)

### Oakbank Soldiers Memorial Hall, Oakbank

The 4 sessions will be held on 1<sup>st</sup> Mar, 8<sup>th</sup>

Mar, 15<sup>th</sup> Mar & 22<sup>nd</sup> Mar

Each Wednesday class will run from 9:30am to 2:30pm.

Book [here](#)

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### **Intro to Microsoft Office**

Understanding and developing your efficiency in Microsoft Office is a highly valued skillset for most workplaces. If you would like to explore all the ins and outs of Microsoft Office and the diverse practical application of tools available, then this course is for you! Our experienced tutor will take you step by step through the basics of applications such as Word, Excel and PowerPoint and explore some of the more specific tips and tricks that can give you a professional edge.

Location: The Hut Community Centre, Aldgate

The 6 sessions will be held on 10 Feb, 17 Feb, 24 Feb, 3 Mar, 10 Mar, & 17 Mar.

Each Friday class will run from 10:00am to 1:30pm

Book [here](#)

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### **Intro to Hospitality**

If you are looking to explore a pathway into kitchen work, cooking for aged care or disability or looking to kickstart your food service career, this course is for you! With our experienced hospitality facilitator, you will learn a range of theory and practical skills to start you on your pathway to further study or employment.

Location: The Village Well, Aldgate

The 5 sessions will be held from 27<sup>th</sup> Feb, 6<sup>th</sup> Mar, 20<sup>th</sup> Mar, 27<sup>th</sup> Mar, 3<sup>rd</sup> April

Each Monday class will run from 9:30am to



1:30pm,

Book [here](#)

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## TERM 1 2023



### Free Craft in the Garden

When: Tuesdays every week

Session Time: 10:00am – 12:00am

Suitable for all ages

Where: The Garden at The Hut Community Centre

Cost: FREE

No Bookings required

The Nature Play area is open each week including school holidays with a fairy garden ready to be explored.

Free craft is available for the kids whilst playing in a safe garden space.

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### Repair Cafe

#### Featuring a Children's clothing swap in February

When: Second Sunday of each month (12th February)

Session Time: 10.00am – 1:00pm

Where: The Hut Community Shed

Cost: Donation appreciated

No Bookings required

Volunteers are available to assist with repairs to small wooden items, electrical appliances, pushbikes, tool sharpening, clothes darning and sewing.

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### Chi Kung - Ongoing Program

When: Wednesdays weekly

Session Time: 10:00am – 11:00pm

Where: The Aldgate Oval Hall, Aldgate

Cost: \$5 per person (free come and try first session)

Register your interest by calling 8339 4400



### **Creative Writing Group - Ongoing Program**

**When:** Tuesdays start date 31<sup>st</sup> January

**Session Time:** 4:30pm – 6:00pm

**Where:** The Hut Community Centre

**Cost:** FREE

**Register by phoning The Hut 8339 4400**



### **Qi Gong for Health & Wellbeing - 8 week course**

**When:** Mondays start date 6th February

**Session Time:** 10:00am – 11:30am

**Where:** Woorabinda, Stirling

**Cost:** \$180 for 8 week term.

**Bookings Essential:** [here](#)

Learn the basics of Qi Gong and relaxation in a supportive 8 week course, focusing on breath, gentle exercise accompanied by positive visualisations and commands.



### **Watercolours for Self Expression**

**When:** Wednesdays weekly starting on 8th February - 4 weeks

**Session Time:** 9:30pm – 11:30pm

**Where:** Woorabinda, Stirling

**Cost:** \$150 per person 4 weeks

**Bookings essential** [here](#)

Watercolours for Self Expression is a supportive and encouraging session facilitated by local artist Bethany Neck. Learn some techniques with watercolours, experimenting with natural landscapes, still objects and add to it your imagination. Anything is possible!



### Sunset Sessions @ The Station

When: Friday 10<sup>th</sup> February

Session Time: 5:30pm – 8:00pm

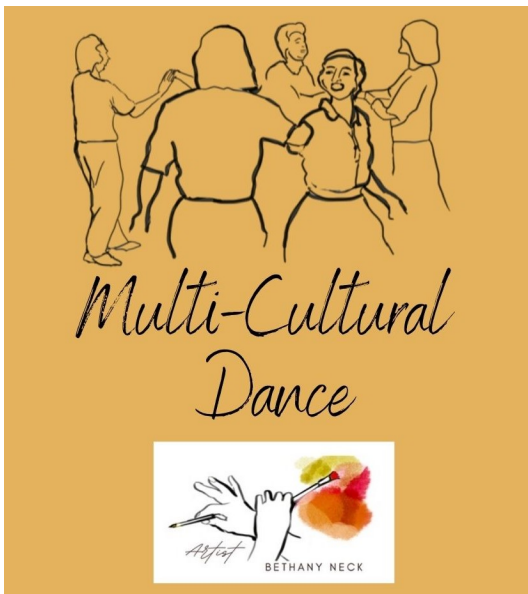
Where: The Hut Community Centre

Cost: \$5.00pp

Food available for purchase at time of booking

Bookings essential: [here](#)

Enjoy acoustic tunes on the platform by Gen 'n' Tonix with delicious burgers and slaw available for purchase.



### Multicultural Dance Classes: Ongoing Program

When: Fridays weekly starting on 10<sup>th</sup> February

Session Time: 7:00pm – 9:00pm

Where: The Bridgewater Hall, Bridgewater

Cost: \$15 per session, first session free.

Bookings essential [here](#)

Learn different styles of dance in a fun and social atmosphere on a Friday night!

These beginner friendly classes with easy to follow steps are facilitated by local experienced dance teacher and artist Bethany Neck.



### Blokes Brunch

When: Sunday 12<sup>th</sup> February

Session Time: 10:00am – 11:30am

Where: The Hut Community Centre

Cost: Gold coin donation appreciated

Bookings essential [here](#)

Come along, have a bite to eat and get to know other blokes in the Adelaide Hills community. This is a free event for men aged between 18 - 64. If you'd like to contribute, a gold coin donation is most welcome.

Bookings are essential so that we can plan for numbers, so please book through this Humanitix portal or by calling The Hut on 8339 4400.



### Active Kids - Gymnastics Circus Combo with 22too

When: Start Date Wednesday 15<sup>th</sup> February

Session Time: 9:30am – 10:30am

Suitable for ages 18 months -5 years

Where: Bridgewater Hall, Bridgewater.

Cost: \$48 (4 weeks payable by term)

Book your place [here](#)

Open up the world of gymnastics in a supportive and fun environment, developing fine and gross motor skills, including hand-eye coordination, while creatively exploring skills to increase self-confidence and self-esteem. Strength and flexibility are key areas that are focused on as well as having lots of fun with a new theme each week!



### Art Class For Kids

When: Thursdays start date 16<sup>th</sup> February, 6 week term

Session Times: 2:30pm – 3:30pm or 3:45pm – 4:45pm

Where: The Hut Community Centre

Cost: \$120 per child

Suitable for ages 8+

Bookings essential [here](#)

Join local artist Zinia King for a 6 week creative exploration in the world of art. Ink and watercolour will feature heavily in the classes, expect lots of laughs and learning. These sessions will engage your child in learning skills, connecting with other students and building confidence in their play with art.

Getting older, let's talk about it!  
Ageing well in your community



Brought collaboratively to you by:

- Supported by Office for Ageing Well
- Department of Health and Social Care
- Art Creative - Using Life
- The Hut
- Magpie Village Well

### Getting Older, Let's Talk About It.

When: Thursdays start date 16<sup>th</sup> February 8 week series

Session Times: 10:00am – 12:30pm

Where: The Village Well in Aldgate

Cost: FREE

Bookings essential [here](#)

This conversation series, facilitated by Zest Creative, provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion.

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### Pottery Class For Kids

When: Wednesdays start date 1<sup>st</sup> March 4 week term

Session Time: 2:00pm – 3:00pm

Where: The Aldgate Valley Hall

Cost: \$110 per child

Suitable for ages 8+

Bookings essential [here](#)

Join hills local Morgyn from Parrot & Pea Ceramics for a 4 week journey into the world of pottery! These sessions are aimed at kids who are homeschooling in the Adelaide Hills. These sessions will engage your child in learning new skills, connecting with other participants and building confidence in the world of clay and pottery!

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### Seeking a CD Player

Putting a callout to see if anyone has a cd player that they are no longer using, the new Book Shed in Woodside is in need of a music player.

The player must be able to have speakers that can be installed on the walls at each end of the Book Shed (rather than a portable stereo with inbuilt speakers).

Please let us know if you have something that might suit, thank you.



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## **Volunteer Vacancies**

**Please email [volunteering@thehut.org.au](mailto:volunteering@thehut.org.au) if interested in any of these roles**

*These are the only roles we are recruiting for at present*

### **Bus Outing Organiser**

A volunteer is required for the bus program, to schedule in weekly Thursday outings. Computer literacy is essential and the ability to research upcoming events/shows and a range of suitable venues for outings for seniors.

### **Ageing Well Conversation Series**

This 8 week series on ageing well will commence on the 16th February. We are seeking a person interested in participating in the series who may then be willing to co-facilitate another series later in the year. Information about the program is contained in the newsletter or you can give The Hut a call to chat.

### **Be Connected Tutors**

Volunteer tutors are required to provide support in small group sessions to seniors wanting to learn the basics of computing and browse the web.

Hours are flexible and training on the available resources will be provided. Competent computer skills are required along with a calm and patient manner.

### **Flier Distribution**

Help us to promote our services and programs through the delivery of fliers to local outlets. These will include local noticeboards in shopping centres and public places. This can be done in your own time and will be approximately once per month.

### **Community Bus Program**

The Community Bus program provides a shopping and social outing service for Seniors living independently. We are in need of volunteers to fill-in on an adhoc basis for the role of driver and/or helper. The time commitment varies depending on the outing, but is flexible around the volunteers availability.

### **Bookshed Woodside**

Calling all avid readers with fantastic customer service skills, we need you!

A new Bookshed at Woodside will open on 11th February. Volunteers are responsible for the welcoming and serving customers, sorting and shelving book donations, and general day to day running of the Bookshed, as a part of a small team.

If this sounds like the right role for you then we would love to hear from you.

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## **Community Lottery is now on!**

Grab your winning ticket and help The Hut raise valuable funds, proceeds of all ticket sales go straight to The Hut.

We aim to raise \$2000, help us to achieve that goal. Tickets are only \$2 each and there certainly are some amazing prizes on offer.

Please feel free to spread the word with family and friends too.

You can find out more about the prizes and how to buy a ticket [here](#)

**1st Prize**  
Toyota Kluger Hybrid GX  
RRP \$59,551

**Early Bird Prize!**

**2nd Prize**  
Toyota C-HR GR-Sport Hybrid  
RRP \$42,306

**3rd Prize**  
Kozco Energy Solar  
Panel/Battery package  
RRP \$23,490

**Buy a \$2 ticket in the People's Choice Community Lottery to support us and go into the draw to win one of 43 prizes worth over \$300,000!**

[communitylottery.com.au](http://communitylottery.com.au)

**People's Choice**  
COMMUNITY LOTTERY



### Recipe of the month

#### Sweet Potato, Spinach & Feta Tortilla

#### Ingredients

- 3 sweet potatoes
- 2 tbsp olive oil
- 100g baby spinach
- 6 large eggs
- 100g feta, crumbled

- STEP 1

Pierce the potatoes a few times on each side. Microwave on high for 5-8 mins until soft, then set aside to cool a little.

- **STEP 2**

Heat the oil in a 20cm ovenproof frying pan and wilt the spinach for a minute or two (you might have to do this in batches). Cut each potato in half lengthways and use a spoon to scoop out the flesh, keeping it in big chunks. Whisk the eggs.

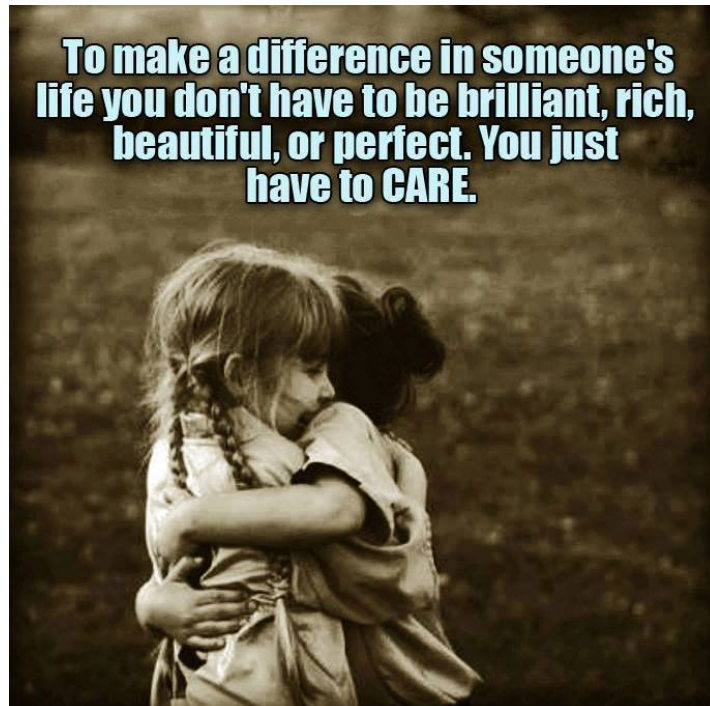
- **STEP 3**

Add the sweet potato to the pan and stir to combine with the spinach – don't break it up too much. Pour in the egg and swirl around so it fills any gaps in the pan. Scatter over the feta and cook for 4-5 mins over a low heat until the bottom and sides are set.

- **STEP 4**

Place under the grill for 1-2 mins to cook the top – poke a knife into the centre to ensure it's cooked through. Cool before slicing into wedges. *Will keep chilled for up to a day.*

*Enjoy!*



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***Until Next Time, Stay Safe, Stay Well  
From The Hut Team***





Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

