



BEECHWOOD GROVE  
SEAFORD, SA 5169  
☎: 8386 3319  
Fax: 8327 2600

SEAFORD / MOANA NEIGHBOURHOOD CENTRE INCORPORATED

# BULLETIN

Our mission: To provide a Neighbourhood Centre that is warm, welcoming and reflects the developing interests of our community, with a sense of equity.



## Term 3 already??

### FREE COMPUTER COURSE

Enrol in any **THREE** courses and get the next one for **FREE!!**  
*This is a limited offer that is valid to 25/9/2009.*  
*Voucher valid for personal customers only.*

As some of you may know the Seaford/Moana Neighbourhood Centre was successful in our tender to lease and utilise the Hastings Street "kindy" building, to run programs that are for the benefit of our community.

I recently was fortunate enough to attend an open session at the site to meet some of the neighbours and talk to them about suggestions for activities that they would like to see organised at Hastings Street site.

In particular I met a wonderful lady, who has been a local resident for many years (she is actually now in her 80's), she was so excited that there was going to be something close by that she could get involved with. Due to health issues she is unable to walk very far and indeed has a walking stick for when she does get about, she had an alert button necklace for any emergencies and told me how difficult it was to get involved in anything as she doesn't drive, can't get on the bus and even access cabs are too expensive!

She spoke about her life and I was impressed by her enthusiasm for life, she had recently been a member of a writing group, but it was too far to travel, and it had closed down. What she would love to get involved with was a writing group and she was interested in getting involved in drawing or painting. Which just shows its never to late to learn new skills and follow new interests

Personally I felt this is why we do what we do; here is this wonderful person in our community that is isolated and has few networks. We can and will be able to offer programs, activities and services that will help people to meet others, reduce their isolation and provide affordable activities that help build friendships and ensure that our community continues to prosper.

If you have any ideas of activities or programs that you would like to see organised at your Neighbourhood Centre please give us a call, send us an email or better still come and talk to us – you would be very welcome.

*Sharon Wyatt*

Community Development Officer

**NEW**

What's inside this issue:

#### Healthy Alternatives That Don't Cost The Earth

**NEW**

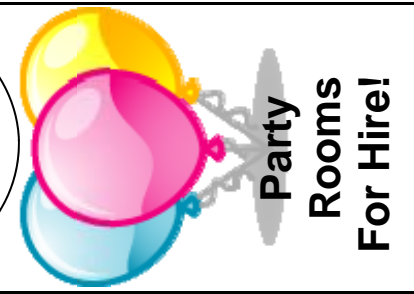
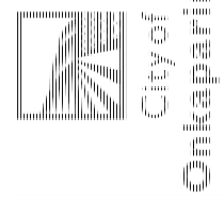
- Computer Time Table
- Centre Time Table
- Bower Legal
- First Aid
- Line Dancing
- Covenant Christian Fellowship
- Check Out Tuesday morning *International School of Music* for Children under 5yo
- Come and have a healthy meal, snack, coffee and cake in our Beach Cafe

**JULY 2009**

**Issue 58**

E-mail : [info@smnc.com.au](mailto:info@smnc.com.au)

Website: [www.smnc.com.au](http://www.smnc.com.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Commencing</i> 20/7/09</p> <p><b>Craft Group</b> 10.00 a.m. to 12.00p.m.</p> <p><b>Kinder Kapers</b> 10.00a.m. to 11.00a.m. Contact Julie: 8294 3930</p>	<p><i>Commencing</i> 21/7/09</p> <p><b>Seaford/Moana Playgym</b> 9.15 a.m. to 10.15 a.m. 10.30 a.m. to 11.30a.m. Bookings essential</p>	<p><i>Commencing</i> 22/7/09</p> <p><b>Playgroup and Coffee morning</b> 9.00 a.m. to 11.30 am . Bookings essential</p>	<p><i>Commencing</i> 23/7/09</p> <p><b>Seniors Fitness Moderate Moves</b> 9.15 a.m. to 10.15 a.m. *FREE* Crêche bookings essential</p>	<p><i>Commencing</i> 24/7/09</p> <p><b>Yoga on Friday</b> 9.30 a.m. to 11.00 a.m. *FREE* Crêche bookings essential</p>	<p><i>Commencing</i> 25/7/09</p>	<p><b>Covenant Christian Fellowship</b> 10.00 a.m. to 12.00p.m. Contact Lynton Barry 82933895</p>
<p><b>Playgroup and Coffee morning</b> 9.00 a.m. to 11.30 am Bookings essential</p>	<p><b>Quilting</b> 9:45a.m. - 12.15p.m.</p>	<p><b>Seaford/Moana Australian Retired Persons' Assoc.</b> 9.30 a.m. to 2.30 p.m. Ongoing</p>	<p><b>Belly Dancing for Fun</b> 10.30 a.m. - 11.45a.m. *FREE* Crêche Booking essential</p>	<p><b>Men's Breakfast</b> Third Friday of every month <b>Guest speakers:</b> <u>July:</u> Centrelink <u>August:</u> Karissa Woolfe (Life Style Adviser) <u>September:</u> Tess Sapia City Of Onk Waste Management Recycxling</p>	<p>Contact the Centre on: <b>8386 3319</b> Where everyone is welcome!</p>	
<p><b>SouthTalk</b> 12.45 p.m. to 2.45 p.m.</p>	<p><b>NEW!!!</b> <b>International School Of Music</b> 10.00 a.m. - 11.30 a.m. Phone: 0423 176 932</p>	<p><b>Senior First Aid</b> Various times and dates</p>	<p><b>Thursday Art</b> 9.30a.m. - 11.30p.m. *FREE crêche* Bookings essential</p>	<p><b>Women's Breakfast</b> First Friday of every month *FREE crêche* <b>Guest speakers:</b> <u>July:</u> Centrelink <u>August:</u> Karissa Woolfe (Life Style Adviser) <u>September:</u> Tess Sapia City Of Onk Waste Management Recycling</p>	<p>Our office hours are: Monday - Friday 9am to 3pm</p>	<p>The Seaford / Moana Neighbourhood Centre Inc. would like to gratefully acknowledge the following organisations for their contributions to our Centre and the community: - Community Benefit - City of Onkaparinga - DEFEST - Office for Youth - Office for Volunteers</p>
<p><b>Weight Watchers</b> 6.30 p.m. Phone 82125488</p>	<p><b>Yoga for Health and Wellbeing</b> 6.30 p.m. to 8.00 p.m. Phone Mary on 83863989 Or 0401 135 576</p>	<p><b>Yoga for Health and Wellbeing</b> 7.00 p.m. to 8.30 p.m. Phone Mary on 83863989 0401 135 576</p>	<p><b>Youth Art</b> 3.30pm - 5.00pm</p>	<p><b>Art - All Mediums</b> 12.45pm - 2.45pm</p>	<p><b>Party Rooms For Hire!</b></p> 	

# COMPUTER COURSES!!

SEAFORD/MOANA NEIGHBOURHOOD CENTRE has a variety of high quality computer courses available for tuition. It doesn't matter if you are a complete novice or a more advanced student, there is something here for everyone! If you are wanting to gain skills for employment, business, school, your hobbies or your home, then let our university trained tutors teach you in easy-to-understand terms. Each course represents incredible value for money. To complete the same content at any other educational facility would cost you three to four times as much!

**We have arguably the best computer learning facility in the Southern area - one computer terminal per person (no need to share!), powerful computers, HUGE 22 inch screens, and no overcrowded classrooms (maximum of only 6 students per class - that's nearly one-on-one tutoring!!) Come and see our newly renovated computer room and check out some of the courses below:**

- |                           |                      |                         |
|---------------------------|----------------------|-------------------------|
| • Computers for Beginners | • Keyboard Skills    | • Video Editing Stage 1 |
| • Vista for Beginners     | • Touch Typing       | • Video Editing Stage 2 |
| • Beginners Stage 2       | • Publisher Stage 1  | • Introduction to Excel |
| • Vista Stage 2           | • Publisher Stage 2  | • Introduction to MYOB  |
| • Word Processing Stage 1 | • PowerPoint         | • Family Tree           |
| • Word Processing Stage 2 | • PowerPoint Stage 2 | • PhotoArt              |
| • Word Processing Stage 3 | • Computer Club      | • PhotoStory            |
| • Internet Stage 1        | • Digital Cameras    | • Web Page Creation     |
| • Internet Stage 2        | • Photo Editing      | • MySpace               |

**For full course descriptions and other info visit our website at [www.smnc.com.au](http://www.smnc.com.au) or contact the centre on 83863319 or even just drop in!! Everyone is very welcome.**

## Session 1

Course Name	Day	Start Date	Start Time
Computers for Beginners	Monday	20/07/09	9:00am
Publisher	Monday	20/07/09	11:00am
Internet 1	Monday	20/07/09	1:00pm
Computer Club	Tuesday	20/07/09	9:00am
Word 2007 Stage 1	Tuesday	21/07/09	11:00am
Word Processing 1	Tuesday	21/07/09	1:00pm
Internet 1	Tuesday	21/07/09	7:00pm
Excel	Wednesday	22/07/09	9:00am
Vista for Beginners	Wednesday	22/07/09	11:00am
Keyboard Skills	Wednesday	22/07/09	1:00pm
Digital Cameras	Thursday^	23/07/09	9:00am
Word Processing 2	Thursday^	23/07/09	11:00am
Photo Story	Thursday	23/07/09	1:00pm
Intro to MYOB	Thursday	23/07/09	7:00pm
Video Editing 1	Friday^	24/07/09	9:00am
PhotoArt	Friday^	24/07/09	11:00am
Photo Editing	Friday	24/07/09	1:00pm
Computers for Beginners	Saturday	25/07/09	9:00am
Word Processing 1	Saturday	08/08/09	9:00am

## Session 2

Course Name	Day	Start Date	Start Time
Word Processing 1	Monday	17/08/09	9:00am
Publisher 2	Monday	17/08/09	11:00am
Internet 2	Monday	17/08/09	1:00pm
Vista 2	Tuesday	18/08/09	9:00am
Word 2007 Stage 2	Tuesday	18/08/09	11:00am
Word Processing 2	Tuesday	18/08/09	1:00pm
Internet 2	Tuesday	18/08/09	7:00pm
Family Tree	Wednesday	19/08/09	9:00am
Web Page	Wednesday	19/08/09	11:00am
Intro to MYOB	Wednesday	19/08/09	1:00pm
Photo Editing	Thursday^	20/08/09	9:00am
Word Processing 3	Thursday^	20/08/09	11:00am
Vista for Beginners	Thursday	20/08/09	1:00pm
Computers for Beginners	Thursday	20/08/09	7:00pm
Video Editing 2	Friday^	21/08/09	9:00am
MySpace	Friday^	21/08/09	11:00am
Photo Story	Friday	21/08/09	1:00pm
Word Processing 2	Saturday	22/08/09	9:00am
Computers for Beginners	Saturday	05/09/09	9:00am

**All courses are approx. 8 hours in duration. Weekday classes are run over four weeks (2hrs/class). Night classes are run over three weeks (2hrs the first week, 3hrs the next two). Saturday classes are run over two weeks (4hrs both Saturdays).**

**^ Free Crèche available for Thursday and Friday morning classes.**

Advertisement

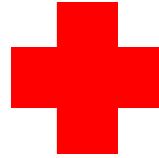
AN OPEN INVITATION TO YOU  
TO ATTEND A SERVICE WHICH IS DEVOTED TO  
WHOLE OF BIBLE TEACHING

SIMPLE PEOPLE  
SIMPLY TRUSTING  
A FAITHFUL GOD

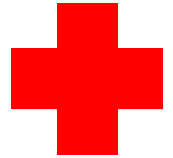
Meeting each Sunday at 10.00 am at  
SEAFORD/MOANA NEIGHBOURHOOD CENTRE  
Beechwood Grove, Seaford

No obligation - Just a warm welcome

**COVENANT CHRISTIAN FELLOWSHIP, SEAFORD**  
Lynton Barry Ph 8293 3895  
(A CRC Churches International member church)



**RED CROSS  
Senior  
FIRST AID  
REFRESHER**



Starting: Wednesday 22nd July  
Ending: 29th July  
12p.m. - 4p.m.



**FULL COURSE**

Starting: Wednesday 12th August  
Ending: 2nd September  
12.30p.m. - 4.30p.m.

To book a place contact the Centre on  
8386 3319

Advertisement

**LINE DANCING CLASSES**

Experienced Instructor to start BEGINNERS  
classes in Moana.

Morning classes - Easy for all.

Come alone or bring a friend or two!

Phone: 8327 2469

*Get fit the fun way!*

**BEACH cafe**

**COFFEE'S, CAKES  
AND LIGHT MEALS!**



Available during Centre hours.

*Also!*

**Wednesday Healthy Lunches  
Bookings essential!**

Come in now to receive your free Coffee Loyalty Card!  
Buy 5 Xpresso Delight Coffee's  
and receive the 6th one FREE!

For more info, contact the Center on 8386 3319.

Advertisement

**BOWER LEGAL**

Special Rates for Centre users!

- Injury Claims
- Workcover
- Wills and Deceased Estates
- Car Accidents
- Debt Collection
- Family Law

Times: Wednesday 1 - 5pm  
Friday 11 - 3pm

**Lawyer now  
available at Centre!**

- ◆ Home Visits
- ◆ 'No Win No Fee' available
- ◆ Free first Interview

In the Sea Room at  
Seaford/ Moana Neighbourhood Centre  
Beechwood Grove, Seaford.

**Tel: 0424 170 061**



**NEW! NEW!  
NEW! NEW!**

**Healthy  
alternatives  
that don't cost  
the earth!**

Being healthy doesn't have to be hard. With so much  
conflicting information out there it can be confusing,  
this course will cover basics such as preparing highly  
nutritious meals and snacks

using seasonal fruit and vegetables that won't break  
the budget that your family (including the kids!) will  
love!

This is a course for busy people who want to get  
healthier, fitter and make some environmentally sound  
choices for themselves and their families.

Included will be fun cooking demos and recipes, fit-  
ness tips that don't involve leaving the house, relaxa-  
tion techniques and ways to reduce the chemical load  
in our bodies and our home.

Every Thursday morning  
9.30am - 11.30am  
FREE crèche

