



NOV 19



Learn



Laugh



Inspire



Christmas in the Town of Walkerville is just around the corner and Council has a stocking-full of activities to celebrate the season.

From our wellbeing programs to a visit from Santa – our holiday programs are sure to sell out early. Check out what we have on offer and book early.

In 2020, as part of its ongoing wellbeing programs, Council is looking to introduce regular free talks presented by professionals working in the allied health area.

If you are a podiatrist, dentist, physio, dietitian or similar and would like to share your knowledge and expertise, we would

love to hear from you. Council will provide the venue and manage the event on your behalf.

To register your interest please email: walkerville@walkerville.sa.gov.au subject line: *Allied health wellbeing programs*.

Stay in touch: to get regular updates on Council news go to www.walkerville.sa.gov.au subscribe and sign up for the *Weekly Round-up* (a weekly e newsletter).

If you're already on social media follow us on **twitter** [#walkerville5081](#) and **facebook** [@TownOfWalkerville @WalkervilleLibrary](#).

P.S. The final 2019 issue of *About Town* will be delivered to every household in early December! Keep an eye out for our summer events!



Ukulele group onstage at the 2017 Xmas Fair

Ukulele showcase

Find out why the ukulele became the world's most popular musical instrument. Students from our ongoing ukulele classes will be performing in the Town Hall and there will be songs for everyone to strum or sing along to. Come and meet our local up-and-coming uke stars and catch up with Walkerville's resident ukulele teacher Rick Whitehead.

Presented as part of Council's wellbeing programs.

**10am – 11am
Saturday
7 December**



Walkerville Town Hall
FREE
For all ages

Online bookings: ukulele-showcase.eventbrite.com.au or call TOW 8342 7100 during business hours.

Dear Santa...

The big blue letterbox in the **Civic and Community Centre foyer** will be 'Christmas Central' for Letters to Santa. Children can bring in their own letters or use our special festive stationery which will be available in the foyer. Attach a 65 cent stamp and write Santa's address on the FRONT of the envelope: **SANTA, NORTH POLE 9999** and write your name and return address on the BACK. Please note that Santa will only reply to Australian addresses.

25 November – 13 December

FREE



Book page Christmas ornaments

This craft event is for adults, but children are welcome to come along. Transform old book pages into unique and inspired Christmas ornaments. You can bring your own book (i.e. a book of romantic fiction to make an ornament for a loved one) or we can supply a pre-loved library book. Your creation is sure to be a talking point in your home this festive season. Start a new Christmas tradition with book page ornaments.



A visit from Santa

Every year, Santa makes a special visit to the Civic and Community Centre to say hello to the locals. Whether you've been naughty or nice – it wouldn't be Christmas without a visit from Santa. On the day, children can write a letter to Father Christmas

circa the North Pole.
Free photos.
**10.30am – 11.30am
Friday 13 December**
Civic and Community Centre foyer
FREE
No bookings
Suitable for all ages.

Children's Christmas craft: paint your own calico bag

Personalised calico bags are trendy, versatile and make adorable little Christmas gifts. In this school holiday craft session, children can decorate to their hearts content to create their own bespoke designs.

**10.30am – 11.15am
Monday 16 December**
Walkerville Town Hall



Suitable for children aged 4 years +

\$2 per participant,
must be accompanied by an adult (no cost or booking required for accompanying adults)

Online bookings: craft-christmas.eventbrite.com.au or tel 8342 7100 during business hours.

**2.30pm – 3.30pm
Wednesday 18 December**
Walkerville Town Hall
FREE For adults
Online bookings: book-ornaments.eventbrite.com.au or tel 8432 7100 during business hours.





Learn



Laugh



Inspire

Walkerville Walkers talk: build a healthy gut

The Walkerville Walkers meet 8.30am Monday mornings at the carpark next to the Tennis Courts on Stephen Terrace and Creswell Court.

On Monday 2 December, Council is hosting a breakfast for the walkers with a special presentation by Angelica-Hazel, an Adelaide based nutritionist.

Everyone is invited to come along to the breakfast and find out more about the Walkerville Walkers. Why not do the talk, and then sign up to do the walk?

Presented as part of Council's wellbeing programs.

Online bookings: build-a-healthy-gut.eventbrite.com.au or tel 8342 7100 during business hours
9.30am – 10.30am
Monday 2 December
Council Chambers
Adults **FREE**



Meditation & Yoga

The age old practice of yoga and meditation enables us to calm the mind, relax the body, and ease away stress and tension which improves both physical and mental wellbeing. Classes are for adults and conducted by practitioners from the Australian School of Meditation and Yoga.

Presented as part of Council's wellbeing programs.

Tuesdays 6pm – 7pm
December 3, 10 and 17

1855 Room
Civic and Community Centre

Adults
\$5 per class
Bookings and pre-payment essential: meditationtow.eventbrite.com.au or tel 8342 7100 during business hours.

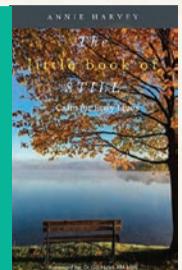


Wellbeing workshop and author talk: Annie Harvey – The little book of still

Sometimes, the hardest thing to do... is absolutely nothing. Local Adelaide author and wellbeing practitioner Annie Harvey is passionate about living life with purpose, authenticity and passion – and putting wellbeing and resilience at the top of everyone's 'to do' list. In her inspiring

book *The little book of still*, Annie Harvey shares more than 30 simple activities, from 30 seconds, to 3 minutes, that will bring a little stillness and calm to your busy life and reduce the level of stress hormones. Books will be available for purchase.

Check out Annie's inspirational TEDx Talk at www.annieharvey.com.au



Presented as part of Council's wellbeing program.

FREE

6.30pm – 7.30pm
Monday 9 December
Walkerville Town Hall

Bookings: author-talk. eventbrite.com.au or tel 8342 7100 during business hours.

Baby Bounce talk: optimising paediatric nutrition

Following the weekly Baby Bounce session on Monday 2 December, there will be a talk on paediatric nutrition by Angelica-Hazel, an Adelaide based clinical nutritionist, pilates instructor, owner of an organic tea brand called Saha Botanica and a mother to a gorgeous little girl.

Adults and babies **FREE**

10.45am – 11.45am
Monday 2 December
Walkerville Town Hall

Online bookings: optimising-paediatric-nutrition.eventbrite.com.au or tel 8342 7100 during business hours

Follow Angelica-Hazel on facebook @Angelicahazel.naturalhealth



Tuesdays 6pm – 7pm
December 3, 10 and 17

1855 Room
Civic and Community Centre

Adults
\$5 per class
Bookings and pre-payment essential: meditationtow.eventbrite.com.au or tel 8342 7100 during business hours.



Summer Reading Challenge

Every person has a tale to tell, and the language used to express that story is a vital component in the story-telling.

To join the club, come into the library and collect your pack. Fill in a reading log with every book read or heard (audiobooks) or read to. There will be instant prizes for children each time they return their completed reading log.



Every completed reading log goes into the drawer to **win a \$50 voucher** from Dymocks Adelaide (one voucher for children up to 5 years and one voucher for children 6 years and up).

Collect your Reading Challenge starter packs from the Library **in December**.

Find out more about this national literacy initiative at summerreadingclub.org.au/theclub/



Mondays

it's baby bounce

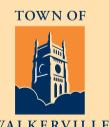
Baby bounce is songs and rhymes, lots of smiles and special times!

To keep our 30 minute sessions interactive and focussed on first year development we have capped participation from birth to 18 months. Baby bouncers* can then graduate to our new Toddler Time.



Starts 10am Mondays

FREE Pram parking in foyer
Walkerville Town Hall
Excludes public and school holidays
*Max 20 babies per session. One ticket per baby. Tix can be collected from concierge 30 mins before session.



Wednesdays

it's toddler time

Toddler time is learning and fun, lots of giggles for toddlers on the run!

Toddler Time* is 30 minutes of stories, songs and rhymes for little ones aged 18 months to 3 years. The focus is on language development and social interaction.



Starts 10.30am Wednesdays

FREE Pram parking in foyer
Walkerville Library
Excludes public and school holidays
*Max 20 toddlers per session. One session per toddler. Tix can be collected from concierge 30 mins before session.



Fridays

it's storytime

Sharing stories old and new, a story for me and a story for you!

Share the gift of reading and stories, includes a craft activity Storytime is for 3 to 5 year olds and runs for 30 minutes



10.30am Fridays

FREE Walkerville Library
Excludes public and school holidays
*Max 15 children per session. One ticket per child. Tix can be collected from concierge 30 mins before session.

