



MOUNT CARMEL COLLEGE

R-12

Belonging ~ Diversity ~ Excellence ~ Relationship

MCC SOCCER PRESENTATION
Refer to page 3



From the Principal

Dear Families

Carmelite Courts Project Commences

It is so pleasing to see work commence on the major upgrade of the Carmelite Courts. Whilst it has meant student and staff navigating new pathways to areas of the school when needing to traverse the site, we are excited by this work. It is a complete upgrade: total enclosure (sorry pigeons!), a new floor, air conditioned and new AV system. We anticipate that the work will be completed by the end of June 2024.

Primary Assembly

Last Friday the Year 5 students hosted the Primary Campus Assembly. It was a lovely showcase of the year so far. It

was also good to see a number of Year 5 parents who were able to join us.

Year 12 Students – the end is in sight

The Year 12 students are entering the final stages of their schooling.

Continued page 2.

Staff News

Kathy Dang has decided to resign her position with us as of the end of Term 3, to work with younger students. We wish her well in this change of career direction.

Mirachel Rabusic will take over Kathy Dang's PE and Dance classes. Mirachel will also take on the role of Primary Sports Coordinator for Term 4.

Franco Canil will be taking up an Acting APRIM position for Term 4 at St Joseph's Memorial School.

Kieran Davidson will take over Franco's class for Term 4.

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Diary Dates

SEPTEMBER 2023

29 End of Term 3 (3pm dismissal)

OCTOBER 2023

16 Start of Term 4

18 Tennis Carnival; Year 3-4

24 Year 10 Immunisations (Second Dose)

26 Year 12 Farewell Breakfast

26 Year 12 Graduation Mass (7pm)

Further dates are available from our website at www.mcc.catholic.edu.au

2023

TERM DATES:

Term 1: 30 Jan - 14 Apr

Term 2: 1 May - 7 Jul

Term 3: 24 Jul - 29 Sep

Term 4: 16 Oct - 12 Dec



Like us on
Facebook!

Stay up to date with all the latest Mount Carmel College news and events!

Visit us at
www.facebook.com/mccadelaide

and click 'Like'.

Student Absences/ Late Arrivals

When a student is absent or going to be late, parents should notify the school by 9am on that day by texting the **Absentee Line on 0438 368 846 (SMS) or phoning (08) 8447 0500**. You will need to state the following:

NAME OF CHILD, YEAR LEVEL, REASON FOR ABSENCE *eg If late approximately what time will your child arrive etc.*

A medical certificate is required if a student is away for more than 3 days. For any planned extended absence, an explanatory letter to the Principal requesting permission to be exempt from school is required.

From the Principal...



For some subjects, the 30% external assessment will be in the form of an investigation whilst for others it will be an exam in Term 4. In the upcoming Term 3 holidays, while Year 12 students need some time to relax and rejuvenate, it also needs to be a time of revision for exams and completion of any other assignments. Our students need a final commitment of time and energy to ensure they

achieve their best possible result for each subject, in terms of SACE completion and for ATAR ranking for those seeking university entrance.

Best wishes and blessings for the coming school holidays to all of our students and their families.

Be a person of hope to others.

John Konopka
Principal

OSHC Opening Times Leading up to Christmas

For OSHC our opening times leading up to Christmas are:

Monday 11 December and Tuesday 12 December - Before and After School Care

Wednesday 13 December - Vac Care

Thursday 14 December - Closed

Friday 15 December - Vac Care

Monday 18 December-Thursday 21 December - Vac Care

Friday 22 December - closed for Christmas Break

We re-open on Monday 8 January 2024!

Year 10 Meningococcal B Immunisations

A reminder that Year 10 students will have their Meningococcal B injection on Tuesday, 24 October 2023.

Students must arrive at school on time this day to ensure they receive their injection at the rostered time. Also, it is crucial that students eat a solid breakfast in the morning to avoid any potentially immediate side effects from the injection.

Year 10 students who own a PE uniform are asked to wear this to allow the nurses administering the injection easy access to the upper arm. If you do not own a PE uniform, please wear a singlet or t-shirt under your shirt.

If you require further information, please contact Anna McKay on 8447 0532.

MCC Soccer Presentation



A massive thank you and congratulations to the students across Years R-6 who participated in the 2023 North West Junior Soccer Association (NWJSA) soccer season. We are extremely proud of how you all represented Mount Carmel College by showing resilience, teamwork, encouragement, and sportsmanship. You all should be proud of what you accomplished this season! Well done to our 2023 MCC soccer superstars!

Finally, thank you to our wonderful coaches and team managers for donating their time to Mount Carmel College's soccer 2023 season. They have devoted so much time and effort into making our school soccer a great success. This season would not have been possible without them all. We are greatly appreciative for what you have done for the team this season and your ongoing support for

our college. Players were lucky to have many awesome coaches and team managers who supported the team throughout the season.

Once again, thank you to all teams, players, supporters, parents/grandparents/caregivers, coaches, team managers and the NWJSA Committee for an amazing soccer season!!

Kathy Dang
Sports Coordinator (R-6)



Science in Reception



This term in Physical Sciences we have been learning about how objects move differently depending on their shape, size, and the materials they are made of.

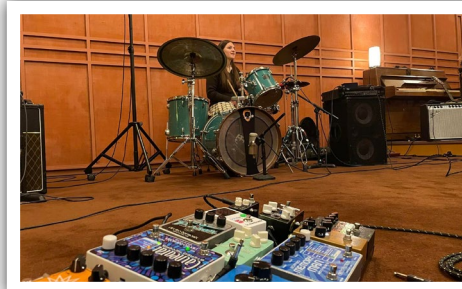
To demonstrate our learning, we designed and created our very own 'Push & Pull' toys using recyclable materials.

*Michaela Gauci
Reception G*



Music Students Visit Wizard Zone Studios

On 18 September it was an exciting day for our choir and bands who visited Wizard Tone Studios to record some of the songs that they have been working on this year. We will have some exciting projects to share with you soon.



Congratulations Robert Daniel

Congratulations to Robert Daniel who recently completed the City to Bay 12km walk to raise money for his chosen charity – Autism Awareness Australia. Robert has raised in excess of \$1300 which is a fantastic effort. He positioned himself in the very front of the Start Line, and he was off to a powerful start. He was a little weary by the end, however, after some rest when he arrived home, he went out for his usual 5km daily walk. Robert was placed 69th out of the 2,023 walkers. Well done Robert.



Year 11 & 12 Nutrition Excursion



Recently the Year 11 and 12 Nutrition students spent a day at Sprout Health Studio, where they learned about health, modifying recipes and the benefits of purchasing or consuming in-season ingredients. One focus in Nutrition is understanding the impact disease and disorders have on the body, and the recipe modifications required to help someone living with these conditions. Our focus on the day was modifying recipes to support someone with hypertension and then, Type 2 Diabetes. Importantly, we consider the benefits of a well-balanced diet on physical and mental health.

In this excursion, students were given the opportunity to consider how their own diets impact their health and how small changes to regular meals can increase their nutrient intake. Students were given the opportunity to learn cooking safety, skills, and techniques, whilst creating three meals and consuming them. These meals included zucchini and corn quesadillas with guacamole and salsa, sweet and sour pork, and pear and ginger pan crumble with vanilla custard.

Rachael Griffiths
Nutrition Teacher



 **MOUNT CARMEL COLLEGE** *R-12*

ENROLLING NOW
for **2024** and beyond!

*Three campuses, including
Western Technical College*

Visit www.mcc.catholic.edu.au or phone 8447 0500

A Catholic Co-educational Years R-12 College in the Josephite Tradition



Parent Calendar - Key Dates for Term 4, 2023

Mon 16/10/23	TERM 4, WEEK 1
Wed 18/10/23	Tennis Carnival: Year 3-4
Mon 23/10/23	TERM 4, WEEK 2
Tue 24/10/23	Year 10 Immunisations second dose
Tue 24/10/23	6 pm Finance Meeting
Thu 26/10/23	Year 12 Farewell Breakfast
Thu 26/10/23	7 pm Year 12 Graduation Mass
Fri 27/10/23	VETRO Assessments
Mon 30/10/23	TERM 4, WEEK 3
Mon 30/10/23	4 pm College Tour Secondary Campus
Tue 31/10/23	6 pm Board Meeting
Tue 31/10/23	2024 Reception transition visit 1 of 3
Wed 01/11/23	Year 6 into Year 7 Transition Day
Wed 01/11/23	Year 8 Hallett Cove Excursion
Wed 01/11/23	6:30 pm Berry Street Education Model Parent Information Session
Fri 03/11/23	9:00 am Primary Assembly
Mon 06/11/23	TERM 4, WEEK 4
Mon 06/11/23 - Fri 17/11/23	Year 12 Exams
Tue 07/11/23	2024 Reception transition visit 2 of 3
Wed 08/11/23	Year 9-10 Beach Soccer Carnival
Wed 08/11/23	1 pm Sausage Sizzle (Primary Campus)
Thu 09/11/23	Some Year 3-6 students – Athletics Carnival
Fri 10/11/23	Year 5 Aquatics Day
Fri 10/11/23	VETRO Assessments
Sat 11/11/23	Remembrance Day
Mon 13/11/23	TERM 4, WEEK 5
Tue 14/11/23	2024 Reception transition visit 3 of 3
Wed 15/11/23	9:00 am R-6 VIP morning
Mon 20/11/23	TERM 4, WEEK 6
Mon 20/11/23	Yr 11 swotvac
Tue 21/11/23 - Wed 22/11/23	Year 7-9 Beach Volleyball Carnival
Tue 21/11/23	Finance Meeting
Tue 21/11/23 – Fri 24/11/23	Yr 11 exams
Wed 22/11/23	Year 7 Immunisations
Thu 23/11/23	Year 9 Reflection Day
Fri 24/11/23	9:00 am Primary Assembly
Mon 27/11/23	TERM 4, WEEK 7
Mon 27/11/23 – Wed 29/11/23	Yr 11 Transition Days
Tue 28/11/23	6 pm Board Meeting

R-6 Primary Campus
17 Pennington Terrace, Pennington
Phone: 8447 0500

7-12 Secondary Campus
33 Newcastle Street, Rosewater
Phone: 8447 0500



44 Russell Street, Rosewater
Phone: 8447 0560
Email: info@wtc.sa.edu.au
Website: www.wtc.sa.edu.au

Website: www.mcc.catholic.edu.au | Email: mcc@mcc.catholic.edu.au

FUTURE PATHWAYS

Mrs Kelly Peucker, Transition Pathways Coordinator



MACKILLOP CENTRE WORK EDUCATION

In MacKillop Work Education our class has been working with Community Bridging Services (CBS), they have come into our class to help us look at jobs and within our interest areas and making us start to think about jobs we may like in the future. We went to visit their art gallery in the city called Bearded Dragon Art Gallery. The CBS staff showed us inside of the art gallery and then one of the workers explained who does the work, how the art gets transported and how they were made. Then we asked them questions about their view on their jobs. There were a lot of art and craft all made by people with a disability that is sold to the public.

By Tom and Truong



MACKILLOP CENTRE VIST ADELAIDE CROWS

In MacKillop Work Education our class went to the Adelaide Crows Football Club. We went there to explore different job experiences within a sporting club. We were lucky enough to meet many different people such as the players, coaches, receptionist, sales people, doctors, physiotherapists and many more. We learnt about all the different jobs and opportunities within a sporting industry. We enjoyed the experience to meet the players, especially Tex Walker because he was very welcoming and friendly. Thank you to Jarrod Meers for organising and showing us around.

By Carole and Maddi



MACKILLOP CENTRE VISITS COFFEE SCHOOL

In MacKillop Work Education our class went to HG Coffee School to do an Introduction to Coffee course. Mel taught us how to grind the coffee beans and how to make different types of coffees. We have learnt how to make cappuccinos, lattes, chai latte, mocha, and iced chocolate and coffee. We enjoyed making the iced coffee because it had ice cream and it almost tasted like a milkshake, I added mocha to it and as well as whipped cream and I enjoyed it. This Excursion was good because we have learnt new skills and if we wanted to work in a café after school now we have a better understanding on what to do.

By Mack and Quan



Please see Mrs Kelly Peucker in the Transition Pathways Office for more information and application forms if you are interested in these or any other VET programs.



COURSES FOR YEAR 11 AND 12 IN 2024 AT WESTERN TECHNICAL COLLEGE

Certificate II in Automotive Servicing Technology is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. In this pre-apprenticeship qualification, you will develop a foundation of basic knowledge to help you prepare for a career in the automotive industry. Participants will also get the skills to identify, inspect and perform basic repairs to the mechanical and electrical components of light and heavy vehicles, outdoor power equipment, and motorcycles.

<https://www.wtc.sa.edu.au/programs/automotive-industries>

Certificate II in Community Services is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers skills for working within the broader community services sector as well as transferable skills for many other industries. This qualification may be used as a pathway for workforce entry as community services workers who provide a first point of contact and assist individuals in meeting their immediate needs. At this level, work takes place under direct, regular supervision within clearly defined guidelines.

<https://www.wtc.sa.edu.au/programs/community-services>

Certificate II in Construction Pathways is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers building and construction skills, to introduce students to the specialised construction fields of work, including carpentry, brick and block laying, and tiling. In this pre-apprenticeship course, you will develop your understanding of building and be exposed to common scenarios experienced on the job. This course is proudly endorsed and supported by the Construction Industry Training Board (CITB) and provides some support for eligible students under the Doorways2Construction program.

<https://www.wtc.sa.edu.au/programs/building-construction>

Certificate II in Electrotechnology (Career Start) is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers skills and knowledge relative to the Electrotechnology industry, to introduce students to the specialised safety and basic skills and knowledge for work in any Electrotechnology discipline. In this pre-apprenticeship course, you will develop fundamental electrical knowledge and skills. You will have a choice of Electrician or Electrotechnology when choosing this course.

It is recommended that students have above basic mathematics skills (Algebra & Transposition etc.) to ensure success in electrical fundamentals and basic electrical theory and principles. These are often complex and require the application of physical laws as well as solving mathematical problems. This course is proudly endorsed and supported by the Construction Industry Training Board (CITB) and provides some support for eligible students under the Doorways2Construction program.

<https://www.wtc.sa.edu.au/programs/electrotechnology-electronics>

Certificate II in Engineering Pathways is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers fabrication and machining, to introduce students to the specialised engineering fields of work, including fabrication, machining, and sheet metal and manufacturing processes. In this pre-apprenticeship course, you will explore future options within the diverse engineering and manufacturing sector.

<https://www.wtc.sa.edu.au/programs/engineering-manufacturing>

Certificate II in Plumbing is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The course provides students with the practical skills and knowledge to work effectively in the plumbing and services sector. In this pre-apprenticeship course, you will learn about safe work practices, how to use plumbing pipes, fittings, and fixtures to simulate plumbing installations, basic sheet metal practices and basic oxy-acetylene welding & cutting. This course is proudly endorsed and supported by the Construction Industry Training Board (CITB) and provides some support for eligible students under the Doorways2Construction program.

<https://www.wtc.sa.edu.au/programs/plumbing>

Certificate II in Resources Infrastructure Work Preparation is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification provides practical foundation skills you need to carry out a range of basic tasks in the resource and infrastructure sectors such as mining and civil construction. You will learn how to work safely and perform mainly routine tasks and procedures, using practical skills and fundamental operational knowledge.

<https://www.wtc.sa.edu.au/programs/resources-and-infrastructure>

Certificate II in Retail Cosmetics is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification is the ideal start to your career in the make-up or beauty industry. You will learn a range of skills to provide make-up for varying occasions, client care, sell and recommend beauty products to an industry standard. In this pathway course, you will develop your understanding of the Make-Up and Beauty Industry and be exposed to common scenarios experienced on the job.

<https://www.wtc.sa.edu.au/programs/hairstyling-beauty>

Certificate II in Salon Assistant is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers practical skills in hairstyling and barbering. You will learn about interacting with clients and providing hairstyling and barbering services, as well as developing skills to become an integral part of a highly creative team. In this pre-apprenticeship course, you will develop your understanding of the Hair and Beauty Industry and be exposed to common scenarios experienced on the job.

<https://www.wtc.sa.edu.au/programs/hairstyling-beauty>

Certificate III in Screen & Media is a Flexible Industry Pathway (FIP) and is partially funded by the South Australian Government. The qualification covers skills and knowledge in 3D modelling, animation, video, and digital imaging. Throughout this course you will build industry essential skills that are transferable across multiple sectors. Skills such as critical thinking, problem solving, creative thinking and the creative design process as well as experiences across a range of technologies and work processes.

<https://www.wtc.sa.edu.au/programs/it-and-screen-and-media>

Advanced Carpentry Skills course covers how to use carpentry tools and equipment, carry out levelling operations and setting out. This short course is designed for Year 12 students who have completed the Certificate II Construction Pathways in Year 11.

This Advanced Carpentry Skills is proudly subsidised by the Construction and Industry Training Board (CITB), working in partnership with the Western Technical College, the CITB are able to offer eligible students a subsidy of \$2,000 towards this Advanced Skills course. To be eligible students need to have completed a Doorways2Construction Flexible Industry Pathway course.

<https://www.wtc.sa.edu.au/programs/building-construction>

If you are unsure of what course to choose, or if the course is right for you, please contact your VET Leader to have a discussion.

Full brochures can be found on our website under programs. Expressions of interest are open and need to be entered via the registration link below.

<https://www.wtc.sa.edu.au/programs>

<https://www.wtc.sa.edu.au/enrol/expression-of-interest-form>

Community Noticeboard

A JOSEPHITE CELEBRATION - TALES OUT OF SCHOOL

Saturday 14th October 2023, 2pm-4.30pm

RSVP by Friday 6th October to David:

david.cotton@mcc.catholic.edu.au or

0417 853 519

Dear Friends

Once again, we have an opportunity to celebrate and to strengthen our connections to each other in the Josephite family.

Please join us for



Parking available off Miles Street (see map attached).

Afternoon Tea provided.

For catering purposes, please RSVP by Friday, 6 October to David:

david.cotton@mcc.catholic.edu.au or 0417 853 519.

It should be fun!

Bring your memories!

Kind regards,

'Josephites Are the Future' group.

Please Note: Access only via Miles Street

NEXTGEN FOOTY

COOPER HORSNELL

SANFL EXPERIENCE (Glenelg)

Services

- 1 : 1 Session = \$50 per session
- 2 : 1 Session = \$40 per session
- Group of 3 - 5 = \$30 per session
- Group of 5+ = \$25 per session

60 minute sessions.

Price for a 5 session package can be arranged upon enquiry.

Henley Beach

Port Adelaide

Glenelg

Adelaide CBD



Also offering small group skill programs for local football clubs to focus on basic skill fundamentals with male and female footballers. Groups no larger than 10 to maximise individualised coaching.

0411 324 337

cooperhorsnell0@gmail.com

headspace
National Youth Mental Health Foundation



Parent/Carer webinar: Supporting young people with transition to secondary school

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers!

This session will cover:

- mental health and wellbeing in adolescence
- how to have conversations with young people about their mental health and wellbeing
- noticing signs that a young person might be going through a tough time and struggling with their transition to secondary school
- identifying strategies to connect and communicate with young people
- increasing knowledge about how to support them during this transition period and where to access professional support

Where:

Online via Zoom.

When:

- Session 1: Tuesday 7 Nov, 7:30 PM - 8:30 PM AEDT
- Session 2: Thursday 9 Nov, 9:00 PM - 10:00 PM AEDT

How to register:

Click here to register via Eventbrite by selecting your preferred date and time.

After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



The Mental Health Education Program is a Schools Suicide Prevention Activities Initiative, headspace Schools & Communities, funded by the Australian Government.

Looking for a club to play Junior baseball in the 2023/24 Season?

Senators

Woodville District Baseball Club

Come and Try Junior Baseball

- U9 - Monday 5pm to 6pm
 - U11 - Monday 5.30pm to 7pm
 - U13 - Monday 5.30pm to 7pm
 - U15 - Friday 5.30pm to 7pm
- Games start mid October
T-BALL - Friday 4.30pm to 5.30pm

Junior Baseball

Megan Oliver
0400 447 837

megoliver73@gmail.com





BROADWAY BOOTCAMP

Our multi award winning program is designed to develop skills in musical theatre including singing, dancing, acting and stage craft from experienced, skilled and award winning tutors.

BROADWAY BOOTCAMP 2024

We'll be back this summer for another show-stopping performance! Participants will learn musical theatre numbers from experienced and accredited tutors and present a showcase of two performances!

The Details

Dates: 8 January - 19 January Monday to Friday
 9:00AM - 4:00PM
 Ages 6 - 11: Juniors (9am to 12.30pm)
 Ages 9 - 17: Seniors (9am to 4pm)
 Cost: \$355 includes photos and costumes

Big family discount and installments available.

<https://www.parkstheatre.ymca.org.au/parks-theatre-company/broadway-bootcamp>

ENTERTAINMENT BOOK

What's inside the "Book"?

[Click here to Launch Video](#)

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24 MONTHS

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Mount Carmel College raising funds for South Australian Catholic Deaf Society Association Inc

<https://subscribe.entertainment.com.au/holiday17615475>

Your bonus holiday pack includes*

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Discount Vouchers

VOUCHER \$50	ACCOM	VOUCHER \$50	CRUISE
VOUCHER \$20	TOUR	VOUCHER \$20	FERRY

Freebies

UPTO \$25	FREE ENTRY CINEMA	UPTO \$110	FREE MEMBERSHIP UPGRADE
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* Included with 12 and 24 Month Memberships only. Terms and conditions apply.

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Enquiries 0402542994



Bower Cottages

200 Bower Road, Semaphore Pk

6.00 pm Monday

www.orientalmartialartsacademy.com.au
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<https://www.facebook.com/orientalmartialartsacademy>
<https://www.instagram.com/orientalmartialartsacademy/>

**BERRY STREET
EDUCATION MODEL**
Curriculum and Classroom Strategies

Berry Street Family Session

– When schools and families work together,
children learn better –

In 2023, Mount Carmel College has participated in professional development facilitated by Berry Street. The Berry Street Education Model (BSEM) equips schools with practical, classroom-based strategies to increase the engagement of all students. BSEM enables schools to support students' self-regulation, relationships and wellbeing to increase student engagement and improve academic achievement.

Berry Street offers a 1 hour family session to help parents and guardians with practical strategies they can use at home to help their children manage their stress response. The session will:

- help families understand what is happening in their children's brains when they are having a meltdown.
- provide parents with a language that is aligned with what their children are learning at school about their stress response.
- teach parents how they can co-regulate or calm their children, which leads to children being able to self-regulate.

When: 6:30-7:30pm - Wednesday, 1 November

Where: Mount Carmel College: Primary Campus

RSVP:
Friday, 27 October via
<https://www.trybooking.com/CLXKO>



MENTAL HEALTH AWARENESS MONTH

OCTOBER 2023



"Have the Conversation"



CITY OF PAE LIBRARIES

Come & join us at your local library & check out one of our many FREE programs or activities, from adult colouring & mindfulness activities to craft & chat or digital drop-in there is something for everyone! This is a great opportunity to connect with others & learn new things. All sessions are held in a relaxed & friendly environment

For more info or to book, scan QR:



THE LIGHTS COMMUNITY & SPORTS CENTRE

Phone: 8405 6670
Email: thelights@cityofpae.sa.gov.au
Web: thelights.com.au

For more info or to book, scan QR:



NATURE FESTIVAL

When: Thursday 6 – Monday 16 October

Our relationship with nature is fundamental to wellbeing and our natural environments are worth celebrating. This October, join us for talks, tours and workshops designed to help you connect with nature. Full Program: cityofpae.sa.gov.au/explore/events/nature-festival

HAPPY TO CHAT BENCHES

Come & join us at one of our 'Happy to Chat' benches, a chance to have a friendly chat with other local community members or with one of our 'Volunteer chatter's' who attend the benches twice a week for even more opportunities to get chatting!
Contact: Jan Angelo 84056010

Where: The Port Plaza (Outside Kmart) **Where:** Port Adelaide Library
Time: 1pm Mon, 10am Wed **Time:** 1.15pm Mon, 11.15am Wed