

PARNANGGA ACTIVITIES



August 20th -
October 11th 2019

8 Week Program
Wednesdays & Fridays
11:00am - 4:00pm

Mondays, Tuesday and Thursday are
Groups only, bookings essential.

**Please arrive at the start time of the
group attending.**

64 Elgin Avenue
Christies Beach SA 5165
(08) 8378 4100
pamangga@skylight.org.au



AUG - OCT 2019

**Tuesdays and Thursdays are
Groups only.**

**Advance bookings required.
Please arrive at start time of
the group you are attending.**

Mondays

Out 'n About

11:00am - 4:00pm

August 26th - Haigh' Chocolate Factory Tour (11am - 3pm)

September 2nd - Royal Adelaide Show!!

September 23rd - Port Elliot

BOOKINGS REQUIRED

Bring your own lunch and drink or bring money to buy on site.

Tuesdays

Creative Art

11:00am - 1:00pm

Many different activities to let your imagination run free.

BOOKINGS REQUIRED

Meet in conference room at 11:00am.

Photography

1:30pm - 3:30pm

August 20th - 1:30pm to 3:30pm - In house (Photography Lens Ball)

*August 27th - 11:00am to 3:00pm - Ingalalla Falls

September 3rd - 1:30pm to 3:30pm - Port Willunga Beach

September 10th - 1:30pm to 3:30pm - Meeting

September 17th - 1:30pm to 3:30pm - Onkaparinga Gorge

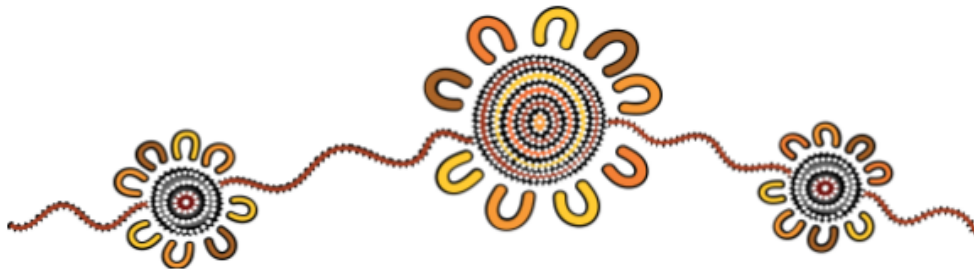
*September 24th - 11:00am to 3:00pm - Mount Lofty Botanic Gardens

October 1st - 1:30pm to 3:30pm - Reynella Wetlands (Ducklings!)

October 8th - 1:30pm to 3:30pm - Colonnades Print

BOOKINGS REQUIRED

*Bring your own lunch and drink or bring money to buy on site.



Wednesdays

- Community Hub 2.5 hour blocks
11am - 1:30 pm and 1:30pm - 4:00pm
- DIY Soup 11:00am - 12:30pm
Various soups cooked
\$3.00 for soup and buttered bread
BOOKINGS REQUIRED
- Participant Meeting 11:30am - 12:30pm
August, 28th, September 4th, 18th,
October 2nd
- Games 11:00am - 1:00pm
- Music 1:30pm - 3:30pm
No experience required. Involves learning to set up and
pack up equipment.
BOOKINGS REQUIRED



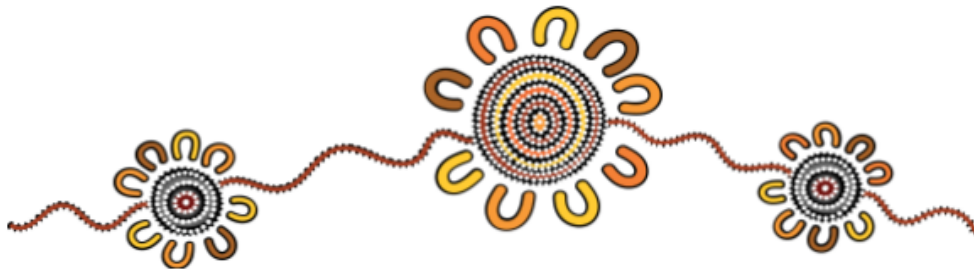
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Thursdays

- ▶ **Cooking for One** 11:00am - 1:00pm
Learn basic skills, work on menu planning, and budget shopping.
BOOKINGS REQUIRED
Meet in front foyer at 11:00am.
- ▶ **Cooking for One** 1:30pm - 3:30pm
Learn basic skills, work on menu planning, and budget shopping.
BOOKINGS REQUIRED
Meet in front foyer at 1:30pm.
- ▶ **Joint Outing Walking/Cooking Group** 11:00am - 3:00pm
A Day in the City Bring money for train into the city and if you wish to buy your own lunch.
- ▶ **Walking Group** 1:00pm - 3:00pm
Keep fit locally! A variety of walks including conservation parks, Willunga bike track, and Old Noarlunga.
Please note: Closed in shoes recommended for this activity.
BOOKINGS REQUIRED
Meet in front foyer or car park at 1:00pm.
- ▶ **Art** 1:00pm - 3:00pm
Painting weekly to unleash your creativity.
BOOKINGS REQUIRED
Meet in conference room at 1:00pm.

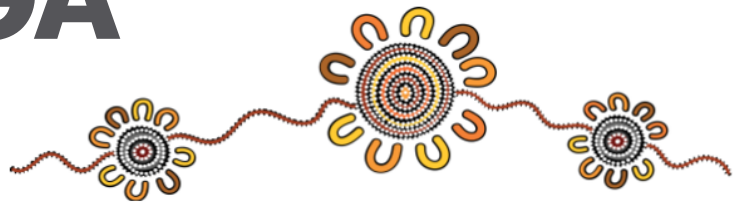


Fridays

- Community Hub 2.5 hr blocks
11am - 1:30 pm and 1:30pm - 4:00pm
- Craft Circle 11:00am - 1:00pm
Many different activities to let your imagination run free.
- Adam's I.T. Hour 12:00pm - 1:00pm
- Cooking for Fun 1:30pm - 3:30pm
Make cooking fun!
BOOKINGS REQUIRED



PARNANGGA MEANING



- ▶ The word Parnangga is a Kurna word that refers to the area of Morphett Vale where the Parnangga Activity Program began in 1991. The area is referred to by the Kurna people as “place of the autumn stars”.

Parnangga Program/Meeting Place

The meeting place is a place where people come to participate in programs. It is a safe shared space where people can build relationships and enjoy social activities.

Parna

The arrival of autumn was signaled to the local Kurna Miyurna, (Kurna people) by the heliacal rising of stars called Parna, near the first week of April.

The appearance of Parna signaled the annual autumn rains would soon arrive and that they needed to build large, waterproof wardli, (shelters).

To Kurna Miyurna, stars represented change. Kurna Miyurna would often look to the stars to predict weather patterns, hunting seasons and when certain foods were available.

The Centre is closed to
visitors on Mondays,
Tuesdays, and Thursdays.

GROUPS ONLY



**FOR THOSE
ATTENDING
TUESDAY &
THURSDAY
GROUPS**

Advance bookings required.

Please arrive at the
start time of the group
you are attending.

ABOUT THE ACTIVITY CENTRE

Skylight Activity Programs are run by staff and volunteers in conjunction with participants. No referral is required.

The Activity Program promotes wellbeing in a supportive environment by offering opportunities for individuals to progress their recovery and prevent relapse by improving their ability to manage their illness. This occurs by providing a place where people can build skills, develop friendships, be accepted and connect with the community.

The Activity Program provides a flexible and supportive environment in which individuals can choose to participate in activities whilst socializing and meeting new people. Staff are friendly and approachable and will support and assist people to participate in the range of programs available.

For further information or to arrange an appointment for an orientation of the program, please contact the Skylight Parnangga Activity Program at (08) 8378 4100.

**Orientation to the program
is a requirement for
participation.**