

Murray Bridge Community Wellbeing Calendar

Term 1 2024

A combined community calendar of wellbeing initiatives generated by the Murray Bridge Wellbeing Hub

Monday

<p>River Trekkers 8:30-9am All welcome Free Heart Foundation Walking Murray Bridge Community Club Car Park</p>	<p>Tiny Tyndalians Playgroup 9-10am Fortnightly 0-5 Years Donation Tyndale Christian School 136A Adelaide Rd 85314600</p>	<p>Wellbeing Walk 9-9:30am All welcome Free Murray Bridge Wellbeing Hub 2 South Tce 0468 640 800</p>	<p>Community Playgroup 10am-11:45am 0-5 Years Free Learning Together Murraylands 25-27 Burdekin St 0423 020 991</p>	<p>Fitter for Life 10-11am Older People \$5 Murraylands Gymnastics Academy 10 Thomas St 0466 674 849</p>	<p>Parent Child Mother Goose 10am 0-5 Years Free Tailem Bend Community Centre Murray Bridge Library 8572 3513</p>	<p>Group Fitness 10:30-11:15am All welcome Free Reclink 39 Mary Tce 0413 656 662</p>
<p>Connection for Dementia 1-3pm All welcome Free Murray Bridge Community Centre 18 Beatty Tce 8531 1799</p>	<p>Crochet 1-3pm All welcome \$5 or \$2 BYO Yarn The Square Community Centre 2 South Tce 8531 1799</p>	<p>Dungons & Dragons 3pm Fortnightly 10-15 Years Free Murray Bridge Library 2/51 South Tce 8539 1175</p>	<p>Walking Netball 6:30pm All welcome \$5 Murray Bridge Wellbeing Hub & The Haven Christian Reserve Netball Courts 0468 640 800</p>	<p>The Murray Bridge Wellbeing Hub supports wellbeing through enabling opportunities to connect, learn, share and grow. Focusing on creating opportunities for social connection, promoting physical activity, encouraging wellbeing through healthy eating and improving mental wellbeing and resilience.</p>		

Tuesday

<p>Storytime at the Library 9:30am All welcome Free Murray Bridge Library 2/51 South Tce 8539 1175</p>	<p>Yarn Group 9:30am All welcome Free Murray Bridge Library 2/51 South Tce 8539 1175</p>	<p>Bush-hoppers 9:30-11am 0-5 Years Free Tinjeri Children's Centre Prosperity Grove Wetlands 85311515</p>	<p>Baby Sensory Playgroup 10:30-11:30am 0-18 Mths Free Learning Together Murraylands 25-27 Burdekin St 0427 701 525</p>	<p>Art Out Loud 12-3pm All Welcome \$6 (with a \$10 intro cost) Murray Bridge Community Centre 18 Beatty Tce 8531 1799</p>	<p>Diamond Painting 12:30-3:30pm All Welcome \$2 Murray Bridge Community Centre 18 Beatty Tce 8531 1799</p>	<p>Sensory Playgroup 1:30-2:45pm 0-5 Years Free Learning Together Murraylands 25-27 Burdekin St 0427 701 525</p>
<p>Dungons & Dragons 3pm Fortnightly 16-25 Years Free Murray Bridge Library 2/51 South Tce 8539 1175</p>	<p>Kornis & Miminis Fitness Hangout 3:30-4:30pm All Welcome Free Moorundi & SAPOL 124 Adelaide Rd 8535 6345</p>	<p>Rainbow Rhythms 4-6pm Fortnightly 12-25 Years Free headspace Murray Bridge 10 Second St 8531 2122</p>	<p>Lego Club 4-5pm Fortnightly 5-12 Years Free Murray Bridge Library 2/51 South Tce 8539 1175</p>	<p>Hip Hop Connect 4-6pm 12-25 Years Free The Station 3-5 Railway Tce 0427 400 635</p>	<p>Hatha Yoga 5:30-6:45pm All Welcome \$5 The Square Community Centre 2 South Tce 8531 1799</p>	<p>Bridge Burlesque 7-8pm All Welcome Term fee goes to charity The Square Community Centre 2 South Tce 8531 1799</p>



COMMUNITY GARDEN

WHEN: Everyday
TIME: 9-4pm
WHERE: 18 Beatty Terrace, Murray Bridge
COST: Free

Come along and visit our incredible community garden. Take a look around, purchase some seasonal produce, or have a chat with Kurtis.

Phone: 8531 1799 | Email: reception@mbcci.org.au
18 Beatty Terrace, Murray Bridge



BREAD CART

Everyone Welcome
Monday-Friday from 10am
Murray Bridge Community Centre
18 Beatty Tce, Murray Bridge

COST: This is a FREE service
Donations appreciated, not expected.

Phone: 8531 1799 | Email: reception@mbcci.org.au
18 Beatty Terrace, Murray Bridge



SHOWER AND LAUNDRY

WHEN: Monday to Friday
TIME: Booking from 9-2pm
WHERE: 18 Beatty Terrace. See Reception
COST: This is a FREE service

Phone: 8531 1799 | Email: reception@mbcci.org.au
18 Beatty Terrace, Murray Bridge

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Wednesday

English Classes 9:30-12pm All welcome Free ● Murraylands Migrant Resource Centre 2 Second St 8535 5600	PKT Playgroup 9:30-11:30am 0-7 Years Free ● Moorundi 11/A Standen St 8531 0289	Tinyeri Playgroup 9:30-11am 0-5 Years Free ● Tinyeri Children's Centre 65 Jarvis Ave 85311515	Easy Moves for Active Ageing 10-10:45am Older People Free ● Murray Bridge Wellbeing Hub 2 South Tce 0468 640 800	Community Playgroup 10-11:45am 0-5 Years Free ● Learning Together Murraylands 25-27 Burdekin St 0423 020 991	Gym Group 10:30am 12-25 Years Free ● headspace Murray Bridge 3/15 Swanport Rd 8531 2122	Mum and Bubs Fitness 11-11:45am Families Weekly Pass ● Murray Bridge Wellbeing Hub 2 South Tce 0414 770 970
Art Explorer 11am-12pm All Welcome \$3 ● The Haven 18 Beatty Tce 0466 809 400	Coffee & Yarn Time 12:30-2:30pm ATSI & 0-5 Years Free ● Tinyeri Children's Centre 65 Jarvis Ave 85311515	Playing For All 3:30-4:30pm Children with a disability \$18 a term ● Special Olympics SA & Wellbeing Hub Unity College Gymnasium 0468 640 800	Book & Movie Club 4-5pm Bi-Monthly 12-25 Years Free ● headspace Murray Bridge 10 Second St 8531 2122	Creative Kids Craft 4-5pm Fortnightly 5-12 Years Free ● Murray Bridge Library 2/51 South Tce 8539 1175	Band Connections 4-6pm 12-25 Years Free ● The Station 3-5 Railway Tce 0427 400 635	Unified Basketball 4:30-5:30pm Young people with a disability \$18 a term ● Special Olympics SA & Wellbeing Hub Unity College Gymnasium 0468 640 800

Thursday

River Trekkers 8:30-9am All welcome Free ● Heart Foundation Walking Murray Bridge Community Club Car Park	Let's Play with Music 9:15-10am 0-5 Years Free ● Murray Bridge Wellbeing Hub 2 South Tce 0468 640 800	Yarn Group 9:30am All welcome Free ● Murray Bridge Library 2/51 South Tce 8539 1175	Fitter for Life 10-11am Older People \$5 ● Murraylands Gymnastics Academy 10 Thomas St 0466 674 849	The Chatty Café 10:30am-12:30pm All welcome Free ● ac.care & The Haven 2 South Tce 0484 301 281	Mosaics 10:30am-12:30pm All welcome \$6 (with a \$10 intro cost) ● Murray Bridge Community Centre 18 Beatty Tce 8531 1799	My Time 12:30-2:30pm Parents of child with a disability/chronic condition Free ● Tinyeri Children's Centre 65 Jarvis Ave 0403 930 965
Baby Playgroup 1-3pm Babies Free ● Tinyeri Children's Centre 65 Jarvis Ave 85311515	Playtime 1:30-2:45pm 0-5 Years Free ● Moorundi & Learning Together 25-27 Burdekin St 0423 020 991	Hangout Group 4-6pm Fortnightly 12-25 Years Free ● headspace Murray Bridge 10 Second St 8531 2122	Stich 'em Up Sewing Group 5pm-7:30pm All welcome Free ● Murray Bridge Library 2/51 South Tce 8539 1175	Movie Night 5-7pm Fortnightly Adults Free ● Murray Bridge Library 2/51 South Tce 8539 1175	Hath Yoga 5:30-6:45pm All Welcome \$5 ● The Square Community Centre 2 South Tce 8531 1799	Bedtime Stories 6pm Families Free ● Murray Bridge Library 2/51 South Tce 8539 1175

Friday

Walk & Talk 9am 0-5 Years Free ● Learning Together & Wellbeing Hub War Memorial Park Nature Playground 0468 640 800	Nature Playgroup 10-11:30am 0-5 Years Free ● Learning Together Murraylands Murray Bridge Preschool 0427 701 525	All Abilities Music Group 10:30am All Welcome Free ● Music All Abilities White Park Community Club Rooms 0459 619 191	Narooma Wetlands parkrun 8am All Welcome Free ● parkrun Long Island Reserve
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Saturday

Mosaics 9:30am-12:30pm All welcome \$6 (with a \$10 intro cost) ● Murray Bridge Community Centre 18 Beatty Tce 8531 1799	Mindful Art 10am-12:30pm All Welcome Free ● 18 Beatty Tce The Haven 0466 809 400	Over 50's Friendship Group 1:30-3:30pm Monthly 50 Years and over Free ● The Square Community Centre 2 South Tce 7559 0020
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Whilst we endeavour to ensure the information provided is correct, please always contact the organisation to confirm details of the listed programs.

This is a joint project between the Rural City of Murray Bridge, the Murray Bridge Community Centre and Wellbeing SA



Wellbeing SA

