

OCTOBER -
DECEMBER 2026



CUMBERLAND PARK COMMUNITY CENTRE & WESTBOURNE PARK MEMORIAL HALL



CITY OF
MITCHAM



MONDAY

**Wong's Tai Chi
Philosophy**
7am - 8am
Tai Chi
Lam 0412 330 348

**Yuki Health &
Happiness**
9am - 12.30pm
Strength for Life
exercise
Yuki 0424 724 914
Fee applies

**Colonel Light Gdns
Kindergym Sch Term
Westbourne Pk Hall**
9.30am to 1pm
6mths to 5 yrs
Sue 0435 735 395
Fee applies

TUESDAY

**Yuki Health &
Happiness**
9.30am - 11.30am
Strength for life
Yuki 0424 724 914
Fee applies

**Colonel Light Gdns
Kindergym Sch Term
Westbourne Pk Hall**
9.30am to 12pm
6mths to 5 yrs
Sue 0435 735 395
Fee applies

TUESDAY

Tuesdays @ Cumby
12pm - 4pm
Knitting/crochet,
games, Mahjong,
table tennis,
afternoon tea
ECH 1300 275 324
Fee applies

**World Taekwondo
Westbourne Pk Hall**
6.30pm - 7.30pm
Self defence all ages.
Wahid 0412 909 500
Fee applies

**Just Dance Fitness
with Martha**
7.30pm - 8.30pm
Dance fitness class
Martha 0412 231 756
Fee applies

WEDNESDAY

**Colonel Light Gdns
Kindergym Sch Term
Westbourne Pk Hall**
9.30am to 12pm
6 mths to 5 yrs
Sue 0435 735 395
Fee applies

**Community Day @
Cumby***
9.30am to 3pm
Art/craft, exercise,
quizzes, morning tea.
ECH 1300 275 324
Fee applies

**Metropolitan Male
Choir SA**
7.30pm - 9.30pm
Rehearsals singing
music all genres.
Graham 0414 936 895
Fee applies

THURSDAY

**Colonel Light Gdns
Kindergym Sch Term
Westbourne Pk Hall**
9.30am to 11.45am
6mths to 5 yrs
Sue 0435 735 395
Fee applies

**Cumberland Park
Orchestra rehearsal**
10am - 12pm
All welcome to listen.
Lynne 0409 993 304

**Yuki Health &
Happiness**
1pm - 2.30pm
Strength for life
Yuki 0424 724 914
Fee applies

**Kneebone Foot
Connection
Westbourne Pk Hall**
4.30pm - 5.30pm
Fitness/ pilates
Office 8172 0777
Fee applies

**World Taekwondo
Westbourne Pk Hall**
6.30pm - 8pm
Self defence all ages.
Wahid 0412 909 500
Fee applies

FRIDAY

**Confetti Dance
Westbourne Pk Hall**
School Term
9am - 12pm
Steph 0421 980 590
Fee applies

**Yuki Health &
Happiness**
9am - 11.30am
Strength for Life
Yuki 0424 724 914
Fee applies

**Dementia
Australia Memory
Lane Cafe**
(every 6 weeks)
12pm - 3pm
Olivia 8372 2100

**Slava Ukrainian
Cultural Centre
Cumberland &
Westbourne Pk**
From 5.30pm - 9pm
Ukrainian activities.
Aliona 0401 689 645

SATURDAY

Ultrafit Boxing
7.15am - 8.15am
Ash 0412 655 699
Fee applies

Turning Point Yoga
9.30am - 10.30am
Kate 0408 952 603
Term fee applies

Mitcham Orchestra
1pm - 4pm
Rehearsal,
come & listen.
Graham 0406 197 716
Fee applies

SUNDAY

**SA Quilters Modern
Mix (2nd Sunday)**
9am - 4pm
Roseanne 0432 483 263
www.saquilters.org.au
Fee applies

**Adelaide Scottish
Fiddle Club (3rd
Sunday) 2pm - 5pm**
Rod 0424 382 340
Fee applies

** Program run by or in
collaboration with
the City of Mitcham*