

Presented by Feast

CommUNITY Weekend - Saturday 19 November

The middle weekend of Feast is a bonanza of free or low cost events, with something for everyone whatever your sexuality, age or interests. Come one day or both, check out what's on and come on down to the Hub.



Meet up with friends, make new ones. Bring the kids, enjoy the day time vibe, relax in good company.



12 - 5pm, OUTdoor GAYmes

Are you a King or Queen of gaming? Have we got the games for you. Old skool style, but not just any games. Big games. Real big games. Challenge your mates to a game of BIG Chess, BIG Connect Four, or Putt Putt on the BIG Pool Table. Size does matter.

FREE!



12 - 5pm, Visual Arts Exhibitions In the Halls

See page 40 for full artist details.

FREE!



12 - 3pm, Gourmet BBQ Feast

You will never go hungry at a festival called FEAST! Over the commUNITY weekend, why not enjoy a tasty lunch from our Gourmet BBQ? Cheap, easy, delicious... with meat and vego options. Feast on this!



12 - 5pm, Roving Artists

Keep an eye out for our talented and energetic artists roving the Hub precinct.

FREE!



12 - 5pm, Mini Massage

Stressed? Why not indulge in an on-the-spot massage. 15 Minutes. \$5 donation. Anywhere on your body (well, almost anywhere). Let Brett kneed your tension away!

DOD



12 - 5pm, The Face Painting Fairy

It's not a community event without face painting for the kids, and there is no better painter of faces than the Face Painting Fairy. The fairy will be flying around the Feast Hub throughout the commUNITY weekend finding little kiddies to face paint and glitter, can you find her?



DOD



1 - 2pm, Kangaroo Tails by the Campfire

Aboriginal lesbian, gay and queer members of Queer Gifted and Blak, Moolagoo Mob, Blak Lemons and some of their friends invite you to learn how to cook Kangaroo tail on the camp fire. While the roo is being prepared and cooked hear Aboriginal cultural stories about family, places and queer experiences. If you'd like to have a feed you're invited. If not, no worries, relax in good company.

DOD



1 - 3pm, Cirkidz - Come n Try Circus Workshop

Always wanted to run away to the you know where? Well, here's your chance to see if you'll like it. Always spinning your iPhone round and round in your hand or tossing plates from the dishwasher to the table? In 30 minutes you'll get a crash course introduction to basic circus skills: juggling, flowerstix, spinning plates, diablo and hold-on stilts.



FREE!



3 - 4pm, Faeries at the bottom of the Camp Site - Literature Event

Sit around and hear poetry, short stories, blogs, articles and more. See page 39 for full details.

DOD



4 - 5pm, One True Sentence - Writing Workshop

Creative writing workshop to get the heart of all good writing: truth telling. See page 39 for full details.

FREE!

9.30 - 4.30pm, Feast Wellbeing Retreat

Immerse yourself in a day of activities for your body, mind and spirit! Go to one session or a whole day. Bookings are recommended as places are limited!

\$15 per session or all sessions **day** \$60 - SAVE \$15 Feast Hub Precinct - The Ballroom - Light Square, Adelaide

www.feast.org.au



9.30 - 10.30am, Hatha Yoga with Katrina Lazaroff

Hatha Yoga is an ancient practice that brings together body and mind. The poses and movements bring balance, strength and flexibility to the body, as well as inner peace and concentration to the mind. A great way to start your day by giving your body an opportunity to stretch and rejuvenate. Suitable for all levels of experience. BYO yoga mat, some provided.

Buy a Day Pass and SAVE \$15!



10.45 - 11.45am, Sound Meditation with Heather Frahn

Rest in the present moment with the body, breath and sound. A space where you can just be, arrive at stillness, open your third ear and listen to the beautiful harmonics from sacred sound instruments. This meditation session is for beginners to experienced levels, and uses sound as the meditation object to achieve inner spaciousness, heightened awareness and deep relaxation.



12.45 - 1.45pm, Drumming with Brooke - Beat Of Life

Get the rhythm in your life with African drumming! A fun environment for learning uplifting beats and playing drums together as a group. It's empowering and has many benefits to body mind and spirit. Drumming brings stress relief and releases feel good endorphins in the brain. It's easy to pick up and you'll find yourself drumming away in no time! All drums provided.



2 - 3pm, Raw Nutrition with Vassi

Be inspired by what the raw food movement has to offer. Enjoy the benefits of improved physical, mental and spiritual health, including more energy, greater clarity, and a sturdier immune system. Learn how to make delicious and nourishing foods which assist the body to heal itself, naturally. 'Let thy food be thy medicine and thy medicine be thy food' - Hippocrates.

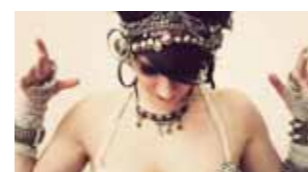


3.15 - 4.15pm, Organic Gardening with Ollie Black

Learn how to grow your own organic produce garden. Whether you live in an upstairs unit or have a large backyard, growing your own fresh produce is so rewarding! Organically grown foods are more nutritious, better for your own health and the planet. Connect in with mother earth, save money, live more sustainably and enjoy eating straight from your own garden.

3pm - Midnight, Let's Dance!

Zumba, samba, rumba whatever gets you shaking your bootie here's your chance to learn to dance or brush up on your moves. Trip the light fantastic, rock n'roll, partner or solo, don't feel shy, come out and try. Friendly tutors, No experience necessary to have fun!



3 - 4pm, Belly Dancing Lessons

with Lilly Sim & Nymphaea Belly Dance - The Patio

DOD

Get those bellies out and loosen those hips for this one-off Belly Dance workshop with Tribal Fusion Style extraordinaire Lilly Sim. You will cover basic isolations, foot patterns and arm placements with an emphasis on core strength, flexibility and posture. Complete beginners welcome!



4 - 5pm, Zumba Lesson - The Patio



FREE!

Are you ready to party yourself into shape? It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance-fitness-party that's moving millions of people toward joy and health...and it's coming to Feast. Join the team from Fitness First as they take you through an open-air class featuring all the hip moving and bootie shaking you can handle. Dress up, dress down, get colourful and get ready to Zumba!

Interested in trying more Zumba, other exciting group fitness classes like BodyPump or just checking out our fantastic facilities? Then download your FREE 3 day guest pass to Fitness First at www.fitnessfirst.com.au/feast



5 - 5.45pm, Salsa Lesson - The Ballroom

DOD

Beginners Class! Join our experienced instructors for an introduction to L.A. Style Salsa. They will guide you through the basic steps, rhythms and techniques of this sizzling Latin partner dance. No partners or dance experience required.



8pm, Ballroom Bliss - The Ballroom

This is your chance to frock up and dance the night away. See page 12 for full details.

\$20 FP \$18 C \$15 CF

www.feast.org.au

Presented by Feast

CommUNITY Weekend - Sunday 20 November

The middle weekend of Feast is a bonanza of free or low cost events, with something for everyone whatever your sexuality, age or interests. Come one day or both, check out what's on and come on down to the Hub.



Meet up with friends, make new ones. Bring the kids, enjoy the day time vibe, relax in good company.



12 - 5pm, **FREE!** OUTdoor Garage Sale

Think queer trash and treasure when community members empty out their closets. Bric-a-brac, books, clothes, furniture, paintings, music, toys, jewellery, plants fruit and vegetables, crafts, candles, collectables, old wares, that thing you've been chasing for years and more! Browse, buy, barter, be there at this big bargain bonanza. \$10 gets you your own garage sale spot, BYO trestle or hire one.

To register to be a part of the Garage Sale contact Feast on 8463 0684 ASAP.



12 - 5pm, **FREE!** CommUNITY Expo

At this first ever Expo Adelaide's amazing variety of community groups come together for a show and tell. Check out Adelaide's rainbow community groups- social, sporting, supporting, singing, outing, dancing, bushwalking, spiritual, parents and kids, young, trans, bi, leather, bears and more. Mix mingle, find out what is out there to get into.

To register to be a part of the Expo contact Feast on 8463 0684 ASAP.



12 - 5pm, **FREE!** Art Market

Queer artists, designers and crafts people showcase their work without retail and gallery commissions. Expect quirky design, intricate jewellery, unique paintings, garden art, fashion, sculpture, clever craft, beautifully handmade wares. Everything from the wacky to the wonderful! Chat to the artists, buy a bargain, admire the creativity. The artist market is a must.

To register to be a part of the Art Market contact Feast on 8463 0684 ASAP.



12 - 3pm, Best of Show **FREE!**

The Feast show celebrates the diversity of queer homemade creativity. Previously the Feast Show has been at Picnic but this year Best of Show is at the Hub. Check out mouth watering cakes, luscious jams, extraordinary eggs, very queer collections, quilting, photography and more. Do you bottle, bake, collect or create a craft? It's not too late to enter. Ring Feast, 8463 0684 or go to the feast.org.au for an entry form. Judged by celebrities. Rosettes awarded.



12 - 5pm, OUTdoor GAYmes **FREE!**

Are you a King or Queen of gaming? Have we got the games for you. Old skool style, but not just any games. Big games. Real big games. Challenge your mates to a game of BIG Chess, BIG Connect Four, or Putt Putt on the BIG Pool Table. Size does matter.



12 - 1.30pm, I Remember it Well - Literature Event **FREE!**

Yes, I Remember It Well focuses on the many amazing, fascinating, important untold stories of LGBTQ events, places and history that have taken place in Adelaide within living memory. See page 38 for full details. All tickets \$5.



12 - 5pm, Visual Arts Exhibitions In the Halls **FREE!**

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12 - 5pm, Roving Artists **FREE!**

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1 - 3pm, Snapshot! Photography Workshop with Paul Tait **DOD**

Photography has become inexpensive and convenient making it accessible to almost anyone. But what makes a good photograph? Join Paul Tait in a relaxed discussion that addresses various techniques that can improve your images. Bring your camera and a little imagination.



3 - 5pm, Knit One - Knitting Workshop with Chris Gogler **DOD**

Feast artist and queer community allrounder Chris Gogler will help you with your latest knitting project, or teach knitting newbies the ropes... or wools. Bring your needles and wool or make a gold coin donation to use ours!



2 - 3pm, Not in the Best Interest of the Child AGAIN - Forum **FREE!**

Join three academics as they discuss their research concerning children and queerness - queer kids, kids of queer parents and the aspects of life where 'children' and 'homosexuality' collide (as they often do). See page 38 for full details.



3 - 4.30pm, Having Your Cake & Eating It Too - Afternoon Tea

Irresistible gourmet cakes and savory finger food homemade by 20+ Adelaide LGBTQ identities. Tuck in to an all you can eat high tea extravaganza as the cooks reveal their cookery passions. Community identities include - Dhyana Marga McKenzie, Lorraine Tyler, Brynn Morten, Maurisa Aillion, Matt Gilbertson, Malt Biscuit, Rae O'Neill, Ron Hughes, Roxxy Bent, Sue Webb, Dr Gertrude Glossip, Fanny Jacobson, Brian North, Lori Bell, Heath Varcoe, Ros Prosser, Wayne Bairstow plus more.

FP \$15 includes great Tea and Coffee - No need to book



4.30 - 5.30pm, Spreading The Love: The Bed Tour **FREE!**

Jump in the travelling bed of love as it rolls through Adelaide's city and suburbs. Share your insights on love and be part of several short films documenting local people's thoughts and secrets on intimacy. See page 46 for full details.



7.30pm, Big Bingo

Come out and get lucky at this Feast phenomenon. Queer Bingo at the Hub is BIG. Hosted by Malt Biscuit with Amelia Von Wheels and barrel girl Margie Fischer. Featuring surprise guests and fantastic prizes Big Bingo is just the ticket for a hilarious night out. If you're a Bingo virgin we'll teach you how to play. For the initiated Big Bingo is funnier and more outrageous than ever. Prizes range from sexy to silly, tickets to shows and tantalising treats. See page 50 for full details.

FP \$10 Entry, doors open at 7pm - No need to book

