

# Weekly Program

Jack Young Centre  
and Pine Lakes

We have a unique blend of programs, activities and services for people over 50, including those with a disability. For more information, please contact our friendly staff at reception or phone us on **8406 8525** for any enquiries (JYC) or Pine Lakes on **8406 8513**.

- Jack Young Centre - 2 Orange Ave, Salisbury - [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)
- Pine Lakes - 16 Homestead Place, Parafield Gardens - [www.salisbury.sa.gov.au/plc](http://www.salisbury.sa.gov.au/plc)

\*Indicates group is currently FULL – waiting list in place (register at Reception)

ACTIVITY	TIME	NOTES
<b>MONDAY</b>		
Craft	9.30am – 12.00 noon	Jack Young Centre
Intercultural Group	9.00am – 2.30pm	Pine Lakes
Beginners Tai-Chi	10.00am – 11.00am	Jack Young Centre
Intermediate Tai Chi	10.00am – 11.30am	Jack Young Centre
Scrabble	10.00am – 11.30am	Jack Young Centre
Meet & Greet (Friendship group)	1.00pm - 2.30pm	Jack Young Centre
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre
<b>TUESDAY</b>		
Bhutanese Social Support Group <i>(Bhutanese, Nepalese and Indian are welcome)</i>	9.30am – 12.30pm	Jack Young Centre
Jack Young Friendship Group	10.00am – 11.30am	Jack Young Centre
*Wood burning session 1	10.00am – 12.00 noon	Jack Young Centre
Wood burning session 2	1.00pm – 3.00pm	
Prime Movers <i>(low impact chair ex)</i>	12.30pm – 1.15pm	Jack Young Centre
*Darts	1.15pm – 3.15pm	Jack Young Centre
Strength for Life	1.30pm – 2.30pm	Jack Young Centre
<b>WEDNESDAY</b>		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Salisbury Senior Citizens Club Day	9.30am – 3.30pm	Jack Young Centre
Senior Citizens Club Bingo	1.00pm – 3.30pm	
<i>This club operates separate to the centre. For membership enquiries contact Michelle Hayes 0412 724 554</i>		
Brain Gym	10.00am – 12.00 noon 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of month	Jack Young Centre
Creative Writing	10.00am – 12.00pm	Jack Young Centre
*Painting & Drawing	10.00am – 12.00 noon	Jack Young Centre
Bosnian Group	10.00am – 2.00pm	Pine Lakes
Crochet Group	1.15pm – 3.15pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
<b>THURSDAY</b>		
Vietnamese Group	9.30am – 12.30pm	Pine Lakes
*Wood burning session 1	10.00am – 12.00 noon	Jack Young Centre
*Wood burning session 2	1.00pm – 3.00pm	
Ukulele	10.00am – 11.45am	Jack Young Centre
Moving & Grooving Music Session	11.30am – 12.30pm 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month	Jack Young Centre
Knitting Group	1.00pm – 3.00pm	Jack Young Centre
*JYC Line Dancing	1.00pm – 3.00pm	Jack Young Centre
JYC Beginners / Low Impact Line Dancing	3.15pm – 4.00pm	
<b>FRIDAY</b>		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Strength for Life	9.00am – 10.00am OR 10.10am – 11.10am	Jack Young Centre
Reading for Fun	10.00am – 11.30am 1 <sup>st</sup> or 2 <sup>nd</sup> Friday of month	Jack Young Centre
Intercultural Group	9.30am – 12.30pm (fortnightly)	Jack Young Centre
Filipino Group	9.30am – 12.30pm (fortnightly)	Jack Young Centre
Parkinson Support Group	10.00am – 12.00 noon (fortnightly)	Jack Young Centre
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre
Creative Writing	1.30pm – 3.30pm	Jack Young Centre
*Indicates group is currently FULL – waiting list in place (register at Reception)		

ACTIVITY	TIME	NOTES
<b>ADDITIONAL SERVICES &amp; PROGRAMS at JACK YOUNG CENTRE</b>		
Computer Tutoring	1 on 1 tutoring tailored to student needs	Jack Young Centre By appointment
Upcoming Events	Includes Guest Speakers, Celebrations	Enquire at Jack Young Centre Reception

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## JACK'S CAFÉ SERVICES, located at JACK YOUNG CENTRE

Dine – In Meals	Monday to Friday 12.00pm - 1.00pm	Orders from 8.30am
Frozen Takeaway Meals	Pick-up between 10.00am – 2.30pm	Pre-order or select from freezer
Hot Takeaway Meals	Pick-up between 12.30pm – 2.00pm	Orders from 8.30am

ACTIVITY	TIME	NOTES
<b>OTHER COMMUNITY HEALTH &amp; WELLBEING SERVICES</b>		
Home Assist Program	Monday to Friday 8.30am to 5.00pm	Enquiries to 8406 8225 or visit <a href="http://www.salisbury.sa.gov.au/has">www.salisbury.sa.gov.au/has</a>
Housing Program (Care Finder)	By Appointment	Enquiries to Trista or Caroline on 8406 8227 or visit <a href="http://www.salisbury.sa.gov.au/housing">www.salisbury.sa.gov.au/housing</a> OR email <a href="mailto:housing@salisbury.sa.gov.au">housing@salisbury.sa.gov.au</a>
Burton Friendship Group	Wednesday 10am – 11.30am	Enquiries to Jim on 8406 8251
The Shed	Monday, Wednesday & Friday 9.00am to 3.00pm	Enquiries to Craig on 0412 457 233 or visit <a href="http://www.salisbury.sa.gov.au/theshed">www.salisbury.sa.gov.au/theshed</a>
Social Activities for adults aged 18+ with intellectual disability	Wednesday 9.00am – 3.00pm Thursday 7.00pm – 9.00pm Friday 9.00am – 3.00pm	Enquiries to Craig 0412 457 233 or Jennie on 0413 891 077 or email <a href="mailto:has@salisbury.sa.gov.au">has@salisbury.sa.gov.au</a> or visit <a href="http://www.salisbury.sa.gov.au/disabilityprograms">www.salisbury.sa.gov.au/disabilityprograms</a>
Carers SA Support Group	3 <sup>rd</sup> Friday of month 1.30pm – 3.30pm	Enquiries to 1800 422 737

# Weekly Program

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Jack Young Centre (JYC) and Pine Lakes are friendly and welcoming leisure centres that are purpose built and fully accessible.

We look forward to seeing you soon.

Jack Young Centre:

Open Monday to Friday 8.30am – 5.00pm

Closed Public Holidays

Pine Lakes Centre:

Open Monday to Friday 8.30am – 4.00pm

Closed Public Holidays

Activity fees range from \$3.00 - \$10.00. \*First session free.

Ongoing cost may vary depending on eligibility.

See Reception regarding group cost.

Did you know? We have another centre for people over 50, including those with disability. Look out for the *Para Hills Seniors Centre Weekly Program flyer*, or ask our friendly staff for a copy or visit [www.salisbury.sa.gov.au/phc](http://www.salisbury.sa.gov.au/phc)

Join our private Facebook group  
"Salisbury Seniors Community" to stay up to date and take  
part in our on-line activities