



# COMMUNITY HEALTH AND WELLBEING UPCOMING EVENTS

LIVING WELL

## WHAT'S ON IN JANUARY AND FEBRUARY 2025

The City of Salisbury is pleased to offer a wide range of health and wellbeing events and activities, including many specifically for older people. If you would like to book online or receive this newsletter electronically please visit: [www.salisbury.sa.gov.au/CHWEvents](http://www.salisbury.sa.gov.au/CHWEvents)

**Note: Events may be subject to changes at short notice.**

### Australia Day Celebration



Celebrate Australia Day 2025!  
Enjoy free breakfast from 8am, live music, water slides, bubble soccer, a petting zoo, and more. Don't miss the flag raising, award presentations, and Citizenship Ceremony. See you there!

**Sun 26 January from 8am**

Carisbrooke Park

Cost: FREE

Enquiries: 8406 8222

Website: [www.salisbury.sa.gov.au/ausday](http://www.salisbury.sa.gov.au/ausday)

### Burton Friendship Group

Over 50? Join us weekly for a chat and cuppa, plus learn from a range of guest speakers on some upcoming interesting topics.

**Wed 29 January:** NAWMA presentation

**Wed 12 February:** Dr Jinan Zou - AI – Artificial Intelligence.

Burton Community Hub (380 Waterloo Cnr Rd, Burton)

Wednesdays 10am to 11.30am

Cost: First time FREE then \$3 or \$4

Enquires: 8406 8251

### JYC Meet & Greet

Join us for a chat, cuppa, and insightful talks by guest speakers. Bookings essential.

**Mon 3 February**

Road Safety presentation by SAPOL

**Mon 10 February**

Metropolitan Fire Service (MFS) by Daniel Humenuik

**Mon 17 February**

EmergencyRedi Workshops by Australian Red Cross

Time: 1pm to 3pm

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: First time FREE then \$3 or \$4

Bookings and enquires: 8406 8525

### Come & Try Walking Basketball!

Walking Basketball is a slower paced, low impact, social and fun way to stay active. It is suitable for participants of all ages and abilities. The program offers a casual and enjoyable experience, with no mandatory weekly commitment or pre-arranged teams, making it accessible to anyone interested in participating.

**Tuesdays 11am to 12 noon**

**Starting Tue 4 February**

Parafield Gardens Recreation Centre (Cnr Kings & Martins Rds, Parafield Gardens)

Cost: \$6

Enquiries: 8286 8800



## Sounds in the Courtyard

Join us for the much-loved 'Sounds of the Courtyard', returning this Spring and Summer!  
Join us for a delightful afternoon of FREE live music in a beautiful courtyard setting on the first and third Thursdays of each month! Relax or get active and dance along. Don't forget to book a meal and savour it in the courtyard to make the experience even more special (pre-order by 11.30am).

Upcoming sessions:

**Thu 6 February:** 'Vintage Brass Quartet' The Bright & Breezy sounds of Brass - playing all the songs you love and more

**Thu 20 February:** 'Jukes' JYC Ukulele group – come and sing some favourite songs



Time: 12 noon to 1pm  
Jack Young Centre (2 Orange Ave, Salisbury)  
Cost: FREE entertainment  
Food orders and enquires: 8406 8525

## Community Information Stalls



Come and find out about the range of things Council offers our older community members.

**Thursday 13 February** 10am to 1pm  
Hollywood Plaza (Winzor St Salisbury Downs)  
Cost: FREE  
Enquiries: (JYC) 8406 8525

If you would like to receive this newsletter electronically every month please visit:

[www.salisbury.sa.gov.au/CHWEvents](http://www.salisbury.sa.gov.au/CHWEvents)

or send your details to Arlene at  
[ajasper@salisbury.sa.gov.au](mailto:ajasper@salisbury.sa.gov.au)

## Salisbury Fringe Carnival



Enjoy two days of free family fun, featuring live music from The Incredibles Band, thrilling amusement rides, dazzling performances, a silent disco, and delicious food. With entertainment for all ages, including a kids' area, inflatables, and interactive activities, this event has something for everyone!

**Fri 21 and Sat 22 February**  
Carisbrooke Park (Main North Road, Salisbury)  
Cost: FREE entry  
Enquiries: 8406 8222  
Website: [www.salisbury.sa.gov.au/fringe](http://www.salisbury.sa.gov.au/fringe)

## Patricia Wolf - a Salisbury Author Series event



Join bestselling Australian author Patricia Wolf as she launches Opal, the gripping third book in her DS Walker series. Step into the World of Crime Fiction. Discover the inspiration behind her thrilling outback crime novels, enjoy an interactive Q&A, and meet Patricia in person for book signings. Bookings essential.

**Fri 28 February 2pm to 3pm**  
Ingle Farm Library  
Cost: FREE (light refreshments included).  
Enquiries: 8406 8595

**For regular activities for people aged 50+, check out the program of activities available at these centres.**

**Jack Young Centre (JYC) – 2**  
Orange Avenue, Salisbury.  
Website:  
[www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)

Phone 8406 8525 or email  
[jyc@salisbury.sa.gov.au](mailto:jyc@salisbury.sa.gov.au)



**Para Hills Seniors Centre (PHSC)**  
Located within Para Hills Community Hub, Wilkinson Road, Para Hills.  
Phone 8406 8587 or [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc)