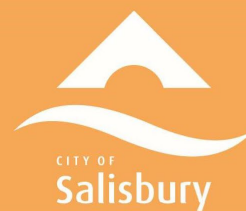




COMMUNITY HEALTH & WELLBEING UPCOMING EVENTS



Living well

WHAT'S ON IN OCTOBER AND NOVEMBER 2024

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

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

Burton Friendship Group

Chat and learn with this Over 50's group.

2 October: Games Day: Board and card games.

9 October: COTA SA: Strength for Life presentation.

23 October: Phone scams: Ian Loxton.

6 November: Games Day

13 November: MFS: Wheat bags and Microwaves

Wednesdays 10am to 11.30am

Burton Community Hub (380 Waterloo Cnr Rd, Burton)

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

Bookings: 8487 1820

Enquiries: 8406 8251

Community Information Stall at Hollywood Plaza

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



Wed 2 October - includes Jukes live music between 11am to 12 noon

Thu 7 November - includes My Age Care info stall

Mon 2 December - Christmas theme

Time: 10am to 1pm

Hollywood Plaza (Cnr Spains Road and Winzor St Salisbury Downs)

Cost: FREE

Enquiries: 8406 8525

Disco & Rock n Roll Dance Party

Join DJ Des, dress up if you want and join the party! We're here to celebrate, have fun and be active as part of Ageing Well Week

Thu 3 October 10am to 11.45pm

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: \$3 to \$4

Enquiries: (JYC) 8406 8525

'LiveUp' - Discover the Upside of Ageing

Research shows that up to 75% of how we age is determined by daily lifestyle choices. Learn how to make healthy choices

with LiveUp, a free guide funded by the Australian Department of Health and Aged Care. Hear from Sally from the LiveUp Community Engagement team on how LiveUp can help you stay active, independent, and socially connected.



Thu 10 October 9:30 am to 11am

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: FREE (includes morning tea)

Enquiries: JYC Reception 8406 8525

Sounds in the Courtyard

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.



3 October: Alice Richardson – accompanied by Michael Liddle

17 October: Bright & Breezy Brass Band – Geoff & his band mates

7 November: Leanne Coleman – come in and enjoy some easy listening music of the 60's, 70's & 80's

21 November: Mick Pullen – The Pre Disco Bee Gees

Time: 12:15pm to 1pm

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: FREE

Enquiries: 8406 8525

Menu: www.salisbury.sa.gov.au/jyc

Salisbury Community Fun Days

Salisbury Community Fun Days aim to encourage you to head outside and discover the many parks and reserves in our community. Salisbury has some great places for family and friends to come together.

12 October - Parafield Gardens Recreation Centre

09 November – Fairbanks Reserve

Time: 11am to 3pm

Cost: FREE

Enquiries: 8406 8222

JYC Meet & Greet

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

Mon 21 October: Australian Red cross- Emergency Redi Workshop

Mon 4 November: CLM Sleep Co.: Sleep Apnea info session

Mon 25 November: Author Wendy Altschwager - Field of Emus

Time: 1pm to 3pm

Jack Young Centre (2 Orange Ave, Salisbury)

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

Bookings and enquiries: 8406 8525

Volunteering Expo 2024



Find out how you can do good in your local community whilst also improving your own wellbeing.

Tue 22 October 10:30am to 1:30pm

Salisbury Community Hub

Cost: FREE

Enquiries: email volunteering@salisbury.sa.gov.au or call 8406 8276

Conversations with Salisbury Seniors

Topic: The Power of Social Connections – “Building bonds to boost wellbeing”

Celebrate Active Ageing with a discussion on how social connections enhance our wellbeing. Learn about the latest research, and share ideas on building and nurturing meaningful connections as life changes. This event is hosted by the City of Salisbury and COTA SA

Tue 29 October 9.30am to 12.30pm

Salisbury Community Hub (Level 1, Little Para Rooms, 34 Church St, Salisbury)

Cost: FREE (includes morning tea and pre-entertainment)

Bookings & Enquiries: 8406 8525

Website: www.salisbury.sa.gov.au/cotaconv

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

Phone 8406 8525 or email 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

Adelaide Symphony Orchestra Concert

Be swept away by the sweet sounds of the music as an ensemble of talented musicians fill the air with beautiful symphonic melodies. Booking information will be available soon.

Tue 5 November 10am to 11am

Para Hills Community Hub

Cost: FREE

Enquiries: 8406 8560

Burton Community Hub Author's Market

Calling all book lovers! Join us to meet local South Australian authors, discover unique books, and get them signed. It's a fantastic opportunity to find great reads and connect with the literary community.



Sat 23 November 10am to 2pm

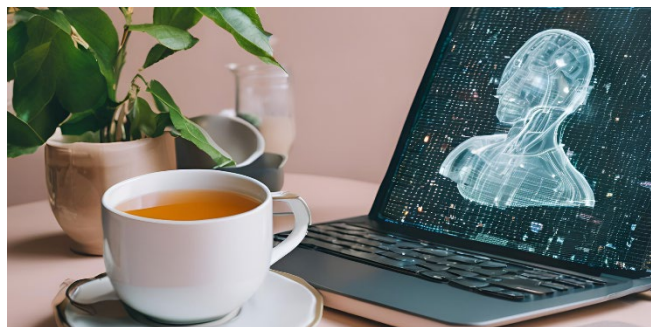
Burton Community Hub

Cost: FREE

Enquiries: 8406 8222

Website: www.salisbury.sa.gov.au/communitymarkets

What is AI



Join us for morning tea and presentation on Artificial Intelligence (AI) by an expert from the Australian Institute of Machine Learning. Discover how AI impacts our daily lives and its future benefits. A Q&A session will follow.

Wed 27 November 11am to 12pm

Salisbury Community Hub

Cost: FREE

Enquiries: 8406 8222

Website: www.salisbury.sa.gov.au/digitalliteracy

Gardening Programs at Burton

Natural Trail in the Garden

Tuesdays to Thursdays, commencing 1 to 10 Oct 9am to 3pm

Making a Bee Hotel

Thursdays in Oct, 10am to 12pm



Growing Veggies in Salisbury

Four week course about growing food at home within the local climate and conditions.

Thursdays, commencing 10 to 31 Oct and 7 to 28 Nov, 11am to 2.15pm

Garden talk and information share

Wednesday, 1pm to 2.30pm

16 Oct: Growing Citrus

20 Nov: Successive Summer Veggie Crops

Tomato Growing Challenge

Wednesday Meet-ups: 9 Oct, 13 Nov, and 11 Dec, 1pm to 2.30pm

Creative Craft over Afternoon Tea

Thursday 7 Nov, 1pm to 2.30pm

Bugs at Burton Photographic Exhibition

Tuesdays to Thursdays in November, 9am to 3pm
COST: FREE



Burton Communal Garden (380 Waterloo Cnr Rd, Burton)

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

Bookings and

Enquiries: 8487 1820

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

www.salisbury.sa.gov.au/CHWEvents

or send your details to Arlene at

ajasper@salisbury.sa.gov.au