

FEB 2024

ISSUE
29

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

Salisbury Seniors Magazine



www.salisbury.sa.gov.au/salisburyseniors



COVER

COMMUNITY VOLUNTEER NAN'S
100TH BIRTHDAY PARTY WITH
HER FAMILY AT JYC - PAGE 3

CONTENTS

02	Message from the Mayor	11	Intercultural Kitchen at Morella
03	A Local Voice	12	Empowering Independence
04	Award and Walking	14	Salisbury Snapshots
05	Brain Gym	16	Volunteer Spotlight
06	Salisbury's Active Ageing Journey	16	Weclome to New Home Assist Worker
07	Power of Play	17	Cafe News (Jack's Cafe and Hills Cafe)
08	Q&A with Local Seniors	18	News from Seniors Centres
09	Diversity and Inclusion Honoured	20	Gardening and Programs
09	Salisbury Rainbow Connect	21	Special Events - What's Coming Up
10	Now More Than Ever - 2024 National Reconciliation Week	22	Special Events Calendar (February to May)
10	So Much on Offer!	24	My Aged Care Reform
11	Covid-19 Protection	25	Wellbeing Activities
11	Aussie Exhibition	26	Other Wellbeing Activities
		27	Council Services

MESSAGE FROM THE MAYOR

Hello everyone and welcome to 2024.

I hope you've had an enjoyable festive season and are re-energised to do the things that you love this year.

This edition of the Salisbury Seniors Magazine covers a range of news from our community, here are some of the highlights:

Nan Moore's 100th birthday! We wish Nan a Happy Birthday and thank her for decades of generous contributions to Salisbury residents, seniors, people with disability, and many others. Page 3.

Congratulations to Sarah Maculans and Tracey Stapleton, outstanding locals who were recognised at the International Day of People with Disability Mayoral Awards. Page 9.

Looking for some inspiration in 2024? The 'Power of Play', 'Brain Gym' and 'Q&A with Local Seniors' articles provide tips to support your health and wellbeing. You'll also be able to read about our visit from health advocate, Keith Conlon at our Be Active: Find Your WHY Wellness Expo on page 6.

For interesting things to do in coming months, see the events section on page 22, and don't forget that our libraries, hubs, seniors and community centres are open, air conditioned and free to visit.

Yours sincerely,

Mayor Gillian Aldridge OAM
City of Salisbury



A LOCAL VOICE

A LOCAL VOICE

A century of Nan Moore, beloved community member and volunteer.

Beatrice Naomi Moore, affectionately known as Nance or Nan, graced this world in November 1923, in Hindmarsh, SA. Growing up just behind her grandparents' General Store on Brighton Road, Nan's early years were filled with a fearless spirit and a love for adventure. This spirit remained steadfast throughout her remarkable life, including volunteering until the age of 97 and driving at 99!

As World War II unfolded in 1939, Gordon, Nan's father, enlisted as a Sergeant in the Army. Nan felt the pull of service and joined the Women's Auxiliary Australian Air Force (WAAAF) in 1941, at the age of 18. The war years were transformative for Nan's family, and in 1945, her father returned, marking a poignant chapter in their lives.

In 1946, Nan married Darcy Moore, a fellow War Veteran, in a heartfelt ceremony in Adelaide. They welcomed their beloved daughter, Robyn, in 1947. Nan became a strong advocate for Robyn, who was born with a disability.

Nan's post-retirement years were marked by an extraordinary commitment to community service. Over five decades she volunteered with many different organisations. In Salisbury, some of these included the historical society, Council's Friends of the Library group, as well as regional and City of Salisbury reference groups for disability and ageing.

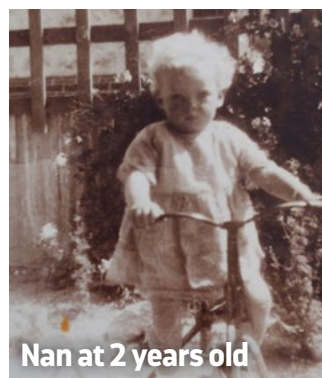
A long-term member at Jack Young Centre, she was well known as the initiator and Group Leader of the weekly Genealogy Group.

In November 2023, Nan reached her milestone 100th birthday and began celebrations for a life well lived. These included a lunch at Jack's Café (JYC), a gathering at Old Government House in Belair and a two-week bus trip with long-term friend Jean Whyte.

Nan's secret to a fulfilling life wasn't just in the passage of time, it was in the countless moments dedicated to others. Her commitment to community, passion for genealogy, and unwavering spirit shaped her remarkable journey and inspires generations.

To read more about Nan's life, go to www.salisbury.sa.gov.au/nan

Collated by Nan's niece, Anita.



Nan at 2 years old



Nan in her 90's



Happy Birthday!



Nan and her best friend Jean at Nan's 100th Birthday Party

AWARD AND WALKING

STEP INTO A HEALTHIER, CONNECTED COMMUNITY!



THE 'GOODY TWO SHOES' EFFECT: TRANSFORMING SALISBURY'S WALKING CULTURE

Local volunteer Bruce Newstead wins Heart Foundation's 2023 Outstanding Individual Volunteer for Walking in South Australia. What a great way to recognise Bruce's amazing contribution to our local community.

Mr Bruce Newstead, an energetic 84-year-old volunteer, embodies the spirit of community and wellbeing. His dedication to Heart Foundation Walking has left a lasting mark, notably growing the Jack Young Centre (JYC) Heart Foundation Walking Groups in the City of Salisbury. Since joining JYC in 2016, Bruce has registered an impressive 648 walks.

Taking on the role of an assistant walk organiser in November 2017, Bruce's leadership extends beyond the walks. He actively engages in registering new participants, marking attendances, and encouraging community involvement. He initiated the Wednesday JYC Walkers group in 2022, fondly nicknamed The Goody Two Shoes, which is steadily expanding.

In 2023, the JYC Walkers set a record with 33 participants, turning their Friday walks into a bustling social event.

Recognised as a role model for the **Be Active - Find Your Why** initiative, Bruce's efforts create a safe, enjoyable, and sociable environment for the JYC community. Bruce says he loves that 'they come for the walking, they stay for the talking.' Beyond walks, he even steps in as a barista, ensuring post-walk coffees.

In essence, Bruce Newstead's unwavering support, dedication and encouraging smile make him a standout individual in promoting healthier lifestyles through walking.

Bruce contributes significantly to the vibrant and connected community in the City of Salisbury and has earned the Heart Foundation 2023 Award for Outstanding Individual Contribution as a volunteer to walking in South Australia.



Mr Bruce Newstead won Walking SA Award 2023

Step into a healthier, connected community! Join our vibrant walking groups, led by volunteers like Bruce. Find your Heart Foundation Walking group at www.salisbury.sa.gov.au/walking and start your wellbeing journey today.

BRAIN HEALTH



BRAIN GYM

Maintaining brain health is crucial for overall wellbeing, impacting cognitive function, emotional wellbeing, and daily activities.

Here are some key practices for optimal brain health:

Stay physically active

Regular exercise benefits both the body and brain, increasing blood flow, promoting neuron growth, and enhancing memory and cognitive function.

Eat a brain-healthy diet

Consume a balanced diet with fruits, vegetables, whole grains, lean proteins, and healthy fats, focusing on antioxidants, omega-3 fatty acids, and other nutrients.

Prioritise sufficient sleep

Quality sleep is crucial for brain health, allowing rest, information processing, and memory consolidation.

Manage stress

Practice stress-reducing techniques like mindfulness, meditation, and relaxation to effectively manage chronic stress and prevent negative impacts on the brain.

Stay socially engaged

Maintain social connections through interactions with friends and family, participating in hobbies, volunteering, social groups, or educational opportunities for improved cognitive function and emotional wellbeing.

Seek regular medical check-ups

Regular check-ups with healthcare professionals help identify and address potential health issues affecting brain health, such as high blood pressure or diabetes.

Maintain a positive attitude

Cultivate a positive mindset and emotional resilience to cope with life's challenges, supporting mental and emotional wellbeing.

While these practices contribute to improved brain health and may reduce the risk of cognitive decline, consult healthcare professionals for personalised advice regarding natural aspects of brain ageing and specific health concerns.

BRAIN TEASER

AUSTRALIAN TRIVIA

- 1 - Before being named Melbourne, what was the city known as?
- 2 - Australia was the second country in the world to give women the vote. Who was the first?
- 3 - Does Australia or Switzerland's alps receive more snow?
- 4 - What is the highest grossing Australian movie?
- 5 - What object inspired the design of the Sydney Opera house?
- 6 - What unexpected animal does Australia export to Saudi Arabia?
- 7 - Are there more people or kangaroos in Australia?
- 8 - Of the 25 deadliest snakes in the world, how many are found in Australia?
- 9 - What was Vegemite invented from?
- 10 - Why is Canberra the capital city of Australia?

Answers for these quizzes on page 19

Interest in joining brain gym groups?

See page 25 or call the team on **8406 8525**

HEALTH AND WELLBEING

FIND YOUR WHY

SALISBURY'S ACTIVE AGEING JOURNEY

Embarking on a mission to keep our senior community lively and engaged, we introduced the Be Active - Find Your Why initiative. We're weaving the learnings into Council's wellbeing strategy.

This special project focuses on boosting physical activity among our cherished older adults.

What we aimed for:

The initiative set out to create uplifting postcards with local heroes, planned events to discover the 'why' of staying active and offered hands-on sessions for a taste of new activities.

What we've achieved:

Eight postcards featuring local champions, telling inspiring stories that warm the heart and encourage others to find their 'why' and move more. We then shared these postcards in our local community.

View or complete your own at www.salisbury.sa.gov.au/why

Events like the roadshows and wellness expo brought seniors together to uncover the joy in staying active, while hands-on sessions let them dip their toes into activities like outdoor exercises, beginner biking, balance workshops, and even some delightful dance moves.

The thrive effect:

Thanks to the initiative, our senior stars are not just staying active, they're thriving. We're weaving the learnings from this project into the heart of our ongoing wellbeing strategy, so that every senior in the City of Salisbury has the chance to enjoy an active and vibrant life.

Highlighting our journey:

A shining moment in our journey was the **Be Active - Find Your Why Wellness Expo**. Picture a vibrant day filled with 'have a go' sessions, stalls brimming with information to support active living, and insightful guest speakers on fall prevention and the benefits of moving more. The keynote speaker, the esteemed 'Mr. South Australia' and Bike SA Patron, Keith Conlon, added a touch of inspiration to our thriving community.

Why not join the Be Active movement and come, thrive with us on this journey!
Contact Jim on **8406 8251** for more information.

“*Congrats to all involved and attending the Be Active - Find Your Why Wellness Expo at the City of Salisbury. Great to have been part of the push to give our Seniors ideas and activities.*”
- Keith Conlon reflecting on the Wellness Expo



HEALTH AND WELLBEING

POWER OF PLAY

'We don't stop playing because we grow old; we grow old because we stop playing.'
- George Bernard Shaw

There's an interesting book called *The Power of Play: Optimise Your Joy Potential*, by Elaine O'Brien, Ph.D., and Andrea Seydel, which delves into the science behind making small mindset changes to achieve long lasting happiness.

So how do you optimise your 'joy potential'?

Fun, spontaneity, being joyous, playfulness, celebration, goodwill, smiles, laughter, catching people doing things right, giving random compliments and being open to new things all adds zest to our life. An important ingredient for living a great life.

Prioritise positive play and engage in activities that resonate with you, that you do for sheer enjoyment and recreation that release endorphins (the body's natural feel-good chemicals). Singing and Dancing often are joyous activities.

Start a list of all the things that bring you joy that don't cost anything. Free activities might include checking out a new trail, playing in the park with your grandkids, visiting the beach and having a laugh with a friend.

'Why be moody if you can shake your booty?'
- Elaine O'Brien, Ph.D.

Get a pet or borrow one from a friend. Animals are full of unconditional love, playfulness and energy.

They also suggest creating a 'Play Tool Kit' of activities, items and resources that help you feel your best.

What would be in yours?

'It's vital and in your power to play, learn, move, rest, be in nature, perform, and live with wonder every day.'
- O'Brien and Seydels.



GETTING TO KNOW OUR LOCAL COMMUNITY

Q & A WITH LOCAL SENIORS

We chatted with community members at Para Hills Seniors Centre - here are their pearls of wisdom.



JAN QUINTRELL

Q. What do you do to stay socially active?

A. Come to PHSC Friday Group where something different is happening each week.

Q. What's the secret to lifelong friendships?

A. Never argue, and if you do, make sure you resolve it before you part ways.



TERRY STURGES

Q. What's the secret to lifelong friendships?

A. Respect for each other and accepting people's individuality.

Q. What's the benefit of friendships?

A. Someone is there when you need them.

JEAN JARVIS

Q. Does the friendship carry outside the groups you meet with at Para Hills?

A. Yes, I have formed many valued friendships with the people at PHSC. We will occasionally go out together outside the centre.

Q. What's the benefit of friendships?

A. Friendships keep you young and healthy. Positive friendships have a positive impact on your wellbeing.



LOIS FLEETWOOD

Q. What do you do to stay socially active?

A. I have been coming to PHSC since 2008 and I love it. I have made wonderful friends, and the staff and volunteers are so friendly and helpful. I wouldn't go anywhere else.



INTERESTED?

If you would like to tell us about yourself, let us know what centre you attend and email: jyc@salisbury.sa.gov.au

DISABILITY

LEADERS IN DIVERSITY AND INCLUSION HONOURED AT MAYORAL AWARDS

Congratulations to two outstanding City of Salisbury residents who were recognised at the recent Mayoral Awards during the Fashion for everyBODY event hosted by the City of Playford. The awards spotlighted local diversity and inclusion champions and featured an inclusive fashion runway, showcasing the talent of people with disability.

City of Salisbury commends the recipients on their achievements.

Community Services Award

- Commendation (Lighthouse Disability): Vanessa McEachern
- Winner (City of Salisbury): Sarah Maculans

Personal Development Award

- Commendation (Bendigo Bank): Daniel Nabii
- Winner (Sonder): Tracy Stapleton

Community Spirit Award

- Commendation (Minda): Eliza Mitchell
- Winner (Ability Options): Michael Freeman

Innovation in Inclusion Award

- Commendation (Nova Employment): Chris Royle
- Winner (City of Playford): Chloe Hams

Sarah Maculans, emphasised the importance of focusing on abilities. She highlighted the upcoming release of the vision-impaired project, which she has been working on with the City of Salisbury to educate the community on how to appropriately assist those who are blind and vision impaired.

'When we sit back and focus on ability rather than disability, we get a better perspective. We have abilities too, and taking part in these projects has given me the platform and inspiration to keep sharing my message,' said Sarah.

Tracy Stapleton was deeply honoured and shared her commitment to fostering diversity and inclusion.

These heartfelt messages highlight the community's dedication to recognising unique abilities and advancing inclusivity.



LGBTQIA+ COMMUNITY NEWS

SALISBURY RAINBOW CONNECT



City of Salisbury has started a Digital Storytellers project that is focused on platforming the perspectives of community members with unique experiences.

The project will include interviews with members of the LGBTQIA+ community to gain a better understanding of how their experiences have shaped them. We feel this is essential to enable otherwise untold stories to be heard.

The Salisbury Rainbow Connect group gets together on the last Thursday of each month between 11am to 12.30pm. For more details, please call Leslie on **8406 8328** or email lwightman@salisbury.sa.gov.au

RECONCILIATION

NATIONAL RECONCILIATION WEEK

NOW MORE THAN EVER 27 MAY TO 3 JUNE



This year, National Reconciliation Week is recognised with the theme **Now More Than Ever**, and is a reminder of the rights of Aboriginal and Torres Strait Islander people and recognition that their ongoing culture continues.

Held from **27 May to 3 June**, National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

Every year, City of Salisbury hosts a range of events and activities to recognise National Reconciliation Week. Further information about City of Salisbury Reconciliation Week will be available closer to the date at www.salisbury.sa.gov.au/recon

For further information go to Reconciliation Australia at www.reconciliation.org.au

PROGRAM

SO MUCH ON OFFER!

We invite you to discover and enjoy our diverse programs awaiting you at our centres

Come and uncover fitness, creativity, education, and social gatherings specially designed for over 50's. See activity details on page 25.

Highlighted activities include:

New Strength for Life session - Tuesdays 1.30pm to 2.30pm at Jack Young Centre (JYC)
Embark on a fitness journey, tailored to your goals and health considerations. Group sessions with individualised programs. Enquiries: Jim [8406 8251](tel:84068251)

Beginners Guitar Group - Fridays 10am to 12noon
Intermediate Guitar Group - Fridays 12.15pm to 2.15pm
at Para Hills Seniors Centre

Learn to play the guitar in a friendly, supportive group setting. Enquiries: Sue [8406 8587](tel:84068587)

Burton Over 50's Friendship Group - Wednesdays 10am to 11.30am at Burton Community Hub
Enjoy lively conversations, a cuppa, and insights from guest speakers on intriguing topics. Enquiries: Cindy [8406 8525](tel:84068525)

Intercultural Group on Mondays at Pine Lakes Centre or Fridays at JYC - 9.30am to 12.30pm
Explore diverse cultures and share your own in a welcoming space. Enquiries: Mary [8406 8513](tel:84068513)



COVID-19 UPDATE

COVID-19 PROTECTION



SA Health encourages all eligible people to stay up to date with COVID-19 vaccinations and have a plan with their GP to access antiviral treatments if they catch COVID-19.

Test for COVID-19 if you have any symptoms (fever, coughing, sore throat, shortness of breath).

It's especially important to test early:

- if you are at higher risk of severe illness
- are eligible for oral antiviral treatment, and/or
- are in contact with people who are at high risk.

For up to date information use the SA Health website: www.sahealth.sa.gov.au/covid-19

EXHIBITION

AUSSIE EXHIBITION

We encourage you to visit the AUSSIE poster exhibition featuring works by Australian artist, Peter Drew.

His AUSSIE poster series became well known when they began appearing on walls in cities and small towns across Australia from 2016. Each poster features the single word, AUSSIE and an image of a person.

The common theme was that each person had migrated to Australia in the early 1900's and was made to apply for exemptions to the dictation test under the White Australia Policy. Cameleers, hawkers and traders were granted exemptions because their work was essential.

Peter's works celebrate their contributions and shines a light on the unjust policy of the times.

To view these important works and the stories behind them, visit the Mawson Centre from 5 to 27 March.

Find out more at

www.salisbury.sa.gov.au/harmonyweek



AUSSIE EXHIBITION 2023

JYC ABORIGINAL SOCIAL GROUP

A VISIT TO THE INTERCULTURAL KITCHEN AT MORELLA



Aboriginal Social Group Pizza Night

To celebrate the end of 2023, the Aboriginal Social Group visited Morella Community Centre to make their own wood oven pizzas in the Intercultural Kitchen woodfire pizza oven.

Set in the beautiful gardens of the inviting and friendly community centre, this was a special celebration and a great chance to make the most of this wonderful kitchen. The group look forward to testing out the other cultural cooking facilities - perhaps the wok or tandoor oven!

HEALTH AND WELLBEING

EMPOWERING INDEPENDENCE:

Maintaining independence as you age is a common desire, and seeking assistance can be a crucial step towards achieving that goal.

When daily tasks become more challenging, accepting help can enable you to stay independent in your home for longer.

To create a clear list of where you need assistance, start by identifying specific tasks where you might need support to live well and safely. This can include cleaning, maintaining your home, handling personal tasks, managing transport, addressing safety hazards, and fostering social connections in your community.

If you're considering accessing support, determine your eligibility for an aged care assessment by contacting My Aged Care, at **1800 200 422** or www.myagedcare.gov.au. Expect to answer health and lifestyle questions during this 20 minute assessment, and have your Medicare card ready for the first call.

Recognise that your needs may evolve over time, and you can request a re-assessment even if you weren't previously eligible.

Accessing aged care services can take time, so it's crucial to initiate the process and request help early before your needs become urgent, to ensure preparation and a quick response. As you navigate independent living, remember that seeking assistance is a proactive step towards a safer, healthier, and more connected life at home.

WHY REGISTER WITH MY AGED CARE?

Many are aware that the services provided by the City of Salisbury for seniors are predominantly funded through the Commonwealth Home Support Programme (CHSP), and our seniors centres provide social support groups and meal services. CHSP services are all about supporting you to live as independently as possible.

There are many benefits of registering with My Aged Care and seeking referrals for these services, including:

Tailored services: CHSP referrals ensure you receive services tailored to your specific needs and preferences.

Access to government support: CHSP services are subsidised by the government, so having referrals gets you access to the services you need. Your selected service provider receives funding to provide you the service, and you pay a lower activity and meal fee.

Streamlined access to services: CHSP referrals simplify the process of finding and accessing the

A GUIDE TO AGEING WELL AND THRIVING AT HOME

WE CAN HELP!

Staff in our centres can submit requests for My Aged Care assessments and support you to secure referrals for the required services.

My Aged Care services

Domestic Assistance: Help with household tasks like cleaning, laundry and meal preparation.

Transport Services: Assistance with transportation to medical appointments, grocery shopping or social outings.

Social Support: Participation in group activities, outings and social events to combat isolation and foster community connections.

Home Maintenance: Support for minor home repairs and maintenance to ensure safe and comfortable living.

Meals Services: Meals in your home or offered at community centres.

***Personal Care:** Assistance with activities of daily living, such as bathing, dressing and grooming.

***Allied Health Services:** Access to professionals like physiotherapists, occupational therapists and dietitians to improve physical and mental wellbeing.

Wellness and Reablement Programs: Services aimed at regaining and maintaining independence, physical function and overall wellbeing.

*Services not provided by City of Salisbury

Aged Care Navigator (Care Finder) Service - Call and make an appointment!

Staff can help by talking to My Aged Care on your behalf, arranging and being present at assessments, helping you make informed decisions when choosing a service provider, completing forms, understanding aged care service agreements, and connecting with additional supports such as housing, health and other community services.

City of Salisbury Community Centres:

Para Hills Community Hub

Tuesdays, 10am to 12.15pm. See Para Hills reception or call **8406 8587** to book an appointment.

Jack Young Centre

Wednesdays, 10am to 12.15pm. See JYC reception or call **8406 8525** to book an appointment.

Care Finder support is available if you have no one else to assist you, difficulty processing information, communication barriers, resistance to engage with My Aged Care, and/or negative past experiences with government systems and institutions.



SALISBURY SNAPSHOTS



1. Hanging out at the Square Café located within the Salisbury Community Hub
2. Local Heart Foundation Walking Group inspiring people to be more active at the Salisbury Christmas Parade
3. A team of staff and volunteers with the Mayor at the inaugural Intercultural Employment and Business Expo
4. Move and Groove group at JYC getting into the Christmas spirit
5. Staff and community members enjoy end of year celebration at Pine Lakes Centre
6. Jacks Jaunts group out and about at Drovers Inn at Freeling as part of their monthly bus outing



7. Circus skills, music, laughter and yummy food at the Para Hills Christmas luncheon

8. Dennis sharing his latest creation which he made at the Para Hills Wood Burning Group

9. Coordinator Mary and Bhutanese community members celebrated Laxmi Puja / Diwali at Pine Lakes Centre

10. Come and say hi to friendly volunteers Roma and Denni at the Para Hills Seniors Centre

11. Members of the South East Asian Social Support Seniors Group enjoying the Melbourne Cup luncheon, games and entertainment at Jack Young Centre

VOLUNTEERING

VOLUNTEER SPOTLIGHT

Farewell Caroline, welcome Heidi!

After 7 rewarding years as the Volunteer Program Officer, Caroline Letchford is set to embark on a new role as a Housing Support Officer. A heartfelt thank you to Caroline!

Caroline shares her words of wisdom with the Volunteers in Community Health and Wellbeing: 'Embrace kindness as your compass, let integrity be your guiding light, radiate positivity to illuminate the path to a truly impactful and fulfilling life.'

Amidst this transition, we extend a warm welcome to Heidi Verheyen, our new Volunteer Program Officer. With experience in coordinating volunteers in residential care facilities, community and disability rostering, and various roles in the aged and disability sector, Heidi brings a wealth of expertise to our team.

Join us in making Heidi feel welcome as she steps into this vital position.

Explore the rewarding world of volunteering! To join our dedicated team of 128 volunteers and make a positive impact in your community, call **8406 8536** or visit www.salisbury.sa.gov.au/volunteering



Caroline and Heidi at Jack Young Centre

HOME ASSIST

WELCOME TO NEW HOME ASSIST WORKER

Peter commenced the role of Garden Maintenance Worker in the Home Assist Team in September 2023

This role involves a range of home maintenance work including changing washers, checking and replacing smoke alarm batteries, replacing light bulbs, repairing leaking garden taps and installing key safes.

Peter also works with volunteer gardeners to undertake garden tasks such as lawn mowing and edging, pulling weeds, tree trimming and garden tidy ups.

Peter comes with a wealth of home maintenance and gardening experience. He really enjoys doing a job well and supporting older people to live independently and safely in their homes.

If you would like more information about the services provided through Salisbury Home Assist, either go to www.salisbury.sa.gov.au/has or contact the Salisbury Home Assist team on **8406 8225**, or email has@salisbury.sa.gov.au



CAFE NEWS (JACK'S CAFE AND HILLS CAFE)

We have two cafés available for you to come and enjoy delicious food.

Jacks Café, located at the Jack Young Centre, is open for lunch Monday to Friday with a range of options available to tempt your tastebuds. Michelle, Melissa and our team of volunteers can whip you up one of the regular menu items like salads, sandwiches, soup, schnitzel and roasts. They also have a weekly specials menu to keep the choices coming with everything from pastas, curries, seafood and more. The frozen meals freezer is located in the dining room and packed with a huge variety of meals, sweets and soups. Why not grab some when you are in the centre next and save yourself some cooking time?

Hills Café, located at the Para Hills Seniors Centre, also offer dine in and take away on Tuesdays and Thursdays, plus frozen meals Monday to Friday. Call the team on **8406 8587** to chat about the menu and specials.

Almond and Date Protein Balls

Due to popular demand we have included a protein ball recipe that has been served at a number of our events - enjoy! Check our upcoming events on [page 22](#)

Ingredients

- 210g fresh medjool dates, pitted
- 160g (1 cup) natural almonds
- 2 tbsp coconut oil, melted
- 2 tbsp raw cacao powder
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- 1/2 tsp ground cinnamon
- 30g (1/4 cup) almond meal



(recipe adapted from www.taste.com.au)

Directions

1. Place the dates, almonds, oil, cacao, maple syrup, chia seeds and cinnamon in a food processor and process until the mixture is well combined and sticks together.
2. Place the almond meal on a plate. Line a shallow airtight container with baking paper. Roll tablespoonfuls of the date mixture into balls, then roll in the almond meal to lightly coat. Transfer to prepared container. Place in the fridge for one hour to chill then serve.

Tip: Store up to one week inside an airtight container in the fridge.

For the menu and weekly specials at Jack's Cafe visit www.salisbury.sa.gov.au/jyc or call **8406 8525**

The menu at Hills Cafe is available from www.salisbury.sa.gov.au/phsc or call **8406 8587**

SENIORS CENTRES

NEWS FROM PARA HILLS SENIORS CENTRE

Events at Para Hills Seniors Centre

Para Hills members are looking forward to an action packed 2024 and there is no better way to start the year off than with a quiz hosted by none other than the fabulous Ann Wills.

Brain Awareness Week is running from 13 to 19 March. Socialising and maintaining strong social connections contribute to positive brain health, so grab some friends and book a table at the Ann Wills Quiz Trivia on Wednesday 15 March 2024, 1pm to 3pm. There will be prizes to be won and lots of fun to be had. For more information phone **8406 8587** or see page 22.

Another way to keep your brain healthy is through physical activity. Research indicates that physical activity may improve cognitive function and reduce the risk of cognitive decline by increasing blood flow to the brain, which promotes the growth of new neurons. At the Para Hills Seniors Centre, we offer a range of physical activity classes including a new Yoga group in 2024. See page 25 for a sample. Start the year well by getting physical.

Looking forward to seeing you soon at
Para Hills Seniors Centre!



Easy Does It - low impact exercise group



Move and Groove exercise group

NEWS FROM PINE LAKES COMMUNITY CENTRE!

A highlight from 2023 is the Gratitude Project

The Filipino, Vietnamese, Intercultural groups plus volunteers all participated last year in the Gratitude Project. Centre Coordinator, Mary, led the project by supporting participants to reflect on what is important in their life.

Through discussion, it became obvious that it's important to focus on ways to maintain positive connections with the people we love. Focusing on 'mundane stuff' can distract us from these relationships. Participants highlighted being grateful for health, life, friendships, connections, and things that happened throughout the year such as special celebrations, birthdays, and group outings.

Other projects that were held at Pine Lakes included the repurpose and recycling of craft items for special occasions such as Christmas and Mother's Day.

The groups are looking forward to 2024 and getting to know our growing Pine Lakes community.

Come and connect with us, especially as we celebrate:

Harmony Week, special opening year events, Festival of Love, Shivaratri, Buddha's Birthday, Mother's Day, International Women's Day, Festival of Friendship, New Year celebrations (Vietnamese, Bhutanese and Nepalese), Laxmi Puja/Festival of light, plus so much more.

Contact the team on **8406 8513** or visit www.salisbury.sa.gov.au/plc.

NEWS FROM JACK YOUNG CENTRE



Visit our seniors centres, have fun and meet new people. Spread the word!

Our seniors centres continue to focus on providing opportunities for our community to eat healthy meals, get social and keep physically active.

Our focus is on providing a variety of opportunities for you to get out of the house, connect with your community, make new friends and participate in fun activities.

Why not invite a friend or neighbour along with you?

It's no secret that walking into an unfamiliar environment for the first time can be a bit daunting.



We welcome newcomers to pop in for coffee and a freshly baked cake or biscuit, or to grab lunch in the café when you attend. You may want to check out the frozen meal freezer as well to save yourself some cooking and cleaning!

We encourage you to consider trying something new. Access a copy of our weekly programs in the centres or online at www.salisbury.sa.gov.au/seniorscentres

You can also have a chat about the programs with our staff, who can share all the ins and outs about the centre and introduce you to relevant group leaders and members.

Remember the first time is FREE so there's nothing to lose!

BRAIN TEASER ANSWERS

AUSTRALIAN TRIVIA

- 1 - Batmania, named after John Batman who built a settlement on the Yarra River
- 2 - New Zealand
- 3 - Australia
- 4 - Crocodile Dundee
- 5 - An orange. Architect Jorn Utzon was inspired by the shape of segments of orange peel
- 6 - Camels
- 7 - Approximately 40 million kangaroos compared to 26 million people
- 8 - 21 out of 25
- 9 - Left over yeast from beer
- 10 - A decision between Melbourne and Sydney could not be reached, so a new city was built between the two



Laxmi Puja celebration with the Bhutanese group



Gratitude Project

GARDENING

BUILDING GREENER SPACES WHILE KEEPING BODIES AND BRAINS ACTIVE



Explore Burton Communal Garden, a hub for green living, creativity, and community engagement.

The Building Projects in the Mini-shed program is enhancing the garden with planter boxes and artistic touches, contributing to the Friends of Nature's Salisbury Butterflies project. Using wood and upcycling, the group focuses on eco-friendly initiatives, including more raised beds and a bee hotel installation on display in a Salisbury nature reserve until May.

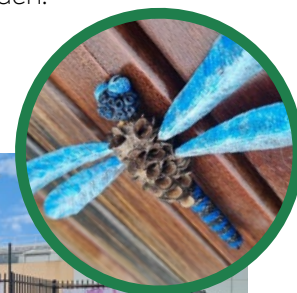
The veggie patch, nurtured by the Pottering in the Garden program, showcases diverse small garden produce options, fostering a sense of freshness in personal diets. Wednesdays offer casual mornings for learning and socialising with fellow gardeners.

While garden flowers attract beneficial insects, the challenge of caterpillars is met with the planting of natives, emphasising the delicate balance between biodiversity and food security.

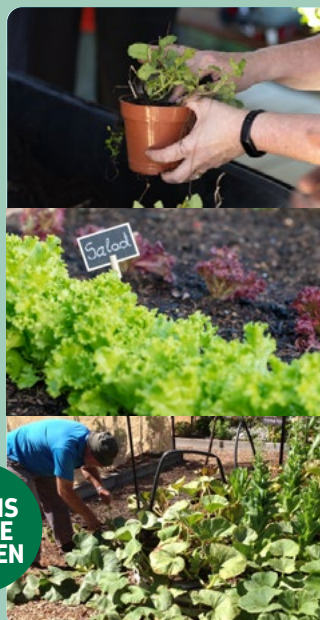
The native patch, designed for small urban yards, successfully draws local butterflies, identified by the Friends of Nature program for the Salisbury region.

Explore the identification trail, witness the visiting butterflies, and join the venture of growing natives for butterfly trails. Visit Tuesday to Thursday, grab a program at Seniors Centres, or check www.salisbury.sa.gov.au/gardening. There are also plenty of gardening events listed below.

See you soon at Burton Communal Garden!



JOIN OUR GARDENING PROGRAMS AT BURTON



Burton Communal Garden Programs

Check out all the great programs and events coming up in the Burton Communal Garden! Explore the wonders of nature with us, and don't miss out on the fun. Joining is easy, and the cost is just \$4 for each program. Enquires: **0401 984 785**

- Wed 7 Feb 9.30am to 11.30am:** Seed Saving and Seed Swap
- Thu 29 Feb, 7, 14 and 21 Mar 10am to 11.30am:** 'Growing Food in Salisbury' 4 week course
- Wed 6 Mar 1pm to 2.30pm:** Gardeners Gathering
- Tue 12 Mar 12noon to 2pm:** Garden to Kitchen
- Wed 13 Mar 9.30am to 11.30am:** Propagate Butterfly Attracting Plants
- Thu 4 Apr 1pm to 2.30pm:** Creative Craft Over Afternoon Tea
- Wed 29 May 1pm to 2pm:** What to Grow in Winter

www.salisbury.sa.gov.au/gardening

JOIN US IN THE GARDEN

SPECIAL EVENTS

WHAT'S COMING UP

SPECIAL COMMUNITY EVENTS



CHECK OUT THE UPCOMING EVENTS ACROSS SALISBURY!



FREE
live music

Sounds in the Courtyard (Thursdays fortnightly, 12.15pm to 1pm, JYC)

Come and listen to FREE live music in a beautiful surrounding between 12.15pm to 1pm. While you're there - book a meal and have it in the courtyard. Enquires: **8406 8525**

Thur 1 Feb: Wayne Smale and Reg 'Us 2' **Thur 21 Mar:** Vintage Brass quartet
Thur 15 Feb: Mick Pullen **Thur 4 Apr:** Michael Liddle and Andrew Sawyer
Thur 29 Feb: Rickety Chicks **Thur 18 Apr:** JUKES
Thur 7 Mar: John Grant

www.salisbury.sa.gov.au/events



**BE SOCIAL
ACTIVE!**

Burton Over 50's Friendship Group (Wednesdays 10am to 11.30am)

Join us for a chat and cuppa as we learn from a range of guest speakers on some interesting topics at Burton Community Centre. Bookings essential, first time is FREE then \$4 per week with cuppa. Enquires: **8406 8251**

21 Feb: 'Thermal comfort in housing for older people research project'
6 Mar: Kimberley-Clark presentation, how to cope with incontinence issues
20 Mar: St Kilda **27 Mar:** Guide Dogs **3 Apr:** Marine Life **10 Apr:** Public Advocate
24 Apr: Australian Lions Hearing Dogs **8 May:** Aged Rights Advocacy Service (ARAS)
15 May: Author Wendy Artschwager **29 May:** Stroke Foundation



**MAKE
NEW
FRIENDS!**

JYC Meet and Greet Group (Mondays 1pm to 2.30pm)

Join us for a chat, cuppa, and insightful talks by guest speakers at Jack Young Centre. First time is FREE then \$4 per week includes cuppa. Bookings essential. Booking and enquires: **8406 8525**

5 Feb: Kimberley-Clark presentation, how to cope with incontinence issues
26 Feb: Concessions SA **4 Mar:** March RAA Presentation, Mobility Matters
15 Mar: March St Kilda **8 Apr:** Author David Kilner **22 Apr:** Australian Lions Hearing Dog
29 Apr: Guide Dogs **6 May:** Stroke Foundation



**VISIT
US!**

Community Information Stall at Hollywood Plaza (Monthly, 10am to 1pm)

Wed 14 Feb, Fri 15 Mar, Mon 8 Apr, Thur 9 May, Wed 5 Jun

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

Discover future free 'come and try' sessions at www.salisbury.sa.gov.au/why

SPECIAL EVENTS

FEB TO MAR

An Afternoon with Darry Fraser

**WED
21
FEB**



Darry Fraser's novel launch in Salisbury for her 1898 Bendigo tale will feature an author talk event. The outreach aims to engage the community, ensuring inclusion for non-English speakers. Don't miss this captivating historical mystery!

🕒	2pm to 3pm
📍	Salisbury Community Hub, Salisbury
💰	FREE
☎️	8406 8272
🌐	www.salisbury.sa.gov.au/authortalks

Salisbury Fringe Carnival

**FRI 23 &
SAT 24
FEB**



In 2024, the Salisbury Fringe Carnival relocates to Carisbrooke Park, offering two days of free community festivities. Enjoy thrilling rides, roaming entertainers, live music, performances, and delicious food vendors at this exciting event.

🕒	Fri 23 Feb 6pm to 9.30pm Sat 24 Feb 12pm to 9.30pm
📍	Carisbrooke Park, Main North Road, Salisbury Park
💰	FREE
☎️	8406 8222
🌐	www.salisbury.sa.gov.au/sfc

Salisbury Author Series

**7 MAR,
27 APR &
25 MAY**



Salisbury Author Series is the new major event in the City of Salisbury. Experience culinary and literary magic! Join authors Nagi Maehashi, Heather Morris, and Durkhanai Ayub in Salisbury. Engage in a cooking demo, heartwarming talks, and book signings on 7 Mar, 27 Apr and 25 May. Celebrate community, culture, and creativity!

🕒	Thursday 7 March 6pm, Saturday 27 April 11am, Saturday 25 May 11am
📍	Salisbury Community Hub, Morella Community Centre, Ingle Farm Library
👁️	Keep an eye out for more information online!
🌐	www.salisbury.sa.gov.au/authorseries

Anne Wills Trivia Quiz

**WED
13
MAR**

**ANNE WILLS
SHE'S BACK!**



Limited Spots Left!

Join us for an afternoon of enjoyable fun with Anne! Participate in our knowledge challenge, stand a chance to win prizes, and savor a delightful light afternoon tea. Don't miss out - spots are limited, so act quickly to secure your place in this engaging and entertaining event!

🕒	12.30pm to 3pm
📍	Para Hills Seniors Centre (Para Hills Community Hub) 22 Wilkinson Rd, Para Hills
💰	\$20 for members, \$25 for non-members
☎️	8406 8587
🌐	www.salisbury.sa.gov.au/events

SPECIAL EVENTS

Harmony Week Main Event

**FRI
22
MAR**



Join us for a community event, entertainment, intercultural parade, mini-market, food, live music, performances, and more! The City of Salisbury marks Harmony Week from 18 to 24 March. Visit the website for event details throughout the week.

🕒	10.30am to 2pm
📍	Salisbury Civic Plaza/Inparrinṯi Kumangka Salisbury Community Hub
💰	FREE
📞	0466 842 275
🌐	www.salisbury.sa.gov.au/harmonyweek

APR TO MAY

Salisbury Community Fun Day at Cobbler Creek

**SAT
6
APR**



Highlighting the outdoors, this event urges families to explore and engage in local nature-based activities. The day promises fun, accessible activations, encouraging self-led adventures for families to gain knowledge and inspiration.

🕒	11am to 3pm
📍	Cobbler Creek Playground, Salisbury East
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

Watershed Creative Art Exhibition

**29 APR
TO
12 JUN**



The Watershed Creative Prize serves to recognise and acknowledge the theme of Sustainability within our City of Salisbury Community, by way of artworks of various forms.

🕒	Hub Opening Hours
📍	Salisbury Community Hub, 34 Church St Salisbury
💰	FREE
✉	arts@salisbury.sa.gov.au
🌐	www.salisbury.sa.gov.au/exhibitions

Conversation with Salisbury Seniors

**TUE
28
MAY**



Join us for a discussion on a topic of interest for older people in Salisbury. Get up to date information and research, as well as local options to get involved and connect. Bookings essential. This event is a partnership between COTA SA and City of Salisbury

🕒	9.30am to 12.30pm
📍	Salisbury Community Hub, 34 Church St Salisbury
💰	FREE - includes morning tea
📞	8406 8525
🌐	www.salisbury.sa.gov.au/cotaconv

Explore the vibrant happenings in the City of Salisbury by checking out our upcoming events on the website. www.salisbury.sa.gov.au/events

INFO - MY AGED CARE REFORM

AGED CARE REFORMS UPDATE

The recent announcement by the Australian Government stated the Commonwealth Home Support Programme (CHSP) will follow a staged approach and transition to the new Support at Home Program no earlier than 1 July 2027.

Information released by the Minister for Aged Care, the Hon Anika Wells MP, in early December 2023 confirmed that from 1 July 2025, the Support at Home program will replace the existing Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme.

The Commonwealth Home Support Programme (CHSP), which provides lower levels of support to older people to help them remain at home, will transition to the new program no earlier than 1 July 2027.

The staged approach will give all CHSP providers time to change their business systems and adjust to new payment arrangements. This will ensure they can operate successfully under Support at Home and avoid disruptions for their clients.

Under the new Support at Home Program, there will be improved access to services, equipment and home modifications to help older people to remain healthy, active and socially connected to their community.

The CHSP is the Australian largest community aged care program and more than 800,000 older Australians received care services through CHSP during the 2022-23 financial year. The City of Salisbury provides diverse CHSP services to the local community through Home Assist and Senior centres.

Source: www.health.gov.au and search for 'Reforming in-home aged care' and 'exposure draft consultation'.

On 14 December 2023, the exposure draft of the Bill for the new Aged Care Act was released for public consultation which will run until 16 February 2024. Members of the public can provide their feedback and help shape the Bill before it is introduced to Parliament in 2024.



For further information please contact **Susantha Athurugiri**, Project Coordinator, Northern Collaborative Project (NCP) on **0423 780 403** or email sathurugiri@salisbury.sa.gov.au

WELLBEING ACTIVITIES



*Our wellbeing activities offer a FREE come and try session. If you want to continue, ongoing cost vary depending on eligibility. Information listed is accurate at time of printing. Please check with the centre for specific dates and times (see page 28 for addresses).

ACTIVITY	TIME	PRICE FROM	LOCATION	ENQUIRIES
Art Group	Mon - 10am to 12 noon	\$7*	Para Hills Seniors Centre	8406 8587
Backgammon (and other games)	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Book Club - a novel idea	Last Tue of the month - 10am to 12 noon	\$4*	Para Hills Seniors Centre	8406 8587
Brain Gym - Para Hills	Tue (1st and 3rd) - 10.15am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Brain Gym - Salisbury	Wed (1st and 3rd) - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Computer Tutoring	By appointment	\$5*	Jack Young Centre	8406 8525
Craft - Para Hills	Tue - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Craft - Salisbury	Mon - 9.30am to 12 noon	\$3*	Jack Young Centre	8406 8525
Creative Writing	Wed - 10am to 12 noon Fri - 1.30pm to 3.30pm	\$3*	Jack Young Centre	8406 8525
Crochet and Craft Group	Wed - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Dance For Health	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Easy Does It Exercise Group	Mon - 12 noon to 1pm OR Wed - 10.45am to 11.45am	\$6*	Para Hills Seniors Centre	8406 8587
Friendship Group - Burton	Wed - 10am to 11.30am	\$3*	Burton Community Hub	8487 1820
Friendship Group - Para Hills	Thu - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Friends of Nature Group	Tue - 9.30am to 11.30am	\$4*	Burton Community Hub	8487 1820
Guitar Group (Beginners)	Fri - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Guitar Group (Intermediate)	Fri - 12.15pm to 2.15pm	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Para Hills	Tue - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Salisbury	Mon and Fri - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Intercultural Friday Group	Fri fortnight 9.30am to 12.30pm	\$3*	Jack Young Centre	8406 8513
Knitting Group	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Line Dancing	Thu - 1.15pm to 3pm	\$6*	Para Hills Seniors Centre	8406 8587
Meet and Greet Group	Mon - 1pm to 3pm	\$4*	Jack Young Centre	8406 8525
Move and Groove Exercise Group	Mon - 10am to 11am OR Wed - 12 noon to 1pm	\$6*	Para Hills Seniors Centre	8406 8587
Moving and Grooving Music Group	Thu (2nd and 4th) - 11.30am to 12.30pm	\$4*	Jack Young Centre	8406 8525
Parabeats Guitar Group	Mon - 1.15pm to 3.30pm	\$3*	Para Hills Seniors Centre	8406 8587
Parkinson Support Group	Fri fortnight - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Prime Movers (chair based) Exercise	Tue - 12.30pm to 1pm (low impact)	\$5*	Jack Young Centre	8406 8525
Relaxation Group	Mon - 9.30am to 11am	\$3*	Para Hills Seniors Centre	8406 8587
Singing Group	Thu - 9am to 10am	\$3*	Para Hills Seniors Centre	8406 8587
Social Bingo	Thu - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Strenght For Life (NEW)	Tue - 1.30pm to 2.30pm	\$6*	Jack Young Centre	8406 8525
Tai Chi - Para Hills	Wed - 9.30am to 10.30am	\$6*	Para Hills Seniors Centre	8406 8587
Tai Chi - Salisbury	Mon - 10am to 11.30am	\$7*	Jack Young Centre	8406 8525
Ukulele Classes - Para Hills	Thu - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Ukulele Classes - Salisbury	Thu - 10am to 11.45am	\$4*	Jack Young Centre	8406 8525
Whist Cards	Wed - 1pm to 4pm	\$4*	Para Hills Seniors Centre	8406 8587
Wood Burning - Burton	Thu - 1pm to 3pm	\$3*	Burton Community Hub	8487 1820
Wood Burning - Para Hills	Tue - 10am to 12 noon OR 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587

OTHER WELLBEING ACTIVITIES

HEART FOUNDATION WALKING GROUPS

Burton	 Tue - 9am	 FREE	 Burton Community Hub 380 Waterloo Corner Road, Burton	 0407 889 862
Ingle Farm	 Mon and Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 0487 321 607
Mawson Lakes	 Mon, Wed, Fri - 8.30am	 FREE	 Mawson Lakes Interchange Platform 2 - Southern end	 0455 977 775
Para Hills	 Tue - 9am	 FREE	 Carpark corner of Bridge Rd and Kesters Rd	 8263 7333
Parafield Gardens	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
Salisbury	 Wed and Fri - 9am	 FREE	 Jack Young Centre 2 Orange Avenue, Salisbury	 8406 8525
Salisbury North	 Thu - 9.30am	 FREE	 Bagster Road Community Centre 17 Bagster Road, Salisbury North	 8250 4167
Salisbury North	 Sat - 9am	 FREE	 Happy Home Reserve Carpark Corner Waterloo Corner Road and Davis Street, Salisbury North	 0401 652 609

SOCIAL RIDES PROGRAM

Connect with the award winning Cycle Salisbury initiative and join other cyclists on a 'low level' (short distance and low difficulty) social ride along the picturesque Little Para River and Dry Creek trails or on local roads.

Different days and times every month. Call **8406 8251** or email jbinder@salisbury.sa.gov.au to register to receive monthly ride listings or go to www.salisbury.sa.gov.au/cyclesalisbury

BURTON COMMUNAL GARDEN

Like being in a garden or tinkering in a shed? Try new activities and make friends through our Gardening, Friends of Nature and Mini-Shed Programs at Burton Community Hub.

Visit www.salisbury.sa.gov.au/gardening or drop in for a visit or call Shannan on **0401 984 785**

STRENGTH FOR LIFE PROGRAM

This program promotes health and wellbeing through strength training. A one-off upfront fee from \$30 applies for an individual exercise program, then up to \$7 per session following. Different days and locations are available. For more information, please contact Jim at the Jack Young Centre on **8406 8251** or COTA SA on **8232 0422** or visit www.cotasa.org.au

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Aboriginal, Bhutanese, Bosnian, Italian, South East Asian (e.g. Filipino) and Vietnamese. There is also an Intercultural group for people of any background. These programs assist people to enjoy social and cultural connections, reduce social isolation and access information in their own language. For details contact **8406 8513** or go to www.salisbury.sa.gov.au/cultural

Disclaimer: Please note that special events and wellbeing activities details may change between the time of publication and when you make contact. Please make contact with the person/centre prior to attending an activity.

COUNCIL SERVICES

THE CITY OF SALISBURY IS HERE FOR OLDER PEOPLE. WE'RE LOCAL - WE CARE.

The City of Salisbury provides a wide range of support and services* for seniors in our local community, including:

Seniors Centres

- Leisure, recreation and learning programs
- Health and fitness programs
- Dine in, take-away or frozen meals
- Social support groups

Domestic Assistance

- Regular and short term cleaning

Social Support

- Shopping, friendly visits and linking to social activities

Transport

- Social trips to places of interest, medical appointments and getting to social activities

Home Maintenance

- Any type of minor home maintenance such as gardening, gutter cleaning, changing light bulbs and fixing leaking taps

Minor Home Modifications

- For safety and access reasons such as grab rails, ramps, key safes and hand held showers

Housing Support Program

- Information about housing options
- Assistance to find secure accommodation

Gardening Program

- Various gardening activities and events

Inclusion Project

- Inclusion of people with disability in Council's services, programs, planning and decision-making
- Appropriate access to the city's footpaths, parks, buildings, events and information
- Disability and Access Inclusion Network (DAIN)

Activities for People with Disability

- Social, recreation and leisure programs
- Woodwork/metal work at The Shed

Health and Wellbeing

- Activities and information supporting seven dimensions of wellness: physical, social, emotional, intellectual, vocational, environmental and spiritual

Information and Conversations

- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics

Volunteer Opportunities

To volunteer with Council, please visit www.salisbury.sa.gov.au/volunteering or contact Sue on **8406 8276**

*Eligibility criteria applies. For more information contact **8406 8225** or email has@salisbury.sa.gov.au



SERVICE CONTACT DETAILS



CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

☎ 8406 8222

✉ city@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/seniors

HOME ASSIST

☎ 8406 8225

✉ has@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/has

VOLUNTEER SERVICES

☎ 8406 8276

🌐 www.salisbury.sa.gov.au/volunteering

📍 **Salisbury Community Hub**
34 Church Street, Salisbury SA 5108 (PO Box 8)

🕒 Monday to Friday: 8.30am to 5pm



JACK YOUNG CENTRE (JYC)

📍 **2 Orange Avenue, Salisbury SA 5108**

🕒 Monday to Friday: 8.30am to 5pm

☎ 8406 8525

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/jyc



PARA HILLS SENIORS CENTRE (PHSC)

📍 **Para Hills Community Hub, 22 Wilkinson Road, Para Hills SA 5096**

🕒 Monday to Friday: 9am to 4pm

☎ 8406 8587

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/phsc



PINE LAKES CENTRE

📍 **16 Homestead Place, Parafield Gardens SA 5107**

🕒 Monday to Friday: 8.30am to 4pm

☎ 8406 8513

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/plc



BURTON COMMUNAL GARDEN

📍 **Burton Community Hub, 380 Waterloo Corner Road, Burton SA 5110**

🕒 Tuesday and Thursday: 9am to 2.30pm

Wednesday: 9am to 2.30pm (bookings essential)

☎ 0401 984 785

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/gardening