

AUG 2024

ISSUE
30

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

Salisbury Seniors Magazine



www.salisbury.sa.gov.au/salisburyseniors



Anniversary Issue

Cover: collection of images from magazine front pages published between 2014 to 2024

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MESSAGE FROM THE MAYOR

Welcome to this special 30th Issue of Salisbury Seniors Magazine.

This wonderful magazine began 10 years ago. Since then, it has published over 2000 photos, plus 1000 stories focusing on wellbeing, community information and special events.

Salisbury Seniors Magazine is one of my absolute favourites. I love to share it with others. I've particularly enjoyed the 'A Local Voice' segment, which celebrates the passions and achievements of interesting local seniors. If you've been a long-time reader, you've likely learned a lot about positive aging.

Popular reads include the Brain Gym activities and articles focused on social and physical activities. Readers have also loved the photos showcasing our welcoming, engaged and diverse City.

The magazine is an important source of information about the City of Salisbury's fantastic events, activities and programs, including Harmony Week, Refugee Week, the Be Active – Find Your Why wellness expo with Keith Conlon, Volunteer Week celebrations, and Conversations with Salisbury Seniors with guest speakers such as Maggie Beer AO.

Check out the front cover for a collage of past issues, highlighting the many positive stories shared.

Thank you to everyone who has contributed to and featured in the 30 issues. Fortunately, there are still many stories to tell.

Yours sincerely,

Mayor Gillian Aldridge OAM
City of Salisbury



Salisbury Seniors is available at the Salisbury Community Hub, Jack Young Centre, Para Hills Seniors Centre, Pine Lakes Centre, Home Assist, libraries and community centres. Also available online: www.salisbury.sa.gov.au/seniors

We welcome your feedback on this magazine. Please contact Arlene on **8406 8591** or email ajasper@salisbury.sa.gov.au or complete the feedback form at www.salisbury.sa.gov.au/salisburyseniors

Aboriginal and Torres Strait Islander peoples should be aware that this publication may contain images or names of people who may have passed away.

A LOCAL VOICE

A LOCAL VOICE

Celebrating milestones together: 80th birthdays, 60 years of marriage, and nearly a decade at JYC.

John and Edith D'Arcy are known for their warmth and companionship, often seen holding hands as they walk into the Jack Young Centre (JYC). 'They really complement each other,' says Yvonne, a member of their JYC friendship group.

When asked about the secret to their 60 years of marriage, John and Edith emphasised friendship, mutual respect and love. 'You have to like each other and see things from the another's perspective. A good sense of humour and not taking life too seriously also helps,' said John. 'Edith's companionship, her love for family, and her zest for life make everything better.' Edith shared, 'John's my best friend, and it's everything about him that I love.'

They met in England as teenagers through John's aunt who lived next door to Edith. Their first date was at a local pub when they were 18 years old.

As their relationship developed, John would travel two hours each weekend from Liverpool to Rothwell to visit Edith. They married in October 1963 and had two children. The biggest decision they made was to immigrate to Australia in 1970. In Australia, John worked as a plumber, and after their children grew up, Edith worked at the City of Salisbury. They credit Australia's relaxed lifestyle to their longevity. Although John survived a heart attack when he was 55, both he and Edith now enjoy good health in their 80s.

John discovered JYC in 2015 after seeing a Men's Health Week event advertisement. He joined JYC's Table Tennis Group and Ukulele Group, of which Edith became the biggest fan. 'We love meeting new people here. Everyone is friendly, and the food is fantastic. Whoever said retirement is boring couldn't be more wrong. There's so much to do!'



HEALTH AND WELLBEING

7 TIPS TO STOP GETTING STUCK ON THE FLOOR



Getting stuck on the floor is common among older folks, sometimes due to injury, and often because it's just too difficult to get up.

Here are 7 tips to prevent a 'long lie':

TIP 1. Get side-on to a chair

Getting up while facing a chair requires lifting yourself all the way up to stand. If you can position yourself side on, you'll only need to lift yourself an inch or two.

TIP 2. Kneel on a cushion next to a chair

Cushions are more comfortable than the ground. It makes bringing your leg through to kneel easier, and you'll be slightly higher, which means less lifting.

TIP 3. Wear a fall alarm pendant

Better models offer fall detection, can notify family and friends, and use mobile coverage.

TIP 4. Keep your phone at a low position

If you aren't planning to wear a fall alert pendant, make sure your phone is easily accessible from the ground, e.g. keeping it in a regular place like a pocket or a low coffee table.

TIP 5. Turn on your phone's voice activation feature

Most newer phones provide this feature. If you're on the ground, you can say something like, 'Hey Siri, call me an ambulance.'

TIP 6. Keep it up!

If you can already get on and off the floor, try practicing until it becomes effortless to complete 10 in a row, to ensure that you're prepared.

TIP 7. Visit a physiotherapist who specialises in coaching transfers

Regaining floor mobility is feasible at any age. If you've ever gotten stuck on the floor, or are unsure if you would be able to get up if it happens, see a physio specialising in this area.

By popular demand, these handy tips came from Physiotherapist Michael Peachey, SA Homecare Therapies, who has previously presented at a wellbeing expo at Jack Young Centre.

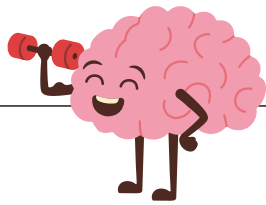
For more information about this important topic, contact Council's Coordinator of Wellbeing Programs, Jim on [8406 8251](tel:84068251) or email jbinder@salisbury.sa.gov.au



Physiotherapist Michael Peachey at Jack Young Centre



Joyce and Evelyn say Strength for Life Program at JYC is great for falls prevention



BRAIN GYM

Anniversary celebrations have several mental health benefits. Personal milestones, career achievements, hobby accomplishments, the benefits are equally important.

Here are some notable examples:

Positive reinforcement

Anniversaries reinforce healthy habits and behaviours. Celebrating our progress, whether it's maintaining an exercise routine, eating well, or doing brain-stimulating activities, reinforces those behaviours and encourages us to continue them.

Emotional wellbeing

Celebrating anniversaries can boost happiness, satisfaction, and accomplishment. Positive emotions relieve stress, improve emotional wellbeing, and research shows it may even protect the brain and increase cognition.

Social connection

Celebrating with loved ones strengthens social connections which is vital to brain health. Social interaction stimulates the brain, promotes mental sharpness, and can help prevent cognitive decline. Sharing experiences, creating memories, and strengthening relationships are all beneficial for brain health.

Memory enhancement

Anniversaries often involve reminiscing. This reflection can improve memory, boosting the brain's ability to recall important events, emotions, and details. Engaging in memory recall exercises can help maintain cognitive function and even prevent memory loss as we age.

Sense of purpose

Recognising milestones and anniversaries, regardless how big or small, give our efforts and accomplishments meaning. It reinforces a sense of purpose and motivation to keep striving. A strong sense of purpose has been linked to better cognitive performance and less cognitive decline in older adults.

Celebrating anniversaries can boost brain health by reinforcing positive behaviours, fostering social connections, enhancing emotional wellbeing, and stimulating cognitive performance. It allows us to celebrate our successes, express gratitude, and cultivate a mindset that prioritises health and wellbeing.

QUICK QUIZ

- How many legs does the Legs of Man have?
- How many teeth does an Aardvark have?
A. 12
B. 6
C. 0
D. 4
- Which sea creature has three hearts?
- Whose face was said to have launched 1,000 ships?
A. Helen of Troy
B. Cleopatra
C. Margaret Thatcher
D. Elizabeth Taylor
- How many bones does an adult human have?
A. 210
B. 300
C. 157
D. 206
- Water boils at 212 degrees on which temperature scale?

Answers for these quizzes on page 26

Interest in joining Brain Gym groups?
See page 29 or call the team on **8406 8525**

HEALTH AND WELLBEING

YOUR IKIGAI*?

Ikigai is the reason you get up in the morning. Research shows that a strong sense of purpose keeps retirees active, healthy, and happy.

As we age, we become more ourselves with the freedom to do what we enjoy, rather than what others demand, learning what we love through lived experience.

The focus of our Mindset for Life program is on helping you find your community, or people with similar interests and hobbies.

The status quo is significant, so say 'yes' to new parts of yourself, that inspire you and light you up, and 'no' to those that don't feel right.

It's not ageing in place – it's thriving in motion. Instead of a bucket list, create a 'wonder list' to explore.

Need guidance on next steps? Try something new at one of our centres. If you haven't found your mojo, talk to us. Consider our Mindset for Life retirement transition program if you're retiring soon.

Find out more at

www.salisbury.sa.gov.au/mindsetforlife

This article is inspired by experts in aging and personal growth, Ken Dychtwald, Chip Conley and Michael Bungay Stainer.



*Ikigai is a Japanese term that blends two words: 'iki' meaning 'to live', and 'gai' meaning 'reason'.

AGED CARE REFORM



THE NEW AGED CARE ACT: EXPOSURE DRAFT AND NEW ACT

The Australian Government is undertaking large scale reforms which will have a significant impact on the quality of support and care for older people.

A new Aged Care Act: Exposure Draft, consultation paper No.2 was released by the Australian Government on 14 December 2023 and public consultations were concluded on 8 March 2024.

The Australian Government has received broad and strong feedback about the proposed new Aged Care Act. This new Act provides a once in a generation opportunity for systemic reform and is therefore

important to get right. Importantly, this Act is a human rights-based Act and places an emphasis on the rights of older people. The proposed start date for the new Aged Care Act is on 1 July 2025.

For more information visit:

www.agedcareengagement.health.gov.au or contact Susantha on **0423 780 403** or email sathurugiri@salisbury.sa.gov.au

CONVERSATION WITH SENIORS

JOIN US!

CONVERSATION WITH SENIORS

The 11 June Conversation was titled **Breaking the Mould – Challenging Stereotypes on Ageism**.

This topic was selected in recognition of the strong connection between ageism and elder abuse. World Elder Abuse Awareness Day (WEAAD) is recognised internationally on 15 June.

Many are familiar with ageism and could easily describe how ageist attitudes and actions impact those it affects. If you have experienced ageism, you are not alone.

Globally it is estimated that one in two people is an ageist against older people.

Ageism or age discrimination is a combination of how we think about age (stereotypes), how we feel about age (prejudice), and how we behave in relation to age (discrimination).

Throughout the June (and prior) Conversations with Salisbury Seniors, and conversations facilitated by the Office for Ageing Well and Council on the Ageing (COTA SA), many older South Australians have described that they find themselves being treated unfairly because of their age. People describe an erosion of their right to make personal decisions about important areas of life.

Being unfairly treated and feeling unheard can result in loss of confidence. This can impact important life matters, including financial situation, autonomy to decide how to spend time and who to spend it with, and overall quality of life.

Erosion of rights and being undervalued can lead to abuse and neglect of older people. Anyone can call the Adult Safeguarding Unit on **1800 372 310** for advice and assistance.

Speakers at the June Conversation with Salisbury Seniors included Professor Wendy Lacey (Adjunct Professor Flinders University and University of Canberra), Sharmilla Zaluski - COTA SA, and Doreen Salon, Office for Ageing Well.



If you would like to join us at the next Conversation in October - see page 25 for more details

HARMONY WEEK

HARMONY WEEK 24



Harmony Week was a highlight of 2024 and has been a fan-favourite in the Seniors Magazine over the years.

The annual community event that grows each year takes place at the Salisbury Community Hub to celebrate Salisbury's rich cultural diversity. Highlights this year included the Intercultural Parade, led by the JYC Aboriginal Social Group and three groups of drummers who were guided by staff member Mary Ceravolo.

The headline performance by Farhan Shah & Sufi Oz brought Womadelaide energy to Salisbury. African soul drummer, Bortier, performed with a Tanzanian acrobat, Iddi, who jumped through hoops and flipped on stage! Intercultural group performances, including Jukes Ukulele Group sang the locally composed

Salisbury Song, and the roaming lion dance impressively closed the event.

City of Salisbury is proud to have partnered with the Australian Refugee Association to include 10 market stalls that showcased new and emerging businesses run by those with refugee experience.

This was a fantastic and colourful event. Council is already looking forward to hosting it again next year.

Did you know Salisbury is an accredited Intercultural City, recognised internationally? Harmony Week is supported by the City of Salisbury's Intercultural Strategic Plan.



COUNCIL NEWS

SALISBURY AQUATIC CENTRE

OPEN TO THE COMMUNITY

The highly anticipated Salisbury Aquatic Centre opened on Monday 24 June, unveiling its year-round indoor features.

Operated by expert leisure facility management company, BlueFit, the Centre currently offers a comprehensive Health Club, 4-lane lap pool, program pool, and café. BlueFit also offers swimming lessons and fitness support to people of all ages and abilities.

From October, visitors will enjoy the 8-lane, 50-metre outdoor pool, large splash pad and water play area with tipping bucket and three junior water slides, a 10-metre high triple waterslide tower, lawned picnic area, and outdoor kiosk. It's the perfect place to take the grandkids, no matter the season.

Built right where the old Salisbury Swimming Pool stood for over 60 years, the Centre will continue the legacy of its predecessor, serving the community for generations.

The Centre was designed with convenient and inclusive features to suit a range of accessibility requirements. Council consulted with key local groups like the Disability Access and Inclusion Network (DAIN) during the planning stage to ensure it meets the needs of the City's diverse community.

Heating and access ramps in every pool make them perfect for easing muscles and joints. There's secure locker storage, a hearing loop for visitors with hearing aids, and bathroom facilities including a family change room and Changing Places.

Mayor Gillian Aldridge OAM said, 'The City of Salisbury is thrilled to unveil the brand-new Salisbury Aquatic Centre. With modern features catering to everyone, it stands as a symbol of progress, inclusivity, and vitality.'

The \$30 million Centre, built by Mossop Construction + Interiors, was co-funded by the City of Salisbury and the Government of South Australia, inclusive of \$1.5M from the Australian Government for entrance road and car park development.

Come and be part of the first year of this amazing new facility, where everyone is welcome.

Find out more at www.salsiburyaquaticcentre.com.au or call **8258 0234**.

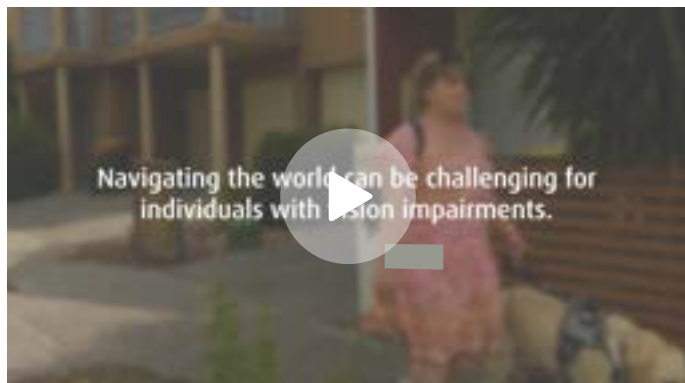


DISABILITY

CHANGING OUR PERCEPTION ON DECLINING EYESIGHT



Almost one in 10 people over 55 are vision impaired. Mobility training and reading aids help keep us active, but lack of community awareness is often a problem.



Three young Salisbury residents are raising community awareness about vision impaired and blind pedestrians. A short video was made working with Council and See Differently (the former Royal Society for the Blind) and is on www.salisbury.sa.gov.au/disability

Sarah said, 'As a person with a vision impairment, I want to navigate the community as inclusively and independently as possible.'

The video's tips include:

Turning off your vehicle's engine when you're in your driveway.

Blind and vision impaired people walking past your house may not be able to tell whether you are driving towards them.

When you see someone with a guide dog, please do not touch or engage with it.

The guide dog has an important job and they're on duty!

Don't assume a vision impaired or blind person needs you to physically guide them anywhere.

Ask politely if they need a guide. They might prefer to hold your arm for guidance.

If in doubt, it's always *okay to ask*.



CARE FINDER - HOUSING

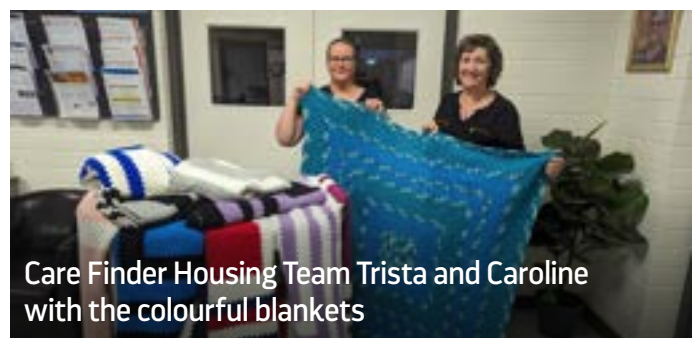
GENEROUS HEART AND HANDS

A heartfelt thanks goes to June, for her kind donations to Council's Care Finder Program to assist those who are homeless, or at risk of becoming homeless.

June has spent years donating beautiful crocheted blankets. She crochets everywhere, including in her car and while watching TV, always energised to share her passion for helping others.

June's blankets provide warmth and serve as symbols of hope and comfort to those facing difficult times. Her kindness and generosity have made a significant impact on many lives in the community.

The City of Salisbury is grateful for June's contributions, and her husband Kelvin for delivering the blankets to Council over the years. As the saying goes, 'Teamwork makes the dream work,' and these two are a great team.





Care Finder Housing Team Trista and Caroline with the colourful blankets

For more information about Care Finder, visit www.salisbury.sa.gov.au/housing or contact Trista and Caroline on [8406 8227](tel:84068227).

INFORMATION - KEEPING WELL

TIPS FOR STAYING WELL THIS SEASON

Staying safe this season is easy with these simple guidelines:

-  Follow safety instructions when using electrical heating appliances.
-  Keep medicines out of reach from children to avoid poisoning.
-  Remember to wash your hands, clean surfaces and cover your coughs and sneezes.
-  See your doctor for regular health checks. Ask them about vaccinations for flu and Covid-19, and health action plans for chronic conditions.
-  Eating healthy foods can help keep your immunity strong.
-  It is important to stay hydrated.
-  Be active and try to sleep well.

(Adapted from SA Health website – Keeping Healthy in Winter)

BE INFORMED

SERIOUS INCIDENT RESPONSE SCHEME (SIRS)



The Aged Care Quality and Safety Commission (ACQSC) introduced the SIRS in 2022 as part of a safety strategy for older people receiving aged care services.

If an incident is suspected or occurs while someone receives a service, the service provider should be notified as soon as possible. The provider must prioritise the older person's safety, record the incident, and if assessed as a 'Serious Incident' (including theft, financial coercion, sexual assault, or neglect), they are required to report it to Police and ACQSC.

Find more information at Salisbury Seniors Centres or www.agedcarequality.gov.au/older-australians/safety-care

LGBTQIA+ COMMUNITY NEWS

SALISBURY RAINBOW CONNECT

Do you want to become part of a dynamic, social group with a great vision for creating better community connections and more fun in the future?

Please contact Leslie on **8406 8328** or email lwightman@salisbury.sa.gov.au

Don't forget, coming up from 9 to 24 November 2024 is the Feast Festival. This is Adelaide's LGBTQIA+ arts and cultural festival.

For more information go to www.feast.org.au



LOCAL VOLUNTEERS

SPOTLIGHT ON LOCAL VOLUNTEERS

We interviewed some of our wonderful local volunteers about their journey, including those celebrating milestones this year!



Irene Barker
Volunteering at City of Salisbury
for 25 years

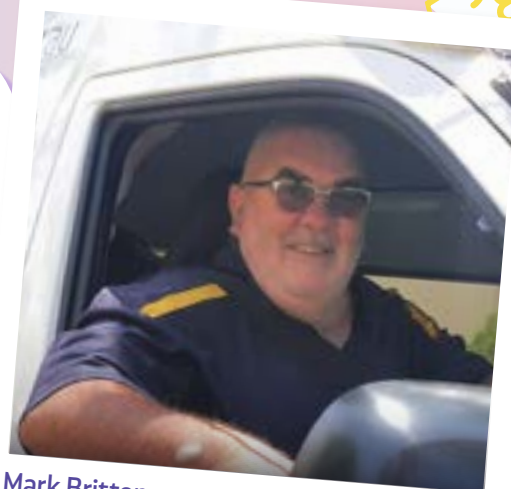
Irene has volunteered with City of Salisbury since 1998 in several roles. She currently volunteers, at the age of 93, at Para Hills Seniors Centre as a Group Leader for the Card Making Group, and Super Seniors Day on Fridays.

Irene remembers her early volunteering roles visiting older people in their homes, helping with Bagster Community House shared dinners, and establishing the Knitting and Craft Group. Irene started volunteering for something to do after retirement and says, 'I get more out of volunteering than what I put into it, volunteering has helped me in many ways.'

City of Salisbury recognised Irene as a Living Legend for her volunteering commitment and contributions to the City. Her advice is, 'if anybody is lost and doesn't know what to do with themselves, contact Council and see what there is to offer in volunteering. It is amazing how many friends you will make.'

Mark used to drive trucks and so the driver volunteer role matched his skill set. Mark says he has learnt about a lot of cultures since volunteering, including languages. For example, saying Namaste to greet Bhutanese clients, and calling them Dai (older person), Aamai (grandmother) or Babai (grandfather). Mark is known for his love of sweets, and is fondly known as the 'lollipop man'.

Mark says he enjoys volunteering to meet lots of people and everyone is so nice.



Mark Britton
Volunteering as a driver for the culturally
and linguistically diverse (CALD) programs
for 7 years

**YOU'RE
AMAZING**



Gail Bawden
Volunteering at the Jack Young Centre (JYC)
for 15 years

Gail began volunteering as a committee member and in the kitchen at JYC. She now volunteers in the gardens at JYC and as Group Leader of the Bowls Group. Gail recalls when JYC was open on weekends, and she once set off the alarm! She likes volunteering for the community and offering them somewhere friendly to go and something interesting to do. Her volunteering tip is 'it depends on your heart, do you like to do things for others, do you like giving back?'

WOW!



Sharon Walsh
Volunteering at the Burton Community Hub
Disability Group for 5 years

Sharon loves community work and helping participants with disability access the community. Every interaction is memorable and always makes her smile. For Sharon, volunteering provides purpose, and a successful volunteer experience involves being willing to listen, learn, and work in a team. Her advice to new volunteers is that it's a rewarding experience in a positive, safe, and caring workplace.

Now retired, she enjoys her time staying active through volunteer work, coaching netball, and caring for her border collie, Archie.

Sharon says she enjoys 'volunteering with colleagues and the participants, sharing life experiences. Volunteering is very satisfying.'



Andrea Rutherford
Volunteering at the Para Hills Seniors Centre
for 13 years

Andrea started volunteering in various committees before becoming Group Leader for the Brain Gym group. Under her guidance, this group has thrived. Andrea says she enjoys volunteering, as she gets to meet and be with people, doing things that make her happy and fulfilled. Andrea's tip for volunteering is 'be honest and true to yourself, don't pretend, people are all human beings.'

Would you like to participate in our volunteering team?

Contact Heidi on **8406 8536**

or email hverheyen@salisbury.sa.gov.au for a chat,

or find out more at www.salisbury.sa.gov.au/volunteering

WOMEN'S HEALTH



COMMUNITY COMES TOGETHER TO CELEBRATE SCREENING

BreastScreen SA recently celebrated another successful visit to the City of Salisbury, which saw an increased number of women booking breast screens, and growing community awareness of its importance.

BreastScreen SA has worked for years alongside Culturally and Linguistically Diverse (CALD) Program Coordinator, Mary Ceravolo, to promote screening across the cultural programs coordinated by the City of Salisbury.

A highlight of the visit was the group screening days organised for the local Bhutanese Community, with the support of volunteers and female interpreters.

For women over 40, a free 15-minute breast screen could save a life. For more information or to book an appointment, visit www.breastscreen.sa.gov.au or phone **13 20 50**.

Reaching out to CALD women is a priority for BreastScreen SA. Education sessions and group screening days organised with migrant support organisations including the Australian Refugee Association, Northern Migrant Resource Centre and students enrolled in the Adult Migrant English Program at TAFE SA Salisbury Campus.



Local Bhutanese Senior Social Support Group visiting the Health Screening van

HOME ASSIST

OUT AND ABOUT FOR OUR COMMUNITY



Home Assist provides supports to help eligible older people to live independently at home and in the community.

The Home Assist Social Transport Trips program for August to October 2024 has been distributed to people who are registered for this service.

These trips are focused on providing transport to interesting local and close regional destinations.

While transport is the focus, people love the opportunity

to connect with others and get out and about.

The longer trips are approximately one-hour travel time each way. Individual trip costs vary and are listed in the program.

In the coming months, destinations include The Royal Adelaide Show, the Lyndoch Lavender Farm and Pancakes at the Port.

Those interested in attending for the first time can call the Home Assist Team on **8406 8225** or email has@salisbury.sa.gov.au for further information.

REFUGEE WEEK

REFUGEE WEEK

On Monday 17 June, the City of Salisbury hosted an intimate and memorable Refugee Week Afternoon Tea event to mark Refugee Week.

Council partnered with the Salisbury Intercultural Strategic Alliance (SISA), which includes organisations like the Australian Migrant Resource Centre and Australian Refugee Association. A group of 30 residents with refugee experience attended the special event to meet with the Mayor and Elected Members for afternoon tea.

Recognising the significant change and adjustments required when moving country, this was a special occasion to meet one-on-one with the Elected Members and build meaningful relationships in a relaxed setting. It is important to build connections between local government and the community so Elected Members can best represent their constituents.

'I loved the opportunity to meet with the Elected Members and Mayor and now have a better understanding of what they do. I also feel more comfortable to approach Councillors with any issue because I have met them and trust they will listen to me.' – Rev. Odangi Guwey.



Elected Members and attendees enjoyed the interaction

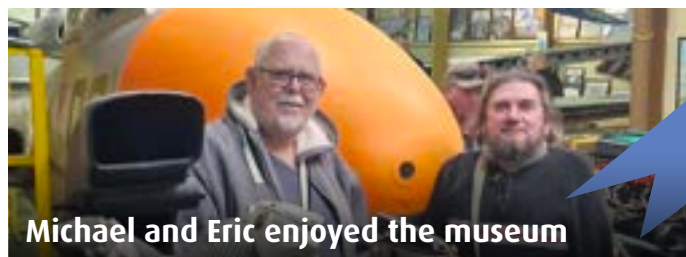
MEN'S HEALTH

Men's Health Week 2024

CELEBRATING WELLNESS AND CONNECTION



Michael and Joe enjoying the museum tour from the owner, Lincoln (middle)



Michael and Eric enjoyed the museum

During Men's Health Week 2024, we hosted a variety of activities promoting men's health and wellbeing.

The group embraced health checks, thanks to Uni SA, and visited the Community Health Expo at Parabanks Shopping Centre. The outing included a trip to the Greenock Aviation Museum, where the group witnessed a thrilling V12 Rolls Royce engine demonstration, followed by lunch in Nuriootpa and a sweet stop at the Barossa Chocolate Factory.

Health tips: maintain a balanced diet, exercise regularly, and get routine check-ups. For more information, visit Healthy Male (www.healthymale.org.au) for essential health tips. Search What Every Man Should Know, and Good Health Heroes. Alternatively watch *The Shed Wireless Episode 4 (Season 6)* on YouTube.

Stay proactive about your health and enjoy these resources to enhance your wellbeing. Check out the Greenock Aviation Museum* for an exciting and educational experience.

*Aviation Museum is cash only

SNAPSHOT



1. Moving and Grooving Singalong Group with Lyn and Steve celebrated its second birthday.
2. Ian ready to go disco dancing with DJ Des at the JYC dancefloor.
3. Dennis visiting the NCP and City of Salisbury stalls at the Keep Your Health on Track Expo at Parabanks Shopping Centre.
4. Jacks Jaunts monthly bus outing in June went to Moonta.
5. Para Hills Songsters singing and dancing at Hollywood Plaza to commemorate Valentines Day.
6. Sue and Trevor showcasing the convenient, healthy and tasty frozen meals at Para Hills Seniors Centre.



- 7. Celebrating Cycle Salisbury's 10,000th individual ride.
- 8. Riziki, Janeti, Carolyn and Roger at the National Volunteer Week Thank You event at Salisbury Hoyts.
- 9. Tien at the Burton Communal Garden inspecting the chillies.
- 10. The lovely Yvonne and Caroline with freshly finished scarves at the Loom Knitting with Keryn session.
- 11. Trevor and his wife Kristine with his 1,000 Walk Certificate with the Mawson Lakes Striders (SA) Heart Foundation Walking Group.
- 12. Ros and Lynda with 127 poppies made by the JYC knitting group for Anzac and Remembrance Day.

COMMUNITY CAFE

CAFE NEWS DELICIOUS OFFERINGS AND OLD FAVOURITES

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

Jack's Café, located at the Jack Young Centre, is open for lunch Monday to Friday. Michelle, Melissa, and dedicated volunteers serve regular menu items like salads, schnitzel, and vegetarian options. Weekly specials include soups, pasta, roasts, curries, seafood, and more. Don't miss the frozen meals freezer, packed with meals, sweets, and soups for those busy days.

The new 'grab and go' option at Jack's Café is perfect for a quick snack or light meal. The selection includes sweet treats and savoury options, like lemon tarts, bliss balls, quiches, zucchini muffins, and sandwiches. Prices start from 50c for biscuits and cakes, and \$2.50 for sandwiches and savoury options. Feedback has been fantastic, with many enjoying the convenience and chance to catch up over a coffee and for a bite after activities.

Hills Café, located at the Para Hills Seniors Centre, offers dine-in and takeaway on Tuesdays and Thursdays, plus frozen meals Monday to Friday. The new 'grab and go' option removes the need to pre-order. Check out the display cabinet of yummy goodies. Call the team on [8406 8587](tel:84068587) to chat about the menu and specials.

Come enjoy our vibrant café atmosphere and delicious offerings!



Lemon Dream Dessert

Due to popular demand, here's the recipe for a crowd favourite at Jack's Café.

Ingredients

- 2x 200g pkt Butter Snaps biscuits, crushed
- 175g butter, melted
- 125g butter, at room temperature
- 250g cream cheese, softened
- 1 cup soft icing sugar
- 300ml thickened cream, whipped to firm peaks
- 3/4 cup lemon curd
- 1 tsp vanilla extract
- 1 tsp gelatine mixed with 1/2 cup hot water

Directions

1. Grease a 26 x 20cm slice pan. Line with baking paper.
2. Process biscuits in a food processor until coarse crumbs. Add melted butter and combine. Press two-thirds of the mixture into the pan base.
3. Using a stand mixer, beat cream cheese, softened butter, lemon curd, icing sugar, and vanilla extract until creamy. Add gelatine, mix until combined.
4. Fold in whipped cream to the cream cheese mixture.
5. Spread cream mixture over the biscuit base and smooth the surface. Sprinkle remaining biscuit crumbs on top. Chill in the fridge for 4 hours or overnight.

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

For the menu and weekly specials at Jack's Cafe visit www.salisbury.sa.gov.au/jyc or call [8406 8525](tel:84068525)

The menu at Hills Cafe is available from www.salisbury.sa.gov.au/phsc or call [8406 8587](tel:84068587)

NEWS FROM SENIORS CENTRES

NEWS FROM OUR CENTRES

Mid-year update: enhancing community engagement and services at our Seniors Centres.

We're excited to provide an update on the developments at our centres, and thank all those who participated in the recent review of centre-based services. This feedback continues to shape our programs significantly.

Highlights included engaging Community Conversations at each centre, focusing on programs, meals, and member information.

Michelle introduced new menu items, Jim discussed activities at JYC, Jenna provided an overview of centres and future plans, and Sue and Michael covered meals and programs at Para Hills.

These 'Community Convo' events fostered community involvement and will become a regular feature.

To streamline administration, we have upgraded to new software and are grateful for everyone's patience during the transition.

Here's to embracing change, growth, and community spirit together! Watch for more opportunities to join the conversation. We look forward to seeing you at one of our centres.

To discover more, visit www.salisbury.sa.gov.au/seniorscentres



Community Conversation at JYC

NEWS FROM JACK YOUNG CENTRE



Nazli teaching tai chi



Margaret creating words from letters at Scrabble



Sebastian serving Bruce a delicious cup of coffee

A trip down memory lane: tracing the journey of JYC.

Since opening in 1986, Jack Young Centre (JYC) has undergone many changes. Many will remember the café's flags from around the world decor. In its early days, activities like bingo, carpet bowls, and card games were popular staples. The knitting and crochet groups have stood the test of time, thriving for over 10 years.

The Centre's strength lies in its members and the open communication with staff and volunteers. This collaboration has led to new ideas, such as wood burning, music in the courtyard, and technology updates. Today, JYC is renowned for its diverse offerings, including physical activities, social connections, and delicious meals.

Did you know there are over 30 programs to choose from? Come and visit to try them out – your first session is **FREE!** Find out more by contacting the team on **8406 8525** or viewing the program at www.salisbury.sa.gov.au/jyc



NEWS FROM SENIORS CENTRES

NEWS FROM PARA HILLS SENIORS CENTRE

The Para Hills Seniors Centre has evolved into a dynamic hub of energy and achievement over the past five years, offering a wide range of invigorating outings, stimulating activities, and countless opportunities to thrive, learn and connect.

The Centre has introduced a variety of exercise groups, including the latest addition, Yoga. Sessions focus on gentle, effective exercises to help maintain strength, flexibility and balance. Led by experienced instructors who understand older adults' needs, the sessions emphasise low impact movements and chair-based exercises suitable for all fitness levels.

The Hills Café is another great addition. The menu features a delightful selection of sandwiches and light meals, made with care and consideration for taste and nutrition. With classics like ham and cheese toasties, salads, and hearty soups, there's something for everyone. Don't miss out on homemade sausage rolls, pies and pasties.

Stop by for lunch or a quick snack, the café staff will be happily serving on Tuesdays and Thursdays between 10am to 1.30pm. No pre-ordering necessary, all sandwiches and light meals are made fresh daily.

Don't forget the Centre's annual events. The Women's Health Lunch and Christmas Lunch will each have a NEW twist this year. Be sure to look out for these events and book a spot quickly. See details on page 24 and 27.

Come experience vibrant life at PHSC, where there's always something exciting happening!



Come join the friendly group in a game of Whist Cards on Wednesday afternoons!



Celebrating Christmas in July



Anne, Audrey and Josephina are part of the Melodic Guitar Group!

DID YOU KNOW?

The City of Salisbury's senior services are mainly funded through the Commonwealth Home Support Programme (CHSP), offering social support groups, meal and home assist services. CHSP funding supports people to live independently and participate in the community. Registering with My Aged Care is the first step to accessing Australian Government subsidised aged care services.

To contact My Aged Care:

Phone: **1800 200 422** – for assistance with registration and service management.

Website: **www.myagedcare.gov.au** – to research and apply for services.

In person: Salisbury Services Australia office – to book an appointment with an Aged Care Specialist Officer for in-depth support.

NEWS FROM PINE LAKES COMMUNITY CENTRE!



Eugenio assisted by volunteer Ralph on the transport program vehicle

Celebrating seven years of cultural unity and inclusiveness.

Discover how Pine Lakes Centre fosters community unity and enriches lives through cultural inclusion activities and learning.

Since opening in 2017, the Pine Lakes Centre has promoted unity and inclusivity across cultural, spiritual, linguistic, and ethnic backgrounds.

The Centre's first major event, the vibrant Flower of the World Festival, showcased the rich diversity of the local community, featuring seven cultural groups and over 15 languages. The festival included lively music, dance, delicious food, and a captivating art exhibition that used flowers to symbolise nationality and diversity, transcending traditional national flags. It was a true celebration, where people of different cultures and backgrounds united to share and learn from each other.

The Centre has grown from serving a small Italian group, to including Bhutanese, Bosnian, Vietnamese, and South East Asian communities, becoming a vibrant cultural and multifaith hub.

It's a welcoming environment, encouraging exploration and celebration of diverse cultural traditions and spiritual beliefs. The Centre has hosted Hindu Lakshmi festival, Christian Mary Ascension, the end of Ramadan, and

the Pagan Beltane. The events are complemented by daily activities like exercise classes, crafts, communal meals, and guest speaker talks. These offerings help culturally and linguistically diverse (CALD) individuals aged 50+ stay connected to cultural heritage and local community.

A guiding principle is selected each year to centre our work and personal development. Themes like harmony, learning, gratitude, and prayer guide us, bringing clarity and self-awareness to interactions and shared experiences.

Pine Lakes Centre publicly promotes cultural diversity and understanding within the community. The Centre significantly contributes to the Harmony Week main event, which celebrates our community's multitude of cultures and traditions. As we broaden our reach with partnerships (Jack Young Centre) we remain committed to inclusivity and respect for all cultural identities.

Those aged 50+ interested in the Centre's cultural journey or programs can contact Mary Ceravolo on **8406 8525** or visit www.salisbury.sa.gov.au/plc Laxmi Puja/Festival of light, plus so much more.

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



Laxmi Puja celebration

COMMUNAL GARDEN



MORE THAN JUST GARDENING

Burton Communal Garden Seniors program has transformed the garden into a wonderful place to be. So much has been achieved in the past 18 months!

Participating in the garden’s program feels like spending time in a friendly backyard; casually doing various jobs, making the place look nice, being productive and sharing it with friends.

The garden offers many activities, including:

- shared mixed gardening in a relaxed setting, growing veggies, herbs and flowers
- collecting and sharing seeds
- growing plants for giving away projects
- sharing ideas, plants and laughter.

Participants learn new skills and share knowledge as they create items for the garden, prepare for each season, learn through educational sessions, learn to grow healthy food at home, and share produce that is reportedly very tasty!

The Burton Community Hub has activities to activate the mind, body, and make new connections, including:

- Walking Group for social walking and cuppa
- the Wednesday Friendship Group, featuring guest speakers presenting on topics relevant to seniors
- registrations of interest open for wood burning sessions.

Visit the garden, Tuesday to Thursday, grab a program at Seniors Centres, or check

www.salisbury.sa.gov.au/gardening



Check out the Gardening programs on page 28

FEEDBACK

WE WANT TO HEAR FROM YOU!

In celebration of our 30th issue, we want to hear from you about the Salisbury Seniors Magazine.

From its beginnings as a simple newsletter, our magazine has grown to feature local images, stories, informative articles, centre news, activities, and special events. Your valuable feedback has been crucial to this evolution.

To help us continue improving, please complete the survey using the QR code in this issue, or online at www.salisbury.sa.gov.au/salisburyseniors Hard copies are also available at Council's libraries, community centres, and offices.

Thank you for helping us make the Salisbury Seniors Magazine better with every issue!

Scan the QR Code



SPECIAL EVENTS

WHAT'S COMING UP

SPECIAL COMMUNITY EVENTS



CHECK OUT THE UPCOMING EVENTS ACROSS SALISBURY!

FREE
live music



Sounds in the Courtyard

First and third Thursdays of each month, commencing 5 September, 12.15pm to 1pm, JYC

Come and listen to FREE live music in a beautiful surrounding at Jack Young Centre. While you're there - book a meal and have it in the courtyard. Find out more at www.salisbury.sa.gov.au/events Enquiries: **8406 8525**

**BE
SOCIAL!**



Burton 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 \$3 or \$4 per week with cuppa. Bookings: **8487 1820** Enquiries: **8406 8251**

28 Aug: Activity with STAR group: Collaborating with STAR group for a craft activity

4 Sep: Anglicare SA Financial Wellbeing Program: Talk on looking after your finances

18 Sep: Morning tea in the garden: Bring your lunch to have in the Burton Garden

25 Sep: Family Tree: Ian Loxton: Information on exploring your family tree

9 Oct: COTA SA : Strength For Life Presentation **13 Nov:** MFS: Wheat bags and Microwaves

**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 \$3 or \$4 per week includes cuppa. Bookings essential. Booking and enquiries: **8406 8525**

19 Aug: Arthritis SA: Creaky Knees & Achy Joints- Arthritis

2 Sep: ARAS: Home care and safeguards for ageing well information session

23 Sep: Legal Services Commission of SA: Aged Care Directives

21 Oct: Australian Red Cross: EmergencyRedi Workshops

4 Nov: CLM Sleep: Slep Apnea info session

NEW!



Para Hills Seniors Centre - Friday, 10.30am to 11.30am

Come chat and learn over morning tea \$2 at Para Hills Seniors Centre. Bookings **8406 8587**

6 Sep: Aged Care Directive Legal Services Commission of SA

27 Sep: COTA SA: Strength For Life Session

**VISIT
US!**



Community Information Stall at Hollywood Plaza

Monthly, 10am to 1pm - **Tue 3 Sep, Wed 4 Oct, Thur 7 Nov, and Mon 2 Dec**

Come and find out about the range of things Council offers our older community members. Can't come in person? Connect with us online at www.facebook.com/groups/salisburyseniors

COMMUNITY EVENTS

AUG TO SEP

SALA Festival in the City of Salisbury

1 AUG TO 10 SEP



Enjoy a range of art works from local artist as part of the South Australian Living Artists (SALA) Festival

🕒	Regular opening hours - see website
📍	The Mawson Centre (1 Aug to 29 Aug) Salisbury Community Hub (7 Aug to 10 Sep)
💰	FREE
☎️	8406 8222
🌐	www.salisbury.sa.gov.au/sala

Cycle Salisbury Social Rides - 11th Birthday

SAT 7 SEP



Join us for a ride, leaving from the Carisbrooke Park Shelter Shed. Rides suitable for all abilities, including:

- Family ride exploring Carisbrooke Park and Jenkins Reserve
- Slow paced ride along Little Para Trail to the Salisbury Aquatic Centre and back
- Fast-paced ride along Little Para Trail to Port Wakefield Rd and back
- Mountain bike ride to Cobblers Creek.

🕒	10am to 12pm
📍	Carisbrooke Park Shelter Shed
💰	FREE
☎️	8406 8251
🌐	www.salisbury.sa.gov.au/cyclesalisbury

Women's Luncheon

WED 11 SEP



Enjoy a day of food and fun with friends! Fashion, guest speakers, prizes, activities, and more. Bookings essential.

🕒	10am to 2.30pm
📍	Para Hills Seniors Centre
💰	\$20 to \$25
☎️	8406 8587
🌐	www.salisbury.sa.gov.au/events

Para Hills Community Hub Spring Market

SAT 14 SEP



Over 30 market stalls will be selling their wares including gardening supplies and plants, produce, arts, crafts and more! Featuring special guest Sophie Thomson from ABC's Gardening Australia.

🕒	10am to 2pm
📍	Para Hills Community Hub
💰	FREE
☎️	8406 8222
🌐	www.salisbury.sa.gov.au/communitymarkets

OCT TO NOV

Salisbury Community Fun Days

12 OCT
AND
9 NOV



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.

🕒	11am to 3pm
📍	Parafield Gardens Recreation Centre (12 Oct) Fairbanks Reserve (9 Nov)
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

Volunteering Expo

TUE
22
OCT

Volunteering EXPO 2024

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

🕒	10.30am to 1.30pm
📍	Salisbury Community Hub
💰	FREE
📧	volunteering@salisbury.sa.gov.au
🌐	www.salisbury.sa.gov.au/events

Conversation with Salisbury Seniors

TUE
29
OCT



Join us for a conversation and share ideas around the power of social connections and its incredible connection to wellbeing. Bookings essential.

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

Pilgrim: A Japanese - Australian Art Journey

1 NOV
TO
21 NOV



Both Japanese and western cultures have long embraced the notion of 'pilgrimage'. This exhibition is a present-day migrant's tale, a cross-cultural art collaboration offering a glimpse of experiences and emotions during Lisa and Erica's first five years in a new world.

🕒	Hub opening hours - see website
📍	Salisbury Community Hub
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/exhibitions

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

SPECIAL EVENTS

Adelaide Symphony Orchestra Concert

**TUE
5
NOV**



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.

🕒	10am to 11am
📍	Para Hills Community Hub
💰	FREE
📞	8406 8560
🌐	www.salisbury.sa.gov.au/events

Burton Community Hub Authors' Market

**SAT
23
NOV**



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.

🕒	10am to 2pm
📍	Burton Community Hub
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/communitymarkets

What is AI

**WED
27
NOV**



Join us for morning tea and a 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.

🕒	11am to 12pm (pre-open 10.30am)
📍	Salisbury Community Hub
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/digitalliteracy

BRAIN GYM ANSWERS

- | | |
|------------|------------------|
| 1. Three | 4. Helen of Troy |
| 2. None | 5. 206 |
| 3. Octopus | 6. Fahrenheit |

IN CONVERSATION WITH...

**WED
28
AUG**



Media personality Paula Nagel in conversation with Peter Goers at the Salisbury Community Hub



Save the date for upcoming events this Christmas Season

FRI
29
NOV



We are celebrating Christmas the boot scooting country way – food, fun and dancing. 10.30am to 2pm, for more information contact [8406 8587](tel:84068587)

SUN
1
DEC



SAT
30
NOV



SAT
7
DEC



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



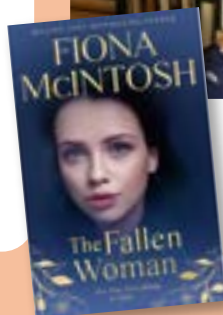
TUE
10
SEP



Leonie Kelsall -
Up close and personal
at the Salisbury Community Hub



THU
10
OCT



Fiona McIntosh -
'The Fallen Woman'
at the Salisbury Community Hub

For more information, visit www.salisbury.sa.gov.au/conversationcorner

GARDENING PROGRAMS

JOIN OUR GARDENING PROGRAMS AT BURTON

**Ongoing activities**

Check out our variety of casual social indoor and outdoor activities. Enjoy the wonders of plants and nature, building and making through our programs. Be part of this vibrant, ever changing site located within the Burton Community Hub.

Pottering in the Garden

Tuesdays, Wednesdays, and Thursdays,
9.30am to 12pm

Friends of Nature

Tuesdays, 9.30am to 11.30am

Seeds 'n' Seedlings

Wednesdays, 9.30am to 11.30am

**Growing spring flowers activity**

Participants take home a free plant.

Wed 18 Sep,
10am to 11.30am

**Natural Trail in the Garden**

Tuesdays to Thursdays,
commencing 1 to 10 Oct
(during Oct school holidays),
9am to 3pm

**Making a Bee Hotel**

Thursdays in Oct,
10am to 12pm

**Bugs at Burton Photographic Exhibition**

Tuesdays to Thursdays in
November, 9am to 3pm

COST: FREE

**Tomato Growing Challenge**

Wednesdays,
Talks and challenge sign-up: 18 Sep
Meet-up: 9 Oct, 13 Nov, and 11 Dec,
1pm to 2.30pm

**Growing Veggies in Salisbury**

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

Thursdays, commencing 3 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

**Creative Craft over Afternoon Tea**

Thursday 7 Nov,
1pm to 2.30pm

Enquiries and bookings: **8487 1820**

WELLBEING ACTIVITIES



*Our wellbeing activities offer a FREE come and try session. If you want to continue, ongoing costs vary depending on eligibility. Information listed is accurate at time of printing. Please check with the centre for specific dates and times (see page 32 for addresses).

ACTIVITY	TIME	PRICE FROM	LOCATION	ENQUIRIES
Art Group	Mon - 10am to 12 noon	\$7*	Para Hills Seniors Centre	8406 8587
Backgammon	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Bingo	Thu - 1pm to 3.30pm	\$3*	Para Hills Seniors Centre	8406 8587
Book Club - a novel idea	Monthly - 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 - 10am 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	Fri - 10am to 12 noon	\$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 - 12.45pm to 2.30pm	\$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 Singalong Group	Thu (2nd and 4th) - 11.30am to 12.30pm	\$4*	Jack Young Centre	8406 8525
Parabeats Guitar Group	Mon - 1pm 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 1.15pm (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
Strength For Life (NEW)	Tue - 1.30pm to 2.30pm	\$6*	Jack Young Centre	8406 8525
Tai Chi - Para Hills	Wed - 9.15am 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	Taking registrations of interest	\$3*	Burton Community Hub	8487 1820
Wood Burning - Para Hills	Tue - 10am to 12 noon OR 1 pm 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

Join the award-winning Cycle Salisbury initiative and connect with fellow cyclists on a social ride. Enjoy rides of varying distances and difficulties along the picturesque Little Para River and Dry Creek trails or 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 details of special events and wellbeing activities may change between the time of publication and your attendance. Please contact the person or centre beforehand to confirm the details.

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 to Thursday: 9am to 3pm

📞 0401 984 785

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