

Salisbury

Seniors

Issue 31

March 2025



John, Beth and Ian enjoying music, longevity and events.

Strumming to social connection: Jukes Ukulele Group at JYC

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Salisbury Seniors Magazine



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Have your say:

Send in your story ideas and feedback for Salisbury Seniors Magazine.

Email Arlene at ajasper@salisbury.sa.gov.au or visit 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.



Walking group leader Indra wins award. See pg 12 for details.

Message from the Mayor



**Mayor
Gillian Aldridge OAM**

Welcome to the March to June 2025 edition of the Salisbury Seniors Magazine! With a vibrant new look and feel, this refreshed magazine reflects our commitment to keeping you informed, engaged, and inspired.

This magazine issue is brimming with activities and events to look forward to, including Harmony Week, National Volunteer Day, World Elder Abuse Awareness Day (WEAAD), Refugee Week, and Men's Health Week. Stay tuned for further details and visit our website for updates.

We're also celebrating remarkable local stories, including the late Edna Taylor, a talented local painter, writer, and singer, whose inspiring journey has shown us that creativity can last a lifetime. This edition features updates on seniors centre news and a double-page spread highlighting how guest speakers are enriching our community with their knowledge and insights.

If you haven't already, be sure to visit SHANX Mini Golf at Little Para Golf Course. This unique attraction offers a realistic golfing experience amid the beautiful River Red Gums and is a fantastic way to connect with friends and family.

Thank you for being part of our Salisbury community. Let's make the most of 2025 together!

A local voice

Creativity and resilience: Edna's inspiring journey through writing, painting, and music.

When writing this regular feature story, *A local voice*, we always cherish the opportunity to highlight the stories of people within our community who leave a lasting impression on everyone they meet. Sharing the journey of Edna Taylor is a particular honour.

This article was originally crafted with Edna's involvement to capture her experiences in her own words. Since then, Edna passed away in early February 2025, leaving behind a legacy of cherished memories and a life fully embraced. With support from Edna's family, we are pleased to share her story of resilience, creativity, and the courage to embrace new challenges, which can inspire us all.

Born in England, Edna was a '10-pound Pom', immigrating to Australia with her husband and children in search of a bright future.

Her journey included living in London, Singapore, and parts of Australia, each place shaping her experiences.

creative soul from a young age, Edna loved art and writing. Encouraged to pursue more stable careers, she trained as a bookkeeper and joined the Women's Royal Naval Service as a teenager. Though her artistic pursuits were set aside in earlier years, Edna's creativity flourished later in life.

Musically, Edna shone as the lead female singer of the Jukes Ukulele Group. At 94, she wrote and recorded her first CD, *Don't Look Back*.

Her philosophy, 'Never say can't — always say, I'll try,' reflects her adventurous spirit.

At the Jack Young Centre (JYC), Edna thrived in the Writing and Ukulele Groups. Her writing talent led to several publications, including *The History and Development of St Kilda*, supported by a grant from the City of Salisbury. She also pursued painting, exhibiting her work at the John Harvey Gallery in the old council building.

With five children, including one who required full-time care, Edna's life was rich with challenges and triumphs. Even in her later years, she remained as sharp as ever, enjoying online chess and Wordle to stay connected with family. She often attributed her good health to the fresh, unprocessed food available to her generation in her early years.

Edna's legacy reminds us that life is what you make of it and that creativity has no age limit. She will be dearly missed but fondly remembered by all who had the privilege of knowing her.



Edna with her book *The History and Development of St Kilda*.

Home Assist

Providing support to help older people live safely and independently at home and in the community.

Jamie started with the Home Assist team in May 2024 as the Garden and Maintenance Worker, with a great mix of skills, knowledge, and practical experience valuable for this role.

Jamie does minor home maintenance jobs and assists the Home Assist Volunteer Gardeners with gardening tasks.

Minor home maintenance jobs may include checking and replacing smoke alarm batteries, replacing lightbulbs, installing key safes, and repairing leaking taps. Gardening support includes lawnmowing and edging, weeding, shrub pruning and garden tidy ups.

To reach Salisbury Home Assist you can:

- Visit www.salisbury.sa.gov.au/has
- Email has@salisbury.sa.gov.au
- Call 8406 8225

Never accessed services before? You can:

Call My Aged Care on 1800 200 422 for assistance with registration and management.

- Visit www.myagedcare.gov.au to research and apply for services.
- Visit the Salisbury Services Australia office in person to book an appointment with an Aged Care Specialist Officer for in-depth support.

Information newsletters

Stay connected with Salisbury's Wellbeing Newsletter and Upcoming Events Newsletter!

The Wellbeing Newsletter, published every two months, is packed with helpful tips, articles, and programs focused on enhancing health and wellbeing.

From exercise classes to mental health resources, this newsletter helps you stay informed and prioritise your wellness.

The Upcoming Events Newsletter, shared monthly, features a variety of activities, social events, and workshops happening across the City of Salisbury. Whether you're looking to connect with others, learn new skills, or enjoy local entertainment, there's something for everyone to explore.

Electronic copies of the newsletters are available online.

Wellbeing Newsletter:

www.salisbury.sa.gov.au/chwnews

Upcoming Events Newsletter:

www.salisbury.sa.gov.au/chwevents

While you're there, sign up to receive these newsletters directly in your email inbox!

Prefer a hard copy? Printed newsletters are available at City of Salisbury hubs, community centres, libraries, and seniors centres.

Stay informed and get involved in Salisbury's vibrant community today!

Strumming to social connection: Jukes Ukulele Group at JYC

A harmonious gathering for seniors led by Michael Liddle

The City of Salisbury's seniors centres offer a variety of activities to enrich lives, foster friendships, and keep the mind and body active.

Among these offerings, the Jukes Ukulele Group at the Jack Young Centre (JYC) stands out as a shining example of how music can bring people together.

Led by Michael Liddle, a retired teacher with a passion for music and community, the Jukes started as a small group in 2009. Initially comprising six members, the group has grown to over 30 participants, with regular attendees meeting weekly to strum, sing, and share stories.

Whether you're a seasoned musician or an enthusiastic beginner, Michael's teaching philosophy ensures everyone feels welcome. He emphasises the importance of 'just having a go' and cherishes the vibrant community spirit the group has cultivated.

The Jukes are not only about mastering chords and melodies; they are about making meaningful connections. Members often perform at nursing homes and community events, bringing joy to audiences and a sense of accomplishment to themselves. Highlights include performances at Harmony Day and even a memorable gig in a cemetery's bandstand, showcasing the group's willingness to share music in unique settings.

'Music keeps you young,' Michael says. 'It's not about perfection; it's about passion, creativity, and having fun.' His approach encourages members to embrace mistakes and enjoy the process. The group's repertoire ranges from folk tunes to Beatles classics, ensuring something for everyone.

The Jukes is more than a ukulele group; it's a family. Through music, its members find support, companionship, and a renewed zest for life. With its welcoming atmosphere and focus on creativity, the group exemplifies the City of Salisbury's commitment to enhancing the lives of its older residents.

For more information contact JYC on 8406 8525.



Jukes Ukele Group performing at the Salisbury Community Hub.

Pedestrian safety

The Disability Access and Inclusion Network (DAIN) lobbied for pedestrian safety on Wiltshire Street, Salisbury.

DAIN members met in June 2024 with staff from the City Infrastructure Department to discuss access and safety concerns for pedestrians on Wiltshire Street.

The Deputy Chair of DAIN, Daniella Fraser, and member of DAIN, Rosalind Wilton, showed a video they produced to provide a glimpse into the life of someone using a wheelchair on Wiltshire Street.

The video also highlighted the experiences of people who are vision impaired, blind, hard of hearing, or deaf. The video can be accessed via www.salisbury.sa.gov.au/dain

Council received a report from staff in July 2024, and Elected Members funded a project to provide a pedestrian refuge and other improvements. These changes are being designed, and consultation is occurring.

You can influence what happens in Salisbury by joining DAIN:

- Advise staff about Council plans and projects
- Raise issues for Council staff attention
- Get to know other members with diverse experiences of disability

Join DAIN and make a difference!

Contact Mike Taggart, Council's Inclusion Project Officer by emailing mtaggart@salisbury.sa.gov.au or calling 0403 001 158.

Aboriginal Group programs

A 'hole' lotta fun for JYC Aboriginal Group!

JYC Aboriginal Group enjoyed a visit to the brand new SHANX Mini Golf at Little Para Golf Course in Paralowie.

The brand-new mini golf facility offers a unique golfing experience set against the stunning backdrop of mature River Red Gum trees along the Little Para River.

This mini golf site is unique because, instead of being a traditional putt-putt course with windmills and dinosaurs, it has been professionally designed to offer a realistic 18-hole golf experience, with obstacles like bunkers, rough, swales and doglegs.



Angel, Sheena, Eve and Mark enjoying the new facilities.

As a scaled-down, realistic golf course, SHANX Mini Golf is the perfect experience for those wanting an entry into golf in a fun environment, or for those wanting to play without walking too far.

It's also open for group parties and bookings, and kids under six can play for free!

The JYC Aboriginal Group loved their fun and competitive visit!

Brain Gym

Boost your brain health.

Focusing on mental and brain health can significantly enhance the quality of life for older Australians. Recent Australian research highlights that regular cognitive activities such as puzzles, memory games, and problem-solving tasks can reduce cognitive decline and improve memory.

Social connection is just as important. Group programs like Brain Gym combine mental stimulation with meaningful interactions, which research shows can improve mental health, lower rates of depression, and promote overall wellbeing.

For more detailed insights on brain health, visit the Australian Institute of Health and Welfare: www.aihw.gov.au

At our seniors centres, Brain Gym sessions offer fun, engaging ways to exercise your mind and connect with others. Come and try it at:

- Para Hills Seniors Centre: first and third Tuesday, 10.15am to 12 noon
- Jack Young Centre: first and third Wednesday, 10am to 12 noon

Come along, challenge your mind, and enjoy great company! See page 29 or call 8406 8525 for details.

Quick quiz

Number snake:

Can you draw a continuous line that goes through every number in order, starting with one, and ending with six? You can only move horizontally and vertically, every square must be visited, and the line must not cross itself.

			3		
4				1	
	6		5		
2					

Find the answer on page 20.

Local legal service

The Northern Community Legal Service (NCLS) has relocated to 60-62 John Street, Salisbury.

Most residents or workers within the service area may be eligible for a free initial interview with service solicitors.

NCLS offers free legal advice and representation in areas such as family law, civil law, and criminal law, and areas such as Advance Care Directives. They also provide community legal education and financial counselling services.

For assistance, contact NCLS during business hours, Monday to Friday, 9am to 5pm:

- Email ncls@northernlegal.org.au
- Call 8281 6911

Learn more about their services at www.northernlegal.org.au



The Hive Community Resource Hub: Burton's evolution

From March this year, the centre formerly known as The Burton Community Hub has evolved into The Hive Community Resource Hub, Council's latest initiative to support residents dealing with cost-of-living and other challenges. The Hive is offering expanded support services to build skills and stay connected, while ensuring valued regular programs continue running.

Importantly, all well-loved programs, including the walking group and seniors' friendship group have continued as usual, and the library collection has been reconfigured to make room for new initiatives, while keeping frequently borrowed titles available.

Several new programs and activities are being introduced, including a monthly repair café, weekly one-on-one advice, assistance with No Interest Loans through The Food Centre and Good Shepherd, and educational workshops with Northern Legal Services.

A variety of Home, Food, and Garden workshops are also available, such as Oz Harvest's Easy, Healthy and Affordable Cooking, Food Embassy's Make Your Food Go Further, basic sewing skills, bike maintenance for women, and workshops on making affordable kitchen cleaning products.

Residents can also access The Hive's community garden during operating hours. It is a beautiful, tranquil place to take a wander, stop and rest, or share skills and join an upcoming workshop to learn to create a veggie patch from scratch or get 'All the Dirt on Composting'.

The Hive is a welcoming space for all, continuing to strengthen community connections while expanding resources to support those who need them most.

For more information, contact on 8487 1820 or visit www.salisbury.sa.gov.au/hive



The Hive launch day.

Guest Speaker Program inspires knowledge and connection

Knowledge is power — you don't know what you don't know.

Staying informed and connected was at the heart of the 2024 Guest Speaker Program at the Jack Young Centre (JYC), Burton Friendship Group, and Para Hills Seniors Centre (PHSC).

The lineup was packed with engaging presentations that informed, inspired, and empowered community members. From expert advice on health, safety, and ageing, to fascinating author talks and practical tips for everyday life, there was something for everyone in this program.



Dr Larissa Arakawa Martins from Adelaide Uni speaking at the Jack Young Centre.

‘Everyone should participate in a session like this as it is something lots of us may experience in the future’.

Why you should attend

Each session provides an opportunity to learn new information and connect with others. Whether it's about improving your health, understanding your legal rights, or simply enjoying a great story, these sessions are thought provoking and empowering.

Evelyn, who attended an information session on falls, used the detail of the session to help her get up safely following a fall.

Below is a sample of topics covered in the 2024 program. A number of these will be repeated again this year.

- **Author talks with Grant Lock:**
Adventurous stories from Grant’s travels in Pakistan and Afghanistan.
- **Aged Rights Advocacy Service (ARAS):**
Support for home care and safeguarding seniors’ rights.
- **RAA Mobility Matters:**
Practical tips for safer mobility and driving as we age.
- **My Aged Care information session:**
Rebecca Barr, Department of Health and Aged Care Local Network explained aged care services and support.
- **Thermal comfort in housing for older people:**
Professor Veronica Soebarto discussed keeping homes comfortable and energy efficient.
- **Family Tree Discovery:**
Ian Loxton inspired attendees to trace their family histories.
- **Aged Care Directives and Legal Advice:**
Paul O’Connor, Legal Services Commission SA, spoke about Advance Care Directives, Wills and Power of Attorney documents.



Stay informed and join the conversation in 2025

Interested in knowing more about artificial intelligence or brushing up on your road rules through a fun and engaging quiz?

To stay up to date with upcoming guest speakers, join our mailing list or subscribe to our newsletters. Simply call JYC. They will also take bookings for the Burton Friendship Group and PHSC. See contact details for JYC on the back page of this magazine.

Please tell us about any interesting guest speakers you are aware of and specific topics you would like covered.

Together, let’s make 2025 a year of learning, laughter, and connection. We look forward to seeing you at an upcoming session!



Scott from ARAS sharing aged rights for older people.

Embrace wellness and rediscover life

Research confirms that staying socially connected, active, and engaged is key to living a fulfilling life as we age. According to the Australian Institute of Health and Welfare, older adults who participate in social, physical, and intellectual activities experience better health outcomes, reduced isolation, and a greater sense of purpose.

At the City of Salisbury seniors centres — Jack Young Centre, Para Hills Seniors Centre, and Pine Lakes Centre — you'll find opportunities to thrive. Whether through dining, learning programs, or fitness activities, the centres foster a vibrant environment where members feel energised, empowered, and engaged.

Explore vibrant opportunities at City of Salisbury seniors centres in 2025.

Low-cost activities enable adults aged 50+ to embrace new experiences while enhancing wellbeing in physical, emotional, intellectual, and social areas.

Why not help yourself and others to redefine what it means to grow older by exploring what's on offer? Book a lunch at Jack Young or Para Hills, try a new activity, or pick up information on upcoming events. Discover the possibilities waiting for you!

Check out pages 18 to 21 and page 29 to learn more about these centres.

Heart Foundation

Award for Bhutanese Healthy Walkers

We're thrilled to announce that the Bhutanese Healthy Walking Group has received the Diversity and Inclusion Award at the Walking SA 2024 Awards!

This award recognises their outstanding contribution to fostering inclusivity and promoting physical and social wellbeing among Bhutanese and Nepali seniors in Salisbury.

Since their formation over 10 years ago, the group has achieved extraordinary milestones, collectively walking millions of steps — equivalent to circling the globe!



Heart Foundation Award presentation at Pioneer Park.

Beyond walking, their weekly gatherings feature singing, dancing, and vibrant cultural exchanges that influence a strong sense of community.

'This group has created a beautiful sense of belonging and purpose for our community,' shared one member. 'It's about more than exercise — it's about connection and support.'

Learn more about local walking groups on page 30 or visit www.salisbury.sa.gov.au/walking

Congratulations to this incredible group, lead by Ambika and Indira, for their inspiring achievements!



Discover Salisbury's stories with Diversitours

Local tour guides share rich cultural experiences through unique walking tours starting March 2025.

Diversitours guides (from left): Miguel, David, Rob, Elaine, Jaclyn, Billie, Belinda, Hera, Mursal and Carmina.

'I want to help people learn about Salisbury's history, diverse population, and hopes for the future' — Rob Howie

Rob Howie, 77, of Para Vista, is eager to begin his new role as a tour guide for Diversitours, an Australian-first initiative by The City of Salisbury and iGen Foundation.

The program offers 60-minute walking tours, providing an authentic cultural experience beyond typical sightseeing. In joining a tour, participants will be shown places that are important to residents from different cultural backgrounds, learn the stories behind Salisbury's amazing small businesses (and associated historical information), and discover new foods available on John Street!

Rob's interest in cultural diversity began 20 years ago as a volunteer when he saw the positive impacts that migrants, especially the Afghan community, have made.

'The food and produce options alone show how far we've come since the 'meat and three veg' days of my childhood!' he said.

Rob's experience is a great example of interculturalism, according to Lynda Ford OAM, of iGen Foundation. Interculturalism is about the active connections between First Nations Australians, Australian-born people, and migrants. 'It's about stepping out of our comfort zones, fostering understanding, sharing experiences, and building meaningful relationships,' she said.

Rob is one of several guides for Diversitours, expected to commence mid 2025. Other guides include Belinda Martinez, a bilingual musician whose mother immigrated from Chile, and Mursal Jamshedi, originally from Afghanistan, who speaks six different languages and has initiated Afghani fashion shows to promote gender equality.

For more information and the latest updates, visit www.salisbury.sa.gov.au/diversitours or call 8406 8315.

Volunteering: connecting communities

Celebrating the impact of volunteers during National Volunteer Week.

Volunteers are the heart of the City of Salisbury's senior programs, creating welcoming environments through social groups, special events, and essential services that keep our community connected.

This National Volunteer Week, we embrace the theme Connecting Communities and celebrate how volunteering not only supports others but also enriches the lives of volunteers.

For Riziki, volunteering provided a lifeline during a transitional phase in her life. Between jobs and seeking purpose, she joined the Jack Young Centre's volunteer team. Initially nervous, Riziki found a mentor in Wendy, who guided her through her first days. 'Wendy was so friendly — it made all the difference,' Riziki recalls. Through volunteering, she gained confidence, learned new skills, and discovered a passion for helping others. Today, she's exploring a career in aged care.



Riziki and Wendy at Jack Young Centre.

For Wendy, volunteering offered a new chapter after retiring from a career in banking and administration. 'I realised I could use my skills to give back,' she says.

Wendy now greets visitors at reception and supports new volunteers like Riziki. 'It's the small, everyday moments that mean the most,' Wendy shares, reflecting on the joy and connection volunteering brings.

This May, we honour volunteers like Riziki and Wendy for their invaluable contributions. Their dedication not only strengthens our programs but also builds lasting relationships and inspires others to join.

Get involved

Interested in making a difference?
Visit www.salisbury.sa.gov.au/volunteering
or call 8487 1855 to learn more.

Together, we can build a stronger,
more connected community.

www.salisbury.sa.gov.au/salisburyseniors



Wendy at Jack Young Centre.

Conversation with Salisbury Seniors

The conversation held on 29 October covered **The power of social connection: building bonds to boost wellbeing.**



Marilyn and Gene at Salisbury Community Hub.

The guest speaker, Dr Nadia Corsini, is a Senior Research Fellow at the Rosemary Research Centre, and lead of the Co-Lab research group.

Dr Corsini spoke about The Loneliness Project, a collaboration between The Hut Community Centre and the University of South Australia, supported by the Women’s Health Research, Translation and Impact Network.

Her presentation started with some startling statistics about loneliness, taken from the Ending Loneliness Together and Uniting Communities snapshot.

Did you know that:

- 1 in 3 Australians feel lonely
- 1 in 6 are severely lonely
- 66%, over half of all South Australians have reported experiencing loneliness in their lifetime.

The World Health Organisation defines Health as ‘a state of complete physical, mental and social well-being’. An absence of one can strongly affect the other two.

It has been identified that loneliness arises when an individual’s relationships do not meet their social needs.

Dr Corsini discussed a co-design project called Spark: Igniting Human Connection. The team behind this project wanted to create initiatives to address loneliness that can be rolled out through community centres. The co-design project resulted in four initiatives for further development.

For more information, visit www.sparkconnection.org.au

Other speakers included Sharmilla Zaluski of the Plug-in who facilitated a workshop about social connection and shared information about the ‘How are you going’ survey.

Social Participation and Diversity Team Leader, Jenna Romaine, discussed the City of Salisbury’s opportunities for building social connections.

Local community members Clarence Mayfield, Marlene Fenwick, and Denis Fenwick shared how they stay socially connected through engaging in community activities they enjoy, staying in touch with family and friends, and volunteering. They agreed that they get far more back than they give.

For local opportunities to connect up see pg 29.

Save the date for 2025 Conversations on Tue 13 May and Tue 28 October.
Details at www.salisbury.sa.gov.au/cotaconv



Panel discussion with Jenna, Clarence, Marlene and Denis.

Empower your independence

with the Making Choices, Finding Solutions guide; your guide to assistive technology and home modifications.

Discover the ultimate guide to independence and wellbeing with Making Choices, Finding Solutions by iLA. This comprehensive online resource, written by occupational therapists, is designed to help you navigate the world of assistive technology and home modifications, helping you to maintain control over your daily life. From practical tips on everyday activities to advice from occupational therapists, this guide covers all aspects of living independently.

Whether you're looking for non-slip flooring, grab rails for your bathroom, or simple assistive products for around the house, this guide has you covered. It's packed with useful information and product suggestions from trusted retailers. Check out this guide which is available in 11 languages today and take the first step towards a more independent life.



Find out more at www.issuu.com/ila-inc or call 1800 951 971

Making Choices, Finding Solutions

A guide to independence and wellbeing



Future planning with SibPlan

Busy making plans for your retirement?

For parents of one or more children with disability/chronic illness, additional planning needs to be considered. There are some important steps you can take to ensure your children are adequately prepared for a time when you can no longer be involved in their day-to-day care.

Siblings Australia's SibPlan website provides tools and resources for parents or adult siblings who are future planning with their child, brother or sister with disability/chronic illness.

This free resource offers guidance on services and supports accessible at transitional stages in life, as supports for your child change or grow. For more information, go to the SibPlan website and start your future planning journey today.

www.siblingsaustralia.org.au/services/sibplan



Different ways to stay connected in the north

LGBTQIA+ community update

Salisbury Rainbow Connect

For a friendly and relaxed social catch-up, Salisbury Rainbow Connect meets on the last Monday of each month (except public holidays), 11am to 12.30pm, at the Jack Young Centre.

Hosted by the City of Salisbury, this local initiative provides a welcoming space for LGBTQIA+ community members.

To learn more, contact Leslie at lwightman@salisbury.sa.gov.au or call 8406 8328.

Pride of the North

Since its launch in August 2024, Pride of the North has been buzzing with activity, creating meaningful connections for the LGBTQIA+ community across the northern community.

From weekday coffee catchups, to the lively Sassy Sunday Brunches and a memorable dinner at the Salisbury Hotel, the group has quickly become a vibrant hub for connection and community.

This year, plans are in motion to commemorate the 50th anniversary of the decriminalisation of homosexuality in South Australia — the first state to make this historic change.

In honour of the anniversary and Dr Duncan, whose story helped ignite reform and lead to this milestone, Pride of the North aims to collaborate with local communities and councils to host events that celebrate and support LGBTQIA+ pride.

To learn more about Pride of the North and its upcoming activities, visit the group's Facebook page or email prideofthenorthsa@gmail.com

Gardening

Gardening exhibition

During Autumn 2024, The Hive Community Garden developed and opened a photographic and craft exhibition of local talent at The Hive Community Resource Hub!

It captured the interest of all ages. Celebrating the biodiversity of Burton with a local birds and butterfly photographic exhibition.

Creative and inspiring, it's the perfect reason to come for a visit, show the grandies how veggies are grown, and discover the beauty of our local nature.

The exhibition is open during the Hub opening hours.



An amazing diversity of bees that can be found in the local area.

Find out more at www.salisbury.sa.gov.au/hive

News from our centres

Embracing sustainability and community spirit.

Hello to our vibrant community! It's been a fantastic time at the Jack Young Centre, Para Hills Centre, and Pine Lakes Centre, and a joy to see you connecting and having fun.

We're also embracing a future free of single-use plastics at our centres, since the statewide ban has been in effect.

You may have noticed changes like bamboo cutlery, takeaway containers, and the phase-out of plastic bags. We thank you for bringing your reusable bags when picking up frozen meals

and embracing these changes to support our community's commitment to reducing waste.

We know that some single-use items are essential for accessibility (like straws), so please chat with us to ensure we have an environmentally friendly alternative that meets your needs.

Got questions or suggestions? Our team is happy to chat — let's keep the conversation (and the progress) going!

Discover more at www.salisbury.sa.gov.au/seniorscentres

Para Hills Seniors Centre

Happy New Year!

We're thrilled to welcome everyone back to the Para Hills Seniors Centre (PHSC) for a brand-new year full of possibilities! As we step into 2025, we're looking forward to more laughter, new friendships, and creating lasting memories together.

We have all our usual groups and the possibility of some new programs that we can't wait to share with you. Keep a lookout for special events that we have at PHSC.

This year we will be hosting a Mother's Day lunch to remember — celebrating mums across our seniors centres! The luncheon will be held at the Jack Young Centre so we can unite our seniors from across our centres to celebrate as one



Para Hills Songsters saying farewell to valued staff member, Michael Stroeh.

big, loving community. It's a day to honour the incredible mothers, grandmothers, guardians, and all the women who have shaped our lives, while making connections and strengthening the bond among our seniors.

Whether you're at our centres to reconnect with friends, learn something new, or stay active and engaged, you'll find plenty of opportunities to enrich your day.

Let's make this year the best one yet! Here's to health, happiness, and a fantastic year ahead at the centre.

Find out more by contacting Sue and the team on 8406 8587 or visit www.salisbury.sa.gov.au/phsc



Jack Young Centre

Celebrating our community and volunteers

Rebecca and Evelyn at the joint information stall at Hollywood Plaza.

A big hello to everyone in our amazing community! It's wonderful to see so many new faces joining us at the Jack Young Centre (JYC).

At the same time, we want to celebrate the huge number of long-term regulars who bring so much energy and warmth to our programs and dining rooms. Whether you're here for a delicious meal, to attend your regular program, a guest speaker session, or the vibrant Sounds of the Courtyard, it's always a joy to see you connecting and having fun.

We also want to give a massive shoutout to our incredible volunteers!

These dedicated individuals do everything from peeling potatoes and washing dishes to taking meal orders, answering phones, and leading groups. They drive cars, keep the Centre clean, set up furniture, water the plants, make coffees, and ensure everything runs smoothly so you can enjoy your time with us. Simply put, we couldn't do it without them — thank you!

We've been out in the community too, with regular

information stalls at Hollywood Plaza to spread the word about our fantastic programs, meals, and the wide range of services Council offers for seniors. If you haven't visited yet, pop by and say hello!

There's always something new to try, a group to join, or an idea waiting to come to life. If you've got a suggestion, all it takes to get started is a volunteer group leader, a space, and a time — we'll handle the rest.

Find out more by contacting the team on 8406 8525 or viewing the program at www.salisbury.sa.gov.au/jyc



Nazli enjoying the frozen meal selection at Jack's Cafe.



Pine Lakes Centre

Celebrating summer and embracing our diverse community with the City of Salisbury's cultural programs.

Staff and volunteers at the Pine Lakes Centre parkland.

Through the warm embrace of summer, we have been enjoying the excitement and vibrant festive spirit of the season. This past year has been filled with diverse activities and meaningful community engagements that have greatly enriched our lives.

Individuals and families from various religious and spiritual backgrounds have joyfully celebrated beloved traditions during this enchanting season. Our dynamic and diverse community has united for heartwarming family gatherings and lively summer festivities that beautifully reflect our rich cultural heritage.

Looking ahead, we are excited to continue strengthening connections within our community throughout 2025. We are overjoyed to announce a special Harmony Week event that will bring our community even closer together — a fantastic opportunity to celebrate our unity in diversity. Find out more on pg 24.

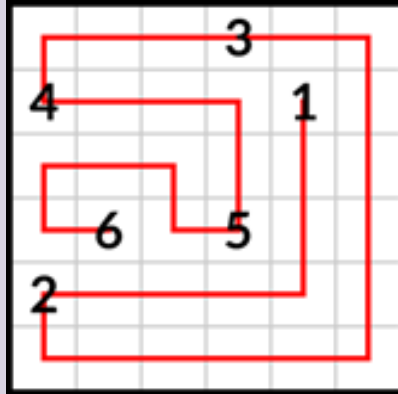
Additionally, we will host a series of seasonal celebrations that showcase our diverse cultures, featuring a lineup of inspiring guest speakers who will share their profound insights and experiences.

We will also organise educational days aimed at deepening our community's understanding and appreciation of one another.

We invite you to partake in these upcoming celebrations and programs. Your active participation is invaluable in making these events extraordinary and truly unforgettable!

To find out more about these programs, contact Mary and the cultural programs team. Visit www.salisbury.sa.gov.au/plc or call 8406 8525.

Brain Gym answer



Café news

We have two cafés with great new offerings, where you can come and enjoy delicious food.

Exciting updates are happening at Jack's Café! In late 2024, we introduced a new monthly menu that combines all your favourite regular dishes with our weekly specials. The menu now includes detailed descriptions, pricing, and simple instructions, making ordering easier than ever.

Each month, the front cover features a dedicated café volunteer, celebrating the incredible team that makes dining at Jack's so welcoming and enjoyable.

Hills Café at the Para Hills Seniors Centre also refreshed its menu options, with a full menu revamp on the horizon.

We're grateful for your support and positive feedback. It's wonderful to hear how much you've enjoyed the new specials, and your input helps us explore fresh ideas to keep the menu dynamic.

Find out more about our cafés and explore what's on offer at www.salisbury.sa.gov.au/jyc or www.salisbury.sa.gov.au/phsc

While you're here, why not try this café-inspired recipe at home?

Pumpkin and spinach frittata



Ingredients:

- 400g pumpkin, diced
- 1 tbsp olive oil
- 6 eggs
- 1/2 cup milk
- 1 cup baby spinach leaves
- 1/2 cup grated cheese (cheddar or parmesan)
- Salt and pepper, to taste

Method:

1. Preheat the oven to 180°C and grease a baking dish.
2. Roast the diced pumpkin with olive oil on a tray for 20 minutes or until tender.
3. Whisk eggs, milk, salt, and pepper in a bowl. Add the roasted pumpkin, spinach, and half of the cheese.
4. Pour the mixture into the baking dish, sprinkle the remaining cheese on top, and bake for 25 minutes or until golden and set.
5. Cool slightly before slicing into squares. Serve warm or cold.

Perfect for a light lunch or snack, this frittata is nutritious, easy to make, and sure to please.



20 March and 3 April — Sounds in the Courtyard

Time: 12 noon to 1pm

Location: JYC Courtyard — 2 Orange Ave,
Salisbury Cost: FREE

Come and enjoy some live music in the beautiful courtyard. While you're there, why not book a meal too from Jack's Café.

Upcoming Events

We have some special weeks during March and June 2025 that are worth celebrating and acknowledging. These occasions provide us with the opportunity to come together, reflect, and make a difference in our communities.



2 April — Book launch: An afternoon with Nicole Alexander

Time: 12 noon to 1pm

Location: John Harvey Gallery, Salisbury
Community Hub, 34 Church Street, Salisbury
Cost: FREE

Join us for the South Australian launch of bestselling author Nicole Alexander's latest novel *The Limestone Road*. From the deserts of Egypt to the rolling hills of South Australia, This captivating novel follows one soldier's courageous journey 'home'. Books will be available for signing and purchase. If you're a longtime fan or new to her work, this is an event you won't want to miss! '

Book online: www.salisbury.sa.gov.au/authoseries



13 May — Disco and Rock 'n' Roll Party

Time: 10am to 11.45am

Location: Jack Young Centre - 2 Orange Grove,
Salisbury
Cost: \$3 to \$4

Join us on the first Thursday of the month as we party with DJ Des. Dress up if you want! Let's have fun and be active.



9 May — Mothers Day lunch and mini market

Time: 10.30am to 1.30pm

Location: Jack Young Centre - 2 Orange Grove, Salisbury

Cost: \$25 to \$30

Join us for a special Mother's Day lunch, celebrating the wonderful women in our lives. Enjoy a delicious three course meal, great company, browse the mini market, win prizes and soak in the warm community atmosphere. Full payment and bookings required by Fri 2 May.

Bookings and enquiries: JYC 8406 8525 or PHSC 8406 8587



10 May to 15 June — Watershed Creative Prize Exhibition

Time: regular opening hours

Location: Salisbury Community Hub (34 Church Street, Salisbury)

The Watershed Creative Prize Exhibition is returning to the Salisbury Community Hub. Showcasing some of our best artistic talent from our community and surrounding areas, all finalists work will be exhibited in the John Harvey Community Hall. The theme this year is 'Spirit of Salisbury - A place to call home', and we encourage everyone to go take a look.



13 May — Conversation with Salisbury Seniors

Time: 9.30am to 12.30pm

Location: Little Para Conference Rooms, Salisbury Community Hub (level 1, 34 Church St Salisbury)

Join us for an engaging conversation on an important topic for older people. The session features guest speakers and a chance to share your thoughts.



19 June — Salisbury Community Health Expo

Time: 10am to 1pm

Location: Salisbury Community Hub (34 Church Street, Salisbury)

Come and visit this expo and meet a range of organisations, including medical and allied health providers who all aim to assist Keeping Your Health on Track.

Keep an eye out for the events, and be sure to visit www.salisbury.sa.gov.au/events for information and updates.



Save the date

Save the date

15 to 21 March —
Harmony Week 2025

Harmony Week celebrates Australia's cultural diversity and the importance of inclusion and belonging. It's a time to reflect on the value of living in a multicultural society, and to embrace respect, understanding, and connection. It's an opportunity to share cultural stories and learn about others' traditions.

You could try a recipe from another culture, start a conversation with someone new, or attend local community events. Together, we can create stronger bonds and encourage understanding.

In 2025, the City of Salisbury is celebrating Harmony Week over 2 weeks, culminating in a big celebration on Friday 28 March at the Salisbury Community Hub. All community members are welcome to attend and enjoy the live cultural music and dance performances, partake in the colourful intercultural parade or try something new at the mini-market.

For event details in the City of Salisbury, visit www.salisbury.sa.gov.au/harmonyweek

For more information on Harmony Week, visit www.harmony.gov.au

Santipheap Apsara Amatak Cambodian dancer performing at Harmony Week.



**15 June —
World Elder Abuse Awareness Day (WEAAD)**

WEAAD shines a light on the importance of protecting older Australians and promoting respect and dignity. It's a reminder to know the signs of elder abuse and where to turn to for help.

If you have concerns, call the Elder Abuse Helpline on 1800 ELDERHelp (1800 353 374).

For more information, visit www.elderabuseawarenessday.org.au

**9 to 15 June —
Men's Health Week 2025**

Men's Health Week reminds us of the importance of taking care of physical and mental health, especially as we get older.

It's a great time for men to check in on their wellbeing. Small steps, like regular exercise, healthier eating, and connecting with friends, can make a big difference.

For tips and resources, visit www.menshealthweek.org.au

**Sorry Day, Reconciliation Week,
NAIDOC Week 2025**

There are several days and weeks of significance for First Nations peoples and culture across the year. Three that City of Salisbury acknowledges are Sorry Day (26 May), Reconciliation Week (27 May to 3 June) and NAIDOC Week (6 to 13 July). Each of these have different meanings and sentiments.

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

**15 to 21 June —
Refugee Week 2025**

Refugee Week encourages us to reflect on the experiences and contributions of people with refugee experience within our communities and appreciate the diversity they bring to Australian life.

This week is an opportunity to build empathy, learn about resilience, and engage with stories that explore refugee journeys.

For more information, visit www.refugeeweek.org.au





ASO conductor Martin with audience members at a concert held at Para Hills Community Hub.



South East Asian group members at Jack Young Centre.



Cycle Salisbury participants at the Salisbury Community Christmas Parade.



Bob and the Boomers band entertaining Para Hills Seniors Centre members.



Para Hills Songsters at Women's Health event.



Tulay and Filarati happy to be on the front page of the Salisbury Seniors Magazine.



Mayor Gillian Aldridge OAM at the Volunteer thank you event at Para Hills Seniors Centre.



Jim, Sue and Denis at the Wild Wild West Christmas themed celebration.



Bhutanese Healthy Walking group leaders Ambika and Indra with Walking SA award.



Sip and Paint event as part of Womens Health campaign.

Aged Care Reforms update

The Australian Government is implementing significant reforms to enhance the quality of support and care for older people.

Changes planned from July 2025

A new Aged Care Act will commence on 1 July 2025, addressing approximately 60 recommendations from the Royal Commission into Aged Care Quality and Safety. Providers of Commonwealth Home Support Programme subsidised services will be governed by this Act for the first time.

The Act is the primary legislation outlining the operation of the aged care system, aiming to improve service delivery to older people in:

- their homes
- community settings
- approved residential aged care homes

The Act focuses on empowering older people and upholding their rights, needs, and personal choices. It is anticipated that accessing aged care services will become easier in the future.

The Act includes a Statement of Rights, outlining the rights of older people and obliging providers to act consistently with these rights. The Statement of Rights includes the right to:

- independence, autonomy, empowerment, and freedom of choice
- equitable access
- quality and safe funded aged care services
- respect for privacy and information

- person-centred communication and the ability to raise issues without reprisal
- advocates, significant persons, and social connections

This new Act will apply to all providers of aged care services, including the City of Salisbury, which provides Commonwealth Home Support Programme (CHSP) subsidised services to older people.

All providers will be required to demonstrate that they have appropriate quality and compliance systems in place, including:

- complaints and incident reporting and handling systems.
- methods of using customer feedback and other information to improve service quality.
- appropriate training and support for the workforce, ensuring all workers understand and comply with the aged care Code of Conduct.

For more information about aged care reforms and rights, visit www.agedcarequality.gov.au/older-australian or call Susantha, Northern Collaborative Project on 8406 8364.

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).

Location	Activities	Time	Price from
Jack Young Centre 8406 8525	Backgammon	Thu - 1pm to 3pm	\$3
	Brain Gym	Wed (1st and 3rd) - 10am to 12 noon	\$3
	Computer Tutoring	By appointment	\$5
	Craft	Mon - 10am to 12 noon	\$3
	Creative Writing	Wed - 10am to 12 noon Fri - 1.30pm to 3.30pm	\$3
	Line Dancing	Thu - 3.15pm to 4.15pm	\$3
	Indoor Bowls	Mon and Fri - 1pm to 3pm	\$3
	Intercultural Friday Group	Fri fortnightly 9.30am to 12.30pm	\$3
	Knitting Group	Thu - 1pm to 3pm	\$3
	Meet and Greet Group (Guest speakers)	Mon - 1pm to 3pm	\$4
	Moving and Grooving Singalong Group	Thu (2nd and 4th) - 11.30am to 12.30pm	\$4
	Parkinson Support Group	Fri fortnightly - 10am to 12 noon	\$3
	Prime Movers (chair based) Exercise	Tue - 12.30pm to 1.15pm (low impact)	\$5
	Strength For Life (NEW)	Tue - 1.30pm to 2.30pm	\$6
	Tai Chi - Salisbury	Mon - 10am to 11.30am	\$7
Ukulele Classes	Thu - 10am to 11.45am	\$4	
Para Hills Seniors Centre 8406 8587	Art Group	Mon - 10am to 12 noon	\$7
	Bingo	Thu - 1pm to 3.30pm	\$3
	Book Club - a novel idea	Monthly - 10am to 12 noon	\$4
	Brain Gym	Tue (1st and 3rd) - 10.15am to 12 noon	\$3
	Craft	Tue - 10am to 12 noon	\$3
	Crochet and Craft Group	Wed - 10am to 12 noon	\$3
	Easy Does It Exercise Group	Mon - 12 noon to 1pm OR Wed - 10.45am to 11.45am	\$6
	Friendship Group	Thu - 10am to 12 noon	\$3
	Guitar Group	Fri - 10am to 12 noon	\$3
	Indoor Bowls	Tue - 1pm to 3pm	\$3
	Line Dancing	Thu - 12.45pm to 2.30pm	\$6
	Move and Groove Exercise Group	Mon - 10am to 11am OR Wed - 12 noon to 1pm	\$6
	Parabeats Guitar Group	Mon - 1pm to 3.30pm	\$3
	Relaxation Group	Mon - 9.30am to 11am	\$3
	Singing Group	Thu - 9am to 10am	\$3
	Tai Chi	Wed - 9.15am to 10.30am	\$6
	Ukulele Classes	Thu - 10am to 12 noon	\$3
	Whist Cards	Wed - 1pm to 4pm	\$4
	Wood Burning	Tue - 10am to 12 noon OR 1pm to 3pm	\$3
Social Bingo	Thu - 1pm to 3pm	\$3	
The Hive Community Resource Hub 8487 1820	Friendship Group	Wed - 10am to 11.30am	\$3

Heart Foundation Walking Group

Join us free walking group

Suburbs	Date and time	Address	Contact
Burton	Tuesdays 9am	The Hive Community Resource Hub 380 Waterloo Corner Road, Burton	0407 889 862
Ingle Farm	Mondays and Thursdays 9am	Ingle Farm Recreation Centre Beovich Road, Ingle Farm	0487 321 607
Mawson Lakes	Mondays, Wednesdays and Fridays 8.30am	Mawson Lakes Interchange Platform 2 - Southern end	0455 977 775
Para Hills	Tuesdays 9am	Carpark corner of Bridge Road and Kesters Road	8263 7333
Parafield Gardens	Wednesdays 9am	Morella Community Centre 90 Kings Road, Parafield Gardens	8406 8484
Salisbury	Wednesdays and Fridays 9am	Jack Young Centre 2 Orange Avenue, Salisbury	8406 8525
Salisbury North	Thursdays 9.30am	Bagster Rad Community Centre 17 Bagster Road, Salisbury North	8250 4167
Salisbury North	Saturdays 9am	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 visit www.salisbury.sa.gov.au/cyclesalisbury

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 call 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 cultural backgrounds: Aboriginal, Bhutanese, Bosnian, Italian, South East Asian (e.g Filipino) and Vietnamese. There is also an Intercultural group for people of any cultural background. These programs assist people to enjoy social and cultural connections, reduce social isolation and access information in their first language. For details call 8406 8513 or visit www.salisbury.sa.gov.au/cultural

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

Domestic Assistance

- Regular and short term cleaning

Social Support

- Shopping 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

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 call 8406 8276

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

Service contact details



Salisbury Community Hub

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday | 8.30am to 5.30pm (Hub opening times vary.
For more information, visit www.salisbury.sa.gov.au/sch)

👤 City of Salisbury Community Diversity and Inclusion

☎ 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



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



The Hive Community Resource Hub

📍 380 Waterloo Corner Road, Burton SA 5110
📅 Monday to Friday | 9am to 5pm
Saturday | 10am to 2pm
☎ 8406 8251
✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/hive