

### What's New

#### Neighbours Meet and Greet



Are you new to the area or perhaps you've lived local for a while and have knowledge to share? Come along to a neighbour meet and greet where you can meet others, find out about what's happening in the area enjoy some light refreshments in a relaxed environment.

**Wednesday 30 Oct and 27 Nov,  
11am to 12pm**

If you love the sound of this but can't make it to a centre – get in touch to arrange a neighbours meet and greet on your street!

**E:** [enquiriesbrcc@salisbury.sa.gov.au](mailto:enquiriesbrcc@salisbury.sa.gov.au)

**W:** [salisbury.sa.gov.au/MAGYS](http://salisbury.sa.gov.au/MAGYS)

#### Northern Food Hub - Puddle Jumpers

Join us for dinner, fresh fruit and veg, bakery items, tea and coffee, and children's activities.

**Mondays, 5pm to 8pm**

### Social Support

#### Improve Music Group

Join other music enthusiasts, no need to be an expert musician just basic knowledge of instrument required. Contact the centre to register interest or attend first session. The group particularly welcomes budding and experienced Aboriginal and Torres Strait Islander musicians.

**Wednesdays, 12.30pm**

#### InComPro's Nunga Men's Breakfast

FREE for all Aboriginal Men who'd like to share a feed, meet new people and have a yarn.

**Wednesdays fortnightly,  
9am to 11am**

**T: 0439 071 604**

#### Aboriginal Women's High Tea



Join for a morning of yummy food and yarns.

**Second Thursday of the month,  
10.30am to 12.30pm**

**T: 7324 5072**

#### Salisbury Garden Club



Come along and meet like-minded people with green thumbs. Share your knowledge and learn other ideas in a social environment.

**Second Tuesday of the month**

**COST: \$5 per person**

### Art and Craft

#### Folk Art

For all skill levels. Everybody is welcome to attend.

**Tuesdays, 9.30am to 12pm**

**COST: \$5 per person**

#### Upcycling Craft Group

There are so many things that go into our bins and/or that can be found in nature, that can be repurposed to make beautiful items for your home or to give as gifts. Join our regular weekly informal craft group for a chat and an exploration of the different things that can be made using a little bit of imagination.

**Wednesdays, 10am to 12pm**



### Health and Fitness

#### Shugoki Karate

Learn how to defend yourself and get fit at the same time.

Sensei Chloe will be your instructor.

**Mondays and Wednesdays,  
5.30pm to 6.30pm**

**AGE: 5+ years  
T: 0435 855 616**

#### Heart Foundation Walking Group



**Thursdays, 9am to 10am**

**COST: FREE  
T: 0401 652 609**

#### Zumba Gold



Low impact and easy to follow dance steps.

**Mondays, 10am to 10.45am**

**COST: FREE  
T: 8487 1830**

### General Interest

#### Book Swap



Bagster Road Community Centre has a book swap program where you can come in and read a book while you have a coffee, or you can take the books you like away with you to read. Designed for you to bring your old books in that you enjoyed and provide them for others, or just come in and see what is available that you might like to take home.

### Community

#### Big Ideas for My Community



Share with us your big ideas and how they might look within the City of Salisbury community.

**E:** [enquiriesbrcc@salisbury.sa.gov.au](mailto:enquiriesbrcc@salisbury.sa.gov.au)

#### For more information, contact us

**A:** 17 Bagster Road Salisbury North

**T:** 8250 4167

**E:** [enquiriesbrcc@salisbury.sa.gov.au](mailto:enquiriesbrcc@salisbury.sa.gov.au)

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