

Weekly Program

*Jack Young Centre
and Pine Lakes*

We have a unique blend of programs, activities and services for people over 50, including those with a disability. For more information, please contact our friendly staff at reception or phone us on **8406 8525** for any enquiries.

- Jack Young Centre - 1 Orange Ave, Salisbury - www.salisbury.sa.gov.au/jyc
- Pine Lakes - 16 Homestead Place, Parafield Gardens - www.salisbury.sa.gov.au/plc

ACTIVITY	TIME	NOTES
MONDAY		
Craft	9.00am – 12.00 noon	Jack Young Centre
Intercultural Group	9.00am – 2.30pm	Pine Lakes
Tai- Chi	9.00am – 10.00am	Jack Young Centre
Scrabble	10.00am – 12.00pm	Jack Young Centre
Painting & Drawing	10.00 – 12.00 noon	Jack Young Centre
Choir	10.30am – 12.00 noon	Jack Young Centre
Duplicate Bridge	1.15pm – 3.30pm	Jack Young Centre
Indoor Bowls	1.00pm – 3.30pm	Jack Young Centre
TUESDAY		
Bhutanese Social Support Group <i>(Bhutanese, Nepalese and Indian are welcome)</i>	9.00am – 2.30pm (2.30pm – 4.30pm one to one sessions)	Jack Young Centre
Jack Young Friendship Group <i>(FULL – waiting list applies)</i>	10.00am – 11.30am	Jack Young Centre
Prime Movers <i>(more agile)</i>	11.30am – 12.15pm	Pine Lakes
Prime Movers <i>(lower impact)</i>	12.30pm – 1.00pm	Pine Lakes
Chess	12.30pm – 4.00pm	Jack Young Centre
Darts <i>(FULL – waiting list applies)</i>	1.15pm – 3.15pm	Jack Young Centre
WEDNESDAY		
Drop-in Tech Support Group	9.00am – 12.00 noon	Jack Young Centre
Salisbury Senior Citizens Club Day	9.30am – 3.30pm	Jack Young Centre
Senior Citizens Club Eight Ball	1.00pm – 3.30pm	This club operates separate to the centre. For membership enquiries contact Joyleen Gilbert 8281 2205 or 0414 959 812
Senior Citizens Club Darts	1.00pm – 3.30pm	
Senior Citizens Club Bingo	1.00pm – 3.30pm	
Brain Gym	10.00am – 12.00 noon 1 st & 3 rd Wed of month	
Creative Writing <i>(FULL – waiting list applies)</i>	10.00am – 12.30pm	Jack Young Centre
Bosnian Group	10.00am – 2.00pm	Pine Lakes
Crochet Group <i>(FULL – waiting list applies)</i>	1.15pm – 3.15pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
THURSDAY		
Meditation	8.30am – 9.30am	Jack Young Centre
Table Tennis	8.30am -10.15am	Jack Young Centre
Wood burning session 1	10.00am – 12.00 noon	Jack Young Centre
Wood burning session 2 (FULL – waiting list applies)	1.00pm – 3.00pm	
Brain Gym	10.00am – 12.00 noon 2 nd & 4 th Thursday of month	Jack Young Centre
Vietnamese Group	10.00am – 1.00pm (fortnightly)	Pine Lakes
Ukulele	10.30am – 12.00 noon	Jack Young Centre
Knitting Group	1.00pm – 3.00pm	Jack Young Centre
JYC Dance for Health	1.00pm – 3.00pm	Jack Young Centre
Darts	1.15pm – 3.15pm	Jack Young Centre
FRIDAY		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Italian Pension Advice	9.30am – 11.30am 2 Fridays a month	By appointment only Jack Young Centre
Literacy & Language Class	10.00am – 12.00 noon	Jack Young Centre
Parkinson Support Group	10.00am – 12.00 noon f/nightly	Jack Young Centre
Italian Group (friends of Italians are welcome)	10.00am – 2.00pm f/nightly	Jack Young Centre
Filipino Group	10.00am – 1.00pm (2 nd Friday of each month)	Jack Young Centre
Indoor Bowls	1.00pm – 3.30pm	Jack Young Centre
Genealogy	1.00pm – 3.30pm	Jack Young Centre
Men's Group	9.30am – 3.00pm Outings (monthly to various destinations)	Jack Young Centre Contact Sue or Michael at JYC Outings as per program
SATURDAY		
Wood burning (FULL – waiting list applies)	10.00am – 12.00 noon	Jack Young Centre
Craft	10.00am – 12.30pm	Jack Young Centre
Latin & Ballroom Dancing	10.30am – 11.30am	Jack Young Centre
Fun at Jack's	10.30am – 12.00 noon (f/nightly)	Jack Young Centre
SHORT TERM GROUPS – Please register your interest with Jim on 8406 8251		
Tuesday – Theatre Group	2.30pm – 4.30pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
ADDITIONAL SERVICES & PROGRAMS at JACK YOUNG CENTRE		
Computer Tutoring	1 on 1 tutoring tailored to student needs	Jack Young Centre By appointment
Public Trustees Consultants	Tuesday (fortnightly) 9.00am – 4.00pm	Jack Young Centre By appointment Ph: 8226 9204
Memory Loss Support Group	1 st Friday of month 2.00pm – 4.00pm	Jack Young Centre Contact Renee on 8284 0388 (Northern Carers Network)
Low Vision Support Group	Two Fridays a month	Pine Lakes Centre New participant enquiries to RSB – 8417 5690
Dementia Information	Thursdays 3.30pm – 4.30pm	Jack Young Centre Contact Michael on 8406 8525
JACK'S CAFÉ SERVICES, located at JACK YOUNG CENTRE		
Dine – In Meals	Available Monday to Friday 12.00pm – 1.00pm	Main meals from \$5.50 each. Orders must be placed by 11.00am
Frozen Takeaway Meals	Available during centre opening hours	A selection of healthy home cooked style meals – from \$5.80
Thursday Schnitzel Beef or Chicken With chips & Salad Choice of three sauces	Thursday dinner Walk-in between 4.30pm – 5.30pm	No bookings required Meals from \$5.50 each

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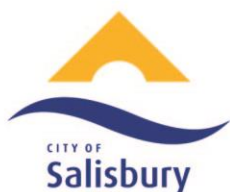
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ACTIVITY	TIME	NOTES
OTHER COMMUNITY HEALTH & WELLBEING SERVICES		
Home Assist Program	Monday to Friday 8.30am to 5.00pm	Enquiries – contact 8406 8225 or visit www.salisbury.sa.gov.au/has
Housing Program	By Appointment	Enquiries – contact Thuy on 8406 8227 or www.salisbury.sa.gov.au/housing
Paralowie Garden	Various	Enquiries – contact Shannan on 8406 8225 or visit www.salisbury.sa.gov.au/gardening
The Shed at Edinburgh	Monday to Thursday 9.00am to 3.00pm	Located at Peter Badcoe VC Complex off Taranaki Road, Edinburgh. Enquiries to Craig on 8255 4201
Social Activities for adults aged 18+ with intellectual disability	Thursday 7.00pm – 9.00pm or Friday 9.00am – 3.00pm	Enquiries to Kelly or Jennie on 8406 8225 or email has@salisbury.sa.gov.au

ACTIVITY	NOTES
COMMITTEES	
Social Participation & Diversity Advisory Committee	Enquiries – contact Jack Young Centre on 8406 8525
Fundraising Committee	Enquiries – contact Jack Young Centre on 8406 8525

Jack Young Centre (JYC) and Pine Lakes Centre is a friendly and welcoming leisure centre that is purpose built and fully accessible. We look forward to seeing you soon.

Did you know? We have another centre for people over 50, including those with disability. Look out for the *Para Hills Seniors Centre Weekly Program flyer*, or ask our friendly staff for a copy or visit www.salisbury.sa.gov.au/phc



Ageing Well