

PARA HILLS SENIORS CENTRE WEEKLY PROGRAM

The Para Hills Seniors Centre (PHSC) is a friendly, easily accessible leisure centre situated in the Para Hills Community Hub.

Come see us at **Wilkinson Road, Para Hills**

Enquires: **8406 8587** Monday - Friday or visit www.salisbury.sa.gov.au/phsc

MONDAY – COMMUNITY DAY for over 50's		
ACTIVITY	TIME	NOTES
Relaxation Group	9.30am to 10am	De-stress and relax with our wonderful relaxation group.
Phlukes Intermediate Ukulele Group	10am to 12noon	Intermediate Ukulele classes held in a fun, social environment.
Conversation Starters	10am to 12noon	Friendship starts with a cuppa and a conversation, so please join us in this friendship group.
Parabeats Guitar Group	12.30pm to 2.30pm	Interested in learning guitar – come and join.

TUESDAY – COMMUNITY DAY for over 50's		
ACTIVITY	TIME	NOTES
Zumba (conducted by a qualified instructor)	9.00am to 10.00am	Come and try the latest fitness craze. We have modified Zumba classes for people over 50. Exercise and keep fit in a fun and social environment.
Stitches Craft Group	10am to 12noon	Enjoy a morning tea in company of others who enjoy craft. Please bring any craft that you enjoy!!
Brain Gym	10.15 to 12noon	Come and exercise your mind with a variety of topics and meet new people in a fun, relaxed and social group. Cup of tea included!

cont.. TUESDAY – COMMUNITY DAY for over 50's		
ACTIVITY	TIME	NOTES
Wood burning	10am to 12noon OR 1pm to 3pm	Come along and learn the skill of wood burning to create items for pleasure or gifts. It's fun and relaxing. No experience necessary. Cup of tea included!
Indoor Bowls	1pm to 3pm	Join a social game of bowls. Beginners welcome – we will teach you!

WEDNESDAY – COMMUNITY DAY for over 50's		
ACTIVITY	TIME	NOTES
Easy Does It – Exercise program	9am to 10am	This is a low impact exercise group. ON HOLD UNTIL FURTHER NOTICE
Tai Chi (conducted by a qualified instructor)	9am to 10am	The gentle flowing movement of Tai Chi involves concentration and focused breathing.
Wednesday Lunch Club	11am to 1pm	Casual get together to meet new people, enjoy good conversations over a meal
Whist Cards	1pm to 4pm	Come and enjoy an afternoon of cards and make new friends. For more information, contact 8406 8587.

THURSDAY – COMMUNITY DAY for over 50's		
ACTIVITY	TIME	NOTES
Singing Group	9am to 10am	Do you sing at every opportunity? Yes, then come along and enjoy the fun! Songs from the 1950's to today will be the aim, exercise your lungs and expand your social scene.
Ukulele	10am to 12noon	Ukulele classes held in a fun, social environment.
Line Dancing	12.45pm to 2.30pm	Get your dancing shoes on and have some line dancing fun!
Social Bingo Entry fee plus \$1 per game	1pm to 3pm	Meet new friends, have a laugh, enjoy a cuppa. Lucky door prize every week.

FABULOUS FRIDAY - SENIORS DAY

10.00am to 1pm

Friday Seniors Day aims to provide wellbeing activities and programs, morning tea and lunch for City of Salisbury residents who are:

- 65 years or older or
- Aboriginal and Torres Strait Islander aged 50+

Cost \$13 per day (subsidised rate) or \$25 per day (standard rate).

Transport assistance available.

SATURDAY

ACTIVITY	TIME	NOTES
Whist Cards	1pm to 4pm	Come and enjoy an afternoon of cards and make new friends. For more information, contact 8406 8587.

ADDITIONAL SERVICES & PROGRAMS

ACTIVITY	TIME	ENQUIRIES
Women's Social group	10am to 12noon Wednesday monthly	Contact Sue Jackson on 8406 8544
SA Dance Forum	Thursday & Friday nights, Saturday mornings	Contact Stephen on 0417 875 196.

HILLS MEALS AT PARA HILLS SENIORS CENTRE

ACTIVITY	TIME	ENQUIRIES
Lunch (dine-in)	Tuesday, Wednesday & Friday 12noon to 1pm	Rotating Menu from \$7.00 Contact us to find out the weekly special or for a menu. Please order by 11am – call 8406 8587.
Frozen Takeaway Meals	Available during centre opening hours	A selection of healthy home cooked style meals from \$7.30.

We look forward to seeing you soon at one or more of the Para Hills Seniors Centre range of programs, from its Community days, the Para Hills Club, Hills Meals or other activities hosted by external hirers.

Did you know?

We have two other centres for people over 50
Look out for the *Jack Young Centre & Pine Lakes Weekly Program flyer*, or visit www.salisbury.sa.gov.au/seniors or ask our friendly staff for a copy.

Last updated October 2021