

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 (JYC) or Pine Lakes on **8406 8513**.

- Jack Young Centre - 2 Orange Ave, Salisbury - www.salisbury.sa.gov.au/jyc
- Pine Lakes - 16 Homestead Place, Parafield Gardens - www.salisbury.sa.gov.au/plc

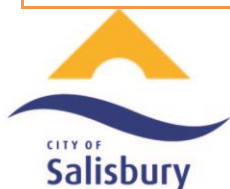
ACTIVITY	TIME	NOTES
MONDAY		
Craft	9.30am – 12.00 noon	Jack Young Centre
Intercultural Group	9.00am – 2.30pm	Pine Lakes
Beginners Tai-Chi	10.00am – 11.00am	Jack Young Centre
Intermediate Tai Chi	10.00am – 11.30am	Jack Young Centre
Scrabble	10.00am – 11.30am	Jack Young Centre
Meet & Greet	1.00pm - 2.30pm	Jack Young Centre
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre
TUESDAY		
Bhutanese Social Support Group <i>(Bhutanese, Nepalese and Indian are welcome)</i>	9.30am – 12.30pm	Jack Young Centre
Jack Young Friendship Group	10.00am – 11.30am	Jack Young Centre
Woodburning	10.00am – 12.00 noon	Jack Young Centre
Prime Movers <i>(more agile)</i>	11.30am – 12.15pm	Jack Young Centre
Prime Movers <i>(lower impact)</i>	12.30pm – 1.00pm	Jack Young Centre
Darts <i>(FULL – waiting list applies)</i>	1.15pm – 3.15pm	Jack Young Centre
WEDNESDAY		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Salisbury Senior Citizens Club Day	9.30am – 3.30pm	Jack Young Centre
Senior Citizens Club Bingo	1.00pm – 3.30pm	This club operates separate to the centre. For membership enquiries contact Joyleen Gilbert on 0414 959 812
Brain Gym	10.00am – 12.00 noon 1 st & 3 rd Wed of month	Jack Young Centre
Creative Writing <i>(FULL – waiting list applies)</i>	10.00am – 12.00pm	Jack Young Centre
Bosnian Group	10.00am – 2.00pm	Pine Lakes
Crochet Group	1.15pm – 3.15pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
THURSDAY		
Table Tennis	8.30am -10.15am	Jack Young Centre
Vietnamese Group	9.30am – 12.30pm	Pine Lakes
Relaxation-Meditation (FULL – waiting list applies)	9.30am – 11.00am	Jack Young Centre
Wood burning session 1	10.00am – 12.00 noon	Jack Young Centre
Wood burning session 2	1.00pm – 3.00pm	
Contemporary Dance	10.15am – 11.15am	Jack Young Centre
Ukulele	10.30am – 12.00 noon	Jack Young Centre
Moving & Grooving Music Session	11.30am – 12.30pm 2 nd & 4 th Thursday of month	Jack Young Centre
Knitting Group	1.00pm – 3.00pm	Jack Young Centre
Backgammon & Board games	1.00pm – 3.00pm	Jack Young Centre
JYC Dance for Health	1.00pm – 3.00pm	Jack Young Centre
FRIDAY		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Strength for Life	9.00am – 10.00am OR 10.10am – 11.10am	Jack Young Centre
Parkinson Support Group	10.00am – 12.00 noon (fortnightly)	Jack Young Centre
Reading for Fun	10.00am – 11.30am 1 st Friday of the month	Jack Young Centre
Italian Group (friends of Italians are welcome)	9.30am – 12.30pm (fortnightly)	Pine Lakes
Filipino Group	9.30am – 12.30pm (fortnightly)	Jack Young Centre
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre

ACTIVITY	TIME	NOTES
SHORT TERM GROUPS – Please register your interest with Jim on 8406 8251		
Wednesdays - Painting & Drawing	10.00am – 12.00 noon OR 12.30pm – 2.30pm	Jack Young Centre
ADDITIONAL SERVICES & PROGRAMS at JACK YOUNG CENTRE		
Computer Tutoring	1 on 1 tutoring tailored to student needs	Jack Young Centre By appointment
Digital Literacy	Wednesday fortnightly Hands-on workshops	Enquire at Jack Young Centre Reception
Upcoming Events	Includes Guest Speakers, Celebrations	Enquire at Jack Young Centre Reception



Ageing Well

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JACK'S CAFÉ SERVICES, located at JACK YOUNG CENTRE

Dine – In Meals	Monday to Friday 12.00pm - 1.00pm	Orders must be placed by 11.30am
Frozen Takeaway Meals	Pick-up between 10.00am – 2.30pm	Pre-order or select from freezer
Hot Takeaway Meals	Pick-up between 12.30pm – 2.00pm	Pre-order on the day by 11.30am

ACTIVITY	TIME	NOTES
OTHER COMMUNITY HEALTH & WELLBEING SERVICES		
Home Assist Program	Monday to Friday 8.30am to 5.00pm	Enquiries to 8406 8225 or visit www.salisbury.sa.gov.au/has
Housing Program (Care Finder)	By Appointment	Enquiries to Thuy or Trista on 8406 8227 or visit www.salisbury.sa.gov.au/housing OR email housing@salisbury.sa.gov.au
Burton Communal Garden	Various	Enquiries to Shannan on 0401 984 785 or visit www.salisbury.sa.gov.au/gardening
Burton Friendship Group	Wednesday 10.30am – 11.30am	Enquiries to Jim on 8406 8251
The Shed	Monday, Wednesday & Friday 9.00am to 3.00pm	Enquiries to Craig on 0412 457 233 or visit www.salisbury.sa.gov.au/theshed
Social Activities for adults aged 18+ with intellectual disability	Wednesday 9.00am – 3.00pm Thursday 7.00pm – 9.00pm Friday 9.00am – 3.00pm	Enquiries to Craig 0412 457 233 or Jennie on 0412 457 233 or email has@salisbury.sa.gov.au or visit www.salisbury.sa.gov.au/disabilityprograms
Carers SA Support Group	3 rd Friday of month 10.30am – 12.00noon	Enquiries to 1800 422 737

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Jack Young Centre (JYC) and Pine Lakes are friendly and welcoming leisure centres that are purpose built and fully accessible.

We look forward to seeing you soon.

Jack Young Centre:

Open Monday to Friday 8.30am – 5.00pm

Closed Public Holidays

Pine Lakes Centre:

Open Monday to Friday 8.30am – 4.00pm

Closed Public Holidays

Activity fees range from \$3.00 - \$10.00. *First session free.

Ongoing cost may vary depending on eligibility.

See Reception regarding group cost.

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

Join our private Facebook group
"Salisbury Seniors Community" to stay up to date and take
part in our on-line activities