

PARA HILLS SENIORS CENTRE WEEKLY PROGRAM 2023

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 | 10am to 11.30am | De-stress and relax with our wonderful relaxation group. |
| “Move and Groove” Exercise Group | 10am to 11am | A light fun fitness/dance exercise group |
| Art Group | 10am to 12.00pm | Tap into your creative side! It's fun, relaxing and you meet new people. |
| “Easy does it” low impact exercise group | 12.00pm to 1.00pm | Low impact exercise group with toning incorporated. |
| Parabeats Guitar Group | 1pm to 3.30pm | Interested in learning guitar – come and join. |
| TUESDAY – COMMUNITY DAY for over 50's | | |
| ACTIVITY | TIME | NOTES |
| Creative 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 1 st & 3 rd Tuesday of month | 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! |
| 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! |
| ‘A Novel Idea’ Book Group <i>Last Tuesday of the month</i> | 10am to 12noon | Spend time with friendly people, find a new favourite author and keep the mind going with meaningful conversations |
| 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 |
|--|--------------------|--|
| Tai Chi (conducted by a qualified instructor) | 9.30am to 10.30am | The gentle flowing movement of Tai Chi involves concentration and focused breathing. |
| “Easy does it” low impact exercise Group | 10.45am to 11.45am | Low impact exercise group with toning incorporated. |
| “Move and Groove” Exercise Group | 12:00pm to 1:00pm | A light fun fitness/dance exercise group |
| Wednesday Craft and crochet | 10am to 12pm | Casual get together to meet new people, enjoy great company and good conversations |
| Whist Cards | 1pm to 4pm | Come and enjoy an afternoon of cards. 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! Sing assorted songs from all eras, exercise your lungs and expand your social scene. |
| Friendship Group | 10am to 12pm | Group discussions on a variety of topics with the occasional guest speaker. *Note Friendship Group does not run on the last Thursday of the month* |
| 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 | 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 \$14.50 per day (subsidised rate**) or \$25 per day (standard rate).

** for those that are eligible for My Aged Care

Transport assistance available.

For short term programs/workshops OR outings please contact Sue on 8406 8587

Short programs/Workshops

| ACTIVITY | TIME | NOTES |
|--|--------------|---|
| <u>Wednesday</u> “Back to Basics” Strictly beginners only Ukulele Class | 10am to 12pm | This is a beginners Ukulele Group. No prior <i>musical experience necessary. Runs in 6 week block’s. Small classes. Bookings essential.</i> |
| <u>Last Thursday of the month</u> Card making work shop | 10am to 12pm | Come learn and share card making techniques. \$6 per session includes all materials. Please ring centre for more information. |
| <u>Friday</u> “Start at the very Beginning” Guitar Group | 10am to 12pm | This is a beginners Guitar Group. No prior <i>musical experience necessary. Runs in 6 week block’s. Small classes. Bookings essential.</i> |

MONTHLY OUTINGS

| ACTIVITY | TIME | ENQUIRIES |
|------------------------------|---------------------------------------|---|
| Wellbeing Trips | 9am to 3pm Wednesday monthly | Sit back and relax while being chauffeured to a variety of locations. |
| Women’s Social Outings group | 9am to 3pm Wednesday bi-monthly | Leave hubby at home and enjoy a great day out with the ladies. |

| HILLS MEALS | | |
|--|---|---|
| Located in the Para Hills Seniors Centre | | |
| Lunch (dine-in) | Tuesday, Thursday & Friday 12noon to 1pm | Rotating Menu from \$8.00 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 \$8.50. |

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 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.

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

Para Hills Seniors Centre
Open Monday to Friday 8.30am – 4.00pm
Closed Public Holidays

Last update January 2023