

# PARA HILLS SENIORS CENTRE WEEKLY PROGRAM 2024

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](http://www.salisbury.sa.gov.au/phsc)

MONDAY – COMMUNITY DAY for over 50’s		
ACTIVITY	TIME	NOTES
Relaxation Group	9.30am to 11.00am	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	Advanced guitar group. Its all about coming together and learning and sharing techniques.
Yoga – <b>NEW for 2024</b>	1:00pm to 1:45pm	Gentle chair based Yoga for all abilities
TUESDAY – COMMUNITY DAY for over 50’s		
ACTIVITY	TIME	NOTES
Creative Craft Group	10am to 12 noon	Enjoy a morning tea in company of others who enjoy craft. Please bring any craft that you enjoy!!
Brain Gym 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	10am to 12 noon	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 4 <sup>th</sup> Tuesday of the month	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	12pm to 1pm	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.
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!
Card making workshop	10am to 12pm	Come learn and share card making techniques. From \$3 per session plus materials. Please ring centre for more information.
Yoga	1pm to 2pm	Starting March 2024 – Please ring centre for more details 8406 8587
Tinker & Talk (expression of interest)	1pm to 3pm	Men's Group –Please ring centre for more details 8406 8587
Bingo	1pm to 3.30pm	Come and try your luck with Bingo What a great way to spend your afternoon

## SUPER SENIORS DAY (Friday)

10am 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 **from** \$14.50 per day (subsidised rate\*\*)
- Transport assistance available.

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

### Short programs/Workshops

ACTIVITY	TIME	NOTES
<b>Wednesday</b> "Back to Basics" Strictly beginners only Ukulele Class	10am to 12pm	This is a <b>beginners</b> Ukulele Group. No prior <i>musical experience necessary</i> . <b>Runs in 6-week blocks</b> . Small classes. Bookings <i>essential</i> .
<b>Friday</b> <b>Beginners / intermediate</b> <b>Guitar Group</b>	10am to 12pm	This is a beginners / intermediate Guitar Group. No prior <i>musical experience necessary</i> . <i>Runs in 6-week blocks</i> . Small classes. <i>Bookings essential</i> .

### MONTHLY OUTINGS

ACTIVITY	TIME	ENQUIRIES
Wellbeing Trips	9am to 2.30pm Wednesday monthly	Sit back and relax while being chauffeured to a variety of locations.
Women's Social Outings group	9am to 2.30pm Wednesday bi-monthly	Leave hubby at home and enjoy a great day out with the ladies.

Fabulous Food		
Located in the Para Hills Seniors Centre		
Lunch – <i>The Sandwich Hub</i>	Every Thursday 10am to 1pm	A delicious variety of sandwiches and rolls made to order
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.

## Para Hills Seniors Centre

### 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](http://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

Open Monday to Friday 8.30am to 4pm  
Closed Public Holidays

Last update February 2024