

# 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 to 2 Orange Ave, Salisbury to [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)
- Pine Lakes to 16 Homestead Place, Parafield Gardens to [www.salisbury.sa.gov.au/plc](http://www.salisbury.sa.gov.au/plc)

\*Indicates group is currently FULL to waiting list in place (register at Reception)

ACTIVITY	TIME	NOTES
<b>MONDAY</b>		
Craft	9.30am to 12 noon	Jack Young Centre
Intercultural Group	9am to 2.30pm	Pine Lakes
Beginners Tai-Chi	10am to 11am	Jack Young Centre
Intermediate Tai Chi	10am to 11.30am	Jack Young Centre
Scrabble	10am to 11.30am	Jack Young Centre
Meet & Greet (Friendship group)	1pm to 2.30pm	Jack Young Centre
Indoor Bowls	1pm to 3pm	Jack Young Centre
<b>TUESDAY</b>		
Bhutanese Social Support Group ( <i>Bhutanese, Nepalese and Indian are welcome</i> )	9.30am to 12.30pm	Jack Young Centre
Jack Young Friendship Group	10am to 11.30am	Jack Young Centre
*Wood burning session 1	10am to 12 noon	Jack Young Centre
Wood burning session 2	1pm to 3pm	Jack Young Centre
Prime Movers ( <i>low impact chair ex</i> )	12.30pm to 1.15pm	Jack Young Centre
*Darts	1.15pm to 3.15pm	Jack Young Centre
Strength for Life	1.30pm to 2.30pm	Jack Young Centre
<b>WEDNESDAY</b>		
Walking Group	9am to 10am	Meet at Jack Young Centre
Salisbury Senior Citizens Club Day	9.30am to 3.30pm	Jack Young Centre
Senior Citizens Club Bingo	1pm to 3.30pm	Jack Young Centre
<i>This club operates separate to the centre. For membership enquiries contact Michelle Hayes 0412 724 554</i>		
Brain Gym	10am to 12 noon 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of month	Jack Young Centre
Creative Writing	10am to 12 noon	Jack Young Centre
*Painting & Drawing	10am to 12 noon	Jack Young Centre
Bosnian Group	10am to 2pm	Pine Lakes
Crochet Group	1.15pm to 3.15pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
<b>THURSDAY</b>		
Vietnamese Group	9.30am to 12.30pm	Pine Lakes
*Wood burning session 1	10am to 12 noon	Jack Young Centre
*Wood burning session 2	1pm to 3pm	
Ukulele	10am to 11.45am	Jack Young Centre
Moving & Grooving Music Session	11.30am to 12.30pm 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month	Jack Young Centre
Knitting Group	1pm to 3pm	Jack Young Centre
*JYC Line Dancing	1pm to 3pm	Jack Young Centre
JYC Beginners / Low Impact Line Dancing	3.15pm to 4pm	
<b>FRIDAY</b>		
Walking Group	9am to 10am	Meet at Jack Young Centre
Strength for Life	9am to 10am OR 10.10am to 11.10am	Jack Young Centre
*Reading for Fun	10am to 11.30am 1 <sup>st</sup> or 2 <sup>nd</sup> Friday of month	Jack Young Centre
Intercultural Group	9.30am to 12.30pm (fortnightly)	Jack Young Centre
Filipino Group	9.30am to 12.30pm (fortnightly)	Jack Young Centre
Parkinson Support Group	10am to 12 noon (fortnightly)	Jack Young Centre
Indoor Bowls	1pm to 3pm	Jack Young Centre
Creative Writing	1.30pm to 3.30pm	Jack Young Centre
*Indicates group is currently FULL to waiting list in place (register at Reception)		

ACTIVITY	TIME	NOTES
<b>ADDITIONAL SERVICES &amp; PROGRAMS at JACK YOUNG CENTRE</b>		
Computer Tutoring	1 on 1 tutoring tailored to student needs	Jack Young Centre By appointment
Upcoming Events	Includes Guest Speakers, Celebrations	Enquire at Jack Young Centre Reception

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## **JACK'S CAFÉ SERVICES, located at JACK YOUNG CENTRE**

Dine to In Meals	Monday to Friday 12 noon to 1pm	Orders from 8.30am
Frozen Takeaway Meals	Pick-up between 10am to 2.30pm	Pre-order or select from freezer
Hot Takeaway Meals	Pick-up between 12.30pm to 2pm	Orders from 8.30am

## **ACTIVITY TIME NOTES**

### **OTHER COMMUNITY HEALTH & WELLBEING SERVICES**

Home Assist Program	Monday to Friday 8.30am to 5pm	Enquiries to 8406 8225 or visit <a href="http://www.salisbury.sa.gov.au/has">www.salisbury.sa.gov.au/has</a>
Housing Program (Care Finder)	By Appointment	Enquiries to Trista or Caroline on 8406 8227 or visit <a href="http://www.salisbury.sa.gov.au/housing">www.salisbury.sa.gov.au/housing</a> OR email <a href="mailto:housing@salisbury.sa.gov.au">housing@salisbury.sa.gov.au</a>
Burton Friendship Group	Wednesday 10am to 11.30am	Enquiries to Jim on 8406 8251
The Shed	Monday, Wednesday & Friday 9am to 3pm	Enquiries to Craig on 0412 457 233 or visit <a href="http://www.salisbury.sa.gov.au/theshed">www.salisbury.sa.gov.au/theshed</a>
Social Activities for adults aged 18+ with intellectual disability	Wednesday 9am to 3pm Thursday 7pm to 9pm Friday 9am to 3pm	Enquiries to Craig 0412 457 233 or Jennie on 0413 891 077 or email <a href="mailto:has@salisbury.sa.gov.au">has@salisbury.sa.gov.au</a> or visit <a href="http://www.salisbury.sa.gov.au/disabilityprograms">www.salisbury.sa.gov.au/disabilityprograms</a>
Carers SA Support Group	3 <sup>rd</sup> Friday of month 1.30pm to 3.30pm	Enquiries to 1800 422 737

# Weekly Program

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and Pine Lakes*

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 to 5pm

Closed Public Holidays

Pine Lakes Centre:

Open Monday to Friday 8.30am to 4pm

Closed Public Holidays

Activity fees range from \$3 to \$10. \*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](http://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