

PARA HILLS SENIORS CENTRE WEEKLY PROGRAM 2025

22 Wilkinson Rd Para Hills. Open Monday to Friday
Enquires: **8406 8587** or visit www.salisbury.sa.gov.au/phsc

Looking for a place that's full of life, laughter, and connection? Welcome to Para Hills Senior Centre. Here, every day is a chance to meet new friends, learn something new, stay active, and have fun. From fitness classes and arts and crafts to music jams, games, outings, and special events — there's something for everyone. Come be part of a vibrant, caring community where you're celebrated for exactly who you are.

MONDAY – COMMUNITY DAY for over 50's

ACTIVITY	TIME	NOTES
Relaxation Group	9.30am to 11am	Join our Senior Relaxation Group for a soothing experience designed to promote relaxation and reduce stress.
"Step it up" Intermediate Line Dancing	10am to 11am	Ready to take your line dancing to the next level? This class is perfect for those who've mastered the basics and want to learn more challenging routines, improve technique, and have a great time doing it..
Paint 'n' Draw	10am to 12 noon	If you're passionate about painting, drawing, or both, this group offers a welcoming space to explore your artistic talents. Share techniques, inspiration, and create beautiful artwork together in a relaxed setting.
"Easy does it" low impact exercise group	12 noon to 1pm	This group is designed for those looking for gentle yet effective workouts, our group offers a variety of exercises to improve mobility, balance, core strength and overall well-being.
Chair Yoga	1pm to 2pm	Discover the benefits of gentle exercise with our Chair Yoga Group. Perfect for all fitness levels, chair yoga provides a low-impact way to improve flexibility, strength, and mindfulness.
Parabeats Guitar Group	1pm to 3.30pm	Senior Guitar Lessons are perfect for beginners and experienced players alike!

TUESDAY – COMMUNITY DAY for over 50's

ACTIVITY	TIME	NOTES
Creative Craft Group	10am to 12 noon	Enjoy a cup of tea in company of others who enjoy craft. Please bring any craft that you enjoy!!
Brain Gym (Fortnightly)	10.15 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 12 noon	Come along and learn the skill of wood burning to create items for pleasure or gifts. It's fun and relaxing. No experience necessary.
'A Novel Idea' Book Group (Held monthly)	10am to 12 noon	Spend time with friendly people, find a new favourite author and keep the mind going with meaningful conversations
Carpet Bowls	1pm to 3pm	Enjoy friendly competition and plenty of laughs with our Senior Carpet Bowls group! Perfect for all skill levels, carpet bowls is a fun and social way to stay active and connect with others.

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	This group is designed for those looking for gentle yet effective workouts, our group offers a variety of exercises to improve mobility, balance & core strength
'Step in line' Beginners Line Dancing	12 noon to 1pm	Our Beginner Line Dancing class is the perfect way for seniors to stay active, learn easy-to-follow moves, and enjoy great music in a relaxed, welcoming environment. No experience needed.
Wednesday Craft and crochet	10am to 12 noon	Casual get together to meet new people, enjoy great company and good conversations
Whist	1.15pm to 4pm	Love a good card game? Join our Whist Senior Card Group for a fun, friendly game, and great company.

THURSDAY

ACTIVITY	TIME	NOTES
Singing Group	9am to 10am	Lift your spirits and raise your voice with our Senior Singing Group! Whether you're a seasoned singer or just love to hum along, everyone is welcome. Join us for joyful sessions filled with music, laughter, and community — no experience needed, just a love of singing
Friendship Group	10am to 12 noon	Looking to meet new people and enjoy great conversations? Our Seniors Friendship Group is a warm, welcoming space to build connections, share stories, and have fun. Whether you're new to the area or just looking for more social time, come join us — new friends are always waiting!
Ukelodeon	10am to 12 noon	Strum, sing, and smile with our Seniors Ukulele Classes! Whether you're picking up a ukulele for the first time or refreshing old skills, our friendly, easy-paced lessons make learning fun. No musical experience needed — just bring your enthusiasm and get ready to make music together!
Empower Fit	1pm to 2pm	This is a feel-good, full-body experience designed to energise your day. In just 1 hour, we blend functional fitness, light resistance training, and movement to music to help you build strength, move better, and feel empowered in everyday life.
Empower Reset	2pm to 2.45pm	A 45-minute guided session focused on mindful flow, stretching and mindful meditation. Enjoy a cuppa at the end.
Social Bingo	1pm to 3pm	Join us for a fun-filled session of Seniors Bingo! Enjoy a relaxed, social atmosphere with plenty of laughs, friendly competition, and great prizes. Whether you're a regular player or new to the game, everyone is welcome — come for the bingo, stay for the company! Lucky door prize every week.

Did you know? We have two other senior centres. Grab the Jack Young Centre & Pine Lakes Centre weekly flyer, visit www.salisbury.sa.gov.au/seniors, or ask our staff.

Friday		
ACTIVITY	TIME	NOTES
ZUMBA	1.30pm to 2.30pm	Dance, Laugh, Move! Low-impact, easy-to-follow moves to upbeat music. Fitness that feels like fun!

FRIDAY SENIORS CLUB DAY
<p>Make Fridays your favourite day of the week! Join us for Friday Seniors Club Day — a fun-filled gathering with games, activities, music, and good company. Whether you're here to socialise, join a group, or just relax, there's something for everyone. Come and start your weekend with laughter, friendship, and community spirit!</p> <p>Morning tea and lunch included.</p> <p>9.30am to 1.15pm Cost \$14.50 per day (subsidised rate) or \$25 per day (standard rate). Transport assistance available if you have a transport referral from My Age Care</p>

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 AT PARA HILLS SENIORS CENTRE		
ACTIVITY	TIME	ENQUIRIES
Lunch (dine-in)	Tuesday, Thursday and Friday 12 noon to 1pm	Sandwiches, soups and light meals from \$5. 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 to \$10. *First session free. Ongoing cost may vary depending on eligibility. See Reception regarding group cost.

Last updated August 2025