

COMMUNITY HEALTH & WELLBEING NEWSLETTER

Living Well



WWW.SALISBURY.SA.GOV.AU/LIVINGWELL



Edition 74: July/August 2023 Wellbeing Newsletter

You can get your friends, family, work colleagues and neighbours living in the City of Salisbury to sign up for an electronic copy of the newsletter at www.salisbury.sa.gov.au/CHWNews. This edition is full of health and wellbeing tips, events and information.

'Be Active - Find your WHY' **Our Trial cards are here!!**

Our printed postcards have now arrived and you can pick up yours (plus another) from one of our senior centres. Or, we can send two out to you. Why two? One aim of this project is to **harness the power of personal invitation**. Not only do you have the opportunity to motivate yourself but also to help someone else do the same. You can do this by giving them their own postcard and encouraging them to think about why they would like to move a little more! You can also support them by inviting them for a walk, getting them joining you at a movement class or letting them know you would be happy to come with them to an activity they would like to try at the level suitable for them.

Like some help to be able to do this?

Attend one of our FREE *'Be Active - Find Your Why'* Coaching sessions.

When: Mon 14 August from 10am to 11.30am

Location: Jack Young Centre (JYC: 2 Orange Ave, Salisbury)

Enquiries: 8406 8251. Bookings essential.

EXPO - 'Be Active - Find Your Why'



Save the Date Thursday 5 October at JYC with 'Mr South Australia' Keith Conlon

SA Media legend (and Bike SA patron) Keith Conlon will be joining us as our Special Guest speaker on the day.

There will be an 'early bird' lucky draw, displays, health checks, information stalls including Arthritis SA.

- Special information sessions
- 'Have a Go' activities and much, much more!

Full details soon: www.salisbury.sa.gov.au/why



www.salisbury.sa.gov.au/livingwell

Contemporary Dance for Seniors



Join us for two exciting dance programs tailored for seniors led by experienced instructor: Veronica Shun (B. Dance Perf, B. Physio). **No previous dance experience is required.**

1) Seated Contemporary Dance

This chair-based class is designed to accommodate the needs of older individuals with varying levels of mobility and balance, including those with Parkinson's disease or other movement disorders. Enjoy the fun and gentle modified dance routines set to a variety of music genres, including jazz, classical, contemporary, and 50's/60's/70's tunes. Seated dance exercise options are provided.

2) NEW Standing Contemporary Dance

Following a popular 'Have a Go' session we are now trialing a regular weekly program.

Experience the joy of movement and explore different ways of dancing in this standing class. Join us for a free trial and discover the fun!



When:

Thursdays 10.15am to 11.15am (seated)
Thursdays 9am to 10am (standing)

Date 27 July (after school holidays)

Cost: First session FREE then weekly \$8/person (\$7/person for CHSP subsidy).

Location: Jack Young Centre (JYC)
2 Orange Ave, Salisbury

Bookings and pre-registration required.

Contact: Jim on 8406 8251 or
jbinder@salisbury.sa.gov.au

Experience FREE 'Have a Go' sessions for adults over 50

Here's what's coming up:

- **'Outdoor Gym' sessions** - Max of 12 participants. Mon 10am to 11am
Get guidance on how to use the equipment by an exercise physiotherapist.
7 August - Springbank Drive at **Burton**
11 September - Dry Creek Trail, **Mawson Lakes**
- **'Back on the Bike' sessions** - Max 6 participants **Wed 10am to 12noon**
Cycle session at JYC - For those that know how to ride but haven't been on the bike for a while.
23 August and 27 September at Jack Young Centre (JYC), Salisbury.

Bookings essential. Limited numbers

Book at JYC Reception (2 Orange Ave, Salisbury) or call **8406 8525**. If unable to attend, express interest for upcoming 'have a go' sessions. For additional information, visit www.salisbury.sa.gov.au/why or request a flyer at a Seniors Centre.

Editor's Note

It's been cold outside!
The good news is that we have plenty of activities, including new ones (like 'Shadow Boxing' and 'Standing Contemporary Dance') to keep you warm and moving.



'Taking Action is the key to success. Just start!'

We often say...yes, I want to do that but the time isn't right at the moment (for one reason or another). There will never be 'the perfect time' the time is now! **Just start** and do what you can and build from there.

Taking action creates momentum and you will feel so much better that you did.

'Be Active - Find your why' trial phase has lots on offer as you will see in this latest newsletter. Make sure you pick up a postcard and one for a friend.

Burton Communal Garden

There's plenty on offer at the Burton Community Hub Garden.

Register to receive regular updates on upcoming programs by calling **8406 8251** or you can also find out more and download the programs at www.salisbury.sa.gov.au/gardening



Over 50's Garden program

There are also programs specifically for Over 50's on a Tuesday, Wednesday and Thursday in the Garden.

This group is actively in the garden doing a variety of tasks to keep the garden flourishing. Activities include sowing and planting out garden beds, building new structures for the garden beds e.g. trellising and shade frames, other gardening-based building projects, or even just having a seated discussion to share knowledge, tips and stories. Bookings required.

Location: Burton Community Hub
(380 Waterloo Corner Rd, Burton)

Cost: \$4 per session (includes a cuppa)

Enquiries: 8487 1820

'Meet and Greet' sessions

Mondays 1pm to 2.30pm

Join this group on a weekly basis or pick and choose which sessions you come to.

Mon 24 July - COTA SA

Mon 7 Aug - David Kilner (Crime Writer)

Bookings for each session is essential.

Call **8406 8525** or visit Jack Young Centre reception (2 Orange Ave, Salisbury).

Cost: First time FREE, then \$4 (includes a cuppa)

Feedback

To provide feedback on this newsletter please call Jim Binder at the City of Salisbury on 8406 8251.

Health Promotion watch / events

July

9-15 July: National Diabetes week



www.diabetesaustralia.com.au/national-diabetes-week

24-28 July: National Pain Week

www.chronicpinaustralia.org.au/painchanger

August

7-13 August: National Stroke Week

www.strokefoundation.org.au/strokeweek



Women's Health Week

Save the date: Wednesday 6 September

As part of Women's Health Week, you're invited to a **Women's Health Feelgood Luncheon** at Para Hills Seniors Centre from 10am to 1.30pm.



Join in for a day of fun, food, fashion, information and entertainment!

Enquires: 8406 8587 or find out more at www.salisbury.sa.gov.au/womenshealth

JULY/AUG WELLBEING QUOTE

"Taking action is the key to success. Just start!"

Program of Activities for Seniors

Jack Young Centre vacancies:

(Located 2 Orange Ave, Salisbury)

Opportunities exist for the following programs:

Physical activity sessions:

- Monday Tai Chi: 10am
- Monday Indoor Bowls: 1pm to 3pm
- Tuesday Prime Movers low level exercise (low impact class): 12.30pm to 1.15pm
- Tuesday Shadow Boxing (a great workout): 1.30pm to 2.15pm
- Wednesday & Friday Heart Foundation Walking group: 9am to 10am
- Thursday Contemporary Dance Standing: 9am to 10am seated: 10.15am – 11.15am
- Friday 'Strength for Life' free weights, stretchy bands, use of own body weight to exercise. Two classes: 9am and 10.10am
- Friday Indoor Bowls: 1pm to 3pm

Recreation / Fun:

- Monday Scrabble: 10am
- Monday Meet and Greet - Guest Speakers group chat: 1pm to 2.30pm
- Monday Indoor Bowls: 1pm to 3pm
- Wednesday Creative Writing group: 10am to 12noon
- Wednesday Crochet group: 1pm to 3pm
- Thursday Backgammon: 1pm to 3pm
- Friday Creative Writing group: 1pm to 2.30pm
- Friday Relaxation Group: 12.40pm to 1.30pm

Find out more: phone 8406 8525 or visit www.salisbury.sa.gov.au/jyc

Meals

Jack's Cafe at Jack Young Centre is open for lunch Monday to Friday. Pre-booking and pre-orders are required between 8:30am to 11:30am.

Enjoy dine-in or take away delicious meals including soups, mains, and desserts. We also offer a wide variety of meals from our freezer.

Contact us at 8406 8525 for the menu and current month's specials, or at www.salisbury.sa.gov.au/jyc

Para Hills Seniors Centre vacancies

(Located inside Para Hills Community Hub, 22 Wilkinson Rd, Para Hills)

Physical activity sessions:

- Monday Relaxation group: 9.30am-11am
- Monday 'Move and Groove': 10am to 11am
A light fun fitness/dance exercise group.
- Monday 'Easy Does It': 12noon to 1pm or Wednesday 10.45am to 11.45am
Low impact exercise activity designed to increase strength, mobility and fitness.
- Tuesday Indoor Bowls: 1pm to 3pm
- Wednesday Tai Chi: 9am to 10am
Gentle movement and exercise aimed at reducing stress and improving strength and balance.
- Thursday Line Dancing: 12.45pm to 2.30pm



Recreation / Fun:

- Mondays: Art Group, Parabeats Guitar group
- Tuesdays: Brain Gym, Woodburning, Book group
- Wednesday: Craft and Crochet, Whist, Darts
- Thursdays: Singing group, Friendship group, Uke group, Card making workshop.

Find out more: phone 8406 8587 or visit www.salisbury.sa.gov.au/phsc

Find out more...

The best way to stay up-to-date on what is happening is to go to the initiative webpage on a regular basis: www.salisbury.sa.gov.au/why or pick up the latest flyer from one of our centres.

Did you know we have an electronic version available which has extra information and articles? You can read it and/or join the mailing list by visiting www.salisbury.sa.gov.au/livingwell

Visit www.salisbury.sa.gov.au/events to see a range of events coming up in the City of Salisbury.