

Burton Communal Garden *Seniors Program*



The Burton Communal Garden is a shared garden space for people to experience and learn about food gardening at home and the related skills. Also for people to enjoy a green space.

On Tuesday, Wednesday and Thursday a Social Participation & Diversity team (who works with older adults in Salisbury) staff member runs a variety of programs and activities in the garden. These aim to be a way to involve people in interesting projects and events around the theme of gardening, and for it to be beneficial to both the body and mind.

A small group of volunteers assist in the garden and we invite seniors of Salisbury to join us in this new shared garden adventure, to make it a great space for many to enjoy. Please turn over to see the arrangements (requirements) for those Over 50's looking to attend our Burton Communal Garden programs regularly.

Adults of any age are able to attend our '**Workshop Wednesday program**' (bookings required), which are education sessions on particular topics as a one off (including Guest Speakers) or short gardening courses over a couple of consecutive weeks. Additionally, the Burton Community Hub will additional gardening offerings from time to time open to the general public on other days of the week.

Being a new gardening program the groups and opportunities we will have available will be extended over time.

Stage 1 – commencing in August 2022
start date to be confirmed

Gardening Group

Tuesdays, Wednesday, Thursday
9am-12pm

This Over 50's group is actively in the garden doing a variety of task 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 and other gardening based building projects.

Cost: \$4/week (includes a cuppa)

Friends of the Garden

Tuesdays 10am-11.30am

This group is for people over 50 who wish to be a part of the development of the Burton Communal Garden, including planting/harvest schedule/activities. We have lots of ideas and it'll be exciting to bring them practically into the garden

Cost: \$4/week (includes a cuppa)

Friendship Group (Not gardening related) Wednesdays 10am-11.30am

This Over 50's group is a social group for providing an opportunity to meet people, learn about interesting topics from Guest Speakers., that stimulate conversations over a cuppa.

Cost: \$4/week (includes a cuppa)



Stage 1 – commencing in August 2022
cont. start date to be confirmed

Workshop Wednesday Program

Wednesday 1-2.30pm

Set gardening topics to book in for.

For people wanting information & support to grow their own food at home with the relevant skills and knowledge to do this confidently and successfully.

This is one of a number of programs reflecting Salisbury's commitment to encouraging a healthy lifestyle. Adults of any age can attend our one-off workshops or events.

A seasonal calendar of these events is released throughout the year and available from council, community centres and at

www.salisbury.sa.gov.au/gardening

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

**Stage 2 – confirmation & commencement dates to be confirmed

Friends of the Garden

Tuesdays 1pm-2.30pm

This group will target those over 50 who would like to contribute to nature based/sustainability causes within the wider community.

Cost: \$4/week (includes a cuppa)

Nutrition based courses

Thursdays 10am-11.15am (4 weeks per term)

Cost: TBC

This group will target those over 50 who would like to eat a bit better. Both an educational and social group.

Lunch club

Thursdays 11.30am-12.30am (weekly group)

Background & Cost: TBC

**Note – you can register interest in advance for these programs by calling Jim on 8406 8251 or emailing jbinder@salisbury.sa.gov.au

What is required to be a regular participant at the Burton Communal Garden ?

Adults over 50 are welcome to attend any of our program offerings.

If you intend coming regularly to a particular group or a variety of groups, we require (ask) you to become a member of our Over 50's centres.

The cost of this for the 2022/23 Financial year is **\$12** and gives you access to attend any of our groups, activities & special events at our other over 50's centres (Jack Young Centre – Salisbury ; Para Hills Senior Centre ; Pine Lakes centre) There are all types of programs, events & activities available & also delicious lunches / take-away meals.

Please ask Shannan (our Garden coordinator) for a Membership form or about the Garden membership process. Alternatively call Jim Binder (Wellbeing Coordinator) on 8406 8251 or jbinder@salisbury.sa.gov.au

You will also be asked to sign a charter of Aged Care Rights. (a statement regarding how we will look after you when you are with us)



If you are Over 65, we will also talk to you about whether you are able to apply for subsidised programs through My Aged Care.

updated August 2022

