

# COMMUNITY HEALTH AND WELLBEING UPCOMING EVENTS

LIVING WELL

## WHAT'S ON IN APRIL AND MAY 2025

The City of Salisbury is pleased to offer a wide range of health and wellbeing events and activities, including many specifically for older people. If you would like to book online or receive this newsletter electronically please visit: [www.salisbury.sa.gov.au/CHWEvents](http://www.salisbury.sa.gov.au/CHWEvents)

**Note: Events may be subject to changes at short notice.**

### Burton Friendship Group

Over 50? Join us weekly for a chat and cuppa, plus learn from a range of guest speakers such as:

- Wed 9 April** - RAA: Fun and interactive Road Rules Quiz by Tony Ey
- Wed 16 April** - Cyber Security by Martin Foreman
- Wed 30 April** - My Aged Care by Rebecca Barr
- Wed 14 May** - ARAS: Aged Rights Advocacy by Sakina

Wednesdays 10am to 11.30am  
'The Hive' Community Resource Hub  
(380 Waterloo Cnr Rd, Burton)  
Cost: First time FREE then \$3 or \$4  
Enquires: 8406 8251

**For regular activities for people aged 50+, check out the program of activities available at these centres.**

**Jack Young Centre (JYC)** 2  
Orange Avenue, Salisbury.

Website:  
[www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)

Phone 8406 8525 or email  
[jyc@salisbury.sa.gov.au](mailto:jyc@salisbury.sa.gov.au)



**Para Hills Seniors Centre (PHSC)**

Located within Para Hills Community Hub, Wilkinson Road, Para Hills.  
Phone 8406 8587 or [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc)

### Backyards for Wildlife

Create a garden that works for you.



Discover how local native plants can transform small spaces into beautiful, low-maintenance gardens that support birds, butterflies, and wildlife.

Enjoy expert tips, meet local volunteers, buy native plants (BYO container), and get up close to native animals. Plus, grab a coffee and sausage sizzle!

**Saturday 12 April** 10am to 2pm  
40 Sandy Crescent, Salisbury Park  
(limited parking – carpooling encouraged)  
Cost: FREE but bookings are essential  
Enquiries: 8406 8222  
Bookings: [www.salisbury.sa.gov.au/events](http://www.salisbury.sa.gov.au/events)

### JYC Meet & Greet

Join us for a chat, cuppa, and insightful talks by guest speakers. Bookings essential.

- Mon 14 April** - A Flight against all Odds by Kate Clements
- Mon 28 April** - RAA: Fun and interactive Road Rules Quiz by Tony Ey
- Mon 12 May** - Epilepsy Centre: Epilepsy Awareness by Sam Brown
- Mon 19 May** - ARAS: Aged Rights Advocacy by Sakina

Time: 1pm to 2.30pm  
Jack Young Centre (2 Orange Ave, Salisbury)  
Cost: First time FREE then \$3 or \$4  
Bookings and enquires: 8406 8525

## Ride Her Way – a cycling program for women, by women!



Ride Her Way is a community that connects, empowers and inspires women to be active and ride a bike.

Want to become part of it? We are looking for expressions of interest in the following areas: Onkaparinga, Port Adelaide,

Enfield, **Salisbury**, Adelaide City & Burnside!

Register interest at <https://tinyurl.com/yt2z64h3>

Come and join one of more of these options:

Weekly beginner workshops starting

**Sunday 4 May** 10am to 11.30am

Weekly social rides starting

**Saturday 24 May** 11.30am to 1pm

Happy Home Reserve, Salisbury North

Cost: FREE but bookings are essential

Bookings and enquiries: 8406 8251 (Jim)

## An Evening of Wine and Crime with Michelle Prak



Enjoy a fascinating discussion about her latest crime novel, followed by a Q&A session, book signing, and complimentary wine and refreshments. Immerse yourself in the world of crime fiction and uncover the secrets behind Michelle's gripping storytelling.

**Tuesday 29 April** 6.15pm to 7.30pm

The Mawson Centre, 2-8 Main St, Mawson Lakes

Cost: FREE but bookings are essential

Enquiries: 8406 8222

Bookings: [www.salisbury.sa.gov.au/events](http://www.salisbury.sa.gov.au/events)

## Come & Try Walking Basketball!

Walking Basketball is a slower paced, low impact, social and fun way to stay active. Suitable for all ages and abilities, with no weekly commitment or set teams—just show up and enjoy.



**Tuesdays 11am to 12 noon**

Parafield Gardens Recreation Centre (Cnr Kings & Martins Rds, Parafield Gardens)

Cost: \$6

Enquiries: 8286 8800

## Mothers Day lunch and mini market



Join us for a special Mother's Day lunch, celebrating the wonderful women in our lives. This event is designed for people aged 50 and over, offering a delicious three-course meal, great company, a mini market to browse, prizes to be won, and a warm community atmosphere. Full payment and bookings required by Friday 2 May.

**Friday 9 May:** 10.30am to 1.30pm

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: \$25 to \$30

Bookings and enquiries: JYC 8406 8525 or PHSC 8406 8587

## National Volunteer Week Expo

Come and see the diverse range of volunteering opportunities across the Salisbury City Centre and the City of Salisbury.

**Wed 22 May 10am to 1pm**

Parabanks Shopping Centre (68-84 John St, Salisbury)

Cost: FREE

Enquiries: (David) 0414 813 202

## Conversations with Salisbury Seniors



Join us for a discussion on topics that are relevant to older people today. Learn how we can address these issues individually and collectively at an event co-hosted by COTA SA and the City of Salisbury.

**Tuesday 10 June (rescheduled from Tue 13 May)**

9.30am to 12.30pm

Salisbury Civic Plaza (34 Church Street, Salisbury)

Cost: FREE (includes morning tea)

Bookings and enquires: 8406 8525

Website: [www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)

If you would like to receive this monthly newsletter electronically visit:

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or send your details to Arlene at

[ajasper@salisbury.sa.gov.au](mailto:ajasper@salisbury.sa.gov.au)