

COMMUNITY HEALTH AND WELLBEING UPCOMING EVENTS

LIVING WELL

WHAT'S ON IN JULY TO AUGUST 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

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

Firstival

When was the first time you did something for the first time? Firstival is a festival of firsts. Throughout the month of July, we are inviting all of our community to join us. Learn a new skill for the first time, try VR, knit your first yarn project, build a fairy garden, watch your first magic show and much more.

Tuesday 1 July until Thursday 31 July

Cost varies - \$5 or free

For more information, locations of events and costs

Visit: www.salisbury.sa.gov.au/events



Burton Friendship Group

Over 50? Join us weekly for a chat and cuppa, plus learn from a range of guest speakers on some upcoming interesting topics.



Wednesday 23 July – Kate Clements – ‘A flight against all odds’

Wednesday 6 August – Janet Weir – Stroke Foundation

Wednesday 20 August – Anglicare SA – Financial Wellbeing

Time: 10am to 11.30am

‘The Hive’ Community Resource Hub
(380 Waterloo Cnr Rd, Burton)

Cost: guest speaker events are free

Weekly events are first time free then \$3 or \$4

Enquiries: 8406 8251

Ride Her Way – a cycling program for women by women

Bike SA are creating a supportive community that connects, empowers and inspires women to be active and ride a bike. What's included?

Coming up: weekly social rides

Saturday 19 July and Saturday 2 August

Time: 10am to 11.30am

Happy Home Reserve, Salisbury North

Cost: free but registrations are essential

<https://brnw.ch/21wSbbG>

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

www.salisbury.sa.gov.au/CHWEvents

or send your details to Arlene at

ajasper@salisbury.sa.gov.au

JYC Meet & Greet

Join us for a chat, cuppa and insightful tals by guest speakers

Upcoming speakers:

Monday 28 July – Sarah Sabo – CLM
Sleep – Sleep Apnoea

Monday 4 August – Social Connections
Program – Kate Hunter FREE personalised
program

Monday 11 August - Staying at Home Retreat
Program – Melissa Heywood

Monday 18 August - Sarah Sabo – CLM Sleep –
Sleep Apnoea

Time: 1pm to 2.30pm
Jack Young Centre
(2 Orange Ave, Salisbury)
Cost: first time free then \$3 or \$4 per week
Bookings: 8406 8525

Winter Warmers

Come and enjoy some wonderful
live music performances this
winter.

You can even purchase a
sandwich and/or a cup of soup to
take down to the hall.

Monday 28 July – Vintage Bass
Quartet

Monday 11 August – Jerry & the
Hattricks (Michael Liddle)

Monday 25 August – Leanne Coleman

Time: 11.45am to 12.30pm
Jack Young Centre (2 Orange Ave, Salisbury)
Cost: FREE
Enquires: 8406 8525



Zentangle Workshop



Discover the joy of mindful creativity in this relaxing Zentangle workshop. Join us at the Para Hills Community Hub for a hands-on art experience that's perfect for anyone looking to unwind, de-stress, and explore their creative side. Whether you're an experienced artist or a complete beginner, the Zentangle method offers a simple and fun way to create beautiful patterns through structured, meditative drawing.

Wednesday 6 August

Time: 1pm to 2.30pm
Para Hills Community Hub
(22 Wilkinson Road, Para Hills)
Cost: \$5
Bookings required
Visit: www.salisbury.sa.gov.au/events

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
Phone 8406 8525 or email
jyc@salisbury.sa.gov.au

Para Hills Seniors Centre (PHSC)

Para Hills Community Hub
22 Wilkinson Road, Para Hills
Phone 8406 8587 or www.salisbury.sa.gov.au/phsc

