

COMMUNITY HEALTH AND WELLBEING UPCOMING EVENTS

LIVING WELL

WHAT'S ON IN JUNE TO JULY 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.

Burton Friendship Group

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

Wednesday 4 June - Epilepsy Presentation - Sam Brown

Wednesday 2 July - Artificial Intelligence - Dr Jinan Zou

Wednesday 23 July – 'A flight against all odds' - Kate Clements



Wednesdays 10am to 11.30am

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

Cost: Guest speaker events are FREE. Weekly event is first time FREE then \$3 or \$4

Enquires: 8406 8251

JYC Meet & Greet

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

Monday 16 June My Aged Care – Rebecca Barr
Find the help you need with My Aged Care

Monday 23 June Falls Management Session (COTA SA) – Focusing on improving balance and increasing strength. Falls Prevention and Better Balance and the positive impact these can have on your life

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

Looking for a job in aged care?

Attend an information session and workshop to learn about employment in the aged care sector, including entry-level job opportunities and preparation for speed date-style interviews at an expo.

Practice the skills you've learnt and drop by the expo to meet potential employers.



Get Ready for a Job in Aged Care Information Session

Wednesday 18 June Salisbury Community Hub
(34 Church Street, Salisbury)

Time: 9.30am to 3.30pm

Cost: FREE

Bookings: www.Jobworkshop2025.eventbrite.com.au

Aged Care Career and Volunteer Connect Expo

Wednesday 25 June Salisbury Community Hub
(34 Church Street, Salisbury)

Time: 10.15am to 12.45pm

Cost: FREE

Bookings not required – drop by welcome

Enquiries for both events: 8406 8364 (Susantha, Northern Collaborative Project Coordinator)

Disco Rock n Roll Dance Party 'with DJ DES'

Join us for lots of fun! Come dance like no one is watching. You can even dress up to really get into the vibe!

The disco is held on the first Thursday of the month (Feb to Nov). Upcoming dates:

Thursday 5 June and Thursday 3 July

Jack Young Centre (2 Orange Ave, Salisbury)

Time: 10am to 11.45am

Cost: \$3 subsidised, \$4 standard.

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 16 June - Alice

Richardson & Brian Dewey

Monday 23 June - Bright & Breezy (10-piece band)

Monday 14 July - Mick Pullen

Monday 28 July – Vintage Brass Quartet

Time: 11.45am to 12.30pm

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: FREE

Enquires: 8406 8525

Salisbury Author Series:

Dr Susan Neuhaus The Surgeon of Royaumont



Join us for a captivating evening with Dr Susan Neuhaus, as part of the Salisbury Author Series. This special event will offer insights into Dr Neuhaus's fascinating research journey and the challenges of bringing hidden history to light. From her own experience in military medicine to the remarkable lives of early women surgeons, Dr Neuhaus presents a compelling blend of fact, empathy, and storytelling.

Tuesday 10 June

Time: 6.30pm to 7.30pm

Mawson Lakes Library (2-8 Main Street Mawson Lakes)

Cost: FREE

Bookings essential: www.salisbury.sa.gov.au/events

Conversations with Salisbury Seniors



As we age – circumstances change. Understanding your rights is important in everyday life. Come and find out more about your rights and share ideas with others. Discussion will be around rights to with money, legal areas, aged care, making your future wishes known and where to get help if you need it. Information stalls hosted by:

- Aged Rights Advocacy Service
- My Aged Care
- Services Australia – Aged Care Specialist and Centrelink Financial Services
- Aged Care Northern Legal Service
- Office for Ageing Well
- COTA SA
- City of Salisbury

Tuesday 10 June

Time: 9.30am to 12.30pm

Salisbury Community Hub, Little Para Conference Rooms (level 1), 34 Church Street, Salisbury

Cost: FREE (includes morning tea and pre-event entertainment)

Bookings and enquires: 8406 8525

Website: <https://ConvJune2025.eventbrite.com.au>

World Elder Abuse Awareness Day (WEAAD)

Join us for our information stall! This June, we're highlighting elder abuse prevention in the lead up to World Elder Abuse Awareness Day (WEAAD) on

Sunday 15 June. This annual stall features handmade, purple knitted and crocheted items donated by local community members.

Drop by to meet the team and learn about all the great opportunities Council offers to our senior community as well as ask questions and collect information about elder abuse and where to get help. There's also an opportunity to learn about the North West Transport project. We look forward to seeing you there!

Friday 13 June

Time: 10am to 1pm

Hollywood Plaza

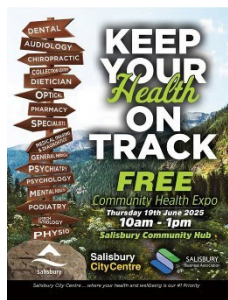
Cnr Spains Road and Winzor St, Salisbury Downs

Cost: FREE



Community Health Expo

FREE health advice expo showcasing medical and allied health providers across the Salisbury City Centre and the City of Salisbury, including: men's and women's health, aged care, dental, hearing, immunisation, medical, mental health, nutrition, optometry, pharmacy, physio, podiatry, community health and wellbeing and more.



Thursday 19 June

Time: 10am to 1pm

Salisbury Community Hub (34 Church St, Salisbury)

Cost: FREE

Mens Health Week Shoulder-to-Shoulder

Blokes over 50 are invited to join us for a day dedicated to your health and wellbeing!

Enjoy health checks, car and bike displays between 10am to 10.30am, interactive activities, and a buffet style lunch. Hear from expert speakers on mental health, easy health tips, and fascinating stories.



- **Dave Sanderson**, will talk about 'Men's Mental Health: Recognising signs and seeking help'.
- **Rod Quintrell** Executive Director of WalkingSA will talk about 'The health benefits of spending time outdoors'.
- **Barry O'Brien**, award winning photographer and journalist with the Advertiser, will talk about his career and a life well lived.

Friday 20 June

9.30am to 2pm (arrive before 10am for a prize draw)
Jack Young Centre (JYC), 2 Orange Ave, Salisbury

Cost: \$15 – includes buffet lunch

Bookings required: 8406 8525 or online at:

www.salisbury.sa.gov.au/menshealthweek2025

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

Watershed Creative Prize Exhibition

The Watershed Creative Prize Exhibition showcasing some of our best artistic talent from our community and surrounding areas. The theme this year is 'Spirit of Salisbury - A place to call home', and we encourage everyone to go take a look.

Open now until Saturday 15 June

Time: regular opening hours

Salisbury Community Hub (34 Church Street, Salisbury)

Cost: FREE



Wayapa Wuurrk with Tamara Young

NAIDOC Week celebrates the Next Generation: Strength, Vision and Legacy. Join proud Kamilaroi woman Tamara Young as she expertly guides you using First Nations wisdom and connection to earth through the modality of Wayapa.

Monday 7 July

Time: 10am to 11am

Salisbury Community Hub
(34 Church St, Salisbury)

Cost: FREE

Bookings required: www.salisbury.sa.gov.au/events



Lights at Mawson

Join us for a family-friendly evening as Lights at Mawson transforms the Mawson Lakes main lake area into a vibrant night-time destination. Enjoy three nights of colour, creativity, and community in one of the city's most picturesque locations.



Friday 11 July to Sunday 13 July

Time: 5pm to 10pm

Mawson Lakes Boulevard, Mawson Lakes

Cost: FREE

Website: www.salisbury.sa.gov.au/lightsatmawson

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