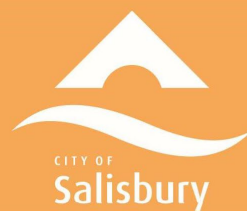




COMMUNITY HEALTH & WELLBEING UPCOMING EVENTS



Living well

WHAT'S ON IN OCTOBER / NOVEMBER 2023

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.

Sounds in the Courtyard

Come and listen to FREE live music in the in a beautiful surrounding every fortnight between 12.15pm to 1pm



While you're there - book a meal and have it at the courtyard.

Thu 19 Oct: Leanne Coleman
Thu 2 Nov: JYC Jukes
Thu 16 Nov: Alice Richardson
Thu 30 Nov: Violin player Andrew Sawyer (instrumental) with support from Michael Liddle

JYC Courtyard (2 Orange Ave, Salisbury)
Cost: FREE entertainment
Bookings for lunch: 8406 8525

Digital Literacy

Wed 11 Oct Everyday Tech Topics #3

Wed 25 Oct Video Calls/Conferencing

10.30am to 12.30pm
JYC (2 Orange Ave, Salisbury)
Cost: First time FREE, then \$8 p/session
Bookings and enquiries: (JYC) 8406 8525

Burton Over 50's Friendship Group

Come and visit the Burton Friendship group for some fun and friendship. The group meets weekly, plus there's special guest speakers scheduled on:

Wed 11 Oct Liz from Dementia Australia: Dementia Presentation

Wed 18 Oct Arthritis Presentation by Ben Trobbiani

Wed 25 Oct Beyond Blue by Lynn Charlesworth

10am to 11.30am

Burton Community Hub (380 Waterloo Corner Rd, Burton)

Cost: First time FREE (then \$4 a week which includes a cuppa!)

Enquiries: (via JYC) 8406 8525

Big Blue Table for Mental Health

Para Hills Seniors Centre (PHSC) is hosting a Big Blue Table event with Beyond Blue guest speaker Colin Kavooris.

Fri 13 Oct 10am to 12 noon

Para Hills Community Hub (22 Wilkinson Rd Para Hills)

Cost: \$5 (all proceeds donated to the Big Blue Table and morning tea included)

Enquiries: (PHSC) 8406 8587

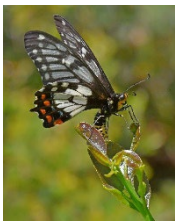


Burton Communal Garden

Special events for October

Thu 12 Oct 10am to 12.30pm | FREE*

Butterfly and Biodiversity Day. School holiday event to bring the grandchildren to.



Thu 19 Oct 10am to 11.30am | \$4
Propagating Natives. Hands-on propagation session.

Wed 25 Oct 10am to 1pm | FREE
Visit the Garden, join us for a chat and morning tea. Bring your lunch and sit in the garden.

Grow it Local Sessions | 10am to 11.30am | FREE*

Wed 18 Oct Organic Pest Control

Wed 25 Oct Growing Herbs for Cooking and Tea



The garden is located at the Burton Community Hub (380 Waterloo Corner Road Burton)

Bookings and Enquiries: 8487 1820

*Event suitable for all ages. Otherwise, gardening program is scheduled for Over 50's

Find out more at www.salisbury.sa.gov.au/gardening

Salisbury Starlight Cinema

Family friendly movie screening with food and drinks available.
Screening from 8.30pm.



Sat 21 Oct 7pm to 10pm
Kentish Green (41 Warren Rd, Para Vista)
Cost: FREE

'Be Active – Find Your Why' Coaching Session

Learn how to use our 'Be Active – Find Your Why' postcards for both yourself and those that you might wish to encourage / support to be more active.



One of the aims 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!

In this FREE session, we'll discuss how you might go about this and welcome your suggestions and ideas. *Eg You can support others by inviting them to walk, joining a movement class together, or offering to accompany them in trying activities they're interested in at their comfort level...*

Monday 16 Oct 10am to 11.30am
Jack Young Centre (2 Orange Ave, Salisbury)
Cost: FREE
Enquiries: (JYC) 8406 8525

Community Information Stalls



Come and find out about the range of things Council offers our older community members.

Fri 27 Oct 10am to 1pm
Hollywood Plaza (Cnr Spains Road and Winzor St Salisbury Downs)
Cost: FREE
Enquiries: (via JYC) 8406 8525

NOVEMBER EVENTS

Melbourne Cup

Join us for a delicious lunch, music, fun activities, sweeps and of course the big race! Bookings essential.



Tue 7 Nov from 12noon

Jack Young Centre (2 Orange Ave, Salisbury)

Cost: From \$25 to \$35

Enquiries: (JYC) 8406 8525

Conversation with Salisbury Seniors

(partnership between COTA & City of Salisbury)



Join us for a discussion on a topic of "Thrifty Living" which aims to engage attendees in conversations and idea sharing around some identified thrifty living buckets which include food, clothing, entertainment and fun, the essentials and health and wellbeing.

Get up to date information and research, as well as local options to get involved, help you navigate through tough times and connect. Bookings essential.

Tue 14 Nov 9.30am to 12.30pm

Salisbury Community Hub (John Harvey Community Hall), 34 Church St, Salisbury

Cost: FREE (includes morning tea)

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

Guest Speaker: Office of Public Advocate

Come and join the Friday group as they discuss seniors' rights and resources – including Advance Care Directives. This will be an enriching session.

Fri 24 Nov 10.30am to 11.30am

Para Hills Community Hub (22 Wilkinson Rd Para Hills)

Cost: FREE first time – then \$3

Enquiries: (PHSC) 8406 8587

SAVE THE DATE: DECEMBER EVENTS

Para Hills Senior Centre Christmas Lunch



A superb three-course meal with entertainment, raffles, door prizes and a visit from Santa. Come along and finish the year off with a bang. Bookings essential at the Para Hills Seniors Centre with full payment required upon booking.

Fri 1 Dec 10am to 1pm

Para Hills Community Hub (22 Wilkinson Rd Para Hills)

Cost: \$25 (CHSP subsidised), else \$30

Enquiries: (PHSC) 8406 8587

Chronic Pain: Exercise as Medicine

This session will cover current scientific evidence, benefits vs risk, what options are available and how to plan the first steps, a practical guide for all audiences.



The session will be led by Matthew Beard, who is a Lead Physiotherapist at the Spinal Assessment Clinic at a public hospital.



Monday 4 December 1.15pm to 2.15pm

JYC (2 Orange Ave, Salisbury)

Cost: FREE

Bookings and enquiries: (JYC) 8406 8525

If you would like to receive this newsletter electronically every month please visit: www.salisbury.sa.gov.au/CHWEvents or send your details to Arlene at ajasper@salisbury.sa.gov.au