

OCT 2022

ISSUE
25

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

www.salisbury.sa.gov.au/seniors



COVER

**SENIORS CENTRES:
PARA HILLS SONGSTERS**

Pg 18

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THIS EDITION

Welcome to Issue 25 of this informative magazine for Salisbury seniors.

We are proud to announce that over 4,000 residents attended the opening of the Burton Community Hub on 31 July 2022. Community feedback has been extremely positive about this fantastic facility.

Our disability groups and Communal Garden program are settling in well. See page seven for information including the new gardening program.

The 2022 Refugee week event "Sharing our Healing Cultures" hosted at the Salisbury Community Hub in June was fantastic event. Read more about this on page 15.

If you're keen to increase your level of physical activity, connect with others and enjoy nutritious food then don't miss the special Seniors Centres article on page 18. At these centres there are so many activities to choose from and enthusiastic staff to help people connect in meaningful ways.

Looking for a nutritious snack? Try out the Curried Egg Pitas recipe on page 23.

Finally, this is our last edition for 2022. We would like to wish you, your family and friends a happy and healthy festive season.

A LOCAL VOICE

A LOCAL VOICE



Terry Sturgess

Terry Sturgess shares his story about how he became a carpenter...and how his retirement years are all about woodburning, friendships and men's outings.

Terry migrated from England to Australia in 1973. He started as a carpenter, then moved on to work as a telephone technician for 30 years. He's also married with three kids. Terry retired at age 67 and discovered the Jack Young Centre after visiting the Council offices.

He toured the senior centre and decided to give woodburning a go, and has been doing it for seven years now. It has also led to Terry leading a new woodburning group on Tuesdays at the Para Hills Seniors Centre. It's very popular, with 24 people attending the morning and afternoon sessions.

Terry has also connected well with other woodburning blokes Kym and Graham. His friendship with Kym has grown to include sharing transport to the centres, assisting each other through life's health issues, and volunteering as part of the senior centres advisory committee. Both men have said "one of the benefits of being connected to the senior centres is that they host people who are experts in My Aged Care. They are great at steering you through the aged services process. They know what they are doing and have the right connections that will help guide you to suitable services that you are eligible for and need, like gardening, transport and cleaning."

Kym and Terry are also involved with the men's group outings. Terry is a big believer in the importance of connecting socially, getting involved in activities and having mates to lean on.



Terry and the Para Hills group

"We organised the men's outing. We took a bus from Salisbury to the city (while the trains weren't running) and then a tram to Glenelg. One of the blokes who joined us had never explored the city and Glenelg before. It was his first time after 44 years thanks to the outing," Terry said.

Terry's philosophy is "you're never wrong to do the right thing." He looks forward to seeing readers of this magazine at the many seniors centres throughout the City of Salisbury.

"You're never wrong to do the right thing"

For information on Senior Centre programs, visit www.salisbury.sa.gov.au/seniorscentres

GETTING TO KNOW OUR LOCAL COMMUNITY

Q&A WITH LOCAL SENIORS

Get to know a few members of our seniors centres. We asked them the following questions and here's what they said.

1. What group or activity do you attend?
2. What is the best thing about the living or visiting the local Salisbury Council area?
3. What is your favourite season, and why?
4. Describe yourself in three words.
5. What advice would you give your younger self?

GRANT DENSIE (JYC)

1. "Walking Group and Indoor Bowls."
2. "Everything is close by, as well as friends and family."
3. "Definitely summertime, I like the warm weather. I enjoy being in shorts and t-shirts all year round"
4. "Helpful, friendly, funny."
5. "I'm happy with everything I have done in my life and have no regrets, but knowing what I know now, I might have changed the way I had chosen to do things."



BERNICE O'LEARY (JYC)

1. "Ukulele."
2. "While I don't live locally, I enjoy travelling to Salisbury to come to Jack Young Centre to socialise with friends."
3. "I enjoy the in-between seasons, autumn and spring. Winter makes it harder to travel being too cold."
4. "Simply music mad!"
5. "Do what makes you happy and don't focus on being a people pleaser!"



BRIAN 'HUTCH' HUTCHINSON (PHSC)

1. "Parabeats – guitar group."
2. "The staff and volunteers at the centres are great. Also, the amenities are good."
3. "Late spring, nice and warm without being hot."
4. "Dapper, smiling, helpful."
5. "Don't change a thing."



CAROL BARBER (JYC)

1. "Ukulele."
2. "I enjoy the shopping and the friendly faces out and about."
3. "I really like spring because all of my plants start to come up."
4. "Mischievous, love music, nature."
5. "Listen to your mother more when it comes to saving money."



GUONG TRANG (PLC)

1. "Making meals for the Vietnamese Social Support group."
2. "The best – it's secure, feel looked after, more help with communities and government, good and loving people around."
3. "Spring – good weather. Not too cold or too hot."
4. "Happy, polite, cheerful."
5. "Respect and help the elderly and poor people."



ROBERT ELVEY (JYC)

1. "Senior Cits and darts."
2. "Nice and quiet. I love living in Salisbury. I moved here in 2008."
3. "Spring – not too hot, not too cold."
4. "Happy, fun, helpful."
5. "Get out and do some work"



INTERESTED?

If you would like to tell us about yourself, let us know what centre you attend and then email:
jyc@salisbury.sa.gov.au

WOMEN'S HEALTH

WOMEN'S HEALTH TIPS



We recently celebrated women's health with special guest Anne Wills.

Women's Health Week 2022 was held from September 5 to 11. This year's theme was "It's all about you." It centered around the idea that it's important for women to prioritise their own health.



Key tips and actions for women include:



Stay on top of annual wellness checks and see your GP regularly. This habit can increase the chances of early detection of disease and chronic conditions.



Make physical activity an important part of your life. Regular blocks of 10 or 15 minutes can benefit your heart and help you stay on top of your weight and stress levels.



Make good nutrition a priority. Avoid crash diets or overindulgence in favour of a realistic diet that features plenty of fruits and vegetables.



Protect your skin. When you are outside wear broad-spectrum sunscreen with an SPF of 30 or higher and wear a wide-brimmed hat that protects your face.



Drink plenty of water to keep you hydrated. Keeping hydrated can help you think clearer, remain mentally alert and feel energised.

Read about these tips – and find out more at: www.womenshealthweek.com.au

DISABILITY

PROGRAM UPDATES

New venue a big hit!

City of Salisbury is a registered NDIS provider. We run four centre-based activity groups, three of these, The Shed, Stars and Fun on Friday, are now based at the Burton Community Hub.

Feedback from participants about their new venue, The Workshop, has been positive:

Phil: "It's good the way the workshop is separate from the computer area. It's a lot quieter."

Larry: "Really good! It's nice and clean."

Individual projects underway include; Bob S making a table top and Bob T making a jewelry box.

Fun on Friday and Stars use rooms inside the Hub. These run alongside the library and have access to a commercial kitchen.

Here's what some of the participants have said:

Katrina: "Really loving the library, selecting and returning books."

Andrew: "Loving the design and quality of the building. Loving the newness, light and airiness."

For information about these groups, please call 8406 8225 or visit:

www.salisbury.sa.gov.au/disabilitygroups



Bob T's jewellery box

GARDENING

NEW GARDENING OPPORTUNITIES

The new Burton Communal Garden is now running a wide range of workshops and social activities for new or keen gardeners.

A range of programs are now available with lots of variety to appeal to those keen on getting their hands in the dirt, as well as those who are more interested in enjoying spending time in the garden. We have regular workshop sessions and a hands-on gardening program that runs on Tuesday, Wednesday and Thursday mornings.

Our "Friends of the Garden" meet on Tuesdays and focus on developing the garden and contributing to nature-based/sustainability causes within the wider community.

Find out more by contacting Jim on 8406 8251. Otherwise, look out for a seasonal calendar of gardening at Council offices or get it online at: www.salisbury.sa.gov.au/gardening



HEALTH & WELLBEING



Staying active: Evelyn

FIND YOUR WHY!

Moving in as many different ways as possible and as often as you can is important for maintaining and improving mobility and physical capabilities.

Linking it to your why – creates a whole new momentum.

You all would have heard the phrases 'use it or lose it' and 'It's never too late'. It would be very rare for a doctor to say 'there is nothing you can do to improve your capabilities'.

How can we translate these everyday sayings into something practical we can do to make our lives better physically?

Motivation or having a purpose is the key. It should be enough to do it for yourself – maintain personal physical abilities, look good, feel good, be physically fit to drive or be able to dance at a close family members wedding. Sometimes though many of us will need more of an incentive.

You could derive your motivation from 'doing it for your others', like someone special - your partner or future partner, a grandchild, your best friend or perhaps even your pet. For example, your focus might be on being able to physically participate in certain tasks, such as walking with partner, walking your dog, getting on the floor to play with a child, or giving better hugs.

What is your WHY?

Need some help? Have a chat to one of our senior centre staff or volunteers. We would love to share with you the myriad of opportunities for older people living locally to get physically active and help find activities suitable for YOU! We will also help you discover your WHY!

Remember: 'tiny is mighty'. Small changes over time add up to making a BIG difference. Haven't walked much lately? Start by going to the letterbox and back a couple of times and gradually build up from there.

We are so lucky that within the City of Salisbury we:

- have the range of programs at our senior centres, community centres and recreation centres.
- have access to such a vast network of beautiful trails, parks and reserves.

Let's get out and use them more ourselves and encourage others to do the same.



ELDER ABUSE (WEAAD)

NO EXCUSE FOR ABUSE

World Elder Abuse Awareness Day (WEAAD) 2022

Thank you to all the local knitters, crocheters and other crafts people who kindly donated purple items for our WEAAD stall held at Parabanks Shopping Centre on June 15.

The stall proved to be a big success and was visited by approximately 80 community members interested in knowing more about elder abuse and enthusiastic to buy one of the many handmade items. All money raised will go back into the promotion of future WEAAD awareness events.



2022 WEAAD information stall

PSYCHOLOGICAL ABUSE

This is one form of elder abuse.

Recognising psychological or emotional abuse is the first step in prevention. You have the right to live without fear of intimidation, bullying, violence, aggression, humiliation, isolation or deprivation.

You have the right to maintain or regain control over your own life. This includes making decisions about important aspects of your life, such as where you want to live, who you have contact with and how you spend your time.

Psychological or emotional abuse can include:

- being treated like a child
- having a partner or family member threaten to withdraw affection or support
- being prevented from seeing other loved ones like family and friends
- being prevented from doing the things you love to do

Concerned that you or someone else is experiencing psychological or emotional abuse?

Speak with someone you trust or contact the South Australian Elder Abuse Prevention Line on: 1800 372 310.

Source: Aged Rights Advocacy Service

HOUSING

SALISBURY IS THE NEW HOME

From Booborowie to Salisbury. Find out how the housing team helped Peter find a new home.



Peter in front of his new home

Peter needed assistance to find a stable home in Salisbury. Due to ongoing medical issues, he was travelling regularly from Booborowie, in country SA, to Salisbury, and was having to rely on a family member for frequent overnight stays.

With the help from the City of Salisbury Aged Care Housing program, Peter was able to secure a Housing SA unit in Salisbury. Since moving into his new home, Peter's health has improved due to being able to see his specialist more frequently without the stress of travelling long distances and finding a place to stay.

Another positive has been connecting in with local community activities by becoming a member of the Jack Young Centre. Peter now actively engages on the Salisbury Seniors Community Facebook page, participates in both the Art and Men's Group and dines in Jack's Café with his new mates.

"Best sticky date pudding I've ever had!"

"Not having to drive for 2.5 hours for medical appointments has taken away the financial stress - I am a lot happier I have my own space. I just want to thank the housing officers for their support."

To find out more about the Assistance with Care and Housing program, phone 8406 8227 or go to www.salisbury.sa.gov.au/housing

HOME ASSIST

HOME ASSIST

Supporting you to connect with local people and places.

Given up driving recently or just not feeling confident to travel too far from your home?

Don't let this stop you getting out and about.

Salisbury Home Assist coordinates regular social transport trips to popular shopping and tourist destinations in and near Adelaide. You'll be picked up from your home and dropped back at the end of the trip.

Limited to a maximum of eight people per van, we offer wonderful trips which are guided by feedback from our customers.

Trips include beach drives, mystery drives and destinations such as movies, theatres and popular shopping and garden centres.

Once you arrive at the destination you are free to explore the attractions of the local area. With pre-booked events such as movies and theatre performances, sit back and enjoy the entertainment.

For further information, please call the Home Assist Team on 8406 8225.



Home Assist volunteers with local residents

COTA CONVERSATIONS

LIFE TRANSITIONS

Preparing for and bouncing back from big life changes is an important and challenging process at any age. This Conversation will focus on strategies that support people to grieve and adapt.

Over a lifetime, each of us will experience some big changes – some we may have seen coming, others maybe not. Either way they will stretch us in all sorts of ways, involve a loss of some kind, and require us to work out new ways of being.

Common challenges may include the breakdown of important relationships, death of a partner or someone close and less independence due to changing health conditions.

The COTA SA Conversation with Salisbury Seniors on Tuesday 29 November 2022 features a number of guest speakers who explore different aspects of this important topic.

Information about these conversations with Salisbury Seniors can be found at:

www.salisbury.sa.gov.au/cotaconv



COTA Conversations presentation

Thank you, Jane!

Over the past seven years, City of Salisbury has partnered with COTA SA to host regular COTA SA Conversations with Salisbury Seniors.

Sue Leckie, former Team Leader of Salisbury seniors centres approached Jane Mussared, Chief Executive, COTA SA to co-host these conversations.

During this time, Jane has been such a committed, refreshing and dynamic co-planner and facilitator of these conversations. Always genuinely interested in hearing about people's experiences and ideas.

We wish Jane all the best with her new role in Canberra.

SALISBURY SENIORS ALLIANCE

The Salisbury Seniors Alliance (SSA) is the advisory body for Council in implementing its Age Friendly Strategy.

This strategy aims to ensure all Council services, programs and built environment are suitable for people of all ages. The group of enthusiastic volunteer members meet at the Salisbury Community Hub every few months with Council staff to discuss ideas, priorities and share information relating to age friendliness.

The August guest speaker was Scott, one of a number of Aged Care Navigator Trial workers based across Australia. Employed by the Aged Rights Advocacy Service (ARAS), Scott spoke about how his role helps older people better understand and 'navigate' aged care services. Group members selected this topic with an awareness of the many challenges people experience accessing services.

The group are looking forward to having local JYC Tai Chi instructor Nazli attend the next meeting to discuss the benefits of Tai Chi.

If you are a person aged 65 or older and would like to be involved in age friendly discussions and decisions with Council, please contact Myfanwy on 0466 842 275 or find out more at

www.salisbury.sa.gov.au/sssa

COUNCIL NEWS

COMMUNITY CHECK IN

Thanks for having your say!

In mid-2022, we asked our community to complete a short survey to help us understand levels of social isolation and physical inactivity.

We received over 400 responses from people aged 55+. Thank you to everyone who completed the survey and gave us ideas and insights into how we can work with the community to address these issues. The information is in the process of being analysed. Stay tuned for further information.



Residents taking part in the Community Check In

SAFETY AWARENESS

SCAM AWARENESS & TIPS

Scamming of older people is increasing.

The Australian Competition and Consumer Commission (ACCC) reported that Australians lost over \$295 million between January to June 2022.

Recent data indicates that scammers are targeting people over 65. The Northern Collaborative Project (NCP) Community Ambassador Work Group designed and developed a My Aged Care Scam Awareness event and a video that has helped over 250 Australians.

Scam awareness tips:

- Be confident to say 'NO' when someone calls you and asks for personal details
- Set a strong password: long and unpredictable
- Secure your paper mail by installing a lock on your letter box
- Shred personal information you throw out
- Limit mails by switching to online statements
- Educate yourself about recent and emerging scams

What to do if you think you've been scammed:

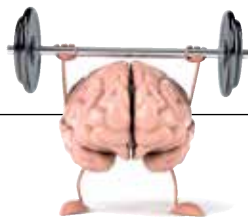
- Contact your bank or financial institution immediately
- Report the incident to SCAMWATCH



Scam Awareness presentation

For further information about ways to keep scam safe, go to: www.scamwatch.gov.au

BRAIN HEALTH



BRAIN GYM

A new study suggests performing household chores may lower the risk of developing dementia.

The term dementia refers to a variety of symptoms caused by disorders affecting the brain. It includes over 100 different types of disorders and diseases with Alzheimer's Disease being the most common.

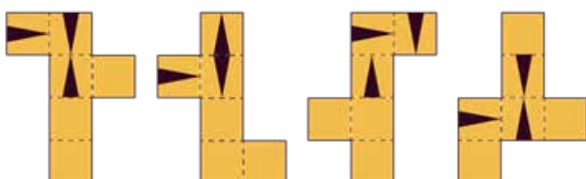
Symptoms of dementia vary depending on the type of disease and the area of the brain affected. Most common symptoms involve memory loss. This may include changes to language comprehension, spatial awareness, mood and behavior, and difficulty performing everyday tasks.

New research from Medical News Today found that combining meaningful physical and social activities were most likely to reduce the risk of developing dementia. Surprisingly, performing household chores rates is high on the list of preventative activities.

Socialising with friends is another great way to reduce your risk of dementia. Socialising regularly helps to reduce loneliness and keep our minds active. The best method is to combine social and physical activities such as going for a walk with friends.

Source: www.medicalnewstoday.com

Which shape matches the layout of the cube below?



a

b

c

d

QUICK QUIZ

1. What is the square root of 36?
2. Which mythological Greek figure flew so close to the sun that the wax on his wings began to melt?
3. Sonntag is the German word for which day of the week?
4. Which kind of tree produces acorns?
5. How many American states begin with the word 'North'?
6. The name of which South American country is derived from the Latin word for silver?
a) Bolivia b) Argentina c) El Salvador
7. Which country is the world's largest producer of rice?
a) Indonesia b) Australia c) China d) Japan
8. A palindrome is a word that reads the same backwards or forwards, such as 'radar'. Name the Adelaide suburb that is a palindrome.
9. How many minutes are there in 40 hours?
10. What is the state gemstone of South Australia?

Answers for these puzzles on page 31

VOLUNTEERING

VOLUNTEER SPOT LIGHT

Volunteering can change your life. It's a way of saying thank you to the community, staying connected, having a laugh, building self-esteem, learning new skills and even advancing your career. Here's what some of our dedicated volunteers have to say:



Fred Willett - Volunteer Group Leader

"I run the Creative Writing Group at the Jack Young Centre. It's fun and a bit of a doddle because writers are incredibly self-motivated. Thus, I've got practically nothing to do except sit back and marvel. The only issue I have is getting beginners to believe in themselves and their ability to write creatively. Once you get them going it's a case of standing back and watching them soar. For me it's the best job ever."



Irene Barker – Social Program Volunteer

"Volunteering has been a good time in my life. I've been doing it with Salisbury Council for over 20 years. I was going through a bad time and needed something to do, so I decided I would give back something to the community and I love it."

My role is with Para Hills Seniors Centre. I assist in serving morning teas and lunches, chatting with people doing crafts and having fun. We also celebrate special days like St Patrick's Day, Easter and, Christmas in July.

I'm glad that I can contribute to others enjoying the activities. I recommend volunteering to everyone, especially younger people who enjoy meeting others and sharing life experiences."



SALISBURY SENIORS RAINBOW CONNECT

Are you interested in participating in a regular social group for older LGBTQIA+ plus community members?

A small group of locals met at the Salisbury Community Hub in August to share their ideas about what they would like to see established to build and support connections between LGBTQIA+ community members.

For further information about future plans, please call Leslie at the City of Salisbury on: 8406 8328 or email: lwightman@salisbury.sa.gov.au

To stay in touch with what is happening on the broader LGBTQIA+ scene in SA, visit Catalyst Foundation Rainbow Directory, which is located at: www.catalystfoundation.com.au/rainbow-directory

CULTURAL



Keynote speaker Aunty Rosemary Wanganeen and event attendees

REFUGEE WEEK

The City of Salisbury is a Refugee Welcome Zone and celebrated Refugee Week in June 2022 with a special event.

The event was led collaboratively by Relationships Australia, Australian Refugee Association, Survivors of Torture and Trauma Assistance and Rehabilitation Service, Carers SA, Welcoming Australia and the City of Salisbury.

The theme "Sharing Our Healing Cultures" provided an opportunity to learn about the healing ways of different cultures through workshops, story-telling, yoga and art therapy led by a psychotherapist.

Local band 'Hope of Africa' played live reggae creating an exciting atmosphere.

Keynote speaker Aunty Rosemary Wanganeen spoke about the Aboriginal wisdom of healing grief and loss. She highlighted that grief is a holistic experience of the full body and mind.

The event also launched a new community project called "Healing Communities Network".

Attendees left the event with new knowledge and feeling connected. Complimentary goodie bags included traditional healing items such as essential oils, Epsom Salts, honey and dates.

TOURING THE SALISBURY COMMUNITY HUB

The JYC Aboriginal Social Group recently had a special tour of the Salisbury Community Hub.

The group, who usually meet at Jack Young Centre fortnightly on a Tuesday, enjoyed touring the ground and first floor of the Hub and in particular learning about the library services. Throughout the Hub, art cabinets display local and significant artefacts, such as the offerings of the Interfaith Blessing of the Salisbury Community Hub, which was held at its opening on 30 November 2019 and in which the Aboriginal Social Group participated in. There is Aboriginal art throughout the Hub, while some rooms are named after significant Aboriginal Elders from the area.

Following the school holidays, the group returned to their fortnightly program which is a mix of arts and crafts and outings. The group are currently working on making Aboriginal flag colour crochet to wear at 2023 Harmony Week event.



JYC Aboriginal Social Group

SALISBURY SNAPSHOTS



1. Women's Group enjoying a Murray River Cruise on Captain Proud
2. Congratulations to the Heads & Tails Scam Fit Quiz winners (Scam Awareness Event at PHSC)
3. Leslie hosting the Plant a Pea workshops at Burton Community Hub
4. Giovanni, Nicola, Luigi and Vittoriop laying a traditional cards game at Pine Lakes Intercultural group
5. Marion and Maureen having a blast at PHSC with Bingo Jack the magician
6. Christmas in July entertainment with Michael and Wayne
7. Senior Citizens group during their trip to Goolwa



8. Salisbury Cycle 9th Birthday Ride
9. Men's Health Event including health checks, virtual reality and guest speakers, Gary Wittert and Derrick McManus

10. JYC and PHSC had hearing check vans recently. Christine is taking proactive steps to get her ears checked
11. Tanka Nath Ghimire showing off his art from the Bhutanese relaxation activity at JYC

12. Carroll at the health expo at Salisbury Community Hub. There was plenty on offer, including; free health checks, massages and giveaways.

WORD FROM OUR SENIORS CENTRES

SENIORS CENTRE NEWS

Salisbury's three Seniors Centres are committed to helping older people live supported, happy and connected lives.

Centre programs are diverse and include physical activities, social activities and creative activities.

Through the centres, you can participate in fun activities like indoor bowls, bingo and bus trips. To explore your creativity, you can enjoy painting, woodburning and drawing classes, or keep your mind active with Brain Gym.

To support physical health, you may like to try gentle seated yoga or walking and cycling groups that explore Salisbury. Perhaps you may simply like to join Friendship Group, a social group that provides a welcoming environment to meet people.

Our team of staff and volunteers are passionate about helping you find something that works for you.

Regular physical activity helps maintain and improve overall fitness; in particular your balance, strength and flexibility. Importantly, the social aspect of our centres can help bring a sense of connection and motivation which benefits your wellbeing.

In addition to the regular programs, throughout the year there are special events including live music, educational talks and celebrations. We host short courses on topics of interest such as technology, mental wellbeing and health. Our cafes have a variety of fresh, great value and nutritious food – available for dine-in or takeaway.

We know word of mouth is one of the most effective ways to share what our Seniors Centres have to offer. We encourage you to share with your friends, neighbours and family the great opportunities at the centres. Why not give them a copy of this magazine or share one of our weekly programs? More information can be found at: www.salisbury.sa.gov.au/seniorscentres



JACK YOUNG CENTRE



PARA HILLS SENIORS CENTRE



PINE LAKES CENTRE

See back cover for seniors centres details

Tips to get your friends and neighbours to visit our Seniors Centres:

1. Give them a copy of our weekly programs and encourage them to find something they want to try.
2. Give them your personal recommendation – nothing beats sharing your positive experience.
3. Offer to join them to try one of our programs. It can be easier to try something new with someone you know.
4. Take them a frozen meal so they can see how nice the food is.
5. Invite them to join you for lunch at one of our cafes.



End of Year CLOSURE DATES

Our three senior community centres close for a short period at the end of the year to plan exciting activities for the new year.

JACK YOUNG CENTRE

Jack Young Centre will be closed for one day on **Tuesday 13 December**. Last day for group activities is **Friday 16 December 2022** and resume on **Monday 9 January 2023**. JYC will be closed from **Wednesday 21 December 2022** and will reopen on **Wednesday 4 January 2023**.

Jack's Cafe's last lunch will be on **Wednesday 21 December 2022** and will resume on **Monday 9 January 2023**. Note: Frozen meals are available from **Wednesday 4 January 2023**. For more information, ring: 8406 8525.

PARA HILLS SENIORS CENTRE

Para Hills Seniors Centre's last day for group activities and meals will be **Friday 16 December 2022**. Group activities will resume on **Monday 16 January 2023**, and meals will resume **Tuesday 17 January 2023**. For further information ring: 8406 8587.

PINE LAKES CENTRE

Pine Lakes Centre groups will finish on different dates at the **end of November 2022**. The centre will re-open **mid-January 2023**. For further information ring: 8406 8513.

AWARDS/ RECOGNITION

CITY OF SALISBURY'S INCLUSIVITY AND DIVERSITY RECOGNISED

The City of Salisbury's proud and extensive history of inclusion and diversity was recognised at the Local Government Professionals Australia, SA's 21st Annual Leadership Excellence Awards 2022.

The City of Salisbury is home to many amazing cultures, and this diversity has resulted in the City being the first and only Intercultural City in South Australia.

With one in five residents living with a disability, Council consistently goes above and beyond in its disability inclusion and planning – beyond the requirements of the Disability Discrimination Act (DDA). We are building a City that is inclusive for all.

Council has a reputation of listening to its diverse population. These form the basis of the City of Salisbury's various inclusion and diversity projects and have helped build strong and valuable relationships with community leaders throughout the process.

Congratulations to Council's Community Health and Wellbeing Team who was announced as the winner for its Cohesive Salisbury Projects nomination.



Community Health & Wellbeing Team

SENIORS CENTRES

NEWS FROM PINE LAKES COMMUNITY CENTRE!

Our workers start at 8am and by 9am the Centre comes alive with the aroma of freshly baked bread and people connecting through friendly conversations.

We all come from diverse paths of life and have different languages or religions. We have the belief that we can make a difference in someone else's life, and for this reason, we are united in diversity!

Many of the community members who regularly attend programs at Pine Lakes benefit from our focus on being the healthiest and most positive version of yourself. We do this by understanding the varying perspectives held within our community, showing each other compassion, giving each other strength when times get tough, being open to new things and recognising that challenges in life can help us grow.

We welcome you all to our Intercultural Program, which runs on Monday mornings - all nationalities are welcome. We enjoy a mix of information presentations, conversation, craft and sewing, bingo and of course good food, coffee and tea.

We would love to see you at Pine Lakes soon!



Pine Lakes Centre's intercultural volunteers

SENIORS CENTRES

NEWS FROM PARA HILLS SENIORS CENTRE

Wow! I can't believe that it is October already. So much to do and so little time is the general consensus I'm getting at the Para Hills Seniors Centre.

There is always something happening at the Centre and I encourage you to drop by and try one of our programs if you haven't already.

Feeling like you need support to understand and find suitable aged care services? Do you need help to keep as independent as possible?

Every Tuesday between 10am to 1pm, Margo, who is an Aged Care Navigator Project Officer, will be able to answer your questions and help you get a better understanding about how to access and find services you may be eligible for.

If you would like more information, or are interested in attending any of the above events, please ring the Para Hills Seniors Centre on 8406 8544, or call in and collect a program. More information is also available from page 24.

October:

Friday 7 October – the Public Advocate will be speaking about their role and how they can be of assistance to you. The Office of the Public Advocate promotes the rights and interests of people who need assistance with decision making. They give information, resolve disputes, advocate, investigate, and act as guardian of last resort.

Thursday 20 October – FREE Come 'n' try Line Dancing. Join us for an afternoon tea while watching a demonstration on Line Dancing. Sit back and watch or join in. Line Dancing is great for your coordination, improves fitness levels and is a lot of fun.

November:

Wednesday 2 November – Women's Outing to Kenton Valley Cherry Farm and lunch at Bridgewater Hotel.

December:

Friday 2 December - Para Hills Seniors 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.



Irene - our key host of the Biggest Morning Tea at PHSC



Helen, Adrian, Bev and Susan
(Para Hills Seniors Centre volunteers)



Pyjama day at PHSC

SENIORS CENTRES

NEWS FROM JACK YOUNG CENTRE



Celebrating milestones and introducing new programs.

One of our centre's philosophies is to connect with our community and members, and listen to feedback.

This has resulted in a celebration of a milestone – with our crochet group celebrating its 10th anniversary in August 2022.

Current group leader Leonie Borgas started the group when a couple of friends wanted to learn how to crochet - and it grew from there. At one stage, there were over 20 people (male and female) who were part of the group, along with a waiting list.

The group fondly remembers all members who have been part of the group, and contributed to community-based projects, such as making items for hospitals, and creating purple items to help raise awareness for World Elder Abuse Awareness Day.

Anyone is welcome to attend the group – whether you want to learn how to crochet, just want to have a chat and a laugh with a great bunch of people, or already have a project on the go.

We are also pleased to introduce a new relaxation program, which came about from our Intercultural group, and will be hosted at JYC. Join Practitioner Mary Ceravolo and facilitator Jeannette Hunt as they take you through some relaxation techniques every fortnight on Thursdays from October 6.

Some benefits of regularly practicing relaxation techniques and meditation include; assisting people in relieving muscle tension, reducing anxiety, and improving overall wellbeing.

A range of relaxation techniques will be introduced, such as visualisation, progressive muscle relaxation, and autogenic (which means something that comes within you).

The guided relaxation includes meditation at every session, as well as an educational component about the techniques being applied so that participants become aware of the benefits related to overall wellbeing.

WHAT ELSE IS COMING UP AT JACK YOUNG CENTRE ...

**SOUNDS IN THE COURTYARD - Thursdays, 12.15pm to 1pm**

6 October - Alice Richardson and guitarist Brian Dewey

20 October - John Grant

3 November - 3 Amigos

17 November - Leanne Coleman

**CHAT & LEARN SESSIONS - Mondays, 10am to 11.30pm**

10 October - 'Creaky Knees and Achy Joints- Understanding Arthritis'

7 November - 'Native Gardening'

5 December - 'Food & Mood'

Find out more about all of these programs and events by contacting JYC reception on: 8406 8525

CAFE NEWS (JACK'S CAFE & HILLS CAFE)

With warmer weather on the way – come and check out the new recipes and catch up with friends at Jack's Cafe and Hills Cafe.

Curried Egg Pitas (8 serves)

With the cost of most everyday ingredients on the rise try this budget, veggie-packed pita for an easy lunch or dinner.

Ingredients

- 8 eggs
- ¼ cup finely chopped spring onion
- ¼ cup finely chopped green capsicum
- 1tbsp vegetable oil
- 4 small pocket style wholemeal pitas, halved
- ¼ cup mango chutney
- 2 tsp ginger powder
- 2 tsp mild curry paste
- ¼ tsp black pepper
- ¼ cup plain non-fat yoghurt
- 1 cup cucumber, sliced into thin strips
- 1 cup carrots, sliced into thin strips
- 4 cups lightly packed baby spinach

Directions

1. Beat eggs, stir in the spring onion and green capsicum until well combined.
2. Heat oil in large non-stick pan over medium heat. Pour egg mixture into pan. Cook, without stirring, for 2 minutes or until eggs are just set.
3. Meanwhile, cut each pita in half and open the pockets. Blend mango chutney, ginger powder, curry paste and pepper with yoghurt, until well combined.
4. Inside each halved pita, spread an equal amount of sauce. Divide the cucumber, carrots, spinach and egg mixture evenly between the pockets. Serve immediately.



Spring/Summer Menus Available Now!

Our cafes are now serving the updated spring/summer menus. All the crowd favourites are still available like roast of the week, sandwiches, and salads. Michelle and the team have used feedback from customers to create some new menu options, such as crispy potato tacos with Mexican salad, spinach and ricotta cannelloni and grilled fish in a white wine, tomato and basil sauce.

Eating at Jack's Café at JYC, or Hills Café at the Para Hills Seniors Centre, is more than just about the food on your plate. Research conducted by the University of Oxford in 2017 revealed that the more people eat with others the more likely they are to feel happy and satisfied with their lives. Researchers looked at the link between social eating and an individual's happiness, the number of friends they have, their connection to their community, and overall satisfaction with their life. The results suggest that communal eating increases social bonding and feelings of wellbeing, and enhances one's sense of contentedness and embedding within the community.

What excellent reasons to have a meal or two out in our cafes – we can't wait to see you soon!

For weekly specials available visit:
www.salisbury.sa.gov.au/jyc
 or call 8406 8525

SPECIAL EVENTS

OCTOBER - NOVEMBER

Gardening Workshops

FROM
WED
5 OCT

We're running two workshops per month to give participants information and support to grow their own food at home. Learn relevant skills and knowledge to do this confidently and successfully. A seasonal calendar of these events is released throughout the year and available from Council, community centres and online.

🕒	1pm to 2.30pm
📍	Burton Community Hub, 380 Waterloo Cr Rd, Burton
💰	\$4 per session (bookings essential)
📞	8406 8251
🌐	www.salisbury.sa.gov.au/gardening

Sounds in the Courtyard

FROM
THU
6 OCT

Join us for an array of live performers on the 1st and 3rd Thursdays in October and November in the JYC Courtyard. Why not book in for lunch (you can ask to dine outside if you wish) & then listen and enjoy the great atmosphere. For full details, call JYC or visit the link below.

🕒	12.15pm to 1pm
📍	Jack Young Centre (JYC), 2 Orange Ave, Salisbury
💰	FREE
📞	8286 8525
🌐	www.salisbury.sa.gov.au/events

Assistance through a Public Advocate

FRI
7
OCT

The Office of the Public Advocate will be speaking about their role and how they can be of assistance to you. They promote the rights and interests of people who need assistance with decision making, they give information, resolve disputes, advocate, investigate, and act as guardian of last resort.

🕒	10.30am to 11am
📍	Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills
💰	FREE
📞	8406 8587
🌐	www.salisbury.sa.gov.au/events

Chat & Learn Sessions

FROM
MON
10 OCT

Take part in our monthly Chat & Learn sessions which will cover topics such as native gardening, understanding arthritis, food & your mood and more! For full details, call JYC or visit the link below.

🕒	10am to 11.30am
📍	Jack Young Centre (JYC), 2 Orange Ave, Salisbury
💰	FREE (bookings essential)
📞	8406 8525
🌐	www.salisbury.sa.gov.au/chatlearnjyc

Bowel Screening Presentation

MON
10
OCT



Australia has one of the highest rates of bowel cancer in the world with 91% of cases affecting people over the age of 50. Come and learn the easy steps to prevent bowel cancer and make positive changes to improve health.

🕒	1pm to 2.30pm
📍	Jack Young Centre (JYC), 2 Orange Ave, Salisbury
💰	\$4 (bookings essential)
📞	8406 8525
🌐	www.salisbury.sa.gov.au/meetgreet

Salisbury Community Fun Day @ St Kilda Adventure Playground

SUN
23
OCT



Salisbury Community Fun Days feature a range of exciting FREE activities, providing an opportunity for kids and families to come along and try something new in an inclusive and fun environment.

SAVE THE DATE: 26 NOVEMBER 2022, 11am to 2pm
SALISBURY COMMUNITY FUN DAY AT ADAM'S OVAL

🕒	11am to 2pm
📍	St Kilda Adventure Playground, St Kilda
💰	FREE
📞	8406 8222 or events@salisbury.sa.gov.au
🌐	www.discoverosalisbury.com.au/fundaystkilda

FREE Come 'n' Try Line Dancing

THU
20
OCT



Join us for afternoon tea while watching a demonstration of line dancing. Sit back and watch or join in. Line dancing is great for coordination, improves fitness levels and is lots of fun.

🕒	1pm to 2.30pm
📍	Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills
💰	FREE
📞	8406 8587
🌐	www.salisbury.sa.gov.au/events

Laxmi Puja

TUE
25
OCT



You're invited to celebrate the start of Dipaval at this Laxmi Puja Goddess of Light special event (25 - 27 October).

🕒	9am to 3pm
📍	Pine Lakes Centre, 16 Homestead Pl, Parafield Gardens
💰	FREE
📞	8406 8513
🌐	www.salisbury.sa.gov.au/events

SPECIAL EVENTS

Melbourne Cup at JYC

TUE
1
NOV

Come along and celebrate the race that stops the nation with sweeps, a hat parade, fun activities and a 'who wants to be a millionaire' style trivia quiz. Enjoy a three-course lunch, music and entertainment – all included in the entry price.

🕒	10.30am to 3.30pm (Doors open at 10.30am. Lunch served at 12, entertainment until the conclusion of the race – just after 3 pm)
📍	Jack Young Centre (JYC), 2 Orange Ave, Salisbury
💰	\$25 CHSP subsidised, \$30 non-subsidised, \$35 non-members
📞	8406 8525
🌐	www.salisbury.sa.gov.au/jycmelbcup

Remembrance Day Ceremony

FRI
11
NOV

The anniversary of the Armistice, which brought an end to The Great War of 1914 – 1918, is on 11 November. The month of November is significant for the RSL and includes Remembrance Day commemorations and the RSL Poppy Appeal.

🕒	10.45am onwards
📍	Salisbury War Memorial, Henderson Square, Pooraka
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

Women's Outing

WED
2
NOV

You're invited to a 'women's outing' to Kenton Valley Cherry Farm and lunch at Bridgewater Hotel.

🕒	9am to 3pm
📍	Meet at Para Hills Seniors Centre (Para Hills Community Hub) 22 Wilkinson Rd, Para Hills
💰	\$15 bus fare - bookings essential (limited spaces)
📞	8406 8587
🌐	www.salisbury.sa.gov.au/events

Mawson Centre Christmas Market

SUN
27
NOV

Free family friendly market day with kid's activities and over 70 stalls on site. Pick up some great gifts for Christmas or treat yourself!

🕒	10am to 2pm
📍	Mawson Centre 2-8 Main Street, Mawson Lakes
💰	FREE
📞	8302 5449
🌐	www.salisbury.sa.gov.au/events

SPECIAL EVENTS

COTA SA Conversation with
Salisbury SeniorsTUE
29
NOV

Join us for a discussion on a topic of interest for older people in Salisbury. Get up to date information and research, as well as local options to get involved and connect.

🕒	9.30am to 12.30pm
📍	Salisbury Community Hub, 34 Church St Salisbury
💰	FREE – includes morning tea (bookings essential)
📞	8406 8368
🌐	www.salisbury.sa.gov.au/cotaconv

DECEMBER - JANUARY

Para Hills Senior Centre
Christmas LunchFRI
2
DEC

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.

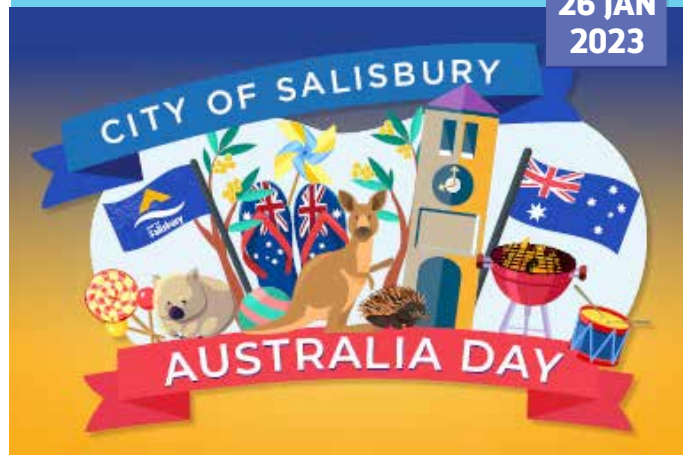
🕒	10.30am to 1.30pm
📍	Para Hills Seniors Centre (Para Hills Community Hub) 22 Wilkinson Rd, Para Hills
💰	\$18 subsidised, \$22 for non-subsidised/non-members. Bookings essential (limited spaces)
📞	8406 8587
🌐	www.salisbury.sa.gov.au/events

Salisbury Community
Christmas ParadeSAT
3
DEC

FREE family event. Watch the parade on John St and don't forget to wave to Santa. Rides, amusements, stalls, displays, clowns, face painting are also available before and after parade.

🕒	10am to 12 noon
📍	Salisbury City Centre, John St, Salisbury
💰	FREE
📞	0414 813 202
🌐	www.facebook.com/SalisburyChristmasParade

Australia Day Celebration

THU
26 JAN
2023

Celebrate Australia Day with plenty of activities for the whole family to enjoy!

🕒	8am to 11am
📍	Carrisbrooke Park (Main N Rd, Salisbury Park)
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

ENVIRONMENT

URBAN FOREST RENEWAL



The Little Para River Urban Forest Renewal Project is being carried out in partnership with Green Adelaide (Department of Environment and Water) through its Greener Neighbourhoods grant program.

The project will see an increase in canopy cover and understorey along the Little Para River to enhance and conserve natural habitat. Council has hosted a number of community events this year aligned with this project, including plant propagation workshops in partnership with local nursery, Provenance Indigenous Plants and community planting days. A community planting day was held on Sunday 31 July for National Tree Day which saw 55 people participate including local residents and community groups.

Keep an eye out on our website by visiting: www.salisbury.sa.gov.au/littleparanativeforest and remember to follow Council's social media pages for further plant propagation workshops proposed to be held in early 2023, as well as planting events in May and June 2023.

IMPORTANT INFORMATION

AGED CARE
QUALITY
STANDARDS

Aged Care Charter of Rights

The Charter of Aged Care Rights is a commitment by providers to uphold the Aged Care Quality Standards through each of the Charter consumer rights. These rights apply to all consumers regardless of the type of care and services being provided.

The Charter is designed to make it easy for consumers, family members, carers and/or representatives to understand what should be expected from the services and support provided by the provider.

The Charter is available in many different languages.

For further information about this Charter, go to:

www.agedcarequality.gov.au/consumers

COVID-19
READY

SA Health continues to be the important local source of information on COVID-19.

Tips for staying well include:

- Get vaccinated.
- If you have any concerns or conditions, speak with your GP or preferred health care worker.
- Carry a mask at all times – slip it on when you can't stay 1.5 metres away from people (in shopping centres and other crowded places).
- Prepare a COVID-Ready Kit for home.

Know what to do if you test positive for COVID-19. For further information please visit:

www.sahealth.sa.gov.au/COVID-19

For local COVID-19 information call the SA COVID-19 Information Line (9am-5pm, days) or the National Coronavirus Line: 1800 020 080 (24hrs, 7 days).

WELLBEING ACTIVITIES



Please note most of our wellbeing activities offer a FREE come and try session, to see if you like the activity before an ongoing cost is applied. In response to the changing COVID-19 environment, some activities might be unavailable, so check with the applicable centre for specific dates and times.

Address details on back cover

ACTIVITY	TIME	PRICE FROM	LOCATION	ENQUIRIES
Beginners Performing Guitar Group	Mon - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Backgammon (& other games)	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Book Club - a novel idea	Last Tue of the month - 10am to 12noon	\$4*	Para Hills Seniors Centre	8406 8587
Brain Gym - Para Hills	Tue (1st & 3rd) - 10.15am to 11.45am	\$3*	Para Hills Seniors Centre	8406 8587
Brain Gym - Salisbury	Wed (1st & 3rd) - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Computer Tutoring	By appointment	\$5*	Jack Young Centre	8406 8525
Craft - Para Hills	Tue - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Craft - Salisbury	Mon - 9.30am to 12 noon	\$3*	Jack Young Centre	8406 8525
Creative Writing	Wed - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Dance For Health	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Dementia Information	Thu - 3pm to 4pm	FREE	Jack Young Centre	8406 8525
Easy Does It Exercise Group	Mon - 12pm to 1pm	\$7*	Para Hills Seniors Centre	8406 8587
Friendship Group	Thu 10am to 12noon	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Para Hills	Tue - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Indoor Bowls - Salisbury	Mon & Fri - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Knitting Group	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Line Dancing	Thu - 12.45pm to 2.30pm	\$6*	Para Hills Seniors Centre	8406 8587
Meet & Greet Group	Mon - 1pm to 2.30pm	\$4*	Jack Young Centre	8406 8525
Moving & Grooving Music Group	Thu (2nd & 4th) - 11.30am to 12.30pm	\$4*	Jack Young Centre	8406 8525
Parkinson Support Group	Fri fortnight - 10am to 12 noon	\$3*	Jack Young Centre	8406 8525
Prime Movers (chair based) Exercise	Tue - 11.30am to 12.15pm (agile)	\$5*	Jack Young Centre	8406 8525
Prime Movers (chair based) Exercise	Tue - 12.30pm to 1pm (low impact)	\$5*	Jack Young Centre	8406 8525
Relaxation	Mon - 9.30am to 10.30am	\$3*	Para Hills Seniors Centre	8406 8587
Singing Group	Thu - 9am to 10am	\$3*	Para Hills Seniors Centre	8406 8587
Social Bingo	Thu - 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Table Tennis - Salisbury	Thu - 8.30am to 10.15am	\$3*	Jack Young Centre	8406 8525
Tai Chi - Para Hills	Wed - 9am to 10am	\$7*	Para Hills Seniors Centre	8406 8587
Tai Chi - Salisbury	Mon - 10am to 11.30am	\$7*	Jack Young Centre	8406 8525
Ukulele Classes - Para Hills	Thu - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Ukulele Classes - Salisbury	Thu - 10.30am to 12 noon	\$4*	Jack Young Centre	8406 8525
Whist Cards	Wed - 1pm to 4pm	\$4*	Para Hills Seniors Centre	8406 8587
Wood Burning - Para Hills	Tue - 10am to 12 noon OR 1pm to 3pm	\$3*	Para Hills Seniors Centre	8406 8587
Wood Burning - Salisbury	Tue & Thu - 10am to 12 noon OR Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525

Keep your eye out for new groups in 2023 at all three senior centres.

*First session free. Ongoing cost may vary depending on eligibility.

OTHER WELLBEING ACTIVITIES

HEART FOUNDATION WALKING GROUPS

Burton	 Tue - 9am	 FREE	 Burton Community Hub 380 Waterloo Corner Road, Burton	 0407 889 862
Ingle Farm	 Mon & Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 8258 5655
Mawson Lakes	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
Para Hills	 Tue - 9am	 FREE	 Carpark corner of Bridge Rd & Kesters Rd	 8263 7333
Parafield Gardens	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
Salisbury	 Wed & Fri - 9am	 FREE	 Jack Young Centre 2 Orange Avenue, Salisbury	 8406 8525
Salisbury North	 Thu - 9.30am	 FREE	 Bagster Road Community Centre 17 Bagster Road, Salisbury North	 8250 4167
Salisbury North	 Sat - 9am	 FREE	 Happy Home Reserve Carpark Corner Waterloo Corner Road & Davis Street, Salisbury North	 0401 652 609

SOCIAL RIDES PROGRAM

Connect with the award winning Cycle Salisbury initiative and join other cyclists on a 'low level' (short distance and low difficulty) social ride along the picturesque Little Para River and Dry Creek trails or on local roads.

Different days and times every month. Call **8406 8251** or email jbinder@salisbury.sa.gov.au to register to receive monthly ride listings or go to www.salisbury.sa.gov.au/cyclesalisbury

BURTON COMMUNAL GARDEN

Our gardening program runs a wide range of workshops, courses and group activities during the year. For further information visit www.salisbury.sa.gov.au/gardening or contact **8406 8525**.

STRENGTH FOR LIFE PROGRAM

This program promotes health and wellbeing through strength training. Once off up-front fee from \$30 for an individual exercise program, then only a maximum of \$7 per session. Different days and locations are available. For more information, please contact Jim at the Jack Young Centre on **8406 8251** or COTA SA on **8232 0422** or visit www.cotasa.org.au

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Aboriginal, Bhutanese, Bosnian, Italian, South East Asian (e.g. Filipino) and Vietnamese. There is also an Intercultural group for people of any background. These programs assist people to enjoy social and cultural connections, reduce social isolation and access information in their own language. For details contact **8406 8513** or go to www.salisbury.sa.gov.au/cultural

Disclaimer: Please note that special events and wellbeing activities details may change between the time of publication and when you make contact. Please make contact with the person/centre prior to attending an activity.

COUNCIL SERVICES

THE CITY OF SALISBURY IS HERE FOR OLDER PEOPLE. WE'RE LOCAL - WE CARE.

The City of Salisbury provides a wide range of support and services* for seniors in our local community, such as:

Seniors Centres

- Leisure, recreation and learning programs.
- Health and fitness programs.
- Dine in, take-away or frozen meals.
- Social support groups.

Domestic Assistance

- Regular and short term cleaning.

Social Support

- Shopping, friendly visits and linking to social activities.

Transport

- Social trips to places of interest, medical appointments and getting to social activities.

Home Maintenance

- Any type of minor home maintenance such as gardening, gutter cleaning, changing light bulbs and fixing leaking taps.

Minor Home Modifications

- For safety and access reasons such as grab rails, ramps, key safes and hand held showers.

Housing Support Program

- Information about housing options.
- Assistance to find secure accommodation.

Gardening Program

- Various gardening workshops.

Inclusion Project

- Inclusion of people with disability in Council's services, programs, planning and decision-making.
- Appropriate access to the city's footpaths, parks, buildings, events and information.
- Disability and Access Inclusion Network (DAIN).

Activities for People with Disability

- Social, recreation and leisure programs.
- Woodwork/metal work at The Shed.

Health and Wellbeing

- Activities and information supporting seven dimensions of wellness: physical, social, emotional, intellectual, vocational, environmental and spiritual.

Information and Conversations

- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics.

Volunteer Opportunities

To volunteer with Council, please visit www.salisbury.sa.gov.au/volunteering or contact Sue on **8406 8276**.

*Eligibility criteria applies. For more information contact **8406 8225** or email has@salisbury.sa.gov.au.

BRAIN GYM QUIZ ANSWERS

1) 6, 2) Icarus, 3) Sunday, 4) Oak, 5) Two (North Carolina & North Dakota), 6) Argentina, 7) China, 8) Glenelg, 9) 2,400, 10) Opal

CUBE PUZZLE ANSWER

The answer is 'A'



SERVICE CONTACT DETAILS



CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

☎ 08 8406 8222 Fax: 08 8281 5466

✉ city@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/seniors

HOME ASSIST

☎ 08 8406 8225

✉ has@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/has

VOLUNTEER SERVICES

☎ 08 8406 8276

🌐 www.salisbury.sa.gov.au/volunteering

Salisbury Community Hub

34 Church Street, Salisbury SA 5108 (PO Box 8)

📅 Monday to Friday: 8.30am to 5pm



JACK YOUNG CENTRE (JYC)

📍 2 Orange Avenue, Salisbury SA 5108

📅 Monday to Friday: 8.30am to 5pm

☎ 08 8406 8525

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/jyc



PARA HILLS SENIORS CENTRE (PHSC)

📍 Para Hills Community Hub, 22 Wilkinson Road, Para Hills SA 5096

📅 Monday to Friday: 9am to 4pm

☎ 08 8406 8587

🌐 www.salisbury.sa.gov.au/phsc



PINE LAKES CENTRE

📍 16 Homestead Place, Parafield Gardens SA 5107

📅 Monday to Friday: 8.30am to 4pm

☎ 08 8406 8513

🌐 www.salisbury.sa.gov.au/plc



BURTON COMMUNAL GARDEN

📍 Burton Community Hub, 380 Waterloo Corner Road, Burton SA 5110

📅 Tuesday and Thursday: 9am to 2.30pm

Wednesday: 9am to 2.30pm (bookings essential)

☎ 08 8406 8525

✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/gardening