

FEB 2023

ISSUE
26

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

www.salisbury.sa.gov.au/seniors



COVER

PINE LAKES INTERCULTURAL GROUP MEMBERS
TULAY, ANNA, GIUSEPPE C AND GIUSEPPE P

Pg 20

CONTENTS

| | |
|-----------|--|
| 02 | Message from the Mayor |
| 03 | A Local Voice - Domenico Gelonese |
| 04 | Q&A with Local Seniors |
| 06 | Health & Wellbeing - GIRTH 12 week program |
| 07 | Disability - What is DAIN? |
| 07 | Gardening for the New Year |
| 08 | Make the Second Half of Life the Best |
| 09 | Elder Abuse |
| 10 | Housing |
| 10 | Home Assist |
| 11 | Conversations with Salisbury Seniors |
| 12 | Volunteer Spotlight |
| 13 | Brain Gym |
| 13 | Quick Quiz |
| 14 | Meet Your Council |
| 14 | Salisbury City Centre Upgrade |
| 15 | Community Check-in Update |
| 16 | Salisbury Snapshots |

| | |
|-----------|---------------------------------------|
| 18 | News from Jack Young Centre |
| 19 | Cafe News (Jack's Cafe & Hills Cafe) |
| 20 | News from Pine Lakes Centre |
| 21 | News from Para Hills Seniors Centre |
| 21 | Magazine Feedback |
| 22 | Planning Excellence Award |
| 22 | Social Connection Podcast |
| 22 | Salisbury Rainbow Connect |
| 23 | Special Events - What's Coming Up |
| 24 | Special Events Calendar |
| 27 | Cultural - Be a Voice for Generations |
| 28 | Aged Care Reform |
| 28 | COVID-19 Protection |
| 29 | Wellbeing Activities |
| 30 | Other Wellbeing Activities |
| 31 | Council Services |
| 31 | Quiz Answers |
| 32 | Service Contact Details |

MESSAGE FROM THE MAYOR

Welcome to 2023!

I hope you've had an enjoyable festive season and are feeling inspired to try something new this year.

It's always intriguing to hear about tips for a long life from centenarians like Salisbury local Domenico who is featured on page 3. Still living independently in his own home at 100 years old is a clue that he is onto something positive!

If you are looking for new things to try this year then you are bound to find something of interest in this edition. The Q&A article with local seniors provides an insight into some of the activities people do to keep active and the benefits they get from these.

Each of the activities mentioned, including the Heart Foundation Walking and Dance for Health, is among the many activities available through our three seniors' centres.

On the theme of 'health and wellbeing', it was good to read that the Girth – Get Involved Reach Top Health – healthy lifestyle program for men will be run again this year.

I encourage you all to try one new thing this year.

Yours sincerely,
Gillian Aldridge OAM
Mayor of Salisbury



A LOCAL VOICE

A LOCAL VOICE



Domenico Gelonese

A century of living the “simple life” is Domenico’s secret to longevity.

Domenico Gelonese was born in the Italian village of Benestare, Calabria Italy in 1922 and grew up surrounded by family and friends.

Having lived through the Second World War, Domenico migrated to Australia in 1955 with just 20 pounds in his pocket. He came to Australia seeking work and a better life and soon got a job at the Elizabeth Holden factory and then as a cementer and a roof tiler.

Domenico was away from his family for four years before his wife and two kids could join him in Australia.

Domenico has outlived his wife and son, while his daughter Maria lives in Adelaide.

When asked about the secret to living for 100 years, Domenico says he lives day by day and enjoys the simple things in life like good wine and food.

This is not surprising, considering Domenico is a keen gardener who looked after 12 glass houses which mainly contained tomatoes and capsicums. He proudly continues the Italian traditions of pressing his own tomato sauce, making wine and curing meats like salami.

Still living independently in his own home, he cooks his own meals and gets around with minimal aids.

Since retirement Domenico has participated at local community groups including the Jack Young Centre Italian Group and Intercultural group at the Pine Lakes Centre.

A favourite activity is playing the Italian cards game “Modiano” with his cousin Domenico Musolino and friends.

Cousin Domenico and daughter Maria celebrating Domenico’s 100th Birthday



Known as a great story teller, Domenico also enjoys good company, dancing and wearing suits. He’s fondly described as stubborn by his friends and a bit of a joker.

Domenico received a 100th year birthday card from SA Premier, The Hon Peter Malinauskas, Prime Minister Anthony Albanese, King Charles III and many other high profile people.

The City of Salisbury also wishes Domenico many more birthdays to come.

GETTING TO KNOW OUR LOCAL COMMUNITY

Q&A WITH LOCAL SENIORS

You have likely heard that physical activity has many benefits including longevity and wellness. We asked a few members of our seniors' centres about how they stay active.

1. What activities do you do to keep active?
2. What benefits do you get from being active?
3. What words of encouragement would you give to a friend who needs to be more active?

BEV MCINTYRE (JYC)

1. "Prime Movers and contemporary dance."
2. "As I have arthritis these activities help me immensely to keep moving."
3. "Join in one of the many activities at the centres and see how you go. It's the old saying - use it or lose it."



IAN MACKIE (JYC)

1. "I walk with the Heart Foundation Walking Group on Wednesday and Friday mornings.
I play indoor bowls on Monday and Friday afternoons at JYC."
2. "It keeps me fit and my mind occupied. I am mixing with friendly and entertaining people."
3. "Get out and try to be involved with groups at our centres where you can go walking, do arts or crafts or other activities like indoor bowls and dancing."



HEIDI ROATH (JYC)

1. "Dance for Health."
2. "Staying fit and healthy, socialising with good friends."
3. "It's lots of fun. Come along you would be made very welcome, make lots of friends."

Pictured: left



"Sedentary lifestyles increase all causes of mortality while doubling the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety."

- World Health Organisation

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

MERILYN GRENFELL (JYC)

1. "Line dancing, Strength for Life and gardening."
2. "Increased physical and mental capabilities, company and conversation. Challenged to go just a bit further."
3. "Share my story (if I can do it, so can you), offer to accompany them to movement groups. (A lot of people have trouble starting something on their own)."

Pictured: centre

EMMA CHAU (JYC)

1. "Line Dancing, Zumba, gardening and walking."
2. "Strengthening my bones and muscles, reducing the risk of disease, improve brain health, improving the ability to do everyday activities."
3. "Life is too short to be serious. Go out and have FUN. It will increase your personal confidence and self-awareness, lift your self-esteem and improve your quality of life."

Pictured: right

How much physical activity should we get?

Adults aged 65 and above are recommended to get 30 minutes of moderate intensity physical activity per day. The 2021 SA Population Health Survey Annual Report reports only 35 per cent of South Australians reach this mark.

See page 29 to 30 for a list of activities that you could undertake or you can find more information at www.salisbury.sa.gov.au/why

HEALTH & WELLBEING

MEN ACHIEVING GREAT RESULTS AFTER 12 WEEKS

A program targeted towards men has seen participants at the Jack Young Centre lose a combined 27 kilograms.

GIRTH – Get Involved Reach Top Health – is a healthy lifestyle program for blokes by the Freemasons Centre for Men's Health and Adelaide University.

This 12-week program finished in November 2022 at the Jack Young Centre.

The group focused on four lifestyle areas of nutrition, physical activity, sleep, and stress.

The overall aim of the program is to achieve sustainable lifestyle change for reduced girth (waist circumference) and better health.

A majority of the guys were successful in losing girth and weight.

A total of 33.5 cms of GIRTH was lost and a total of 27 kilos was lost.

This is what a couple of participants had to say:

'Excellent program...well presented.'

'Thanks for running the sessions. They were useful for information and keeping us positive and on track.'

Blokes, you can register your interest in our 2023 program. This will commence in July, following Men's Health Week 12 - 18 June.

Call Jim on 8406 8251 or email jbinder@salisbury.sa.gov.au

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



DISABILITY

WHAT IS DAIN?

DAIN is Council's Disability Access and Inclusion Network and we welcome more people to participate in the group.

DAIN celebrated International Day of People with Disability over lunch following its final 2022 meeting. DAIN members are happy about their increased say in Council projects, for example the influence on the design of the new swimming centre and City Centre revitalisation.

DAIN is about supporting people with disability, their families and carers to:

- take part more in the community
- become leaders and have more say in Council decisions.

You can join DAIN by calling Mike Taggart, Inclusion Project Officer - City of Salisbury, 8406 8390 or email mtaggart@salisbury.sa.gov.au

The DAIN meeting on 6 December heard from speakers about:

- people with disability moving from consumers of services to advisers of service providers and government. The next step is for people with disability to be part of decision-making
- how people with disability can have more say in Council decisions.

The International Day was about people with disability not being left behind when government takes action on climate change, COVID-19 and the war in Ukraine.

You can also find out more information about the group at www.salisbury.sa.gov.au/dain



Current members of DAIN

GARDENING

GARDENING FOR THE NEW YEAR

Welcome to a brand new year for the Burton Communal Garden and Seniors Program.

You are invited to a quiz morning on Thursday, 16 March at 10am to 12pm.

This will be a great event so grab your friends, book a table and enjoy a morning of light-hearted fun with great prizes to be won. The cost is \$10 per person (includes morning tea).

With our wicking garden beds now in, this year we start our gardening groups offering various indoor and outdoor activities to keep your body and mind active. We will have building and craft sessions making objects for the garden, planning and planting the garden for winter, building shades for the garden beds and lots more.

If you enjoy pottering in the garden or shed, wanting to try new things and make new friends, come along.

The herb garden with café style seating, or the bubbling water feature are lovely places for a 'cuppa' with friends.

If you would like to find out more grab a copy of the program at the seniors' centres, Council offices or online at www.salisbury.sa.gov.au/gardening and book yourself in.

See you at the Burton Communal Garden!



HEALTH & WELLBEING



John and Edith attending Peter Nicholls' presentation at JYC

MAKE THE SECOND HALF OF LIFE **THE BEST**

Peter Nicholls, a popular guest speaker at the Jack Young Centre, shares insight about making the most of life.

A tree doesn't stop growing at any predetermined age, such as 65. Nor do we.

A tree doesn't get old, it ages, and the more it ages the more it becomes significant. So do we.

The world is dramatically changing and it's time to rid society of the 19th century traditional image of the human lifecycle being one of birth, growth, mature and then a decline from midlife.

While we measure age in years, we now measure growth in depth. Depth of self-awareness, depth of understanding people and life, and depth of insight, perspective and, yes, wisdom.

It's the product of continuing our growth mindset for as long as our health and mind allows us to do so.

Staying curious, helping others, listening, learning and importantly being involved in anything we love that is bigger than self.

We begin to really understand what enjoying being our true self really means. Now is the time to live the life you were born to enjoy.

For more information contact Peter Nicholls (Life Enjoyment Mentor) at peter@apg.life

See pg 23 in magazine for the upcoming guest speakers in 2023.

ELDER ABUSE (WEAAD)

SPEAK UP TO HELP STOP ELDER ABUSE

Each year approximately one in 20 older people report experiencing some form of mistreatment, abuse, and/or neglect by someone they know and trust.

Sadly, it's believed that for every reported case of abuse, another five remain unreported.

Previous editions of Salisbury Seniors have mentioned different types of abuse including physical, financial, sexual, social and psychological. Neglect is another form of abuse and involves the failure of a carer or responsible person to provide the necessities of life such as food, shelter, clothing, medical or dental care as well as refusal to let others to provide this care.

If you need advice about elder abuse for you or someone you know you can contact The South Australian Elder Abuse Prevention Line on 1800 372 310.

For more information about elder abuse go to www.sahealth.sa.gov.au (and search stop elder abuse) or collect information from one of our seniors' centres.



15 June 2023 is World Elder Abuse Awareness Day.

An information session about elder abuse will be held at the Salisbury Community Hub in April for anyone interested. For more information contact Leslie on 8406 8328 or email lwightman@salisbury.sa.gov.au

SAFE HAVEN IN SALISBURY

A new drop-in service has opened for people feeling overwhelmed, distressed or lonely.

A first-of-its-kind mental health service has opened in Salisbury.

This free service offers a calm and inviting space and is staffed by peer practitioners with lived-experience of mental illness, addiction or trauma. Salisbury Safe Haven is open Thursday and Fridays 5pm to 9pm.

This service is funded by the Northern Adelaide Local Health Network (NALHN) and Adelaide Primary Health Network (Adelaide PHN).

It is operated by not-for-profit mental health provider Sonder and NALHN.

Drop-ins are encouraged and no appointment is necessary.

Located at St John's Anglican Church (10 Church, Salisbury).

Call 8209 0700 or find out more at

www.sonder.net.au/programs/safe-haven



Image source: Sonder

HOUSING

TRANSITION OF ACH TO CARE FINDER



Trista assisting Marie settle into her new home

Since 1997, the Aged Care and Housing Program (ACH) hosted by the City of Salisbury has supported many older people experiencing homelessness or at risk of homelessness to access stable housing. From 1 January 2023, this service will be funded as part of the Care Finder Program.

The Care Finder Program aims to deliver specialist and intensive assistance to help people to understand and access aged care and connect with relevant supports.

In great news, we are pleased to confirm that the City of Salisbury will continue to provide the same high-quality help and support to older people who are homeless or at risk of being homeless.

"Thank you to Housing Program staff for helping me find a safe accommodation and navigating the My Aged Care system. I'm so grateful for the support from the City of Salisbury." - Marie

Thuy and Trista continue to work as housing support specialists and can be contacted on 8406 8227 or housing@salisbury.sa.gov.au

To find out more about City of Salisbury's Housing program – Care Finder visit www.salisbury.sa.gov.au/housing

HOME ASSIST

CHANGE IN YOUR CIRCUMSTANCES

One thing we know about life is that nothing seems to stay the same.

If something changes in your life and you feel like your needs have increased and that you could benefit from a change of services, give the Home Assist team a call or email them.

They will be able to advise you of your options which could include:

- A change in the current services you are receiving
- Assistance to be assessed by My Aged Care for an increase in services that better suit your changed circumstances.

Salisbury Home Assist is always keen to hear your feedback whether it's complementary or expressing a concern.



Home Assist is seeking people interested to work as an Independent Contractor providing:

- domestic assistance involving cleaning and other in home tasks; and or
- gardening work.

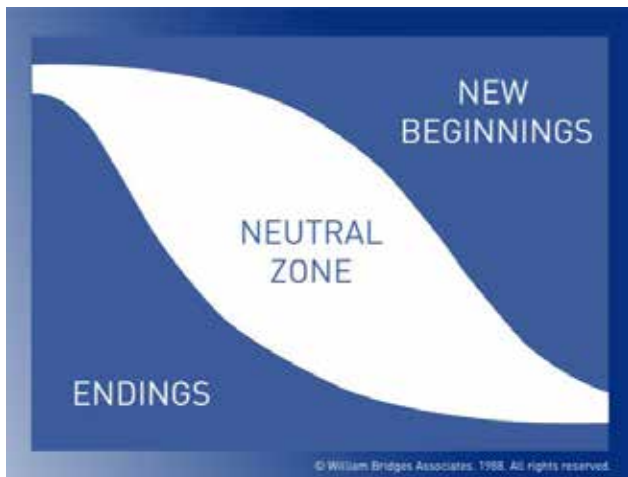
For more information please email Home Assist on has@salisbury.sa.gov.au or visit www.salisbury.sa.gov.au/independentcontractor

CONVERSATIONS WITH SALISBURY SENIORS

NAVIGATING BIG LIFE TRANSITIONS

The November 2022 Conversation with Salisbury Seniors focused on strategies for coping with grief and life transitions.

We experience life transitions when facing significant change.



Three stages of transition

1. Ending, Losing, and Letting Go
2. The Neutral Zone: Grief and loss, discomfort and readjustments to a new normal.
3. The New Beginning

Source: November 2022 guest speaker Rod Quintrell



What helps us cope?

Self Care

- Acknowledge the transition
- Self-compassion
- Sleep, exercise and nutrition

Seek Help

- It's scary, unsettling and emotional
- To transition is to respond to change
- "When we are no longer able to change a situation, we are challenged to change ourselves." Viktor E. Frankl

Embrace Change

- "Change is the only constant in life." Benjamin Franklin

Connection to Community

- Invest in relationships as loneliness is bad for our health
- "Loneliness kills. It's as powerful as smoking or alcoholism." Robert Walinger

Strengths Based Mindset

- Focus on your strengths and learn new things
- "Whether you think you can, or think you can't, you are right." Henry Ford.

Neuroplasticity

- Ageing reinforces neural pathways, however, we can form new neural pathways
- Old dogs CAN learn new tricks!

Our next Conversation with Salisbury Seniors will be Tuesday 16 May and Tuesday 7 November 2023.

Details will be posted at

www.salisbury.sa.gov.au/cotaconv or see pg 26.

These conversations are a partnership between COTA SA and City of Salisbury.

VOLUNTEER SPOT LIGHT

May is National Volunteer Week. What a great way to say thank you to our lovely volunteers and the valuable contribution they make in our community.

Let's find out about a few of our wonderful volunteers.



Sue Beauchamp – Hospitality Volunteer JYC

"I love being a Volunteer at the Jack Young Centre as it is giving me new skills. The people I work and interact with are so welcoming and are also a great team. I enjoy working there as it is a great environment to work in. It gives me pride knowing that I am doing something productive for my community. I would encourage anyone to give it a go as it is very rewarding."



Clarry Mayfield – Social Program Volunteer JYC

"I was referred to JYC by my health practitioners in 2020 following the loss of my wife.

The friendship shown was exceptional and I was grateful for this which in turn made me want to give back. When I was asked if I was interested in volunteering, I immediately accepted and this has been beneficial to be able to assist other people along the way. Our Monday "Meet & Greet" group is slowly growing. We have some motivating speakers which will be of interest to others so hopefully more people will come.

Volunteering is part of living in a village and helping each other. As they say, it takes a village to bring up children and it also takes a village to keep that community spirit happening and keep each other healthy and well as we age.

Volunteering has that ripple effect: as volunteers help others the kindness ripples out to the people then ripples right back to the volunteer enabling everyone to feel good, well and healthy in mind and in body. Happy volunteering!"

BRAIN HEALTH



BRAIN GYM

Let's chat about memory changes and dementia.

We all experience forgetfulness from time to time. It could be walking into a room and forgetting why you went in there, forgetting people's names, or misplacing items like your keys or mobile phone.

These memory lapses may be frustrating however, they are generally perfectly normal.

Memory loss associated with dementia usually presents differently.

Memory changes are persistent and progress to the point where they impact even familiar tasks and activities of daily life. For example: it's perfectly normal to forget where you left your car keys; however, a person with dementia may forget what the keys are used for.

People with dementia will usually experience memory loss as well as changes to at least one other cognitive (thinking) function. For example: changes in understanding language; spatial awareness; or social/emotional regulation.

If you are concerned about your memory, it's best to start with a visit to your GP.

There are many health conditions that may contribute to memory changes.

A thorough health check-up is required to investigate any potential causes and treatments.

MEMORY MYTHS:

Myth: Forgetfulness is an indication that something is wrong with your brain.

Fact: Forgetfulness that does not impact daily life is perfectly normal, especially as we age. Our brains are not designed to store and recall absolutely everything.

Myth: You lose 10,000 brain cells a day and eventually run out.

Fact: This is an exaggeration. While it is normal to lose cells from certain regions of the brain, it generally does not impact our thinking abilities. It is also possible to maintain healthy brain cells and even grow new ones through exercising our mind.

Myth: You should compare yourself to others to see if your memory is normal.

Fact: There is a wide variety of memory traits and characteristics across the general

Source: Dementia Australia – Help sheet 12. About Dementia. Memory changes. www.dementia.org.au

QUICK QUIZ

1. In which part of your body would you find the cruciate ligament?

- a) Shoulder b) Foot c) Knee d) Spine

2. The logo for luxury car maker Porsche features which animal?

- a) Rabbit b) Panther c) Tiger d) Horse

3. Which element is said to keep bones strong?

4. What does CIA stand for?

5. In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy?

- a) Apple b) Pineapple c) Banana d) Peach

6. Haematology is the study of what?

7. Pyrophobia is the fear of what?

8. How many dots appear on a pair of dice?

Answers for these puzzles on page 31

COUNCIL NEWS

MEET YOUR COUNCIL

Every four years residents have the chance to vote for elected members to represent the community on Council. A new City of Salisbury Council was sworn in on November 28 following last year's election.

Gillian Aldridge OAM received the most votes in the mayoral category and will serve the City of Salisbury for a fifth term.

"The returning elected members coupled with new faces will bring a mix of experience and fresh energy and ideas to Council on how to better serve our community," Mayor Aldridge said.

"I am grateful for your support and look forward to continuing to work towards a more progressive, sustainable and connected Salisbury for all of us."

Re-elected Councillors are Beau Brug, Chad Buchanan, David Hood, Kylie Grenfell, Peter Jensen, Sarah Ouk and Shiralee Reardon.

New Councillors are Alan Graham, Grace Bawden, Johnny Chewparsad, Lauren Brug, Moni Mazzeo, Severina Burner and Sharon McKell.



SALISBURY CITY CENTRE UPGRADE

Salisbury's City Centre has recently been revitalised, making the precinct more visually attractive and improving safety for pedestrians, cycle and vehicle traffic alike.

By creating an open and free-flowing streetscape, there are now more opportunities to use the space for recreational activities, events and outdoor dining.

Residents may notice improvements such as new street furniture, benches and bins, improved paving and many art installations.

New garden beds and trees have created a greener streetscape.

LED lighting has been installed which will reduce the amount of energy used and improve safety at night.

The project received funding from the Federal Government's Local Roads and Community Infrastructure Program.

For more information visit www.salisbury.sa.gov.au/churchandjohnst



COUNCIL NEWS

COMMUNITY CHECK-IN UPDATE

The results are in, here's what we learnt.

Council conducted the Community Check-In survey during July and August last year to understand social isolation and physical inactivity across our community.

Of the 800 responses received, almost 500 were from residents aged 55 years and over.

Approximately half of respondents felt positive about their social connections and reported 30 minutes of daily physical activity. However, 50 per cent of respondents reported feeling lonely at least some of the time, and one in five of us were getting less than 15 minutes of daily physical activity.

Respondents shared feedback about what would support change in these areas.

Group-based activity, including group walking and exercise was the most common response. Participants also want more affordable recreation options and community events.

Our community centres and libraries were highlighted as affordable places to meet, eat and engage in purposeful activity.

These findings will help us to design programs that address the pressing issues of social isolation and physical inactivity and support resident health and wellbeing.

When do you feel the most connected to others/your community?



SALISBURY SNAPSHOTS



1. Audrey and Lorraine celebrating their birthday at PHSC
2. Auntie Rosemary making scrunchies at the JYC Aboriginal Social Group
3. Alice Richardson & Michael Liddle entertaining the crowd at the monthly Sounds in the Courtyard event at JYC
4. John and Virginia helping helping garden coordinator Shannan plant out native plants at the new Burton Communal Garden
5. (Anticlockwise) Nicola, Dipinto, Vittorio and Luigi playing a traditional Italian cards game at Pine Lakes Intercultural group
6. The Para Hills Songsters performing at the Conversation with Salisbury Seniors event at the Salisbury Community Hub



7. Cycle Salisbury preparing to ride at the Salisbury Community Christmas Parade
8. Heart Foundation walking group at the Salisbury Community Christmas Parade

9. JYC reception volunteer team with Elvis! at the volunteer Christmas party
10. Volunteer Christmas Party committee

11. Lyn, Terry, Kym, Graham and Karen at the volunteer Christmas party at JYC
12. Three generations (Ruth, Margaret and Eleanor) having fun at the JYC Melbourne Cup event

SENIORS CENTRES

NEWS FROM JACK YOUNG CENTRE



Seniors' centres are a great place to connect with others. We have a huge variety of programs and encourage you all to share these with your friends, family and neighbours.

"Walking through the door is the hardest part but once I did, I haven't looked back," is feedback new members often share.

Thank you to everyone who offers a friendly smile, has a chat or encourages someone they meet to come along.

Word of mouth really is the best form of advertising and promotion. Please grab a few programs, menus or upcoming events fliers and share them around.

Your recommendation and encouragement could make a real difference to someone who might be feeling a bit lonely, disconnected or bored.

Staff and volunteers work closely with community members to shape the program of activities.

We regularly introduce new, short-term or once off sessions. If you have a talent or skill you would like to share with others, maybe you can even help kick start another program!

Variety is the spice of life and finding new ways for people to connect and have fun is a huge part of what we do.

Our Seniors Centres have a 'try before you buy' policy – the first time attending a new program is free.

Why not give one of these programs a go (right). Full details available on pg 29.

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

WHAT ELSE IS COMING UP AT A SENIOR CENTRE NEAR YOU



BRAIN GYM

JYC first and third Wednesday of the month, 10am to 12pm

PHSC first and third Tuesday of the month, 10.15am to 12pm



DARTS

JYC Tuesdays, 1.15pm to 3.15pm



MEET AND GREET GROUP

JYC Mondays, 1pm to 2.30pm



BACKGAMMON

JYC Thursdays, 1pm to 3pm

SCRABBLE

JYC Mondays 10am to 11.30am



READING FOR FUN

JYC first Friday of the month, 10am to 11.30am



INDOOR BOWLS

JYC Monday & Fridays, 1pm to 3pm

PHSC Tuesdays, 1pm to 3pm



SALISBURY SENIOR CITIZENS CLUB

JYC Wednesdays

Friendship and connection from 9.30am, Bingo 1pm to 3.30pm

CAFE NEWS (JACK'S CAFE & HILLS CAFE)

Easy & Light Shoyu Ramen Soup

Ingredients

- 1 cup chicken stock
- 1 cup water
- ½ tbsp dashi powder
- 1 ½ tbsp soy sauce
- 1 clove garlic, finely chopped
- 1 tbsp ginger, thinly slice
- 1 egg for topping
- 3 heads baby bok choy for topping
- 400gm mushrooms, sliced for topping
- Spring onions, chopped for topping
- 1 packet ramen noodle

Directions

1. To make ramen eggs, bring water to a boil. Put a cold egg in and reduce water to a simmer. Cook eggs for 8 minutes and remove from water and transfer to bowl of ice water. Gently take off the egg shells and cut egg into two halves. Set aside.
2. In a pot, bring chicken stock to a boil and put in the baby bok choys and cremini mushrooms. Boil over medium high heat for about 3-5 minutes or until cooked. Remove the baby bok choys and cremini mushrooms from the pot using a slotted spoon. Set aside on a plate.
3. Add the water, dashi powder, soy sauce, garlic, and ginger into the chicken stock. Bring to a boil over medium high heat. Lower heat to a medium and simmer for 10 minutes.
4. Cook the ramen noodle according to the package's instructions.
5. To assemble dish, place the noodles at the center of a bowl. Pour the broth over the noodles and fill up the bowl up to about 2/3. Top with boiled ramen eggs, baby bok choys, cremini mushrooms, roasted seaweed, and green onions.



Summer Menus Available Now!

Come check out the new summer menus at the Senior Centre cafes!

Jack's Cafe menu highlights include spinach and ricotta cannelloni, grilled fish in white wine tomato basil sauce and chicken Caesar salad.

Hills Cafe highlights include monthly roasts, meat pies and chicken schnitzels.

As requested, we now have sauces available for purchase for 50 cents: American mustard, mint sauce, BBQ sauce, tomato sauce, sweet chilli sauce and mayonnaise.

For the menu and weekly specials at Jack's Cafe visit:

www.salisbury.sa.gov.au/jyc

or call 8406 8525

The menu at Hills Cafe is available from

www.salisbury.sa.gov.au/phsc

or call 8406 8587

(recipe sourced from www.coupleeatsfood.com/easy-light-shoyu-ramen-soup/)

SENIORS CENTRES



NEWS FROM PINE LAKES COMMUNITY CENTRE!

At Pine Lakes there is always a bright smile and some friendly words to welcome you. When walking in you can hear all sorts of languages and it is this blend of language and culture that makes all of the social cultural programs we run at Pine Lakes so popular and successful.

Food, tradition and celebrations are always part of our regular programming with our members, volunteers and staff taking part. Trying new foods, sharing family and cultural traditions and learning about each other's backgrounds make the daily happenings at Pine Lakes so inclusive and enriching.

Our approach to connection and community is all about providing a safe and welcoming space for everyone. Our South East Asian Social group that meets fortnightly on a Friday has been able to access a specialised program focussing on money management.

Many of our members have been sharing the challenges of living on a budget and the pressures of paying bills and having the essentials when the cost of living is increasing.

Our team has been working in partnership with a program developed by Good Shepherd Australia and New Zealand and the Office for Women.

The My Money Basics Education and Coaching series includes 3 x 2.5 hour workshops that are held across a period of 6 weeks. Each workshop has a different focus and aims to build skills, draw on existing knowledge and increase knowledge.

The feedback from group members so far is that the workshops are well presented and have enabled them to gain a greater understanding of the topics.

Staff will be looking to run this program at either the Jack Young Centre or the Para Hills Centre in the future.

We would love to see you at Pine Lakes!

The centre's program is available at www.salisbury.sa.gov.au/plc or call 8406 8513

SENIORS CENTRES

NEWS FROM PARA HILLS SENIORS CENTRE



Christine, Wendy, Margaret and Susan enjoying the Monday Relaxation Group.

Looking forward to an action packed 2023!

To kick it off we are hosting "Music @ Para Hills Hub" Friday 17 February, 10am to 2pm.

This event will showcase the diverse musical talent we have at the Para Hills Senior Centre and give you the opportunity to try our line dancing group.

There will be a sausage sizzle (\$2 per sausage) and giveaways.

We have a variety of regular groups running at the centre and have recently added some new ones. To find out more please drop by and pick up a program or look it up at www.salisbury.sa.gov.au/phsc

Starting Thursday, 23 February there will a Card Making workshop that will run over three sessions on the last Thursday during February, March and



Celebrating Australia Day with Yvonne and Maureen which included entertainment by 'Plus One' aka Allan and Wayne.

April. Each session costs \$6 and includes materials. Limited numbers so bookings are essential.

St Patrick's Day is always great fun and who doesn't like wearing green. Para Hills Senior Centre is having a St Patrick's Day luncheon quiz with entertainment on Friday 17 March.

Doors open at 10am for a 10:30am start. The cost is \$20 subsidised and \$25 non-subsidised. Limited numbers so book as soon as possible. Prize given to the person wearing the best green outfit.

If you would like more information or are interested in attending any of the above events, please ring the Para Hills Senior Centre on 8406 8544, call in and collect a program and or go to pages 24 and 26.

Hope to see you at the Para Hills Senior Centre soon because it's a happening place!

MAGAZINE FEEDBACK

We are seeking feedback on the Salisbury Seniors Magazine.

The Salisbury Seniors Magazine has evolved from a simple newsletter, to a magazine that is full of local images and stories informative articles, news from our centres, activities and special events.

The magazine continues to improve thanks to the range of valuable feedback we receive from you. To provide further feedback please complete the survey inserted in this magazine – or complete the online survey at www.salisbury.sa.gov.au/salisburyseniors

WE WANT TO HEAR FROM YOU!



AWARDS/ RECOGNITION

PLANNING EXCELLENCE AWARD



Council has won the Planning Institute of Australia award for Planning Excellence in Community Wellbeing and Diversity.

Council's diversity and inclusion strategic plans on the topics: Intercultural, Age Friendly and Disability Inclusion were recognised for their excellence.

These strategies are built on Salisbury's proud and extensive history of community inclusion.

These plans demonstrate leadership in local government. City of Salisbury is the first Intercultural City within South Australia, having adopted this strategic approach to cultural inclusion that goes further than multiculturalism.

Similarly, Council strives to go above and beyond in disability inclusion and planning. We are a strong advocate for Universal Design and the social model of disability.

These plans are essential considering over 35 per cent of Salisbury residents were born outside Australia, one in five people live with disability and 15 per cent of the population are over 65.

Find out more at www.planning.org.au/aboutpianew/sa/2022-sa-award-winners

SOCIAL CONNECTIONS

SOCIAL CONNECTION PODCAST

Older people are starting to embrace new technology to share their stories.

COTA SA recently helped older people across Adelaide reconnect with their community and shared the learning through Voices on Ageing, a six-episode podcast that is available to listen to on the website www.cotasa.org.au/programs-and-services/voices-on-ageing-podcast or through Spotify, Google and Apple Podcasts.

If podcasting is something you'd like to try one day, send us an expression of interest at jbinder@salisbury.sa.gov.au or phone 8406 8251

Source: COTA Annual report



SALISBURY RAINBOW CONNECT

Local news

We're looking to create a social group for LGBTIQ+ community members aged 50 and over. Group interests will guide activities undertaken, engagement of guest speakers and links to community activities and events. (See contact details below)

Other happenings

Sydney has been chosen to host global LGTBIQA+ festival, WorldPride, between February 17 and March 5, 2023. Sydney WorldPride will incorporate the beloved Sydney Gay and Lesbian Mardi Gras and a broad range of events. Can't make it? ABC will be the host broadcaster, so stay tuned. For more information visit www.sydneypride.com

Interested in the local group? Please contact Leslie on 8406 8328 or email lwightman@salisbury.sa.gov.au

SPECIAL EVENTS

WHAT'S COMING UP

SPECIAL COMMUNITY EVENTS



CHECK OUT THE UPCOMING EVENTS ACROSS SALISBURY!



FREE
to join

CHAT & LEARN (first Monday of the month, JYC)

6 March, 1pm to 2.30pm: Dementia Australia presentation 'It starts with you'.

3 April, 1pm to 2.30pm: 'Why you need to shop local & what does the Salisbury Business Association do?' David Waylen, Executive Officer

1 May, 1pm to 2.30pm: 'Diabetes & You' Diabetes Educator Fareed Heidari, John St Pharmacy.

5 June, 1pm to 2.30pm: 'Aged care Directives' Michelle Howse Information Officer, Office of the Public Advocate

www.salisbury.sa.gov.au/chatandlearn 8406 8525



FREE
live music

SOUNDS IN THE COURTYARD (Thursdays 12.15pm to 1pm, JYC)

16 February: John Grant

6 April: Rickety Chicks

2 March: Jerry & the Hatricks

20 April: Light & Breezy Duo

16 March: The 'Jukes' (Ukulele Group)

www.salisbury.sa.gov.au/events

8406 8525



\$8
per session

DIGITAL LITERACY (Wednesdays 9.30am to 11.30am, JYC)

22 February, 8 & 22 March, 12 & 26 April, 10 & 24 May,

Join in these friendly, slow paced classes to learn how to use technology for daily life. Bring your device (phone, tablet, laptop) or borrow one of ours to practice and gain confidence with the support of a patient IT instructor: Justin Phelps. You can ask specific questions or just learn general tips. Class size: six to eight people.

Register your interest to receive the program for future weeks.

Email jbinder@salisbury.sa.gov.au

8406 8525



FREE
entry

SALISBURY EAST COMMUNITY MARKETS (SATURDAYS)

Salisbury East Neighbourhood Centre (28 Smith Rd, Salisbury East)

Variety of different stalls, craft items, plants, food vans etc.

18 February,
4pm to 8pm

18 March,
10am to 2pm

22 April,
10am to 2pm

www.salisburyeastnc.org.au

8285 2055

SPECIAL EVENTS

FEBRUARY TO MARCH

Morning tea and summer recipe share

THUR
16
FEB

Join us in an informal chat and sharing of recipes. Notify of food allergies when booking for catering purposes.

| | |
|---|--|
| 🕒 | 10.30am to 11.30am |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$4 |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

Music @ Para Hills Hub

FRI
17
FEB

This event will showcase the diverse musical talent we have at the Para Hills Senior Centre and give you the opportunity to try our line dancing group. There will be a sausage sizzle for \$2 per sausage and giveaways.

| | |
|---|---|
| 🕒 | 10am to 2pm |
| 📍 | Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills |
| 💰 | FREE |
| 📞 | 8406 8587 |
| 🌐 | www.salisbury.sa.gov.au/events |

Using fresh herbs in meals

TUE
21
FEB

Discussion and demonstration on ways to include fresh herbs in your meals.

| | |
|---|--|
| 🕒 | 10am to 11.30am |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$4 per session (bookings essential) |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

Shading and Netting Gardens Talk

WED
22
FEB

Presentation on ways to managing shading and netting of veggie and fruit trees. (Ages 18+)

| | |
|---|--|
| 🕒 | 1pm to 2.30pm |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$4 |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

Relaxation-guided Session

THU
23
FEB



Experience a guided relaxation session for a relaxed body and more peaceful mind.

| | |
|---|--|
| 🕒 | 10am to 11.30am |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$4 |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

Morning tea and board games

TUE
28
FEB



Have fun and meet new people playing a board game. Notify of food allergies when booking for catering purposes

| | |
|---|--|
| 🕒 | 10.30am to 11.30am |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$4 |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

Salisbury Fringe Festival

FRI 24 &
SAT 25
FEB



The Salisbury Fringe Carnival is a FREE community event held over two jam-packed days. Featuring free amusement rides and activities, local musicians and performers and a range of food vendors, the heart of Salisbury will be buzzing with excitement.

| | |
|---|---|
| 🕒 | (Friday) 5.30pm to 9.30pm (Saturday) 10.30am to 9.30pm |
| 📍 | Salisbury Community Hub (Civic Plaza - Inparrinthe Kumangka), 34 Church Street, Salisbury |
| 💰 | FREE |
| 📞 | 8406 8222 |
| 🌐 | www.salisbury.sa.gov.au/sfc |

International Women's Day Cocktail Evening

THU
9
MAR



International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The City of Salisbury celebrates International Women's Day as a cocktail evening hosted by the Mayor Gillian Aldridge OAM. Inspirational guest speakers will be invited to speak in celebration of women's achievements.

| | |
|---|--|
| 🕒 | 7pm to 9pm (6.30pm arrival) |
| 📍 | Salisbury Community Hub, 34 Church Street, Salisbury |
| 💰 | \$30 per ticket for adults \$24 per ticket for students (bookings essential) |
| 📞 | 8406 8222 |
| 🌐 | www.salisbury.sa.gov.au/iwd |

SPECIAL EVENTS

Quiz in the Garden

THU
16
MAR

You're invited to a quiz morning. This will be a great event so grab your friends, book a table and enjoy an afternoon of light-hearted fun with great prizes to be won.

| | |
|---|--|
| 🕒 | 10am to 12 noon |
| 📍 | Burton Community Hub, 380 Waterloo Cr Rd, Burton |
| 💰 | \$10 (includes morning tea, bookings essential) |
| 📞 | 8406 8525 |
| 🌐 | www.salisbury.sa.gov.au/gardening |

FRI
17
MAR

St Patrick's Day luncheon quiz



St Patrick's Day is always great fun and who doesn't like wearing green. Come along for some entertainment and fun. Limited numbers so book as soon as possible. Prizes given to the person in the best green outfit.

| | |
|---|--|
| 🕒 | Doors open at 10am for a 10.30am start |
| 📍 | Para Hills Seniors Centre (Para Hills Community Hub) 22 Wilkinson Rd, Para Hills |
| 💰 | \$20 subsidised and \$25 non-subsidised (bookings essential) |
| 📞 | 8406 8587 |
| 🌐 | www.salisbury.sa.gov.au/events |

Harmony Week main event

FRI
24
MAR

Join us for an intercultural community celebration including entertainment, food, live music, performances and so much more! City of Salisbury also celebrates Harmony Week throughout March 20 to 26.

| | |
|---|--|
| 🕒 | 10.30am to 2pm |
| 📍 | Salisbury Community Hub (Civic Plaza - Inparrinthe Kumangka), 34 Church Street, Salisbury |
| 💰 | FREE entry and entertainment |
| 📞 | 8406 8222 |
| 🌐 | www.salisbury.sa.gov.au/harmonyweek |

APRIL TO MAY

Conversation with Salisbury Seniors

TUE
16
MAY

Come join us on the topic of moving your body and the great impacts of this on your overall health. Get up to date information and research, as well as local options to get involved and connect. Bookings essential. This event is a partnership between COTA SA and City of Salisbury.

| | |
|---|--|
| 🕒 | 9:30 am to 12:30 pm |
| 📍 | Salisbury Community Hub, 34 Church St Salisbury |
| 💰 | FREE – includes morning tea |
| 📞 | 8406 8368 |
| 🌐 | www.salisbury.sa.gov.au/cotaconv |

SPECIAL EVENTS

National Volunteer Week Expo

WED
17
MAY

FREE Volunteering Expo celebrating National Volunteer Week 2023 that will showcase the diverse range of volunteering opportunities across the Salisbury City Centre and the City of Salisbury.

| | |
|---|--|
| 🕒 | 10am to 1pm |
| 📍 | Parabanks Shopping Centre |
| 💰 | FREE |
| 📞 | David Waylen 0414 813 202 |
| 🌐 | www.salisburyba.com.au/all-events |

Mainstreets of Australia Family Fun Day

SAT
20
MAY

With more than 2 million small businesses in Australia, and many of these on our main streets and in our business precincts, they do an enormous amount for the community. Children's activities, entertainment, market stalls, fundraising BBQ, emergency services display and more.

| | |
|---|--|
| 🕒 | 10am to 1pm |
| 📍 | Salisbury Civic Plaza and John Street |
| 💰 | FREE |
| 📞 | David Waylen 0414 813 202 |
| 🌐 | www.salisburyba.com.au/all-events |

CULTURAL

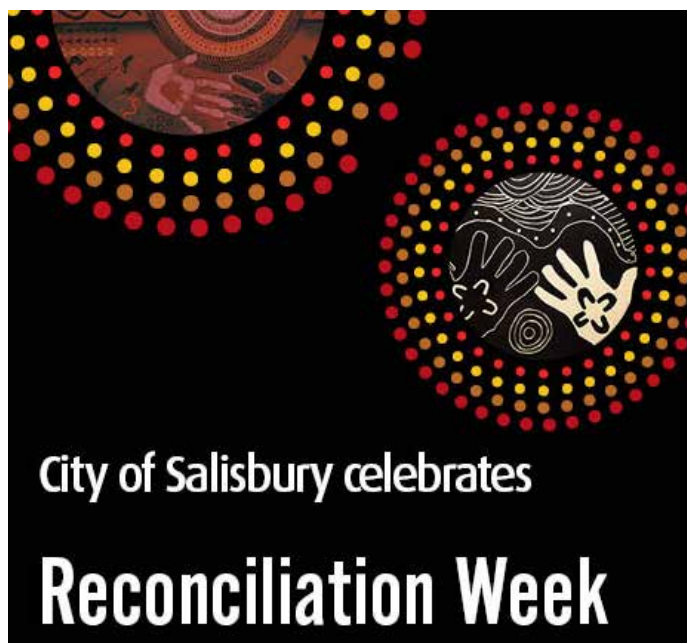
BE A VOICE FOR GENERATIONS

National Reconciliation Week is intended to celebrate Indigenous history and culture in Australia and encourage reconciliation discussion and activities.

Held on 27 May to 3 June each year, the 2023 theme is Be a Voice for Generations. This encourages all Australians to be a voice for reconciliation.

For more information about City of Salisbury Reconciliation Week events go to:
www.salisbury.sa.gov.au/recon

For further information go to Reconciliation Australian at www.reconciliation.org.au



IMPORTANT INFORMATION

AGED CARE REFORM

The Aged Care Quality and Safety Commissioner (the Commission) and the Australian Government are implementing changes to improve the safety and quality of aged care services.

The Australian Government is focussing on key recommendations of the Royal Commission into Aged Care Quality and Safety.

Changes from 1 December, 2022 include:

- Improving the way aged care services are run. The Commission will have increased powers to ensure organisations are meeting their governance responsibilities.
- The introduction of a new Code of Conduct for most providers of aged care services. It does not currently apply to providers of CHSP service providers.
- A Serious Incident Response Scheme (SIRS) now applies to all providers of aged care services including providers of CHSP services.

All providers will need to show that they have a systematic approach to minimising the risk of things going wrong and can respond quickly and effectively if they do.

Home care providers now have to report serious incidents to the Commission and take action to make sure they don't happen again.

Further reforms will be implemented in 2023.

For further information about the Australian Government Aged Care Reforms go to: www.health.gov.au and search for Aged Care Reforms.

COVID-19 PROTECTION

Below are things we can all continue to do to protect ourselves and others.

- Stay up to date with your COVID-19 vaccinations
- Wear a mask in crowded indoor places if infection rates are high
- Have a test if you have COVID-19 symptoms and follow SA Health advice if you test positive
- Stay home if you have symptoms or feel sick
- If you do get COVID-19 - antiviral treatments prescribed by a healthcare provider may be an option. However, these will not be suitable for everyone. If you think you may be eligible (i.e over 70 years old) to receive one of these treatments, discuss this with the National Coronavirus Helpline on 1800 020 080, who can notify your usual GP or health care provider.

For further information visit www.sahealth.sa.gov.au and search for COVID-19. SA Health continues to be the reliable local source of information on COVID-19.

COVID-19 antivirals available for over 70s



WELLBEING ACTIVITIES



*Our wellbeing activities offer a FREE come and try session. If you want to continue, ongoing cost vary depending on eligibility. Information listed is accurate at time of printing. Please check with the centre for specific dates and times.

Address details on back cover

| ACTIVITY | TIME | PRICE FROM | LOCATION | ENQUIRIES |
|-------------------------------------|---|------------|---------------------------|-----------|
| Art Group | Mon - 10am to 12 noon | \$7* | 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 12 noon | \$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 |
| Crochet & Craft Group | Wed - 10am to 12 noon | \$3* | Para Hills Seniors Centre | 8406 8587 |
| Dance For Health | Thu - 1pm to 3pm | \$3* | Jack Young Centre | 8406 8525 |
| Dementia Information | By appointment | FREE | Jack Young Centre | 8406 8525 |
| Easy Does It Exercise Group | Mon - 12 noon to 1pm OR Wed - 10.45am to 11.45am | \$7* | Para Hills Seniors Centre | 8406 8587 |
| Friendship Group - Burton | Wed - 10am to 11.30am | \$3* | Burton Community Hub | 8406 8525 |
| Friendship Group - Para Hills | 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 | \$7* | Para Hills Seniors Centre | 8406 8587 |
| Meet & Greet Group | Mon - 1pm to 2.30pm | \$4* | Jack Young Centre | 8406 8525 |
| Move & Groove Exercise Group | Mon - 10am to 11am OR Wed - 12 noon to 1pm | \$7* | Para Hills Seniors Centre | 8406 8587 |
| Moving & Grooving Music Group | Thu (2nd & 4th) - 11.30am to 12.30pm | \$4* | Jack Young Centre | 8406 8525 |
| Parabeats Guitar Group | Mon - 1.15pm to 3.30pm | \$3* | Para Hills Seniors Centre | 8406 8587 |
| 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 Group | Mon - 9.30am to 11am | \$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 - 9.30am to 10.30am | \$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 - Burton | Thu - 2pm to 4pm | \$3* | Burton Community Hub | 8406 8525 |
| Wood Burning - Para Hills | Tue - 10am to 12 noon OR 1pm to 3pm | \$3* | Para Hills Seniors Centre | 8406 8587 |

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.

BRAIN GYM QUIZ ANSWERS

1. (c) knee, 2. (d) horse, 3. calcium, 4. Central Intelligence Agency, 5. (b) pineapple, 6. the blood, 7. fire, 8. 42



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

✉ jyc@salisbury.sa.gov.au 🌐 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

✉ jyc@salisbury.sa.gov.au 🌐 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