

JUNE 2023

ISSUE  
27

# SALISBURY

## *Seniors*



- Wellbeing
- Community Information
- Special Events

[www.salisbury.sa.gov.au/seniors](http://www.salisbury.sa.gov.au/seniors)



**COVER**  
**HARMONY WEEK 2023**  
**PG 22-23**



# CONTENTS

<b>02</b> Message from the Mayor	<b>15</b> Aboriginal Community News
<b>03</b> A Local Voice - Natalie Howard	<b>16</b> Salisbury Snapshots
<b>04</b> Q&A with Local Seniors	<b>18</b> News from Jack Young Centre
<b>05</b> One Step at a Time	<b>19</b> Cafe News (Jack's Cafe & Hills Cafe)
<b>06</b> Care Finder Housing Support Program	<b>20</b> News from Pine Lakes Centre
<b>06</b> NAWMA Hard Waste	<b>20</b> Magazine Feedback Results
<b>07</b> Burton Gardening Programs	<b>21</b> News from Para Hills Seniors Centre
<b>08</b> Celebrating Men's Health Week	<b>22</b> Harmony Week Celebrations
<b>09</b> Help Stop Elder Abuse	<b>24</b> Special Events - What's Coming Up
<b>09</b> Fall Prevention	<b>25</b> Special Events Calendar (July to September)
<b>10</b> COVID-19 News	<b>28</b> My Aged Care
<b>10</b> Home Assist	<b>28</b> Quick Quiz Answers
<b>11</b> Conversations with Salisbury Seniors	<b>29</b> Wellbeing Activities
<b>12</b> Volunteers Spot Light	<b>30</b> Other Wellbeing Activities
<b>12</b> LGTBQA+ Community News	<b>31</b> Council Services
<b>13</b> Brain Gym & Quick Quiz	<b>32</b> Service Contact Details
<b>14</b> Council News	

## MESSAGE FROM THE MAYOR

Welcome to Issue 27 of the Salisbury Seniors Magazine.

In this edition, you will find many interesting articles on the important themes of social connection, physical activity and healthy eating.

One highlight of this edition is the Local Voice article about Natalie, a resident who shares a fascinating story about how she went from using a wheelchair to joining Cycle Salisbury and the Heart Foundation Walking Groups. She speaks about how getting involved in the community and trying new activities has enriched her life and helped her make many new connections.

Another highlight is the celebration of the Bhutanese Healthy Walking Group for their 10-year anniversary on page 5 and a summary of the wonderful Harmony Week event held in March this year.

Make sure to read the articles highlighting the many upcoming events in June including World Elder Abuse Awareness Day (WEAAD), NAIDOC Week and Men's Health Week.

Yours sincerely,  
Gillian Aldridge OAM  
Mayor of Salisbury



Salisbury Seniors is available at the Salisbury Community Hub, Jack Young Centre, Para Hills Seniors Centre, Pine Lakes Centre, Home Assist, libraries and community centres. Also available online: [www.salisbury.sa.gov.au/seniors](http://www.salisbury.sa.gov.au/seniors)

We welcome your feedback on this magazine. Please contact Arlene: E: [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au) P: 8406 8591 or complete the feedback form at [www.salisbury.sa.gov.au/salisburyseniors](http://www.salisbury.sa.gov.au/salisburyseniors)

Aboriginal and Torres Strait Islander peoples should be aware that this publication may contain images or names of people who may have passed away.

### A LOCAL VOICE

## A LOCAL VOICE

From relying on a wheelchair to cycling in a group – read Nat's inspiring story.

Although Natalie Howard sees herself as an ordinary person, her story inspires many. We met Natalie at the Jack Young Centre, one of the many seniors and community centres that Natalie visits. Incredibly, Natalie attends the Heart Foundation Walking Groups and Cycle Salisbury despite a range of complex and long-term health conditions including bipolar, cancer and fibromyalgia. In 2009, Natalie found herself needing to use a wheelchair for 8 years after having a stroke that left her paralysed. She credits her stubborn nature combined with a long rehab journey to being able to walk again – something she does not take for granted.

As a teenager, Natalie had cancer, which was life changing in the best way. She says it completely

changed her life and taught her 'you have to live every day to the fullest because you don't know when mayhem is going to happen again'. Natalie certainly lives life to the fullest and has an impressive repertoire of hobbies. She particularly enjoys trying new things, and that's why the Jack Young Centre was perfect for her with its diverse program of activities. She first attended JYC to try the wood burning class, and also loves knitting, crochet, choir, painting and physical activity. Recently, she has joined the Heart Foundation Walking Groups and Cycle Salisbury, which is fantastic given she has only been out of a wheelchair for three years.

When asked what she would say to someone who was apprehensive about trying a new activity or attending a seniors' centre for the first time, Natalie said that "as humans, our biggest limit is ourselves, and you just have to get out and try." Another great piece of advice she has is that "it's more fun when you have someone with you, so bring a friend or enjoy making new ones." This is especially the case for Natalie, as she met her now partner at JYC! She says that despite the challenges of her complex and lifelong health battles, they have helped her develop so many coping skills, the ability to pick her battles, and other qualities that have enhanced her life.

*"As humans, our biggest limit is ourselves, and you just have to get out and try." - Nat*



Nat (pictured centre) and her cycling group



## GETTING TO KNOW OUR LOCAL COMMUNITY

# Q&A WITH LOCAL SENIORS

A big thank you to the Harmony Week event volunteers (pictured below). Let's find out more about them.

## WHAT ARE YOUR FAVOURITE THINGS ABOUT THE CITY OF SALISBURY?

- Salisbury is like living with family, and when I go to Salisbury I feel like I belong
- Aisa: The hub, it's incredible. It's the best thing that happened to me in my life. There is no building like it in the world, it's special. We were included in the design and building in the hub.
- Angela: The shops and location
- Malcolm: Parklands walking trails

## WHAT ACTIVITIES DO YOU DO AT OUR SENIOR CENTRES?

- Chatting
- Culture
- Mixing with all cultures
- Dancing
- Crafts
- Driving

## WHAT DOES CULTURE MEAN TO YOU?

- Everyone getting together
- Malcolm: 'Inclusion is opposite to exclusion'
- Ralph: 'Mixing'
- Aisa: 'Living together, share the love'

## WHAT DOES HARMONY MEAN TO YOU?

- Meeting each other
- Setu: 'Enjoying eating singing dancing sharing culture'
- Anita: 'Getting together and getting to know each other and enjoy'

You can also read all about Harmony Week on pg 22 to 23!

## HEALTH &amp; WELLBEING

# One Step AT A TIME

## Congratulations to the Bhutanese Walking group on their 10-year anniversary.

Congratulations to the Bhutanese Healthy Walking Group who celebrated their 10th Anniversary on Friday 31 March 2023. The celebration at Pitman Park Rock Pool included cultural performances and food.

At the ceremony, Jim Binder, the Local Coordinator of the Heart Foundation from City of Salisbury praised the Bhutanese Healthy Walking Group for their walk organisers and their fantastic achievements, and presented the Congratulation Award recognising the Walk Organiser, Ambika Prasad Dulal.

Over the last 10 years, the group has:

- won four Heart Foundation photo competitions
- won two Heart Foundation 'Golden Shoe' awards
- had videos and photos featured on Heart Foundation's website
- completed 9178 walks, equivalent to walking around the globe.



Bhutanese Walking Group

The Jack Young Centre Walking Group and representatives from Australian Refugee Association, School of Bhutanese Nepali Language and Culture and Bhutanese Kirat Cultural Association joined in the celebration. Members showed their interest and promoted the importance of the Heart Foundation Walking Groups highlighting that walking:

- helps reduce loneliness and social isolation in a group
- is fun and enjoyable, and relieves mental and physical stress
- provides opportunities to meet new people and form friendships
- strengthens muscles and bones
- reduces the risk of disease, including heart disease
- maintains the body's agility and brain health.

Council supports plenty of Heart Foundation walking groups with many starting from Council facilities.

Find out more at [www.salisbury.sa.gov.au/walking](http://www.salisbury.sa.gov.au/walking) or contact Jim Binder on 8406 8251.





## HOUSING

## CARE FINDER HOUSING SUPPORT PROGRAM

As a care finder organisation, we focus on helping older Australians who are homeless or at risk of homelessness.

The Housing Support Program is commissioned by Primary Health Networks as a care finder. Services are provided at no cost.

### To receive services, a person must:

- have no carer or support person who can help them, or
- not have a carer or support person they feel comfortable or trust, and
- be eligible for government-funded aged care.

### Plus, they should have one or more of these reasons for needing intensive support:

- have difficulty communicating because of language or literacy
- find it difficult to understand information and make decisions

- be reluctant to engage with aged care or government
- be in an unsafe situation if they do not receive services.

### What help can we provide?

The program focuses on finding safe, suitable accommodation. We help people understand aged care services, arrange assessments and find services.

### How do I connect someone to a care finder?

P: 8406 8227 E: [housing@salisbury.sa.gov.au](mailto:housing@salisbury.sa.gov.au)

### What if a care finder isn't right for someone?

Call My Aged Care on 1800 200 244 or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or visit a Services Australia Centre.



## NAWMA - HARD WASTE

## TIME TO LET GO

Did you know that City of Salisbury residents can book a hard waste service for household items that cannot be placed in their kerbside bins?

Two free hard waste services are available each financial year and residents can choose to have the items collected from the verge or drop the items off to one of two local Resource Recovery Centres.

Acceptable hard waste items include furniture, mattresses, bikes, electronic items and scrap metal. Resources are recovered where possible.

For example, mattresses are sent for dismantling and their steel is sent to Australian scrap metal recyclers

to be reused in roof sheeting. Mattress foam is made into carpet underlay, and timber is recycled to make weed matting or mulch for gardens. The waste textile component is recycled to make acoustic panelling ensuring valuable resources are not lost to landfill.

To book, visit the NAWMA website or call the Burton Community Hub on 8487 1820.



## GARDENING

## BURTON GARDEN PROGRAMS

First time FREE (then \$4 per session)

### Making Seed Bombs

Wednesday 5 July, 10am to 11.30am

### Planting Deciduous Fruit Trees

Wednesday 12 July, 1pm to 2.30pm

### Make Wooden Coasters

Wednesday 19 July, 10am to 11.30am

### Wicking Beds

Wednesday 26 July, 1pm to 2.30pm

### Growing Food in Pots

Wednesday 9 August, 1pm to 2.30pm

### Making a Bird Bath

Wednesday 16 August, 10am to 11.30am

### Spring Veggies and Flower

Wednesday 23 August, 1pm to 2.30pm

### Compost

Wednesday 6 September, 1pm to 2.30pm

### Worm Farms

Wednesday 13 September, 1pm to 2.30pm



## BURTON COMMUNAL GARDEN OVER 50s PROGRAM

At the garden we are building planter boxes and setting up new garden beds for winter and spring. We also have a variety of mixed craft and information sessions on offer. Drop in Tuesday to Thursday between 9am and 12 noon to see for yourself.

Our tool shed fit out is complete, making it a great place for woodwork and a chat.

Our butterfly project is attracting lots of upcoming activities, making signs and propagating butterfly attracting plants to workshops on attracting butterflies.

If you miss pottering in the garden or in the shed, are up for trying new things and making new friends, drop in Tuesday to Thursday 9am to 12 noon, grab a copy of the program at the Seniors Centres or visit [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening)

See you soon at the Burton Communal Garden.

Enquiries: Shannan 0401 984 785





## HEALTH &amp; WELLBEING - MEN'S HEALTH

# CELEBRATING men's health WEEK 2023

## HEALTHY TIPS FOR MEN

Men's Health Week 2023 runs from June 12 to 18. It's an opportunity to highlight the importance of men's health and promote services and supports. This year's theme is "Healthy Habits."

We encourage men to consider how they can improve their health and wellbeing. Here are some tips:

### Think about your mental health

Men can have a habit of keeping negative thoughts and experiences to themselves. To break this habit, try asking yourself a few questions:

- What does positive mental health and wellbeing mean to me?
- What causes stress in my life? What can I do to reduce stress?
- Is there someone in my life I can talk to when I am feeling stressed or depressed?
- What habits can I change to improve my mental health and wellbeing?

### Think about your physical health

Our physical health can have a significant impact on our mental health and wellbeing. Think about your physical health habits and how they influence your overall wellbeing. For example, do you get 30 minutes of exercise per day? How are your habits around smoking and alcohol intake? Can you take small steps to introduce healthier meal options?

### Think about your social life

Keeping socially connected with family and friends plays a vital role in our mental and physical health and wellbeing. Are you satisfied with the amount of social engagement you have? Do you have enough time to socialise? Are there any steps you can take to meet new people and increase your social engagement?

Changing your health habits doesn't have to be difficult. It's about finding what's right for you and setting yourself small and realistic goals. Changing habits takes commitment and time. It's important to be patient.

Find out more about International Men's Health Week at [www.westernsydney.edu.au/mhw](http://www.westernsydney.edu.au/mhw)



14  
JUNE

## MEN'S HEALTH WEEK LUNCHEON

Join the City of Salisbury's Men's Health Luncheon on Wednesday 14 June with special guest Graham Cornes. Find out more on page 24.

PARA HILLS COMMUNITY HUB (22 WILKINSON RD, PARA HILLS)



SPECIAL GUEST SPEAKER  
GRAHAM CORNES

## ELDER ABUSE (WEAAD)

## HELP STOP ELDER ABUSE

We all have the right to feel safe and be treated with dignity and respect.

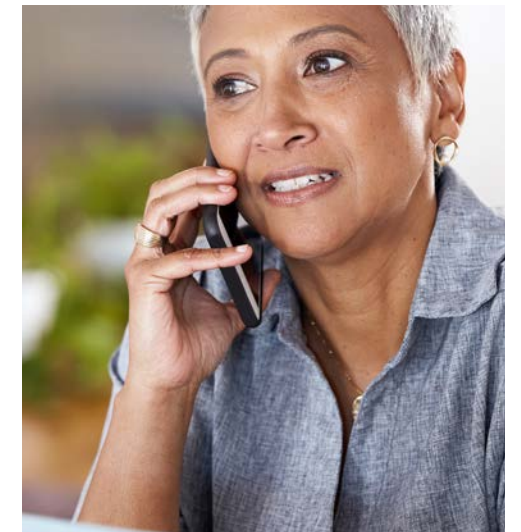
It's not right for anyone to feel pressured by others to do things they don't want to do. This could include being forced or tricked into signing papers, giving people money, being called names, threatened or pushed. These are some signs of elder abuse.

Thursday 15 June is World Elder Abuse Awareness Day (WEAAD).

A big thank you to all our local seniors for knitting and crocheting purple items for our 2023 WEAAD stall, which will be held at Hollywood Plaza, 11am to 2pm.

Information about Elder Abuse can be found at your local library and community centres, City of Salisbury Senior Centres or at [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au) – search for 'stop elder abuse.'

If you think that you or someone you know may be experiencing elder abuse, don't wait – call the Adult Safeguarding Unit on 1800 372 310.



15 June 2023 is World Elder Abuse Awareness Day.

## FALL PREVENTION

## DON'T FALL FOR IT!

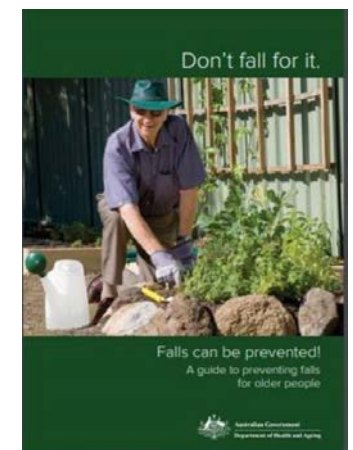
You can improve your safety and help prevent falls

1. Stay physically active: Improve strength, balance, and coordination, which are key factors in preventing falls. Great activities include walking and tai chi.

2. Make homes safer: Modifying the home environment can greatly reduce fall risks. Removing clutter, securing loose rugs or carpets, installing grab rails in bathrooms, improving lighting or using non-slip mats in the bathroom and adding handrails on both sides of staircases for added support can increase safety.

Did you know: My Aged Care can assist with services to help keep you physically active and modify your home to ensure it is as safe as possible.

For assessment queries contact My Aged Care 1800 200 422 or visit the website [www.myagedcare.gov.au](http://www.myagedcare.gov.au)



3. Review medications: Certain medications can increase the risk of falls. Discuss this with a healthcare professional.

4. Get regular vision and footwear checks: Poor vision can increase the risk of falls as can wearing ill-fitting shoes. Non-slip footwear with proper support can provide stability.

Visit SA's falls website ([www.fallssa.com.au](http://www.fallssa.com.au)) for lots of great information and resources including this comprehensive booklet.



## COVID-19 NEWS

# COVID-19 PROTECTION

What you can do to help stop the spread of COVID-19.

To protect yourself and others:

- Get vaccinated against COVID-19.
- Practice good hygiene like covering coughs and sneezes and wiping down surfaces.
- Stay 1.5 metres apart wherever you can.
- Stay home if you are unwell and have a COVID test if you have symptoms.
- Wear a face mask when required or when you can't physically distance.

If you test positive for COVID-19, you may be eligible for antiviral treatments. People over 70 years of age can access these regardless of risk factors associated with COVID-19 and with or without symptoms. Other criteria apply for other ages. For advice, contact your doctor or the healthdirect helpline on 1800 022 222.

Up-to-date information about COVID-19 can be found on the SA Health website. Find out more by visiting [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au) and search for COVID-19 or you can call the National Coronavirus Helpline on 1800 020 080.

## COVID-19 antivirals available for over 70s



## HOME ASSIST

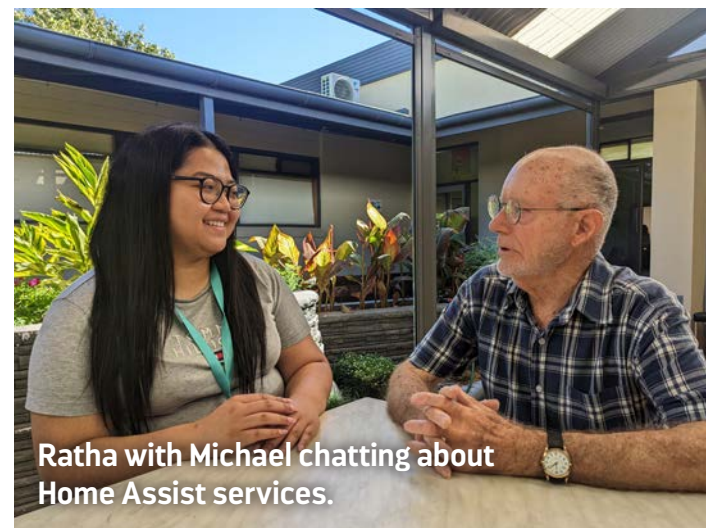
# WELCOME TO THE NEW TEAM MEMBERS

New Home Assist Support Workers, **Ratha and Nicole**, were welcomed to the Home Assist team in March 2023.

Nicole came to the role with over twenty years' experience supporting older people receiving aged care services and Ratha with extensive experience coordinating and providing direct support for people with disability.

The Home Assist Support Worker role involves visiting local older people who have been referred for domestic assistance, home maintenance and/or transport services. A Service Plan is developed that identifies the specific supports each person needs to continue living independently at home. Referrals are then made to independent contractors who provide these services.

We look forward to Ratha and Nicole meeting many of you in coming months.



Ratha with Michael chatting about Home Assist services.

If you would like more information about CHSP services and how to access them please go to

[www.salisbury.sa.gov.au/has](http://www.salisbury.sa.gov.au/has) or contact the Salisbury Home Assist team on **8406 8225** or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

## CONVERSATIONS WITH SALISBURY SENIORS

# LET'S CHAT ABOUT GETTING PHYSICAL AND BECOMING MORE ACTIVE

The City of Salisbury recently co-hosted a COTA (Council on the Ageing) Conversation on the topic of increasing physical activity.

Here are some tips from the exercise physiologist and Strength for Life Program guest speakers.

## Five simple ways to increase activity

1. Stretching: helps improve flexibility, range of motion, and reduce muscle stiffness
2. Chair exercises: low-impact movements help improve mobility, balance and strength
3. Dancing: a fun way to get moving, improve cardiovascular health, balance and coordination
4. Swimming or water aerobics: low-impact, ideal for anyone with mobility issues
5. Outdoor activities: hiking, biking, or playing with grandchildren in the park can help you get outside and enjoy moving.

## How to Find Your Why

- Look for enjoyment: if you find yourself looking forward to an activity or feeling a sense of satisfaction after completing it, that may be a sign of internal motivation.
- Listen to your instincts: internal motivation often comes from an inner desire to achieve a goal or improve oneself.
- Focus on intrinsic rewards: feeling accomplished or fulfilled rather than looking to external rewards like recognition may be a sign of internal motivation.

## SAVE THE DATE!

Our next Conversation with Salisbury Seniors will be Tuesday 10 October. Details will be posted at [www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)

## Some physical activity programs to try:

### Easy Does it Exercise Group

Low impact exercise group for a variety of capabilities that can be modified to suit anyone.

PHSC Mondays at 12 noon and Wednesdays at 10.45am

Cost: From \$7 – first time is free

### Table Tennis

Suitable for all levels

JYC Thursdays from 8.30am

Cost: From \$3 – first time is free

### Prime Movers

Chair-based exercise program improves range of motion, flexibility, balance and strength.

JYC Tuesdays from 11.30am (agile) or 12.30pm (low impact)

Cost: From \$5 – first time is free

### Indoor Bowls

Suitable for all levels

PHSC Tuesday 1pm,  
JYC Mondays & Fridays 1pm

Cost: From \$3 – first time is free

### Heart Foundation Walking Groups

All levels welcome. Stay for a cuppa and cake afterwards.

JYC Wednesdays & Fridays from 9am, Burton – Tuesdays from 9am

Cost: Free!



## VOLUNTEERING

## VOLUNTEER SPOT LIGHT

Did you know that volunteering benefits not only the receiver but the giver as well!  
Let's find out more from a couple of our wonderful volunteers:



### Shirley Beinke – Social Program Volunteer Para Hills Senior Centre

*"In my role as a volunteer I find it very rewarding chatting to the people who attend the Para Hills Senior Centre; I have made some lovely friends. I also help run a friendship group on Thursday mornings, we have a great bunch of people. Some days we organise a bus trip that is enjoyed by all. I feel the City of Salisbury provides a wide range of support and services and we are all very fortunate to have these services. I do what I can to help people enjoy life. I would recommend volunteering to anyone."*



### Roland Young – Reception and Cashier JYC

*"I am a volunteer at the Jack Young Centre and have been here for approximately two years. Prior to volunteering at JYC I have been involved in other roles within the Salisbury Council such as transport. I enjoy volunteering because most of my life I have always given my services to the community, along with 15 years' service in the Royal Australian Air Force. I enjoy my roles at the JYC because I can converse with so many different members at the centre. I do my best to make them feel welcome whether it's a conversation or a bit of a laugh. I truly love the staff here as well as they make me feel appreciated."*

## LGTBIQA+ COMMUNITY NEWS

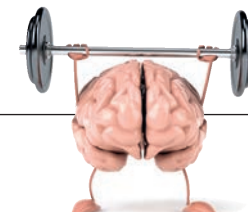
## SALISBURY RAINBOW CONNECT

Our local Rainbow Connect group is slowly growing and will be meeting regularly from June 2023.

Please share this information with other local LGTBIQA+ older community members (over 50) and let's work together to get a dynamic group going.

For more information please call 8406 8328 or email [lwightman@salisbury.sa.gov.au](mailto:lwightman@salisbury.sa.gov.au)

## BRAIN HEALTH



# BRAIN GYM

## Is it Dementia or is it Alzheimer's Disease?

### What's the difference between Dementia and Alzheimer's Disease?

The terminology used to describe Dementia and other related illnesses is often very confusing. One of the most common questions regarding this terminology is: what is the difference between Dementia and Alzheimer's Disease? The answer is that Alzheimer's Disease is a type of Dementia. Let's think of the word 'Dementia' as a main heading or 'umbrella' term. Underneath this umbrella term is a list of over 100 different types of illnesses with Alzheimer's Disease being the most common type. The term Dementia describes a collection of symptoms caused by disorders that affect the brain. It does not refer to one specific illness.

### What are some other types of Dementia?

There are well over 100 different types of Dementia. Alzheimer's Disease is the most common type followed by others such as: Vascular Dementia, Frontotemporal Dementia, Dementia with Lewy Bodies, Alcohol Related Dementia, and even Childhood Dementia. A range of similar cognitive-related illnesses also fall under the Dementia umbrella such as Parkinson's Disease and Huntington's Disease.

### How do doctors identify which type of Dementia a person has?

Diagnosing Dementia can be a lengthy process. The best place to start is with a visit to your GP. It's advisable to take a family member or friend with you or write down a list of your concerns. The approach from GPs is essentially a 'process of elimination.' They will conduct a thorough physical examination to rule out any possible health conditions that may be causing changes to a person's cognitive state by, for example, infections or dehydration. A series of cognitive tests will usually follow. These aim to identify which areas of the brain have been affected and how that

has impacted the person's cognitive or thinking abilities. Sometimes brain imaging may be used too. Detailed conversations with family members may also assist. The diagnostic process often takes several visits to a GP and a specialist. The result is often an accurate diagnosis of a specific type of Dementia.

### What can help?

If you are concerned about your memory or have noticed changes in a family member's memory, the best place to start is with a visit to the GP. Contact the experts early for helpful information. Dementia Australia is a great start. National Dementia Helpline 1800 100 500.

Source: Dementia Australia – Help sheet 12. About Dementia. What is Dementia? [www.dementia.org.au](http://www.dementia.org.au)

## QUICK QUIZ

How many numbers can you find?



Answers for these puzzles on page 28



## COUNCIL NEWS

# SALISBURY AQUATIC CENTRE UPGRADE

Salisbury's local swimming pool and facilities are being renewed and many took part in the consultation, including the Disability Access and Inclusion Network (DAIN). The new facility will open in 2024.

For over 60 years, the Salisbury Swimming Pool 'Happy Homes' provided fun and fitness for people of all ages. Many of you will have memories of visiting as a child, cooling down in the heat of summer or taking your own children for a splash. The swimming pool saw lots of activity over the years but its repairs and maintenance had become unviable. Council has been in the process of building a new Salisbury Aquatic Centre on the same site, which is due to open in 2024.

The first consultation started in August 2021 where the community was asked what they would like to see in a new swimming hub. The upcoming Salisbury Aquatic Centre has been designed with these opinions in mind and will be more fun and accessible than ever before. It will include a heated indoor pools and gym within its sleek modern exterior, there will be waterplay areas, a large outdoor pool, and even a café.

DAIN members were part of the early design of the swimming and water play facility at Happy Home Reserve.

One DAIN member said:

"This will be the first time that I can go to a public swimming centre and know that all parts of it are easy for someone using a wheelchair."

DAIN members include people who are vision impaired, deaf, autistic, family members of people with disability; they encompass a range of ages, and have access and inclusion interests. Council regularly asks DAIN for input into decisions about design and services to ensure they are accessible. As well as the design of the pool, DAIN have advised Council on the accessibility of footpaths, parks, buildings and street trees.

For information and to join DAIN contact Mike Taggart, Inclusion Project Officer.  
Phone: 8406 8390  
Email: [mtaggart@salisbury.sa.gov.au](mailto:mtaggart@salisbury.sa.gov.au)

Stay up-to-date with the Salisbury Aquatic Centre Upgrade at [www.salisbury.sa.gov.au](http://www.salisbury.sa.gov.au)

"This will be the first time that I can go to a public swimming centre and know that all parts of it are easy for someone using a wheelchair". - DAIN member



## ABORIGINAL COMMUNITY NEWS

## JYC ABORIGINAL SOCIAL GROUP

The group meets regularly – and one of their recent exciting outings was a visit to Humbug Scrub Wildlife Sanctuary.

Humbug Scrub is a sanctuary committed to preserving native flora and fauna. Established in 1905, it is the oldest sanctuary in South Australia and still has the original Tom's Cottage with original furniture that you can walk through.



The group met the koala, Annabel, fed friendly wallabies and saw diverse birdlife, including emus, peacocks, Cape Barren geese, swans and more.

Another recent highlight for the group was leading the Intercultural Parade at Harmony Week at the Salisbury Community Hub. The group are looking forward to some interesting information sessions as the weather cools down. Enquires: Myfanwy 8406 8498.

## A VOICE TO PARLIAMENT

This year, a monumental and historic occasion is upon the nation in its journey towards Reconciliation.

Reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples to benefit all Australians.

In 2017 The Uluru Statement from the Heart called for Voice. Treaty. Truth. The Albanese Government have committed to the Uluru Statement from the Heart in full.

In June this year, a bill will be introduced into Federal Parliament seeking to hold a referendum that will ask the nation to honour the first part of this document by enshrining an Aboriginal and Torres Strait Islander Voice in Federal Parliament.

If this bill is successful, the government will hold a referendum to vote on this matter later part of this year.

This is an important step in the reconciliation journey and will give First Nations people a say in matters that directly affect them.

For more information go to [www.voice.gov.au](http://www.voice.gov.au)

## NAIDOC WEEK

The 2023 NATIONAL NAIDOC Week theme announced by the National NAIDOC Committee is For Our Elders.

National celebrations are held across the country each year to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is from 2 to 9 July 2023 and is an opportunity for all Australians to

learn about First Nations cultures & histories and participate in celebrations of the oldest, continuous living cultures on earth.

For more information about City of Salisbury events go to [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)

For other information about NAIDOC Week 2023 go to [www.naidoc.org.au](http://www.naidoc.org.au)





## SALISBURY SNAPSHOTS



1. Local Cambodian Monks celebrating Harmony Week 2023 at Salisbury Community Hub
2. The audience enjoyed the varied cultural performances for Harmony Week and the chance to connect with each other

3. Thanks to our volunteer drivers assisting some Salisbury Seniors Group members with transport to Harmony Week event
4. Harmony Week 2023 – Uncle Jack Buckskin with Ukraine Choir

5. Bhutanese group celebrating Peace Day
6. Community Development training with Peter Kenyon

7. Volunteer Week appreciation with a movie and snacks
8. Joan celebrating her 91st birthday with friends over a meal at Jack's Cafe

9. David and Des DJing at Conversation with Seniors event at Salisbury Community Hub
10. JYC Craft Group celebrating Wendy's 90th milestone birthday

11. Move and Groove singing fun at JYC
12. Alan and Thomas enjoying the Mindset For Life retirement program at JYC



## SENIORS CENTRES

## NEWS FROM JACK YOUNG CENTRE



Visit our seniors centres, have fun and meet new people.

We aim to provide a wide variety of opportunities at our centres like JYC. We've learnt that word of mouth is our best form of promotion. We encourage our members to invite friends, neighbours and family to come and try out a program (first time is free), and stop for a meal. We know the hardest part is walking through the door and a little bit of encouragement might go a long way.

## Top 5 Benefits of Being Socially Connected (join us in our centres)

1. Improved mental and emotional health: Help reduce feelings of loneliness and isolation, boost self-esteem, and provide a sense of purpose and belonging.
2. Better physical health: People who are socially connected tend to have better cardiovascular health, immune system function and cognitive function.
3. Increased longevity: Research has found that social isolation can increase the risk of premature death while social connections can increase life expectancy.
4. Opportunities for learning and personal growth: Learn new skills, pursue hobbies and interests.
5. Enhanced social support: Having emotional and practical support can improve overall well-being.

## WHAT ELSE IS COMING UP AT A SENIOR CENTRE NEAR YOU



## Friendship Group

**When:** Tuesday 10am to 11.30am

**Where:** JYC Sun Room

**Cost:** From \$3 – first time is free

Wide range of guest speakers on topics of interest. Enjoy a hot cuppa while connecting with like-minded people. No pressure or obligation to attend every week.

**Contact JYC reception for more information 8406 8525**



## Eyes Down for Bingo with the Salisbury Senior Citizens Club

**When:** Wednesdays – eyes down at 1pm

**Where:** JYC Hall

The Salisbury Senior Citizens Club is one of the longest running in the state – come and be part of history and meet at JYC every Wednesday for social bingo.

**Contact:** Joyleen 8281 2205 or 0414 959 812

## CAFE NEWS (JACK'S CAFE &amp; HILLS CAFE)

Eating at our cafes – nutritious and delicious food and no dishes!

Perhaps the largest benefit is the opportunity to eat with others. We have a great selection of meals – from soups to toasted sandwiches, casseroles, roasts and weekly specials. For dessert we have puddings, slices and cakes. Bring along a friend or let us introduce you to someone new!

## Top 5 Benefits of Eating with Others



## 1. Improved socialisation:

Opportunity to engage in conversation and build stronger relationships.



## 2. Better mental health:

Reduce feelings of loneliness and provide a sense of community and belonging.



## 3. Healthier:

Greater likelihood of choosing healthier options and portions.



## 4. Variety:

Exposure to different types of food which can be exciting and broaden your palate.



## 5. Reduced Stress:

Eating and conversing helps you unwind.

For the menu and weekly specials at Jack's Cafe visit [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc) or call 8406 8525

The menu at Hills Cafe is available from [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc) or call 8406 8587



## Versatile Veg Soup

Here's a soup to make at home where you can use all your leftovers or choose whatever is in season and on special.

## Ingredients

- 200g chopped vegetables such as onions, celery and carrots
- 300g potatoes, cubed
- 1 tbsp oil
- 700ml stock
- crème fraîche and fresh herbs to serve

## Directions

1. Fry the vegetables and potatoes in a pan with the oil for a few minutes until they begin to soften.
2. Cover with the stock and simmer for 10 to 15 mins until the veg is tender. Blend until smooth then season. Serve with a dollop of crème fraîche and some fresh herbs. Will freeze for up to one month.

3. Enjoy!

(recipe sourced from [www.bbcgoodfood.com/recipes/versatile-veg-soup](http://www.bbcgoodfood.com/recipes/versatile-veg-soup))



## SENIORS CENTRES



## NEWS FROM PINE LAKES COMMUNITY CENTRE!

## Vietnamese Social Support Program (Chương trình sinh hoạt dành cho người Việt)

New changes for the Vietnamese Social Support Program as they farewelled group founder and coordinator for 15 years, Thuy Nguyen (pictured left), and welcomed new coordinator, Nhung Dinh (pictured right).

Nhung says "I am excited to be involved and to work at the Pine Lakes Community Centre, though I still need to learn new things every day."

The Vietnamese program is run weekly on Thursdays and offers a range of activities for seniors. The seniors enjoy doing exercises both indoor and outdoor. They also love their group singing and dancing. Bingo is their favourite game. They enjoy using the gym equipment on the adjacent park on the fine days.

Cultural meals have been freshly prepared and served by a team of dedicated volunteers. The recent meal was broken rice with roast chicken and combination loaf, which was served with a vegetarian soup. *Cơm tấm gà nướng, chả trứng và súp chay*. *Phở, Bún Bò, Mì Hoàng thánh, Bánh Đức mận*, etc were on the list for the other weeks.

For more information regarding the Vietnamese Social Support Group, contact Nhung on 8406 8516 or 0403 108 283 (Wednesday and Thursday).



## MAGAZINE FEEDBACK RESULTS!

## Thanks for having your say – 90% say you love the magazine

Earlier this year, we asked for your feedback on the Salisbury Seniors Magazine.

## Here are some interesting findings:

- Two thirds of readers **found out about the magazine from a friend or family member**
- 77% of readers **attended an event they heard about in the magazine**
- Almost half of you **joined a new group or activity after reading about it**
- A quarter of readers **contacted another organisation to find out more information**

Did you know that the sections 'news from our seniors centres' and 'special events' were voted as favourites of the magazine? Other favourites included 'a local voice', 'Salisbury Snapshots', and 'Wellbeing Activities'.

To provide feedback about the magazine go to [www.salisbury.sa.gov.au/salisburyseniors](http://www.salisbury.sa.gov.au/salisburyseniors)

## SENIORS CENTRES

## NEWS FROM PARA HILLS SENIORS CENTRE



St Patrick's Day fun!

## Events at Para Hills Seniors Centre

A BIG thank you to the Para Hills Songsters for entertaining us for St. Patrick's Day and also John, Wayne and Alan for sharing their musical talent.

The Biggest Morning Tea was a hit! Thanks to all for donating. We raised \$450!

"FREE Come n Try" event is delicious food made from fresh produce from the Para Hills Community Garden by the Para Hills Seniors kitchen. There will also be a cooking demonstration on Thursday 29 June starting at 10.30am.

"Groove and Soothe" MUSIC DAY @ PHSC will be on Thursday 13 July 10am to 1.30pm. Enjoy a day full of music and dance with a light lunch included. Cost \$8.

**Women's Health Luncheon** is coming up on Wednesday 6 September 9.30am to 1.30pm at PHSC with special guest Peter Goers. There will be information and wellbeing stalls and a delicious three course lunch.



Biggest morning tea

NEW at PHSC is the **Wednesday Dart Group** from 1pm to 3pm.

Please ring the Para Hills Senior Centre on 8406 8544. Call in and collect a program or go to pg 25 to 27.

Looking forward to seeing you soon at the Para Hills Senior Centre!



Our centre love special occasions. Pictured are members Pam and Trevor who recently celebrated their 58th Wedding Anniversary. Congratulations!

## THANKS FOR YOUR FEEDBACK!





## HARMONY WEEK CELEBRATIONS

# HARMONY WEEK

The City of Salisbury celebrated Harmony Week 2023 from 20 to 26 March with a range of music, displays, food and cultural performances.

The Harmony Week signature event was a great success with over 1000 people coming together to celebrate cultural diversity and belonging. Event highlights included the Intercultural Parade with 300 people parading around the Civic Square in traditional cultural clothing led by members of the JYC Aboriginal Social Group and Indian Dhol Drumming. Diverse and impressive performances followed with music and dance by Fijian, Bollywood, Bhutanese, Filipino, Italian, Spanish, Cambodian and Ukrainian groups. There was also a great Egyptian belly dancing lesson that many people took part in.



## DISPLAYS AND EXHIBITIONS

Visitors at the Salisbury Community Hub had an opportunity to see: Visitors at the Salisbury Community Hub had an opportunity to see the AUSSIE posters exhibition by Peter Drew, plus a Haft-sin table, celebrating Nowruz.

### AUSSIE posters exhibition by Peter Drew

Australian artist Peter Drew's work is concerned with memory, nationalism, criminality, brown paper and mythology. He's best known for his AUSSIE poster series that feature people who lived in Australia and were made to apply for exemptions to the dictation test under the White Australia policy. The exemption allowed them to leave Australia and return without being racially excluded. Ultimately, the posters are an opportunity for people to identify with the people in the posters. "When we gaze upon the other and feel their gaze returned, we recognise oneself within the other and, for a moment, all boundaries dissolve."

### Haft-sin table display, celebrating Nowruz

Nowruz is the Iranian and Persian New Year and is celebrated by more than 300 million people all around the world on the day of the astronomical vernal equinox. Part of the celebration includes setting up a "Haft-sin" table at home with small dishes holding seven symbolic foods and spices representing life, love, health and prosperity. To find out the origin of the name, and what the symbols are, visit

[www.salisbury.sa.gov.au/harmonyweek](http://www.salisbury.sa.gov.au/harmonyweek)



## MUSIC & FOOD

Our community was treated to a range of musical performances and food delights.

- Mawson Lakes Library Giggle Time for young children saw San Ureshi perform musical nursery rhymes with Zhao Liang on guzheng, David Dai on erhu and Satomi Ohnishi on percussion.
- Acoustic duo DUALITA delighted their audience at Jack Young Centre with famous English and international songs.
- Burton Community Hub was entertained by the Adelaide Symphony Orchestra led by charismatic conductor Martin Butler.
- Para Hills Community Hub held a free morning tea and sausage sizzle and created a community cookbook.
- Jack Young Centre offered a special range of meals.
- The Council's main event included delicious food from the mini markets hosted by the Australian Refugee Association.





SPECIAL EVENTS

WHAT'S COMING UP  
SPECIAL COMMUNITY EVENTS



CHECK OUT THE UPCOMING EVENTS ACROSS SALISBURY!

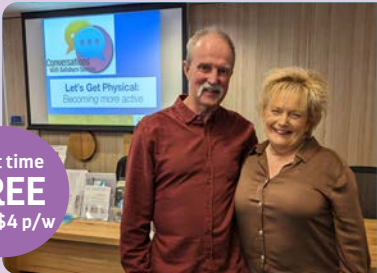
FREE



CHAT & LEARN (first Monday of the month, 1pm to 2.30pm, JYC)

**5 June:** Aged care Directives by the Office of the Public Advocate  
**3 July:** Waste Avoidance Workshop by NAWMA  
**7 August:** August David Kilner, Crime writer

First time  
FREE  
then \$4 p/w



MEET & GREET (Mondays, 1pm to 2.30pm, JYC)

**19 June:** Grant Lock - "Afghanistan: What is really happening"  
**17 July:** Flying Doctor Service  
**24 July:** COTA SA  
**17 September:** NAWMA

First time  
FREE  
then \$4 p/w



FRIENDSHIP GROUP AT BURTON (Wednesdays, 10am to 11.30am)

**7 June:** Sleep Health Education Officer CLM Sleep Co.  
**21 June:** Flying Doctor Service: Come and hear about the wonderful work they do and how you can help.  
**12 July:** Australia living off the sheep's back  
**26 July:** COTA SA 'Maximising my Independence'

\$8  
per session



DIGITAL LITERACY (Wednesdays, 10.30am to 12.30pm, JYC)

**14 & 28 June    12 & 26 July    9, 23 & 30 August    13 & 27 September**  
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.

FREE  
entry



Be active – find your WHY – 'Come and have a go' sessions, JYC

**Wed 14 June, 10am to 12 noon:** 'Back on the Bike' Cycle Session - For those that know how to ride but haven't been on the bike for a while (max. 4 participants).  
**Fri 16 June, 1pm to 2pm:** Balance workshop: 'Improve your leg strength'  
**Thu 29 June, 9am to 10am:** Upbeat Contemporary Dance (non-chair-based class)  
Discover future free 'Come and have a go' sessions at [www.salisbury.sa.gov.au/why](http://www.salisbury.sa.gov.au/why)

SPECIAL EVENTS

JUNE TO JULY

Men's Health Week Luncheon

WED  
14  
JUN



CELEBRATING  
*men's health*  
WEEK 2023

A fun and interactive event for blokes over 50. Join us for a light lunch and information on men's health and wellbeing, including fun activities and entertainment. Special guest speaker, Graham Cornes plus information displays featuring ARAS, SAPOL, AngliCare, Hearing Australia, UniSA Health Checks, etc

**10am to 3pm**  
**Para Hills Community Hub,**  
22 Wilkinson Rd, Para Hills  
**\$10 (bookings essential)**  
**8406 8587**  
[www.salisbury.sa.gov.au/mhw](http://www.salisbury.sa.gov.au/mhw)

World Elder Abuse Awareness Day  
(WEAAD) information stall

THU  
15  
JUN



Find out more about this important topic as you peruse purple knitted items and try out some delicious cupcakes or cookies available for sale.

**11am to 2pm**  
**Hollywood Plaza**  
Cnr Winzor St & Spains Rd, Salisbury Downs  
**Various goods for sale**  
**8406 8328**  
[www.salisbury.sa.gov.au/weaad](http://www.salisbury.sa.gov.au/weaad)

Creative Writing Group Anthology  
launch: You have 15 Mins – Go!

MON  
19  
JUN



Get your brain working in this FUN/INTERACTIVE workshop. Members of the group will be leading people through different FUN activities from their latest Anthology 'You have 15 minutes, Go!' at this workshop.

**10am to 11.30am**  
**JYC Sun Room**  
2 Orange Ave, Salisbury  
**FREE**  
**8406 8525**

Community Health Expo -  
Keep your health on Track

THU  
22  
JUN



FREE Health advice expo showcasing medical and allied health providers across the Salisbury City Centre and the City of Salisbury, including: Men's Health, Aged Care, Dental, Hearing, Immunisation, Medical, Mental Health, Nutrition, Optometry, Pharmacy, Physio, Podiatry, Community Health & Wellbeing and more.

**10am to 2.30pm**  
**Salisbury Community Hub**  
34 Church Street, Salisbury  
**FREE**  
**0401 984 767**  
[www.salisburyba.com.au/all-events](http://www.salisburyba.com.au/all-events)



SPECIAL EVENTS

“FREE Come n Try” food

THU  
29  
JUN



Try some delicious food made from fresh produce out of the Para Hills Community Garden and prepared by the Para Hills Seniors kitchen. Check out the wonderful recipes books on display at the Para Hills Library for some inspiration on how to cook fresh nutritional meals on a budget. There will also be a cooking demonstration on the day.

🕒	Starting 10.30am
📍	Para Hills Seniors Centre 22 Wilkinson Rd, Para Hills
💰	FREE
📞	8406 8587
🌐	<a href="http://www.salisbury.sa.gov.au/events">www.salisbury.sa.gov.au/events</a>

Scam Awareness and Internet Safety - Keep Ahead of Online Fraudsters!

MON  
3  
JUL



nbn® will join us to discuss the latest information. Learn about some of the most common scams affecting Australians today, tips and tricks on identifying and avoiding scams, and information about what to do if you have fallen victim to a scammer.

🕒	Doors open 10.30am to 11.30am
📍	Salisbury Community Hub 34 Church St, Salisbury
💰	FREE (bookings essential)
🌐	<a href="http://www.salisbury.sa.gov.au/digitalalliteracy">www.salisbury.sa.gov.au/digitalalliteracy</a>

“Groove and Soothe” MUSIC DAY

THU  
13  
JUL



Come along and enjoy a day full of music and dance with a light lunch included.

🕒	10am to 130pm
📍	Para Hills Seniors Centre 22 Wilkinson Rd, Para Hills
💰	\$8 (bookings essential)
📞	8406 8222
🌐	<a href="http://www.salisbury.sa.gov.au/events">www.salisbury.sa.gov.au/events</a>

Lights @ Mawson

FROM  
FRI 14  
JUL



Bring the family along to Lights @ Mawson, a new event, never delivered before within the City of Salisbury showcasing the Mawson Lakes area. Featuring a trail of illuminated, inflatable sculptures around the Mawson Lakes precinct, it will provide a free, interactive experience promoting “Education, Entertainment & Imagination.”

**First weekend: 14, 15, 16 July**  
**Second weekend: 21, 22, 23 July**

🕒	10am to 3pm - Story Theatre for the kids 5pm to 10pm - Illuminated creature trail
📍	Salisbury Community Hub 34 Church St, Salisbury
💰	FREE
🌐	<a href="http://www.salisbury.sa.gov.au/lights">www.salisbury.sa.gov.au/lights</a>

SPECIAL EVENTS

GIRTH

FROM  
TUE 25  
JUL



GIRTH (Get Involved Reach Top Health) is a 12-week peer-led community based healthy lifestyle program for men and run by men. GIRTH was developed by the Freemasons Centre for Male Health and Wellbeing at the University of Adelaide in collaboration with the CSIRO, the Freemasons Foundation, UniSA and SA Health, and men themselves.

🕒	10am to 12 noon (12 weekly sessions)
📍	Pine Lakes Community Centre 16 Homestead Place, Parafield Gardens
💰	FREE
📞	8406 8251
🌐	<a href="http://www.salisbury.sa.gov.au/girth">www.salisbury.sa.gov.au/girth</a>

AUG TO SEP

Salisbury Community Fun Day Events

SAT 26 AUG  
&  
SAT 23 SEP



Join us for the ever popular Community Fun Day events coming this August and September! Come along for a FREE family friendly day of fun and excitement located across some of the City of Salisbury’s great locations!  
**Saturday 26 August: Pets Day Out @ Unity Park**  
**Saturday 23 September: Sports @ Fairbanks Reserve**

🕒	11am to 3pm
📍	Various locations
💰	FREE
📞	8406 8222
🌐	<a href="http://www.salisbury.sa.gov.au/funday">www.salisbury.sa.gov.au/funday</a>

Cycle Salisbury Social Rides  
10th Birthday

SAT  
2  
SEP



Various rides all leaving from shelter shed to suit all abilities and may include:

- a family ride exploring Carisbrooke Park & Jenkins Reserve
  - a slower paced ride along Little Para Trails to Salisbury Swim Centre & return;
  - a fast paced ride along Little Para Trails to Pt Wakefield Rd & return;
  - a Mountain bike ride to Cobblers Creek
- Riders and their partners are then invited to join us for lunch (at own cost) at the Old Spot Hotel Beer Garden.

🕒	10am to 12 noon
📍	Carisbrooke Park Shelter Shed Main North Rd, Salisbury Park
💰	FREE
📞	8406 8251
🌐	<a href="http://www.salisbury.sa.gov.au/cyclesalisbury">www.salisbury.sa.gov.au/cyclesalisbury</a>

Women’s Health Luncheon

WED  
6  
SEP



This year our special guest is Peter Goers. There will be a variety of information and wellbeing stalls for you to browse as well as a delicious 3 course lunch.

🕒	9.30am to 1.30pm
📍	Para Hills Seniors Centre 22 Wilkinson Rd, Para Hills
💰	\$20 subsidised and \$25 non-subsidised
📞	8406 8251
🌐	<a href="http://www.salisbury.sa.gov.au/womenshealth">www.salisbury.sa.gov.au/womenshealth</a>



MY AGED CARE

SUPPORT TO LIVE WELL

Need some help at home or want to connect with others and community activities?

Where to start: My Aged Care is your starting point for accessing Australian Government-funded aged care services. They provide the information and support you need to understand, access and navigate the aged care system.

Ways to connect with My Aged Care:



• My Aged Care website

If you are confident accessing information online, this option may work for you. The website will help you with researching, applying for, accessing, and managing aged care services. Go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au)



• By phone - call My Aged Care on 1800 200 422

This is a free call number from Australian Landlines and some mobile providers. You will get assistance with things like registering for my aged care, accessing aged care services in an emergency, checking eligibility for an assessment, managing and updating your services or information, and setting up a representative if required. For financial matters relating to My Aged Care, call 1800 227 475.

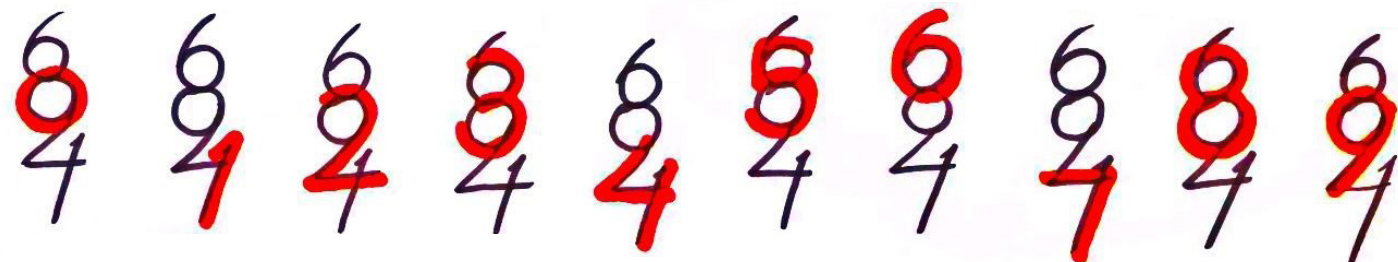


• In person

Face-to-face My Aged Care support is available through Aged Care Specialist Officers at a growing number of locations nationwide. Fortunately, there is one right here in Salisbury at Services Australia. An Aged Care Specialist Officer will help with aged care matters like providing in-depth information on the different types of care services, checking your eligibility and making a referral for an aged care assessment, helping you appoint a representative for aged care, providing financial information about aged care services and connecting you to local support services.

You can book an appointment by phone via the Services Australia Aged Care line 1800 227 475 or visit the Salisbury Services Australia office and book an appointment in person.

QUICK QUIZ ANSWERS



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 12 noon	\$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
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 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Guitar Group (Beginners)	Fri - 10am to 12 noon	\$3*	Para Hills Seniors Centre	8406 8587
Guitar Group (Intermediate)	Fri - 12.15pm to 2.15pm	\$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
Intercultural Friday Group	Fri fortnight 9.30am to 12.30pm	\$3*	Jack Young Centre	8406 8513
Knitting Group	Thu - 1pm to 3pm	\$3*	Jack Young Centre	8406 8525
Line Dancing	Thu - 1.15pm to 3pm	\$7*	Para Hills Seniors Centre	8406 8587
Meet & Greet Group	Mon - 1pm to 3pm	\$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 - 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](mailto:jbinder@salisbury.sa.gov.au) to register to receive monthly ride listings or go to [www.salisbury.sa.gov.au/cyclesalisbury](http://www.salisbury.sa.gov.au/cyclesalisbury)

BURTON COMMUNAL GARDEN

Our gardening program runs a wide range of workshops and group activities. Find out more at [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening) or drop in for a visit or call Shannan on **0401 984 785**.

STRENGTH FOR LIFE PROGRAM

This program promotes health and wellbeing through strength training. A one-off upfront fee from \$30 applies for an individual exercise program, then up to \$7 per session following. 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](http://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](http://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, including:

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](http://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](mailto:has@salisbury.sa.gov.au)





# SERVICE CONTACT DETAILS



## CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

☎ 8406 8222 Fax: 8281 5466

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

## HOME ASSIST

☎ 8406 8225

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

## VOLUNTEER SERVICES

☎ 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

☎ 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

☎ 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

☎ 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)

☎ 0401 984 785

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