

OCT 2023

ISSUE
28

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

www.salisbury.sa.gov.au/seniors



COVER

GROUP LEADERS NIGEL AND ELAINE
CELEBRATING CYCLE SALISBURY'S
10TH BIRTHDAY - PG 3

CONTENTS

02	Message from the Mayor
03	Cycle Salisbury Social Rides
04	Healthy Tips for Women
05	A Local Voice - Elizabeth (Lizzie) Pullen
06	Stay Healthy in the Heat
07	Mosaics to Museum
07	Dog Friendly Salisbury
08	Q&A with Local Seniors
10	Together - Let's get older adults in Salisbury moving!
11	Young Residents Enhance Safety For the Vision Impaired
11	How I Found My Home
12	Conversations with Salisbury Seniors
13	From Seed to Celebration
13	Salisbury Rainbow Connect
14	Volunteer Spotlight
14	Discover Local Connections and Adventures with Salisbury Home Assist!

15	Brain Gym
16	News from Your Council
16	The Salisbury Home Library Service
17	National Recognition
17	Cindy's Journey
20	Salisbury Snapshots
20	News from Jack Young Centre
21	Cafe News (Jack's Cafe & Hills Cafe)
22	News from Para Hills Seniors Centre
22	News from Pine Lakes Community Centre
23	End of Year Closure Dates
24	Special Events - What's Coming Up
25	Special Events Calendar (October to January)
28	Reform Update
28	Quick Quiz Answers
29	Wellbeing Activities
30	Other Wellbeing Activities
31	Council Services

MESSAGE FROM THE MAYOR

Welcome to issue 28 of the Salisbury Seniors Magazine.

Spring is very much upon us! Our very popular Jack Young Centre takes this opportunity to restart their much loved sights and sounds of the courtyard live music program and their new Spring Menu.

The 'A Local Voice' article is a must read. Learn about Lizzie's (Elizabeth Pullen) lifelong love of education, learning and books. Lizzie encourages older people to grow their digital literacy skills. See page 5 for how you can do this.

I would like to say a big congratulations to the Burton Community Hub celebrating its first anniversary and the Salisbury Cycle Group who celebrated their 10th birthday.

I encourage you all to read the 'Find Your Why' article on page 10 and may it motivate us all to get moving more.

As this will be the last edition for 2023, I hope it will help you to stay active, connected and inspired over the festive season and I would like to take this opportunity to wish you all a wonderful Christmas and New Year filled with friends, family, love and laughter.

Yours sincerely,

Gillian Aldridge OAM
Mayor, City of Salisbury



HEALTH & WELLBEING

CYCLE SALISBURY

SOCIAL RIDES



TEN YEARS OF COFFEE, FRIENDS AND FITNESS

A wonderful group of volunteer ride leaders, Bike SA and the City of Salisbury have kept the bicycle wheels of participants turning for 10 years, developing cycling skills and confidence as they explore Salisbury's wonderful network of trails.

Over 9,000 'bums on bikes' and 1,130 opportunities to ride. Impressive statistics for this program which celebrated 10 years in September.

Participants are mostly over 55, but adults of any age are welcome to ride on Saturdays, Sundays and twice monthly Wednesday rides.

The weekly Cycle Salisbury Social Ride includes a short distance, low difficulty ride. They're led by trained volunteer ride leaders, occurring within the City of Salisbury and surrounds, with occasional 'outing' rides.

Rides are mostly suitable for people with hybrid or mountain bikes and take advantage of the City of Salisbury's 103km off road trail network. Some are suitable for all bike types.

Riders 'come for the physical but stay for the social'. Strong friendships have developed, with people riding together outside our planned groups, exploring other parts of the state and overseas. We've even had a marriage between riders!

No bookings required. Riders simply meet at the location before the advertised start time. Scheduled ride leaders can be contacted for questions. Rides are listed on council's website www.salisbury.sa.gov.au/cyclesalisbury or opt in to receive the ride listing electronically each month. Contact Jim Binder on 0401 984 767 or via jbinder@salisbury.sa.gov.au

Haven't ridden for a while? Come join a supportive, encouraging bunch and enjoy the wonderful things the trails in Salisbury have to offer!

Did we mention we stop for coffee?

Pictured below: *Katrine Hildyard, Minister for Recreation and Sport, Rhianon Pearce MP, Member for King and Assistant Minister to the Deputy Premier, Gavin Nugent (My Ride Salisbury) and Bailey Underwood (Marketing Manager, Bicycle SA).*



Cycle Salisbury 10th birthday ride participants



WOMEN'S HEALTH

Healthy Tips for Women

The recent Women's Wellbeing Luncheon featured feel good stalls, entertainment, and health checks. Here are some essential tips from the event for nurturing mental health and leading a fulfilling life.



In September, we had an incredible Women's Wellbeing Luncheon with special guest Peter Goers! The event was filled with stalls, entertainment, a captivating fashion show, and free health checks. The atmosphere was brimming with fun, friendship and laughter as women came together to prioritise their mental health and wellbeing.

We'd like to share some valuable tips from this event. Taking care of your emotional and psychological wellbeing is essential for leading a fulfilling life.



Remember, be patient and compassionate with yourself. These tips can help maintain positive mental wellbeing for everyone. If struggling, seek professional help. You can use Safe Haven, a drop-in mental health service in Salisbury (open Tuesday to Friday from 5 pm to 9 pm) or contact Sonder on 8209 0700.

See pg 18 for more photos of this great event!

Let's explore some tips that can help you maintain a positive mental outlook:



Stay socially connected by engaging with family, friends and community



Regular physical activity, like walking, improves mood and reduces stress



Practice mindfulness through meditation and yoga to reduce anxiety



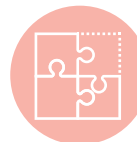
Eat a balanced diet with fruits, veggies, whole grains and lean proteins to impact mood positively



Get 7 to 9 hours of quality sleep for mental rejuvenation



Seek professional help for persistent sadness or anxiety



Pursue joyful hobbies and creative outlets



Manage stress and practice self care



Stay intellectually stimulated by reading and learning



Prioritise mental health check ups with healthcare professionals

A LOCAL VOICE

A LOCAL VOICE

Find out more about JYC member, Elizabeth (Lizzie) Pullen and her interesting and zestful life.

A long time lover of learning and books, Lizzie has dedicated much of her life to working in libraries, education, and authored the children's book, *My Friend Andy*.

This love has influenced Lizzie and become one of her best traits.

She fondly recalls when her primary school 'took [her] to the State Library and a whole world opened up'.

Lizzie then had a wonderful career that started in libraries, a role that included a home delivery service, where she met many lonely and isolated people. She encourages everyone to visit Jack Young Centre, especially the Digital Literacy Group, because she is passionate about older people having the same advantage as younger people in connecting with others through technology. Despite spending majority of her life in education settings, she has never come across anything like this class!

Her favourite thing about JYC is the friendliness; everyone says hello. She recently took her sister for lunch, where her neighbour was coincidentally volunteering in the kitchen. It was exciting to be served by her, and fantastic how affordable, healthy and filling the meals were.

It might improve your life in unexpected ways too, like the lucky timing of her registration with My Aged Care. Lizzie joined after encouragement from staff member Jim, which meant she could affordably and quickly have a safety rail installed in her shower after an arm injury.

We agree with Lizzie when she says, "*just come along, because I think it can change your whole life.*"

Lizzie with Justin at a Tech Group session



HEALTH & WELLNESS

STAY HEALTHY IN THE HEAT

Take control and reduce risk of heat related illness!

As we age, we are at higher risk of heat related illness, especially if we live alone, have medical conditions, or take certain medicines. Physical changes happen as we get older, which may mean we are less likely to notice increased risk.

Heatwaves are more than just hot weather. When it's hot during the day and it doesn't cool down at night, it's very hard for your body to cool itself down.

If you use medicines, speak with your doctor or pharmacist for advice.

TAKE CONTROL – THE FOLLOWING TIPS MAY HELP:

- Sleep in your coolest room in the house – this may not be your bedroom.
- Use air conditioners and fans set to cool, put a wet cloth around your neck or put your feet in a bucket of cool water.
- Drink plenty of water, even if you don't feel thirsty. Take water wherever you go.
- Swap large meals for smaller ones. Make cool meals, like salads and avoid using ovens and stoves in hot weather.
- Where possible, arrange for a friend or relative to visit or call you twice daily to check that you are ok and have everything you need for staying healthy.
- Consider registering or getting help to register with the free Red Cross Telecross REDI service on 1800 188 071. Trained Red Cross volunteers call older people up to three times a day to make sure they are coping with hot weather.
- Make sure pets have cool spots, shade and many bowls of cool water. Bring them inside during the day.
- Never leave children or pets alone in a parked car (even if it's just for a short time) especially during a heatwave.



ABORIGINAL COMMUNITY NEWS

MOSAICS TO MUSEUM

The Aboriginal Social Group have been busy making beautiful mosaic coasters in the Aboriginal flag colours and enjoying a visit to the Museum of South Australia.

Many of the group had never done mosaics before, so it was fun and rewarding to try. We used Aboriginal flag coloured tiles and adhered these to the underside of old coasters from an op-shop, a great way to have double sided coasters and an easy way to try a new craft!

Later, the group enjoyed a visit to the museum, where many lit up as they saw relatives and people they knew acknowledged in the Aboriginal History wing. It was a beautiful experience for many to connect with their Aboriginal culture.



FAMILY - PETS

DOG FRIENDLY SALISBURY: UNLEASH THE FUN IN OUR PARKS AND WETLANDS!

Salisbury Council offers many areas where dog owners can enjoy outdoor activities and embrace the benefits of daily dog walks for improved health and socialisation.

Daily walks with your dog can improve health and provide socialisation opportunities, and research supports that dog walking is linked to better health in older adults.

Salisbury Council offers well maintained parks and reserves for dog walking and outdoor enjoyment. There are 10 enclosed dog parks, eight of which have small dog enclosed areas for dogs under 35cm in height.

For more information on council services for dogs, visit our www.salisbury.sa.gov.au/dogparks



Owners and their pooches enjoying the day!

It was great to see so many people attending two dog friendly community gatherings in the local area. A family fun day with pets was held on 26 August at Unity Park in Pooraka and the Dogs Day Out event was held on 24 September at Mobara Park and Denison Centre at Mawson Lakes.

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 do you do to stay active?
2. Why is it important for you to keep active?
3. What do you love about Jack's Café?
4. Do you have any advice for someone keen to check out our seniors centres?

SCOTTY & YEN

1. "Square dancing."
2. "Keep physically and mentally alert and active."
3. "The tucker - quality, serving size, price, staff."
4. "Check out the food and activities available."



SHEILA & NIGEL

1. "Square dancing, gardening."
2. "For good health and fitness. As we get older we need to keep moving more along with our aches and pains! Plus it helps to keep our brains going and keeps us with a positive outlook."
3. "Good home cooked meals. Good prices and service."
4. "Give it a go! The meals are lovely and can recommend. Will be trying the computer lessons soon."



PETER

1. "Square dancing, walking, gym."
2. "To stay active and young."
3. "Good value food."
4. "Come and check out the meals."



ALAN AND RITA

- | | |
|--|---|
| 1. A: "Dancing, walking." | 1. R: "Dance and walk." |
| 2. A: "Keep fit." | 2. R: "Keep healthy so you can keep fit and enjoy life to the fullest." |
| 3. A: "The meals." | 3. R: "The meals are home cooked." |
| 4. A: "Lots to do at the centre. Meet people." | 4. R: "Lots to do or just a social cup of tea with friends." |

MURRAY, KAREN AND GRANDSON PAUL

- | | |
|--|---|
| 1. M: "Cook tucker, dance many styles." | 1. K: "Square dance, round dance, walking." |
| 2. M: "Personal social contact. Health and pure pleasure." | 2. K: "Health." |
| 3. M: "The quality of the tucker. Social interaction." | 3. K: "Very very friendly and great food." |
| 4. M: "Relax and enjoy." | |
-
- | |
|--|
| 1. P: "I go on walks." |
| 2. P: "I don't have a reason." |
| 3. P: "Friendly hospitality." |
| 4. P: "Bring the family. The food is great." |



JULIE

1. "Walk, dance."
2. "To enable me to do what I want - muscles supple and fit."
3. "Friendly, nice food, reasonable serve sizes."



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

HEALTH & WELLBEING

TOGETHER

Let's get older adults in Salisbury moving!

Our bodies are built to move; with approximately 360 joints and 600 muscles.

We know we should be moving as much as possible and that it's good for us, but do we do it?

When we move regularly, we feel so much better. The benefits are felt even more when exercising with others and outside in fresh air. In Salisbury we're lucky to have wonderful trails, wetlands and native flora and fauna.

"I love how the lorikeets come flying along the trails almost at head height. They are so colourful." - James Francies, Cycle Salisbury member.

With help, support and encouragement from others, our Be Active – Find Your Why initiative provides ways to increase levels of motivation and gives you a range of opportunities to move more.

Over 70 people have attended our 'Have a Go' sessions (Balance, Shadow Boxing, Outdoor Gym sessions, Contemporary Dance and Back on the Bike). Several new classes have commenced as a result, such as Sitting Contemporary Dance.

With YOUR HELP, we can do this Salisbury!

Read what has happened so far and what's coming up. Visit www.salisbury.sa.gov.au/why

BE ACTIVE: FIND YOUR WHY WELLNESS EXPO



Don't miss our EXPO at JYC on Thursday 5 October with guest speaker Keith Conlon and organisations like the Heart Foundation and Arthritis SA - a fun event with giveaways, information talks and opportunities to have a go!



1

Pick up a project postcard featuring a local just like you and complete your own card. Please take a picture of it and send it in to us at jbinder@salisbury.sa.gov.au



2

Attend one of our coaching sessions on how to get motivated and make the most of the project resources, supports and initiatives.



3

Take an extra postcard and give it to a friend, neighbour or family member who is over 50, living locally. This may be just the encouragement and support they need to move a little more.

DISABILITY

YOUNG RESIDENTS ENHANCE SAFETY FOR THE VISION IMPAIRED

Three young Salisbury residents plan to increase motorists' awareness about how to respond when seeing a white cane or guide dog user waiting to cross a street or driveway.

"Many motorists think that they are helping these pedestrians by slowing down or stopping. They often wave or call out to the vision impaired or blind person to indicate that it is safe to cross. They are actually asking the pedestrian to totally trust a stranger. But the white cane or guide dog user is just waiting until the vehicle sound reduces before crossing safely."

Paralowie resident Sarah Maculans wrote to Deputy Mayor Chad Buchanan asking Council to assist in a project to inform motorists about safe practice.

"This may not seem like a big issue to some but for those like myself, who are blind or vision impaired, these instances affect our confidence and safety."

Sarah has been joined by two other young residents who are vision impaired or blind, by See Differently (formerly Royal Society for the Blind) and the City of Salisbury.

For more information contact Mike Taggart, Council's Inclusion Project Officer.

Email mtaggart@salisbury.sa.gov.au or call 8406 8390.

Anyone with vision loss can enquire about useful training and equipment by phoning the Guide Dogs Association - 8203 8333 or See Differently - 1300 944 306.



Young residents working with City of Salisbury staff

HOUSING



Jill in front of her new home

HOW I FOUND MY HOME

Jill was homeless and found secure housing through Council's Care Finder Housing Support Program.

For a long period, Jill was living in short-term, expensive accommodation and needed assistance to find safe and secure housing.

As a private rental was not an affordable option, Trista, our Housing Support Officer, provided Jill with some options that appeared to match her needs.

Trista was able to assist with the Housing Application, provide advocacy support, and Unity Housing offered Jill a one-bedroom cottage flat in the Playford area.

Trista helped Jill access referral codes from My Aged Care for services like home modifications, equipment, social support and delivered meals.

Jill is now enjoying her new home and caring for her garden.

"Highly recommend this program to anyone facing homelessness. They go above and beyond. Thank you so much."

CONVERSATIONS WITH SALISBURY SENIORS

CONVERSATIONS WITH SALISBURY SENIORS



Thrifty living is the theme. Lots to share and learn. Save the date - 14 November 2023!

Delivered in partnership with COTA SA, this event will share ideas around how to be thrifty with food, clothing, entertainment, essentials and health and wellbeing.

Living thriftily is something many of our readers are very familiar with, having lived through a number of challenging economic times. Over years people have shared their tricks and tips for making life easier.

Details for this event can be found on pg 26 or visit www.salisbury.sa.gov.au/cotaconv



Participants at one of our previous Conversations with Salisbury Seniors events

TIPS AND TRICKS:

- Budgeting: create a detailed budget to track your income and expenses. Prioritise essentials like rent, utilities, groceries and transportation. Limit discretionary spending on non-essential items.
- Cut unnecessary expenses. Cancel unused subscriptions and limit impulse purchases.
- Meal planning and cooking. Plan in advance and save money by cooking in larger batches and freezing leftovers.
- Use discounts and coupons when shopping. Check the junk mail!
- Embrace second hand shopping. Op shops and online marketplaces can be affordable treasure troves. Swap and share with friends!
- Reduce utility bills by turning off lights and appliances when not using and consider energy efficient alternatives. Spend time in our centres and use our heating, cooling and lighting.
- Negotiate bills for a better deal or payment plan if needed.
- Take advantage of free or low-cost activities. Look for free community events, outdoor activities, and local resources. Check out what's happening at our Seniors Centres!
- Focus on your health: maintaining good health can help you save on medical expenses in the long run. Exercise regularly, eat a balanced diet, and prioritise preventative care.
- Financial assistance programs. Check if you qualify for any government assistance programs or community support during challenging times.

GARDENING

FROM SEED TO CELEBRATION: BURTON COMMUNAL GARDEN TURNS ONE



Over the past year, the garden has grown and many gardening enthusiasts and creative minds have visited the space in Burton.

We recently celebrated a significant milestone – the Burton Communal Garden's one-year anniversary in August 2023.

There was an array of activities to help people discover the pure delight of gardening. From nurturing vibrant flowers to cultivating your own fresh produce.

Artistic potential was unlocked in our mini shed, where woodwork projects and captivating crafts came to life.

Biodiversity projects that contribute to sustainability and leave a positive impact on our environment were open to all.

What's more, our program is thoughtfully designed for individuals over 50, fostering a warm and supportive community.

Don't miss this remarkable opportunity to be a part of our green and creative journey. Join us at Burton Community Hub as we enter our second year.

Be a part of the Social Gardening and Mini-Shed Program – Where Nature Meets Creativity. Grab the program at Seniors Centres or visit www.salisbury.sa.gov.au/gardening. Alternatively, chat with Garden Coordinator Shannan on 0401 984 785.

A sample of events can be seen on pg 24.

See you soon at the Burton Communal Garden!



LGBTQIA+ COMMUNITY NEWS

SALISBURY RAINBOW CONNECT

It's almost Adelaide Feast time! Get ready to party!

The Feast Festival is Adelaide's LGBTQIA+ arts and cultural festival. It runs between Wednesday 1 to Saturday 19 November with an extensive program of events including live music, theatre, talks and the famous Feast Picnic in the Park event.

The 2023 Adelaide Pride March will be held on Saturday 28 October, just before the Feast Festival begins. For more information go to www.feast.org.au

Local happenings

Interested in connecting with a local LGBTQIA+ Social Group? Please call Leslie at the City of Salisbury on 8406 8328 or email lwightman@salisbury.sa.gov.au. The group meets monthly on the last Thursday of each month for morning tea.

VOLUNTEERING

VOLUNTEER SPOT LIGHT

We love to volunteer and when we do, we offer two of our most valuable assets – our time and our talents. We do this to achieve connections with others plus an opportunity to socialise with people from different social and cultural backgrounds.

The three volunteers pictured (right) have been volunteering for many years and are still actively involved in our cultural programs.

Mirzeta, a dedicated volunteer over 15 years, prepares hot lunches and fosters connections. Volunteering's positive impact is evident in our community.

Maddalena, creative and devoted for 15 years, enriches lives through the craft program, contributing to community growth.

Hema, a strong and spiritual individual has volunteered over 10 years, empowers others to thrive, embodying the spirit of community service.

City of Salisbury Volunteers Mirzeta, Maddalena, and Hema anticipate a bright future, continuing their impactful contributions.



Hema, Mirzeta and Maddalena with their Volunteering Certificate Awards

HOME ASSIST

DISCOVER LOCAL CONNECTIONS AND ADVENTURES WITH SALISBURY HOME ASSIST!

Whether you've given up driving or feel unsure about traveling far, we're here to support you. Join our social transport trips to popular Adelaide destinations.

We'll pick you up from home and drop you back, ensuring a safe and enjoyable experience. Limited to eight people per van, our trips are tailored to your feedback.

From delightful beach drives to intriguing mystery excursions, we offer a range of destinations, such as theatres and popular shopping and garden centres.

Once you arrive at your destination, feel free to explore local attractions at your pace.

Don't forget to seize the opportunity to meet new people and make lifelong friends along the way.

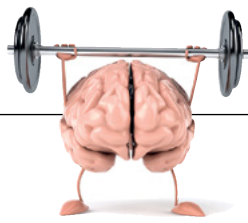
Salisbury Home Assist is all about empowering you to discover, unwind, and create unforgettable memories.



August Trip to Balaklava

Call our Home Assist Team at **8406 8225** or email has@salisbury.sa.gov.au to check your eligibility and embark on memorable adventures with us!

BRAIN HEALTH



BRAIN GYM

Embracing Empathy: Creating Dementia Friendly Communities

City of Salisbury (CoS) and Dementia Australia are working towards creating dementia friendly community centres.

In Australia, almost half a million people are currently living with dementia. Without a medical breakthrough, this figure is predicted to increase to more than one million by 2058.

People living with dementia are entitled to remain active in their communities, and have the right to participate and enjoy activities or services of their choice.

It can be challenging, however, for them to maintain these community connections and experiences. For example; there may be challenges with interpreting signage or unfamiliar language and terminology.

With support from their communities, people with dementia can continue to stay active and engaged in activities of their choice.

This is where Dementia Friendly Communities, an Australian Government funded program administered by Dementia Australia, can make a difference. The program aims to build understanding, awareness and acceptance of dementia in the community.

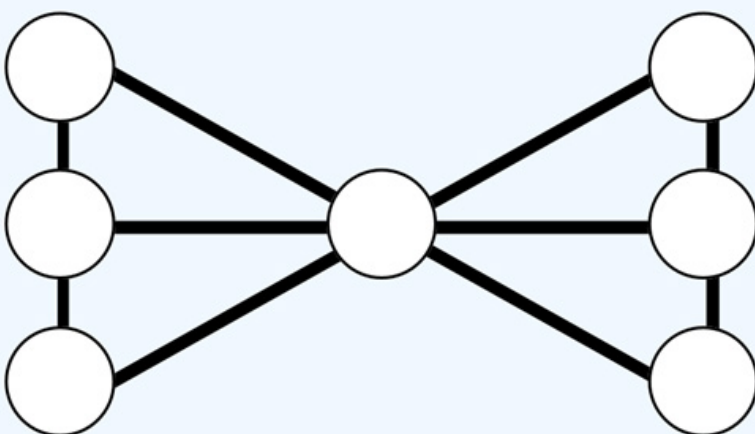
The goals of the program are to:

- increase public awareness of dementia across Australia
- increase opportunities for community members to better identify the signs of dementia and effectively communicate with a person living with dementia
- improve levels of engagement with people living with dementia
- enable Dementia Friends to network, learn and support each other
- provide the ability to search, list and share the latest evidence, information and best practice approaches
- enable Dementia Friends to increase self and community awareness
- support people living with dementia.

This partnership aims to create a dementia friendly environment across CoS Seniors Centres.

A Dementia Alliance, consisting of people living with dementia, carers and community service providers, has been established to offer support and advice on how centres can be more dementia friendly. For example; facilitating dementia awareness training; or advising on simplifying signage.

BRAIN TEASER



Use the numbers from 1 to 7 to make each line add up to 12

Answers for these puzzles on page 28

Interested in joining the Dementia Alliance?
Please contact Michael at
Jack Young Centre on **8406 8525**

COUNCIL NEWS

NEWS FROM YOUR COUNCIL

There's plenty happening in City of Salisbury, including major updates we've made to the Salisbury Aware magazine.

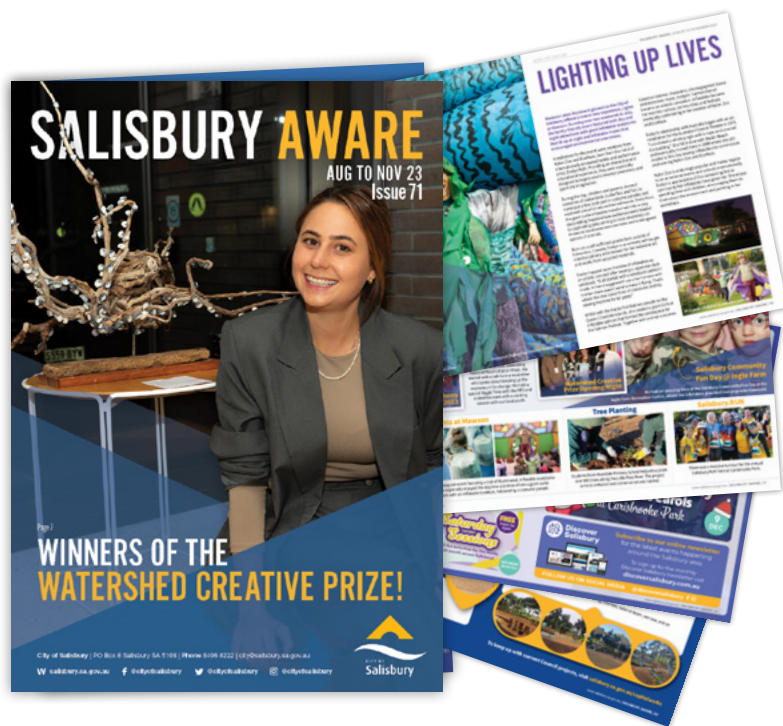
Not only has the magazine had a makeover, but we've updated how you can access and receive it.

It will be available as a printed magazine twice a year in the months of June and December. You can opt to have delivered to your door, or simply pick up from any of our libraries, hubs, community centres and seniors centres.

It will also be available in smaller, bite sized pieces, sent to your email address once a month, so whether you prefer the traditional printed style, or the fast-access digital style, you can now read City of Salisbury stories in whichever way suits you.

In other news, the Church and John street upgrades have made excellent progress! If you'd like to read the latest updates, head to Council's website at

www.salisbury.sa.gov.au



The Salisbury Home Library Service

Do you know about this free service for any Salisbury resident who is unable to leave their home?

The Home Library Service is available to retirement/lifestyle villages, nursing homes, aged care facilities and residential homes

Residents may require the service due to a short-term injury, a long-term health issue or mobility limitations that may mean the person is unable to leave their home. The service is also available to carers.



Home Library Officer, Lisa with Larry and Doreen

To enquire about this service, contact the Home Library Service team on

P: 8406 8341 or E: library@salisbury.sa.gov.au

STAFF NEWS AND AWARDS

NATIONAL RECOGNITION

City of Salisbury has been honoured with the prestigious Planning Institute of Australia Wellbeing and Diversity National Award!

Council prioritises the wellbeing of individuals and embraces its community's diversity. Congratulations to our amazing Community Health and Wellbeing team for their outstanding efforts, which make a positive and lasting impact on the lives of many. The team is committed to excellence in shaping our city into a vibrant and inclusive community.

Find out more about the award at www.salisbury.sa.gov.au/PIAwards



Community Health & Wellbeing team members

CINDY'S JOURNEY: FROM STUDENT AND VOLUNTEER TO EMPLOYEE AT OUR SENIOR CENTRES

Here's an opportunity to get to know Cindy, a staff member making a difference.

"Hi, I'm Cindy. I was studying a Certificate 3 in Community Services and contacted Para Hills Senior Centre to ask if I could do my placement there.

I helped on reception and with the Friday Para Hills group, including their bingo activities. After graduating, I continued as a volunteer, before commencing paid work with the Social Participation and Diversity team. I'm now working at Jack Young Centre and Para Hills Seniors Centre.

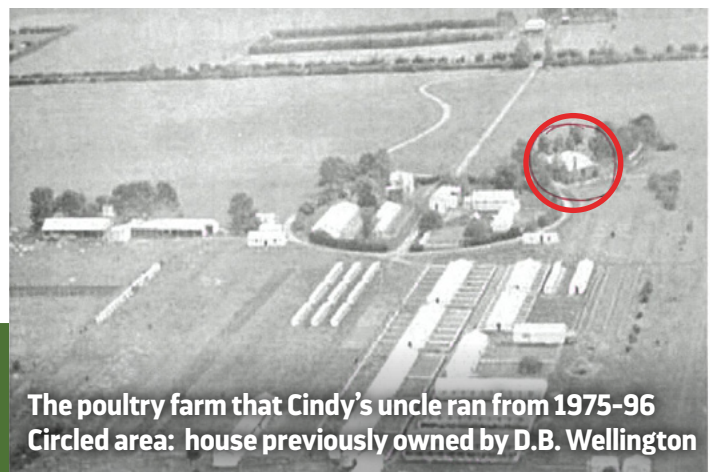
Visiting the Pine Lakes Centre brings back fond memories, as the only remaining building there used to be owned by my Uncle - D.B. Wellington (Uncle Brenton). He ran the Government based poultry farm before housing was developed in the area (see photo).

I am enjoying the new challenges and friendships gained through the centres."

The circled picture is the house at Pine lakes. The rest of the picture is the poultry farm that Cindy's uncle ran from 1975 until 1996.

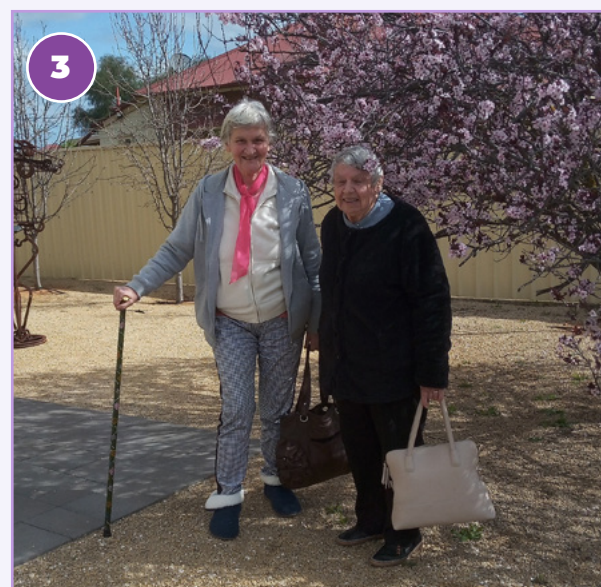


Cindy outside of JYC



The poultry farm that Cindy's uncle ran from 1975-96
Circled area: house previously owned by D.B. Wellington

SALISBURY SNAPSHOTS



1. Para Hills Seniors Centre Women's Luncheon
2. Intercultural Spring Celebration at Pine Lakes Centre
3. Maria and Priscilla excited to attend the monthly Home Assist trips, this time to Gumeracha
4. Burton over 50s Friendship Group
5. John and Edith at talk by author David Kilner - JYC Meet and Greet Group



6. Para Hills Friday group drive stop at The Toy Factory
7. Veronica - Find Your Why Contemporary Dance trial at JYC

8. Salisbury Cycle 10th birthday celebration
9. Bhutanese women Teej Women's Festival celebration at Pine Lakes Centre

10. Bhutanese Nepali speaking men celebrating Fathers' Day at Pine Lakes Centre

SENIORS CENTRES

NEWS FROM JACK YOUNG CENTRE



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

The new season brings a new phase of programs and activities. The popular sights and sounds of the courtyard return to Jack Young Centre with an exciting program of local senior music artists ready to perform for your toe-tapping pleasure!

Benefits of Listening to Live Music:

- Music has the power to provoke emotions and memories, transporting the listener back to significant moments. Nostalgic tunes can trigger feelings of happiness and comfort, promoting emotional wellbeing and connection.
- It's known to have positive impact on cognitive function, stimulating areas of the brain, enhancing memory and may aid in slowing cognitive decline.
- Music helps relieve stress.
- Music helps connect people and fosters a sense of belonging.

Listening to music is an effective way to enhance your quality of life. Get yourself to our musical events, you won't regret it!

Spending time in our centres is about connections, friendships and enjoying life. Making friends is rewarding at any age, but sometimes meeting new people as you age can be harder.

Here are some ideas for older people to make new friends:

- Pursue hobbies and interests that help you meet like-minded people. View our weekly centre programs for ideas.
- Volunteering is an excellent way to meet people while feeling good. To lend a hand in our centres, call Caroline on 8406 8536.
- Attend social events – keep an eye on our upcoming events and new programs.
- Embrace technology and social media. Join our private Facebook community 'Salisbury Seniors Community' today! See us if you need help to use Facebook.
- Use friendly body language. Smile, make eye contact and show genuine interest in others. Be a good listener and ask questions to get to know people better.

Remember, building friendships takes time and effort, so be patient, and nurture existing friendships as you cultivate new ones.



CAFE NEWS (JACK'S CAFE & HILLS CAFE)

Spring is here – enjoy a nutritious and delicious meal with friends!

Our Café team at Jack's Café and Hills Café continue to serve great quality, delicious and seasonal meals. The spring summer menu has increased variety to match the weather.

We know that cooking for one (or two) presents challenges. Most recipes are designed for multiple servings that may go to waste (also eating too much of one thing can get boring). As we age, physical limitations can also deter us from cooking.

These challenges can lead to decreased interest and motivation for cooking, and ultimately an overall reduction of your nutritional intake. Here is where our kitchen comes in!

Join us for lunch, pre-order our takeaway for the evening, or check out our frozen house-made meals.

Pesto Pasta with Cherry Tomatoes and Spinach

If you are in the mood for cooking, or maybe feel like inviting a friend around to share a meal, why not try this low cost, easy meal:

Ingredients

- 200g of your favourite pasta (penne, fusilli or spaghetti work well, or try gluten free)
- 1 cup cherry tomatoes, halved
- 2 cups fresh baby spinach leaves
- 3 tablespoons store-bought or homemade pesto sauce
- 2 tablespoons olive oil
- ¼ cup grated parmesan cheese
- Salt and pepper to taste



(recipe adapted from www.healthygffamily.com)

Directions

1. Cook the pasta, drain and set aside.
2. Heat the olive oil a large skillet over medium heat, add tomatoes and cook for 2 to 3 minutes until they start to soften.
3. Stir in the spinach and cook for another 1 to 2 minutes until the spinach wilts slightly.
4. Stir in the pesto sauce making sure the pasta and vegetables are evenly coated. Season with salt and pepper to taste. Sprinkle with grated parmesan cheese. Enjoy!

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**

SENIORS CENTRES

NEWS FROM PARA HILLS SENIORS CENTRE

Events at Para Hills Seniors Centre

The successful Groove and Soothe Music Day was held on Thursday 13 July. Thank you to our talented performers, PHSC Line Dancing group, Ukulele, and the Bang Along band for the much-appreciated entertainment.

The Friday Program enjoyed a beach theme day to help get through a long cold winter. Members went all out with costumes, decorations and games. The kitchen volunteers did an exceptional job making fish and chips for lunch at the beach.

The Women's Health Feelgood Luncheon was a big success with Peter Goers. See pg 4 for the Women's Health article.

A new darts groups is up and running at 1pm to 3pm Wednesdays. Call 8406 8544 if you would like to attend.

We're excited to introduce virtual reality to the Friday group once a month. Stay in touch to hear more about a digital arts program coming soon.

Finally, we're planning two events in October. There will be the Big Blue Table to support mental health and in December, the popular Christmas luncheon will be back. See details on pg 25 and 26.

Looking forward to seeing you soon at Para Hills Seniors Centre!



Beach Day at Para Hills Seniors Centre

NEWS FROM PINE LAKES COMMUNITY CENTRE!



The South East Asian group

We are a group of 25 women from South East Asia, made up of Filipinos, Thai and other cultural backgrounds.

We meet in colour code dress theme and you may wonder why. This is to allow our creativity to take shape and to bring about a sense of emotional wellbeing.

The idea was adopted after Covid. Colour is used in therapy to bring about positive emotions and self-confidence. We also enjoy the nostalgia from the opportunity to dress up like when we were younger. Colour code coordination creates a wave of positivity in the group and facilitates conversations and sense of connection.

The Tanunda outing on Friday 7 July was a great success for the group! It was a very cold day indeed, but we were all full of energy and coloured in green. We also sat around the open fire place at the Hotel and told stories of old times.

We enjoyed celebrating the Feast of the Assumption of

SENIORS CENTRES



Bronyn with grandson Pacey

Mother Mary on Tuesday 15 August. With the majority of Filipinos being Catholic, we were able to share our spiritual and cultural beliefs with the intercultural group.

Previous celebrations at Pine Lakes include Laxmi Puja, Guru day and Teej; where we welcomed the season according to natural and Pagan belief, Orthodox Easter, Muslim Eid, and Buddha's Birthday.

Feedback from one member:

Napakarami akong damit kaya pwede na akong mamili ng iba ibang damit na isusuot!

(I have so many dresses in the wardrobe, now I'm able to dress up!)



End of Year CLOSURE DATES

JACK YOUNG CENTRE

CLOSURE:

All groups to finalise by Friday 15 December 2023
Meals will continue until Wednesday 20 December 2023 (Monday 18, Tuesday 19 and Wednesday 20 2023 – menu board only – no specials)

Last day on site for members is Wednesday 20 December (Staff will be onsite until close of business 22 December 2023)

RE-OPEN:

Staff back on site from Tuesday 2 January 2024
Meals and Groups to commence from Monday 8 January 2024 (frozen meals can be purchased from Wednesday 3 January 2024)

PARA HILLS SENIOR CENTRE

CLOSURE:

All meals and groups to finalise on Friday 15 December 2023

RE-OPEN:

All meals and groups to recommence on Monday 15 January 2024

PINE LAKES COMMUNITY CENTRE

CLOSURE:

All groups to finalise by mid-December 2023

RE-OPEN:

All members to be advised of return dates for 2024

BURTON COMMUNITY HUB GARDEN

CLOSURE:

Garden Tuesday 12 December
Friendship group Wednesday 13 December
Woodburning Thursday 14 December

RE-OPEN:

Tuesday 16, Wednesday 17 and Thursday 18 January 2024 for Programs:
Garden, Friendship group (Wed), Woodburning (Thur)

SPECIAL EVENTS

WHAT'S COMING UP

SPECIAL COMMUNITY EVENTS



CHECK OUT THE UPCOMING EVENTS ACROSS SALISBURY!

FREE
live music



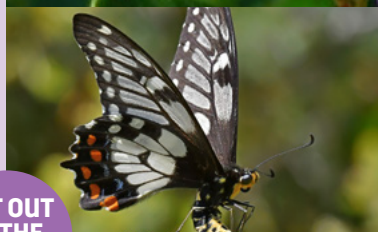
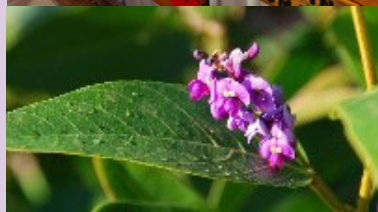
SOUNDS IN THE COURTYARD (Thursdays fortnightly, 12.15pm to 1pm, JYC)

Come and listen to FREE live music in the Jack Young Centre Courtyard every fortnight!

Thur 5 Oct:	DJ Des	Thur 16 Nov:	Alice Richardson
Thur 19 Oct:	Leanne Coleman	Thur 30 Nov:	TBC
Thur 2 Nov:	JYC Jukes	Thur 7 Dec:	Rickety Phicks

www.salisbury.sa.gov.au/events

8406 8525



Burton Communal Garden Programs

Check out all the great programs and events coming up in the Burton Communal Garden!

12 Oct: Butterfly Day

Talk on butterflies and biodiversity in urban areas (10am to 11am)
Butterfly trail, games and colouring in. Grandparent and grandchild (11am to 12pm)

19 Oct: Propagating native plants

Learn how to propagate native plants that will help to attract more butterflies to your garden.

14 Nov: Recipe Share – Creative Salads

Be motivated to keep eating your veggies by learning new recipes. Bring your lunch including your favourite salad.

6 Dec: Shared lunch – End of year celebration

Bring a plate to share and celebrate the year. Drinks supplied.

18 Jan: Passata making

Come along for a fun and productive morning making passata tomato sauce. Bring a jar.

www.salisbury.sa.gov.au/gardening

8406 8525

**GET OUT
IN THE
GARDEN!**



**VISIT
US!**



Community Information Stall at Hollywood Plaza (Friday 27 October, 10am to 1pm)

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

Discover future free 'Come and have a go' sessions at www.salisbury.sa.gov.au/why

SPECIAL EVENTS

OCT TO NOV

Be Active – Find Your Why
Wellbeing ExpoTHU
5
OCT

Join us for displays, health checks, have a go at contemporary dance, information stalls including Arthritis SA, Heart Foundation, Walking SA, COTA SA, Blue Fit & more! Look at or try out an E-bike and other bikes with My Ride Salisbury. PLUS listen to special guest speaker 'Mr South Australia' Keith Conlon!

🕒	9.30am to 3pm
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	FREE
☎	8406 8525
🌐	www.salisbury.sa.gov.au/wellness

Big Blue Table for Mental Health

FRI
13
OCT

Para Hills Seniors Centre is hosting a Big Blue Table event with Beyond Blue guest speaker Colin Kavooris. All proceeds will be donated to the Big Blue Table and morning tea included.

🕒	10am to 12noon
📍	Para Hills Seniors Centre (PHSC), 22 Wilkinson Road, Para Hills
💰	\$5 donation
☎	8406 8587
🌐	www.salisbury.sa.gov.au/events

Salisbury Nature Festival

THU
12
OCT

Join us for a free day of nature themed activities! Observe and connect through nature journaling, stir curiosity on a nature scavenger hunt, show off your creative side through nature art and find your way through nature with Scouts orienteering.

🕒	11am to 3pm
📍	Carisbrooke Park, Main North Rd, Salisbury Park
💰	FREE
☎	8406 8222
🌐	www.salisbury.sa.gov.au/events

Salisbury Starlight Cinema

SAT
21
OCT

Gather your family and friends and join us at Kentish Green for the last Starlight Cinema for 2023. Bring along a picnic blanket or low lying chairs, kick back and relax while you enjoy family friendly movie My Spy!

🕒	7pm to 10pm (screening from 8.30pm)
📍	Kentish Green, 41 Warren Road, Para Vista
💰	FREE
☎	8406 8222
🌐	www.salisbury.sa.gov.au/events

SPECIAL EVENTS

Melbourne Cup

TUE
7
NOV

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

🕒	From 12noon
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	From \$25 to \$35
☎	8406 8525
🌐	www.salisbury.sa.gov.au/events

Conversations with Salisbury
Seniors Thrifty LivingTUE
14
NOV

Delivered in partnership with COTA SA, this event will share ideas around how to be thrifty with food, clothing, entertainment, essentials and health and wellbeing.

🕒	9.30am to 12.30pm
📍	Salisbury Community Hub (John Harvey Community Hall), 34 Church St, Salisbury
💰	FREE
☎	8406 8525
🌐	www.salisbury.sa.gov.au/cotaconv

The Mawson Centre
Christmas MarketsSUN
26
NOV

This family friendly community event offers over 80 stalls offering a range of Christmas gifts, clothes, candles, plants, kid's toys, art, jewellery, woodwork and much more! Free kid's activities include face painting, jumping castle and big games. Food Vendors, coffee van and ice cream truck on site! Fun for the whole family!

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

DEC TO JAN

Para Hills Senior Centre
Christmas LunchFRI
1
DEC

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

🕒	10am to 1pm
📍	Para Hills Senior Centre (PHCH), 22 Wilkinson Rd Para Hills
💰	\$25 (CHSP subsidised), \$30 (non-subsidised)
☎	8406 8587
🌐	www.salisbury.sa.gov.au/events

SPECIAL EVENTS

Salisbury Community Christmas Parade

SAT
2
DEC

A great, local family event. Watch the parade along John St. Enjoy the rides, amusement stalls, displays, clowns, face painting available before and after the parade.

🕒	9am to 2pm
📍	John Street, Salisbury
💰	FREE
📞	0414 813 202 or info@salisburyba.com.au
🌐	www.facebook.com/salisburyChristmasparade

Chronic Pain: Exercise as Medicine
Presented by Matthew BeardMON
4
DEC

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

🕒	1.15pm to 2.15pm
📍	Jack Young Centre, 2 Orange Ave Salisbury
💰	FREE
📞	8406 8525
🌐	www.salisbury.sa.gov.au/events

Salisbury Community Christmas Carols

SAT
9
DEC

Join us at the Salisbury Community Christmas Carols this year at Carisbrooke Park! Sing along to all your favourite Christmas tunes and wave to special guest Santa Clause!

Pre show stage activities from 4:30pm to 7pm.
Main stage event from 7pm to 9pm.

🕒	4.30pm to 9pm
📍	Carisbrooke Park, Main North Rd, Salisbury Park
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

Australia Day

FRI
26
JAN

Say g'day to FREE Australia Day fun in Salisbury. Bring the family along to enjoy a FREE brekky as well as plenty of activities and entertainment for everybody to enjoy!

🕒	Keep an eye out for event times online!
📍	Carisbrooke Park, Main North Rd, Salisbury Park
💰	FREE
📞	8406 8222
🌐	www.salisbury.sa.gov.au/events

MY AGED CARE

REFORM UPDATE

The Australian Government is determined to deliver reforms to Australia's aged care system that improve the care of older Australians.

The Royal Commission (2018) inquiry into aged care found excessive wait times for care, too many programs to choose from, overspending on paperwork, and lack of support to keep people in their homes.

Minister for Aged Care and Minister for Sport, Anika Wells spoke at the National Press Club on Wednesday 7 June about actions to address the Royal Commission recommendations and future roadmap plans.

The roadmap informs the aged care sector about major reform elements, consultation activities, events and further information. It provided a timeline for actions and the following highlights:

July 2023

- The Community Visitor Scheme is expanding and from 1 July will be renamed the Aged Care Volunteer Visitor Scheme.
- Many aged care workers will receive a 15% award wage increase.
- Establishment and commencement of the Office of the Inspector General of Aged Care and appointment of the Acting Inspector-General.

December 2023

Exposure draft will become available for the Bill for a new rights-based Aged Care Act.

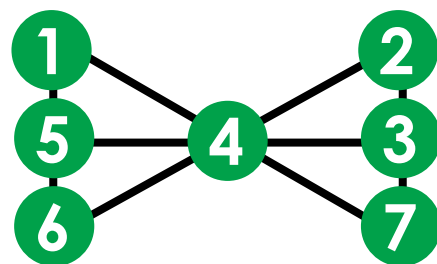
The new Support at Home Program will commence on 1 July 2025 to address the recommendations to support older people to stay in their homes longer, replacing existing Commonwealth funded in-home aged care programs of the Commonwealth Home Support Programme (CHSP), Home Care Packages (HCP), Short-Term Restorative Care (STRC) and Residential Respite Referrals.

While workforce shortages continue, Minister Wells explained her commitment to making changes that deliver safety, dignity and quality for everyone across the aged care system.

Further information: Susantha Athurugiri, Project Coordinator - Northern Collaborative Project on **0423 780 403** or email sathurugiri@salisbury.sa.gov.au



QUICK QUIZ ANSWERS



The Australian Government is focussing on key recommendations of the Royal Commission into Aged Care Quality and Safety leading to further reforms to be implemented in 2023-2024.

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

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 (see pg. 32 for addresses).

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
Contemporary Dance	Thu - 9am (standing), 10.15am (sitting)	\$7*	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 Fri - 1.30pm to 3.30pm	\$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
Digital Literacy Group	Wed (2nd & 4th) - 10.30am to 12.30pm	\$8	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
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 - 10am to 11.45am	\$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	 0487 321 607
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 and group activities. Find out more at 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

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, 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 or contact Sue on **8406 8276**

*Eligibility criteria applies. For more information contact



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