

JUN 2022

ISSUE
24

SALISBURY

Seniors



- Wellbeing
- Community Information
- Special Events

www.salisbury.sa.gov.au/seniors



COVER:
HARMONY WEEK

Pg 14

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MESSAGE FROM THE MAYOR



Hello Readers,

Welcome to Issue 24 of this unique magazine for Salisbury seniors.

The cover image depicts the colour, joy and diversity of the 2022 Harmony Week

community event held at the Salisbury Civic Plaza / Inparrinthe Kumangka in March. Read more about this very popular annual event on page 14.

The Local Voice article on page 3 is an inspiring example of how, despite an unexpected relationship change in her mid-sixties, local resident Alice was able to refocus and create a dynamic and inspiring life.

City of Salisbury is looking forward to celebrating the opening of the new Burton Community Hub with a community event on Sunday 31 July. See further details about The Hub on page 6.

Finally, I'd like to acknowledge that the internationally recognised 'World Elder Abuse Awareness Day' is held on 15 June each year. We encourage you to wear purple on this day to help promote the message 'No Excuse for Abuse'.

Yours Sincerely

Mayor Gillian Aldridge OAM

Mayor of Salisbury

A LOCAL VOICE

A LOCAL VOICE



Alice with her published book

Alice Richardson is a local resident who's having the best time of her life right now. Here is her story.

Following a dramatic and unexpected change in my marriage, I was shattered. I cried every night for weeks, then decided that life was not over for me at 64.

I enrolled in a performing arts class, which was a lot of fun and gave me confidence to do some acting. I started oil painting classes which led to an exhibition at the old Gawler Art Gallery and later co-founded the Silver Beat Rock Choir - singing is a great exercise for our lungs and spirit.

Writing also became a strong interest and inspired me to publish a children's story book, join the JYC Creative Writer's Group and enter an article into a competition run by The Human Writers magazine.

This was published along with an article in The Sunday Mail.

My interest in writing led to an invitation to be a judge for Stringybark Publishing and Reedsy Publications. We don't get paid, but the experience is rewarding.

I started Taekwondo martial arts training at 75 and loved this, then replaced it with boxfit classes as a safer alternative.

It's funny how one thing leads to another. I entered a photo of me doing Taekwondo into the 2022 'Ageing Well' photographic competition, under the theme of showing ways older people keep fit and involved with community, and to my surprise it won.



Winning photo submission

Like many others, I had to work very hard during COVID-19 lockdowns to minimise the potentially negative impacts of social isolation. Reading aloud was a useful strategy for me.

I'm really not intending to brag about my achievements, just merely share them. I'm fortunate to have the ability to keep going with the things I enjoy. Everyone can make a decision to be a little more active; it'll do you good.

"These are the best years of my life"

For information on Jack Young Centre programs visit www.salisbury.sa.gov.au/jyc

GETTING TO KNOW OUR LOCAL COMMUNITY

Q&A WITH LOCAL SENIORS

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

1. What group or activity do you attend at Para Hills Seniors Centre (PHSC), Jack Young Centre (JYC) or Pine Lakes Centre (PLC)?
2. What is the best thing about the living or visiting local Salisbury Council area?
3. What is your favourite season, and why?
4. Describe yourself in 3 words.
5. What advice would you give your younger self?

BETTY MULADY (JYC)

1. "Friendship group, attending games day and having a meal in the dining room every Tuesday."
2. "Living locally is good because it has everything that you need and want. Plenty of restaurants and shops."
3. "Spring - because of all the flowers. I love flowers. Not too hot and not too cold."
4. "Happy. Loving. Active in the community."
5. "Not to be so shy. I was very quiet and to myself when I was younger and it did not make things easy being so shy."



TULAY BULCA (PLC)

1. "I'm Turkish Cyprian and attend the Intercultural and sometimes the Italian social support program."
2. "I love Salisbury because it's so multicultural. I feel safe, comfortable, it's affordable and at Pine Lakes, I have a good time."
3. "Autumn and Spring because is not too hot or not too cold."
4. "Friendly, sociable, artistic."
5. "Study and improve your language so you can find a better job. Keep learning – it's never too late!"



LOAN PHAM (PLC)

1. "I attend the Vietnamese Social Support Program."
2. "I love the diversity in our city."
3. "Spring is my favourite season because the temperature is not too hot and not too cold."
4. "Religious, easy going, family orientated."
5. "Love yourself, eat healthy and have a good skin routine."



SHIRLEY BEINKE (PHSC)

1. "Fantastic Friday group and the bi-monthly women's trips."
2. "There are lots of facilities, well catered for. Since I started getting out, I'm amazed at what is available."
3. "Not Summer - I hate summer. Spring and autumn are perfect."
4. "Caring. Helpful. Fun-loving."
5. "Enjoy life, do what you can to help people to enjoy life - it goes by pretty quickly!"



ZENON LISTEK (JYC)

1. "Backgammon and darts."
2. "It's good living locally because I can attend the various seniors centres and enjoy the meals that they provide because I don't cook! I also enjoy the convenience and public transport in the area."
3. "Because of my positive attitude, I don't have a favourite season. I see every day as a good day!"
4. "Charming. Handsome. Witty."
5. "Chill out and don't be too serious. Enjoy life!"



LESTER FERNANDO (JYC)

1. "The Friendship Group and I also enjoy meals."
2. "I have lived in the Salisbury council area for 10 years now and I find it is very peaceful and quiet."
3. "Winter - It's comfortable for me."
4. "Happy, Social, Positive."
5. "Enjoy every day while you have good health."



INTERESTED?

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

COUNCIL NEWS

BURTON COMMUNITY HUB GRAND OPENING!



Burton Community Hub concept

The Burton Community Hub will open its doors to the public in late July 2022, and will offer a range of new programs and services.

The newly landscaped area will be the home of a new mural painted by well-known Aboriginal artist Elizabeth Close.

The design of the mural was created in collaboration with students from Burton Primary School, who toured the nearby Kurna Wetlands with local Senior Kurna Elder Uncle Frank Wanganeen.

Students learnt about the importance of the Wetlands to Kurna and the broader Aboriginal community, including its celestial linkages to the Milky Way. They were then asked to create their own drawings based on the natural wonders of the space, with the drawings to form part of the Hub's first art exhibition.

Elizabeth said her design concept referenced the Milky Way by using an abstract line of dots that speak to the relationship between Celestial Stories and Country.

"These stories speak directly to Country; our very life force as Aboriginal and Torres Strait Islander People more broadly," Elizabeth said.

"Other notes regarding the palette are the reference to earth, water, sky and fire; elements that also speak strongly to Country, and our relationship with it, either as Kurna, other Aboriginal people, or visitors and newcomers to this ancient landscape."

The children's artwork strongly referenced medicinal plants and native vegetation, such as the sap from the Golden Wattle, which was used to keep children quiet.

"I think the use of the wattle is informed by this relationship with children and young people and is playful, thus I have made this a key element in the artwork," Elizabeth said. Other Eucalypts were also referenced, including the blossoming gum.

Keep up to date with all the latest news on our opening event scheduled for Sunday 31 July via our website www.salisbury.sa.gov.au/bch. This community event will include a range of free rides and activities for everyone.



ARTWORK FOR BCH MURAL BY ELIZABETH CLOSE

DISABILITY

DISABILITY GROUPS ON THE MOVE

The Burton Community Hub will be the new home for City of Salisbury NDIS registered groups - STARS, Fun on Friday and The Shed.

The Shed Coordinator, Craig and group participants are excited about moving into the new workshop building. This new space will enable participants to continue to focus on creating and constructing projects in a community environment. Craig and The Shed participants would like to thank the Pooraka Men's Shed Committee and their members for providing them with a temporary home during the past year.

STARS and Fun on Friday groups are enthusiastic about moving into the Hub and having access to diverse services and spaces. Previously based at the former Burton Community Centre, participants know and love the area. They have watched the construction of the Hub from their temporary home at the Salisbury United Football Club. A venue all would like to thank the Club for.

To find out more, go to www.salisbury.sa.gov.au/disabilitygroups



Fun on Friday participants

GARDENING

NEW COMMUNAL GARDEN AT BURTON

A place for people to connect and share.

We leave the Paralowie Garden site expressing our sincere thanks to Paralowie R-12 School for their collaborations and hospitality over many years. We're now very excited to establish a new garden and deliver extended programs at the Burton Community Hub.

These programs will provide opportunities to:

- learn about different types of gardening
- build garden items and create art works
- learn about healthy eating
- join in shared food events; and
- contribute to environmental sustainability

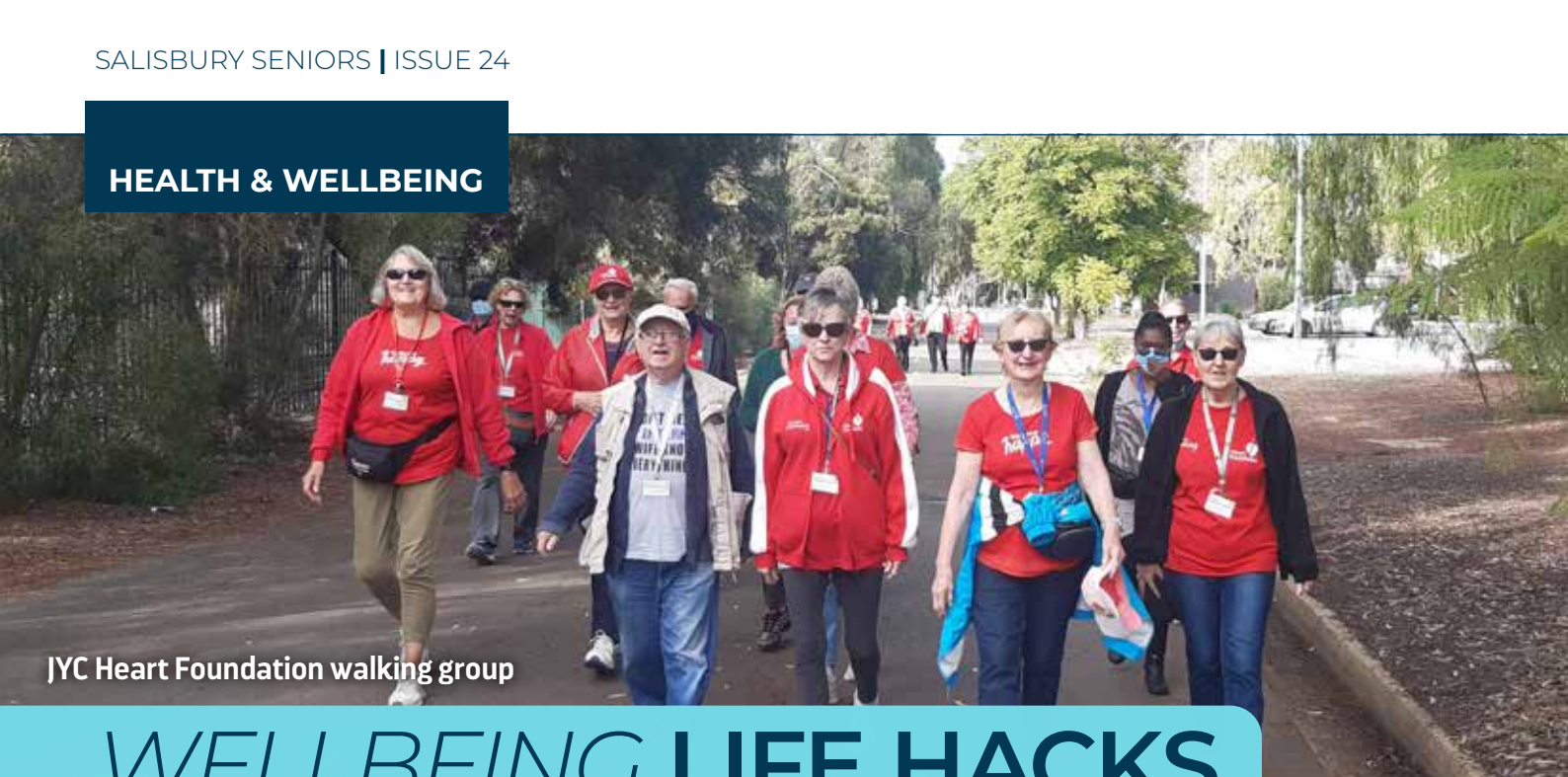
Garden programs will run weekly from Tuesday to Thursday (9am to 2pm) for Salisbury Seniors. At other times, a variety of activities will be held in the garden for the broader community. Look out for special events, school holiday programs and opportunities for sharing the Garden with your grandchildren.

Calendar of events available at www.salisbury.sa.gov.au/gardening



Farewell to Paralowie Garden

HEALTH & WELLBEING



JYC Heart Foundation walking group

WELLBEING LIFE HACKS

Here are some life hacks to try!

Gratitude practice



For many of our readers, expressing gratitude as a part of daily life will not be a new idea. Those important moments where you take time to reflect on what you are grateful for and different ways that you express your gratitude.

Research shows that reflecting on what we are grateful for is vital to cultivating resiliency. For those of you who are keen to create regular gratitude practice, you could start by taking some time at the end of your day to reflect on five things you are grateful for and writing these down. You could also take a moment to send someone a card, letter or text to express your gratitude.



Take and awe-walk

Adopt a child-like curiosity as you embrace the wonders of nature by taking an 'awe walk'. Carve out time to intentionally engage with nature, simply for the purpose of being in awe.

Maybe the goal is to just pay more attention to nature through the course of your daily life or maybe you intentionally plan an 'awe walk' one or more times a week. For maximum benefit, either visit new places or with intention view a familiar scene with a new perspective!



Five-minute favour

A simple practice of being in the mindset of carving out just five minutes of your day to do something that will benefit the lives of others – without expecting anything in return. Building this as a daily habit is a simple and effective way to build relationships and to help others. It doesn't have to cost money – be creative! For example, consider doing a household chore for someone else; doing something kind for a neighbour.



Power of the exhale (7 – 11 Breathing)

Count to seven on the inhale and eleven on the exhale or try a rhythm that works for you. Just make sure the exhale is the longer part of the breath.

ELDER ABUSE

NO EXCUSE FOR ABUSE

World Elder Abuse Awareness Day (WEAAD) 2022 is recognised internationally on 15 June each year.

Purple is the colour for elder abuse awareness, so whatever you are doing on this day, please wear purple.

This year, City of Salisbury will be hosting an elder abuse awareness stall at Parabanks Shopping Centre on Wednesday 15 June. Information will also be available throughout our libraries, community hubs and centres. See the events page for details.



2019 WEAAD information stall

SEXUAL ABUSE

This is one form of elder abuse.

Sexual abuse is any sexual activity or behaviour for which the older person does not consent or is incapable of giving consent. Sexual abuse is a violation of human rights. This form of abuse can range from sexual harassment to rape.

Everyone has the right to be safe in their own homes and communities with the people they should be able to trust.

If you or an older person you know are at risk of any type of sexual or any other form abuse, please speak with someone you trust and share your concerns. You could also contact the South Australian Abuse Prevention phone line on 1800 372 310. Monday to Friday 9am to 5pm.

Source: www.seniorsrights.org.au/elder-abuse/sexual-abuse and www.sa.agedrights.asn.au



HOME ASSIST

YOUR HOME ASSIST

Social Transport Trips are up and running again.



Social transport van

These popular trips enable small groups of people to get out to interesting destinations in and around Adelaide. Experienced volunteer drivers travel to pre-planned destinations where people are free to choose how they spend their time.

Feedback about these trips has consistently been positive with many people indicating they enjoy the social connections they make while getting out to much loved places.

Van numbers are currently limited to five people and mask wearing is still required during trips except for people with exemptions.

For further information please contact Home Assist on 8406 8225.

SERVICE STANDARDS

AGED CARE QUALITY STANDARDS

Salisbury Home and Community Service (SHCS) workers value the fact that Salisbury seniors have a strong sense of what good quality services and supports should be like.

Over many years, older people have told us they want to:

- have services provided by workers who are friendly, respectful and supported to do their jobs well;
- be listened to and respected as the experts in their lives;
- be supported to make real choices;
- have access to services that are safe and supportive for people of all cultures and identities;
- feel comfortable about giving feedback and find this easy to do.

As an aged care provider, SHCS is required to meet the Aged Care Quality Standards. The eight standards describe what good care and supports should be like. Aged care providers must demonstrate how they are meeting specific expectations or outcomes. City of Salisbury is expecting a review against these standards during 2022.



The use of this image is not an endorsement by the Aged Care Quality and Safety Commission.

Source: www.agedcarequality.gov.au.

COTA CONVERSATIONS

THE ROADS AND YOU

The latest in our Salisbury COTA Conversation series was held at the Salisbury Community Hub on Tuesday 17 May on the topic 'Getting about as we age'.

We were delighted that a large group of Salisbury seniors were in attendance to hear from speakers Jane Mussared, COTA SA, along with Chief Inspector Col Cunningham and Richard Blackwell from SA Police.

Both SA Police presentations focused on current research and insights about older road users, safety, and the purpose of road safety campaigns targeting seniors. Road safety campaigns play an important role in educating the community about the dangers on our roads, in an effort to reduce serious injuries and fatalities in South Australia.

SA Police aim to develop innovative campaigns that are designed to capture attention and influence the community to create a safe road environment for us all. The campaign targeting older people is made up of a series of TV and radio ads and billboards.

To check out the full campaign visit:

www.police.sa.gov.au/road-safety-campaigns

An engaging workshop was facilitated by Jane where Conversation participants viewed and critiqued the campaign and provided feedback on ways to improve this and future campaigns.

Robust discussions followed regarding barriers to getting out and about experienced by Salisbury seniors and what would help older people to continue being able to get out in the community. City of Salisbury and COTA SA plan to use this valuable information to inform ongoing conversations with state and federal governments.

For details about the next conversation with Salisbury Seniors on Tuesday 11 October 2022 visit www.salisbury.sa.gov.au/cotaconv



Chief Inspector Col Cunningham discussing new road safety campaign.

STAY INFORMED

AGED CARE REFORM

In the response to the Royal Commission into Aged Care Quality and Safety final report, the Australian Government has released information about its plans for reform.

The intention of the reforms is to create an aged care sector that:

- is simpler to navigate, with face-to-face services to find care
- empowers senior Australians to make informed choices
- is strongly regulated
- is more transparent
- makes sure providers are accountable
- values and grows the aged care workforce

For Australian Government reform updates: www.health.gov.au (search for aged care reforms)

For COTA Australia perspectives: www.cota.org.au/policy/aged-care-reform

MEN'S HEALTH

MEN'S HEALTH TIPS

MEN – Would you like to reduce your belt size, sleep better and feel less stressed? Then the GIRTH Program is for you!

GIRTH (Get Involved Reach Top Health) is a FREE healthy lifestyle 12-week face-to-face group program specifically for men.

Come and hear more about the program at an introductory seminar at the Jack Young Centre (JYC) on Friday 24 June (see pg 25 for details).

JYC will then run the program as part of their broader Men's Health programming.

The group will focus on the four lifestyle areas of nutrition, physical activity, sleep, and stress, with the overall aim of achieving sustainable lifestyle change for reduced girth (waist circumference) and better health.

Start taking control of your health and enjoy a new lease on life!

To sign up and register, go to www.salisbury.sa.gov.au/girth or contact Jim on 8406 8251



HOME ASSIST

DO YOU RECYCLE YOUR FOOD SCRAPS?

City of Salisbury residents recently received a free vented kitchen caddy, making it even easier to do the right thing for the environment.

The caddies, made from 100 per cent recycled plastic, are a handy size for kitchen benchtops.

By placing food scraps in a caddy and recycling these in your kerbside green waste bin, you're diverting them from general waste and landfill and contributing to cost benefits for ratepayers.

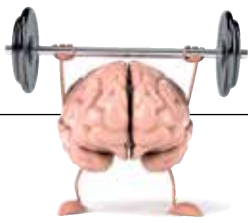
Thank you to Green Industries SA for providing grant funding to support Council to deliver kitchen caddies to households with an existing kerbside green waste bin.

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



Mayor Gillian Aldridge OAM and City of Salisbury resident

BRAIN HEALTH



BRAIN GYM

As we get older, maintaining a healthy brain and body should be one of our top priorities.

To help us work our way through lots of different sources of information, the Global Brain Health Institute (www.gbhi.org) has created a program to help us access reliable information.

The '5 Pillars of Brain Health' presents a user-friendly guide to maintaining brain health and potentially reducing cognitive decline.

The pillars are outlined below:



1. Move. Keep on moving. It doesn't matter what the activity is, so long as it gets you moving. Aim for 30 minutes a day.



2. Relax. Try to make time to reduce stress. Could be relaxation exercises or a hobby or activity you enjoy. A good night's sleep is also important.



3. Nourish. Aim to eat a balanced diet with a variety of healthy options.



4. Discover. Keep your cognitive skills sharp by challenging your mind. Learn a new skill. NEW to you is the key e.g. playing a musical instrument for the first time, or learning a new game or puzzle.



5. Connect. Stay socially engaged and connected. Our brains love face-to-face interaction with family and friends.

Be adaptive about ways you catch up, particularly when face-to-face communication isn't possible. For best value combine more than one pillar, like walking or eating a nourishing meal with friends.

Check out our Seniors Centres for ways to stretch your brain and stay active.

FOOD QUIZ

Answers page 31

1. What country produces the most olive oil?

- a) France b) Spain c) Italy

2. If you ordered "Escargots" in a French restaurant, what would you get?

- a) Chicken b) Frogs legs c) Snails

3. Which part of the plant is used for tea making?

- a) Leaves b) Roots c) Stems

4. In what country was ice cream invented?

- a) England b) China c) Chile

5. What is Feta a type of?

- a) Dessert b) Cheese c) Vegetable

6. What is the name of the syrup drained from raw sugar?

- a) Molasses b) Honey c) Maple syrup

7. From which plant does the expensive spice saffron come?

- a) Crocus b) Tulip c) Rose

8. What type of fruit is a damson?

- a) Plum b) Mango c) Grape

HARMONY WEEK 2022

HARMONY WEEK CELEBRATION

Harmony Week is a national celebration of cultural diversity, and this year had the theme: 'Everyone Belongs'.

On Friday 18 March, the City of Salisbury celebrated Harmony Week with a special community event attended by around 700 people. Over 35% of the City's population was born overseas, and this diversity was reflected throughout the celebrations which were held at Civic Plaza/ Inparrinthe Kumangka. The program included a Welcome to Country, an Intercultural Parade, a Lion Dance and an array of local song and dance performers from Pakistani, Filipino, Vietnamese, Cambodian, African, Indian, Spanish, Italian backgrounds. The Honorable Jing Lee MLC was the guest speaker for the event.

One of many event highlights was the vibrant Intercultural Parade, led by Uncle Robert Taylor and the JYC Aboriginal Social Group. The parade, accompanied by upbeat Indian drumming, included over 100 community members and workers dressed in traditional cultural dress carrying flags from 30 different countries.

This event, hosted annually by Community Health and Wellbeing (CH&W), has grown from a small program of performances by seniors cultural program participants to a signature event for Council and is supported by the Intercultural Strategic Plan and internal Diversity and Inclusion Policy. Special thanks to the CH&W division and the Events Team for delivering this great event.

Feedback on the City of Salisbury's social media "Fantastic day, well done Salisbury you should be very proud of yourself. Well done."

"Love the diversity in our City! Great photos! Beautiful weather, fantastic traditional dresses and tons of smiles."

"Salisbury good show! Seriously, exemplary in creating harmony in diversity where humans of different culture, faith, gender and education are free to live as long as they live in love. Salisbury SA, we are impressed! Press on!"

See pg 18 Salisbury Snapshots for more photos.



"Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity and an inclusive Australia."

(Source: www.harmony.gov.au)





Other events included as part of Harmony Week 2022

Stronger Together Exhibition

Stronger Together supports participants from Welcoming Futures, to share stories of diversity and multiculturalism in Adelaide. Laid out with a series of individual photographic portraits, exhibition attendees were presented with a written introduction to each person and QR code links to individual podcasts and stories. Exhibition photographer Shawn Li was inspired by a story from an Afghani refugee and her journey to Australia. Shawn aims to use this exhibition to showcase the challenges of people coming from multicultural communities.

Live Music at the Salisbury Community Hub

Acoustic duo DUALITA were extremely well received in the Salisbury Community Hub when they performed popular international songs from the 60s up to 2020s in English, Spanish, French, Italian and Portuguese.

International Nowruz Day display

Nowruz is an ancestral festivity celebrated by more than 300 million people across the world. Before the arrival of Nowruz, family members gather around the Haft-sin table and await the exact moment of the March equinox to celebrate the New Year.

Libraries

Events and displays themed around Harmony Week.



SALISBURY SNAPSHOTS



1. Harmony Week participants
2. Angela and Colin at the Volunteer Week thank you movie event
3. Guest speaker Hon Jing Lee MLC with Sampaguita Filipino Cultural Entertainers
4. Women's Group Outing to Victor Harbor
5. Harmony Week - Para Hills Songsters performers
6. Housing Forum - Sharon and Graham at Para Hills Community Hub
7. Harmony Week - Jukes Ukulele Group performers
8. Housing Forum - Lorraine, Carol and Colleen



9. Harmony Week performers: Mira Sangregorio and the boys Paolo & Franco, Santipheap Apsara Amatak, Farhan Shah and Sufi Oz, and Noni Espinosa

10. Wayne playing live music at Para Hills Seniors Centre

11. Barry and Julie celebrating St Patricks Day at Para Hills Seniors Centre

12. Seamus with his cats as part of the JYC painting and drawing group display

NCP COMMUNITY AMBASSADORS

PASSIONATE CONTRIBUTION LEADS TO VALUED RESOURCES

The Northern Collaborative Project (NCP) Community Ambassador Work Group has been busy with a few key projects.

The NCP is a state-wide Commonwealth Home Support Program (CHSP) Collaborative Project for sector support and development in South Australia. NCP works across Port Adelaide Enfield, Tea Tree Gully, Salisbury and Playford councils.

The NCP Community Ambassador Work Group consists of people who are passionate about contributing to the South Australian community service sector. Monthly meetings aim to facilitate discussions, engagement and participation. A representative also attends NCP Executive meetings to inform decisions.

On 23 November 2021, the Community Ambassadors were selected to present 'Aged Care Navigation Made Safer: My Aged Care Scam Awareness' at the CHSP National conference.

Resources developed by the Work Group include:

- Clever Solutions for Savvy Senior (Resource Manual) and Wellness Workbook, a practical guide to efficiently and safely do everyday tasks
- My Aged Care Scam Awareness video and presentation.

Find out more: www.salisbury.sa.gov.au/ncp

Interested in getting involved? Please contact Susantha, Project Coordinator 0423 780 403 or SAthurugiri@salisbury.sa.gov.au.



AWARDS/ RECOGNITION

NATIONAL AWARD FOR INCLUSION WINNER



Salisbury is one of just eight Australian Councils to receive a major honour at the National Awards for Local Government, taking home the Cohesive Communities Award.

This award recognises high achievement in community cohesion and inclusion. The Intercultural Strategic Plan 2017-2027 and Ability Inclusion Strategic Plan 2020-2024 were nominated for the award, as these strategies provide the framework for building cultural and disability inclusion in Salisbury.

Mayor Gillian Aldridge OAM said the award was a huge achievement for the City of Salisbury, which has always strived to overcome barriers and create a connected community.

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

SENIORS CENTRES

HELLO FROM PINE LAKES COMMUNITY CENTRE!

Just like the change of season there are new things happening at the centre.

Our beautiful trees are starting to change their colours and everything is looking magnificent. Autumn means a lot of fun and outdoor activities at the Pine Lakes Centre.

This much-loved season brings different colours and a warm energy into the daily lives of centre users. The yellow, red, orange, brown and deep green leaves make a beautiful carpet around the centre at this time of the year; the temperature becomes colder and days shorter.

With everything in the nature slowly starting to 'fall asleep' it's a perfect time to join the Pine Lakes Relaxation Group.

Relaxation techniques are a great way to help people manage stress and may also help with sleep difficulties. Relaxation is also a great help to keep your mind focused in the present moment. A space of peace and healing.

Research identifies that regular practice of relaxation techniques may contribute to some of the following outcomes:

- lowering your heart rate, blood pressure and breathing rate

- reducing muscle tension and chronic pain
- improves concentration and mood
- reducing fatigue
- reducing anger and frustration
- boosting confidence to handle problems

Source: www.healthdirect.gov.au/relaxation

The Pine Lakes Cultural team hopes you had a Blessed Ramadan, a peaceful Easter and a lovely Autumn season!

Follow us via Facebook for our relaxation and mindful health program!

Find us at www.facebook.com/groups/salisburyseniors



NEWS FROM PARA HILLS SENIORS CENTRE

All is going well up here on 'The Hill' with a number of exciting new groups starting up.

A new Friendship group commenced on Thursday 28 April. This group is all about bringing people together for a good chat about current affairs, experiences and life in general. Group members also go on group planned monthly outings.

This group is for people over 50 who are interested in meeting new people, engaging in stimulating conversations and getting out and about.

Earlier this year we said goodbye to our Monday Ukulele Group, The Phulkes and welcomed a new uke group each Thursday 10am - 12 noon. Please contact the centre if you would like to join this group.



SENIORS CENTRES

NEWS FROM JACK YOUNG CENTRE



Members of crochet group: May, Leonie, Caroline, Vi and Sheril

Jack Young Centre is the place to be if you are looking to get connected with like-minded members of the community.

Our centre is all about providing opportunities to connect, make friends and have an enjoyable time. Throughout Summer and Autumn, Jack Young Centre (JYC) hosted several lunchtime musical performances in the courtyard. Among the huge amounts of talents, we had John Grant entertain us with Aussie hits from the 70s and 80s, Alice and Brian cranked out some popular hits, Rickety Chicks (Tess and Jan) played a range of instruments and the Jukes JYC ukulele group strummed crowd favourites. We have heard some wonderful feedback; many commented that it is one of the few opportunities to experience live music these days.

With the cooler weather upon us once again, you might be looking for activities to keep you connected. JYC has a number of activities designed to keep you interested, connected and maybe learning a thing or two.

Craft Group - Mondays from 9.30am you will find Wendy and her friendly group for a chat and to share their latest craft/art project. Group members have a hand in everything from cardmaking to diamond art to knitting, crochet and sewing.

Wednesdays from 1pm, Leonie and her lively group get together to crochet. Expect to have lots of fun, laughs and interesting conversations. Everyone from beginners to advanced crocheters are welcome (even knitters!)

Thursdays from 1pm, Shirley and Babs host our knitting group. With many years of handicraft experience under their belt, you are bound to learn something new.

On the first Monday of every month from 10am to 11:30am, we host "Chat and Learn" sessions. These sessions are free. Past topics have included:

- strategies to help with sleep, anxiety and improve relationships
- seven key features of enjoying being your true self
- real life stories of unpaid family carers and how to activate support from Carers SA.

Not only are these sessions interesting, helpful and thought-provoking, they are also an opportunity to meet new people and make community connections. Please book through JYC reception on 8406 8525.



Rickety Chicks

JACK'S CAFE

With the cooler months upon us, we thought it would be a great idea to share one of our favourite soup recipes.

Lentil and Vegetable Soup

Ingredients

- Spray cooking oil
- 1 large red onion, finely diced
- 2 sticks celery, trimmed, diced
- 2 cloves garlic, peeled, finely diced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 medium sweet potato, peeled, cut into small cubes
- 4 medium sized tomatoes, roughly chopped
- 600g canned no added salt brown lentils, drained, rinsed
- 300mL reduced salt vegetable stock
- 700ml water
- 3 cups baby spinach leaves
- 1 tablespoon parsley, roughly chopped, to serve
- 4 slices crusty multigrain bread, toasted, to serve

Directions

1. Place a large pot over medium heat and spray with olive oil. Cook onion, celery and garlic and cook for 1-2 minutes, or until just softened.
2. Add the spices to the pan and cook for another 1-2 minutes until fragrant.
3. Add sweet potato, tomatoes, lentils, vegetable stock and water to the pot and bring to the boil. Reduce heat and simmer, partially covered, for 20-25 minutes or until sweet potato is tender, cooked through and soup has thickened. Stir through spinach.
4. Divide the soup between four bowls and serve with chopped parsley, cracked pepper and grainy bread.

What is Jack's Cafe serving up?

Jack's Café provides a wide variety of food at the Jack Young Centre (JYC) for dine in and take away (available fresh or frozen). The menu is designed to appeal to many different tastes, encourage diversity in the food we eat, and focuses on providing healthy and nutritious options.



Recipe and photo source:
Heart Foundation
www.heartfoundation.org.au

Winter Warmers

Soups are easy and quick to prepare and ideal to freeze and have ready for when you don't have time or can't be bothered cooking.

This lentil and vegetable soup is high in nutrients and goodness and the addition of lentils will keep you fuller for longer.

You can also add in any left overs or still edible 'ageing' veggies that are hanging around in the bottom of the fridge. We recommend serving it with a slice of your favourite crusty bread – perfect for lunch or dinner!

30 minutes cooking time – Serves four

For weekly specials available at Jack's Café visit www.salisbury.sa.gov.au/jyc or call 8406 8525

VOLUNTEERING

SPOTLIGHT ON
VOLUNTEERS**Volunteer:** Jenny Rivett**Volunteer Role:** Cashier/Barista at Jack Young Centre**Years Volunteering:** 22 years**What I like best about my role:**

"Jack Young Centre is a happy place with lots of people coming and going. It's great to have a laugh and a joke with everyone. I'm currently volunteering at the Centre's coffee station, having started off in the kitchen, then the scullery and also the library where we kept a catalogue of the books. I was very nervous at first but fortunately was supported by staff and volunteers. Pat and Bev made me feel very welcome and appreciated. After six months, I definitely felt part of the team. That was 22 years ago now and I'm still enjoying my volunteer role and have made many friends."

What are your interests?

"I just love being with people and happy to work away in the background."

What would your tip be to improve our service?

"We can ensure we remain a friendly place that is welcoming and make people feel special. I do that by remembering people's names and always have a smile."

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK



Jenny making coffees at JYC

THANK YOU TO OUR VOLUNTEERS

Thank you to our amazing volunteers who help support our community.

Volunteering brings people together; it builds communities and creates a better society for everyone.

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you.

Together, through volunteering, we are changing communities for the better. We are, Better Together.

Find out about volunteering with council at

www.salisbury.sa.gov.au/volunteering or call 8406 8276

SPECIAL EVENTS



**Sorry Day,
Reconciliation & NAIDOC
2022** *Program*

For information on all City of Salisbury
Sorry Day, Reconciliation and NAIDOC
events please visit:

SALISBURY.SA.GOV.AU/RECON



REFUGEE WEEK

The purpose of Refugee Week is to create a platform for education, understanding, celebration and reflection.

In 2016, City of Salisbury became a Refugee Welcome Zone and recent data shows that approximately 60% of refugees entering South Australia are calling the City of Salisbury home.

Refugee Week is on June 19 to 25 and this year's theme is healing. For more information go to www.refugeeweek.org.au

Relationships Australia South Australia (RASA), in collaboration with Australian Refugee Association (ARA), Survivors of Trauma and Torture Services (STTARS), Welcoming Australia, Carer's SA and City of Salisbury is hosting an event on Friday 24 June 2022.

Find out more at www.salisbury.sa.gov.au/refugeeweek2022

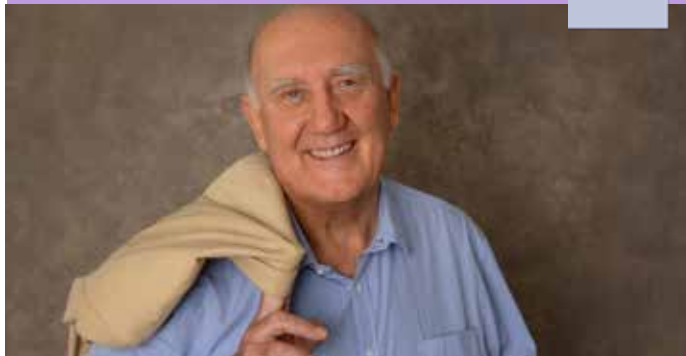


Refugee Week

Live your Best Life Yoga.
Refugee Week 2022 theme: Healing

SPECIAL EVENTS

JUNE - JULY

Chat and Learn at JYC:
Mid-Life: A Time of New AwakeningJUN
6

Come and hear Peter Nicholls refreshing and inspiring approach to purposeful life enjoyment with the topic "Mid-Life: A Time of New Awakening".

🕒	10am to 11.30am
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	FREE - includes morning tea
📞	8406 8525
🌐	www.salisbury.sa.gov.au/chatlearnjyc

Salisbury Craft & Market Fair

JUN
11 &
12

Back for 2022 after a few years off. We are better and bigger than ever! Over 100 stalls over two days, food stalls, amusements and so much more. Fun for the whole family!

🕒	9am to 4pm
📍	Gardens Recreation Centre, Cnr Kings & Martins Roads
💰	FREE entry
📞	8286 8800
🌐	www.gardensrc.com.au

World Elder Abuse Awareness Day
(WEAAD) information stallJUN
15

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
📍	Parabanks Shopping Centre
💰	FREE
📞	8406 8525
🌐	www.salisbury.sa.gov.au/weaad

Community Health Expo

JUN
16

Keep your health on track! Come and visit a range of information stalls, including information we're sharing relating to Men's Health and Community Health & Wellbeing.

🕒	10am to 1pm
📍	Salisbury Community Hub 34 Church Street, Salisbury
💰	FREE
📞	0401 984 767
🌐	www.salisbury.sa.gov.au/events

Men's Health Week Event

JUN
24

Blokes over 50 - join us and hear from some great guest speakers, enjoy music, prizes and fun activities, visit the information stalls and enjoy a delicious lunch.

10am Fun activities and music by the Three Amigos

11am Gary Wittert (Men's Health & GIRTH program)

12noon Lunch

1pm Derrick McManus ('Resilience' – former police sniper, diver and counter terrorist operative).

🕒	10am to 1pm
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	\$10 (BOOKINGS ESSENTIAL)
📞	8406 8525
🌐	www.salisbury.sa.gov.au/menshealth www.salisbury.sa.gov.au/girth

Magic Show

JUN
24

Be filled with wonder and amazement as you enjoy a magic show along with lunch and dessert.

🕒	10.30am to 1pm
📍	Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills
💰	From \$10 (BOOKINGS ESSENTIAL)
📞	8406 8587
🌐	www.salisbury.sa.gov.au/phscmagic

Chat and Learn at PHCH

JUL 1
&
AUG 19



Join us to learn from special guests. July: Public Advocate. August: Fire Safety at Home. Book in and order some lunch at the Hills Café after the session.

🕒	10.30am to 11.30am
📍	Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills
💰	FREE
📞	8406 8587
🌐	www.salisbury.sa.gov.au/chatlearnphsc

Salisbury Community Fun Day
@ The Gardens Recreation CentreJUL
16

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

🕒	11am to 2pm
📍	Gardens Recreation Centre, Cnr Kings & Martins Roads
💰	FREE
📞	8406 8222 or events@salisbury.sa.gov.au
🌐	www.salisbury.sa.gov.au/scfdgardens

SPECIAL EVENTS

Christmas in July

JUL
22

Come and enjoy a delicious 3 course meal, along with some entertainment.

🕒	10.30am to 1.30pm
📍	Para Hills Seniors Centre, located at Para Hills Community Hub, 22 Wilkinson Rd, Para Hills
💰	From \$18 (BOOKINGS ESSENTIAL)
📞	8406 8587
🌐	www.salisbury.sa.gov.au/xmasjuly

GIRTH - Healthy Lifestyle program for Men

FROM
JUL
28

GIRTH (Get Involved Reach Top Health) is a 12-week peer-led community based healthy lifestyle program for men and run by men. NOTE: an information session is available on Friday 24 June at 11am.

🕒	10am to 12noon (first, second and fourth Thursday of the month)
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	FREE (BOOKINGS ESSENTIAL)
📞	8406 8251
🌐	www.salisbury.sa.gov.au/girth

Burton Community Hub Grand Opening

JUL
31

Come along and enjoy this community event for the whole family to celebrate the opening of the new facility. There will be a range of free rides and activities including gardening presentations in the communal garden and tantalising food options on offer!

🕒	11am to 3pm
📍	Burton Community Hub
💰	FREE event
📞	8406 8222
🌐	www.salisbury.sa.gov.au/bch

AUGUST - SEPTEMBER

Chat and Learn at JYC:
RAA 'Lifestyle Presentation'JUL
16

Years Ahead: Lifestyle is for drivers approaching or in their retirement years. It looks at topics such as:

- * car safety and maintenance
- * saving money on fuel
- * transporting grandchildren
- * taking a holiday and interstate motoring
- * security at home and while you're away
- * staying healthy and mobile.

🕒	10am to 11.30am
📍	Jack Young Centre, 2 Orange Ave, Salisbury
💰	FREE includes morning tea (BOOKINGS ESSENTIAL)
📞	8406 8525
🌐	www.salisbury.sa.gov.au/chatlearnjyc

SPECIAL EVENTS

Microorganisms –
building good soilsAUG
12

A talk about building up soils for growing healthy plants.

🕒	1pm to 2.30pm
📍	Burton Community Hub
💰	\$4 (BOOKINGS ESSENTIAL)
📞	8406 8525
🌐	www.salisbury.sa.gov.au/gardening

Scam Awareness Session

AUG
12

Book now to learn some tips and tools to reduce your risk of being scammed.

🕒	10am to 11.45am
📍	Para Hills Seniors Centre located within the Para Hills Community Hub, Wilkinson Road, Para Hills
💰	FREE - includes morning tea
📞	8406 8587
🌐	www.salisbury.sa.gov.au/scamawareness

Cycle Salisbury Social Rides
9th BirthdaySEPT
3

Various rides all leaving from shelter shed to suit all abilities. Examples include fast or slow paced rides, family rides, mountain bike ride to explore trails, etc. Riders and their partners are then invited to join us for lunch (at own cost) in the beer garden of the Old Spot Hotel, Main North Road, Salisbury Park (opp Carisbrooke Park) from 12noon.

🕒	10am to 12noon
📍	Carisbrooke Park Shelter Shed
💰	FREE
📞	8406 8251
🌐	www.salisbury.sa.gov.au/cyclebday

Women's Health Lunch

SEPT
7

Join us for some info stalls, mini market, guest speaker and delicious 3 course meal.

🕒	10.30am to 1.30pm
📍	Globe Derby Dr, Globe Derby Park (SA Harness Racing Stadium)
💰	\$18 with MAC subsidy or \$25
📞	8406 8587
🌐	www.salisbury.sa.gov.au/womenshealth

IN SHORT

HOUSING - WELCOME TO TRISTA

Trista Begley joined the Assistance with Care and Housing (ACH) team in August 2021. Trista now works with both Home Assist and ACH.

You may have spoken with Trista on the phone or at one of our Hubs or Seniors Centres.

Trista says, "I'm enjoying the challenges of helping people across both services. Each of my roles meet with my personal values in life."

"I really enjoy working with Thuy, who has many years of experience in the housing sector. We're working well together and I'm learning so much from her, the people we support and the program."

If you are stressed or concerned about your housing situation, please make contact with our housing team. We have in-depth knowledge about My Aged Care and can help you navigate the referral process required to access housing support services. Our team specialise in helping you navigate the challenging housing environment.

Find out more at www.salisbury.sa.gov.au/housing or phone 8406 8227



SENIORS RAINBOW CONNECT

Interested in a regular social group for older LGBTIQ+ plus community members?

This is a new group and we can build it around your interests together.

For more details please phone Leslie on 8406 8328 or via email: lwightman@salisbury.sa.gov.au



COVID-19 INFORMATION

Preparing for Winter

A winter dose of COVID-19 vaccine has been advised by the Australian Technical Advisory Group on Immunization (ATAGI) for specific groups.

Eligible groups are:

- People who are 65 or over;
- Residents of aged or disability care facilities who are not yet 65;
- Aboriginal or Torres Strait Islander people who are 50 or over;
- Anyone 16 or over who is severely immunocompromised

Pfizer or Moderna vaccines are recommended and can be accessed four months after the booster dose.

For further information please visit www.sahealth.sa.gov.au/COVID-19 or call the SA COVID-19 Information Line 1800 253 787

WELLBEING ACTIVITIES



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

Address details on back cover

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

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

OTHER WELLBEING ACTIVITIES

HEART FOUNDATION WALKING GROUPS

Mawson Lakes	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
Ingle Farm	 Mon & Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 8258 5655
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 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

PARALOWIE GARDENING PROGRAM

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

STRENGTH FOR LIFE PROGRAM

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

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Aboriginal, Bhutanese, Bosnian, Italian, South East Asian (e.g. Filipino) and Vietnamese. There is also an Intercultural group for people of any background. These programs assist people to maintain their social participation, reduce social isolation and receive 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

YOUR LOCAL COUNCIL HELPING YOU TO LIVE A GOOD LIFE

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

Seniors Centres

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

Domestic Assistance

- Regular and short term cleaning.

Social Support

- Shopping, friendly visits and linking to social activities.

Transport

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

Home Maintenance

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

Minor Home Modifications

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

Housing Support Program

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

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

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**.

BRAIN GYM PUZZLE ANSWERS
1.b) 2.c) 3.a) 4.b) 5.b) 6.a) 7.a) 8.a)

SERVICE CONTACT DETAILS



CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8222 Fax: 08 8281 5466
✉ city@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/seniors



HOME ASSIST

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8225
✉ has@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/has



JACK YOUNG CENTRE (JYC)

📍 2 Orange Avenue, Salisbury SA 5108
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8525
✉ jyc@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/jyc



PARA HILLS SENIORS CENTRE (PHSC)

📍 Para Hills Community Hub, 22 Wilkinson Road, Para Hills SA 5096
📅 Monday to Friday: 9am to 4pm
☎ 08 8406 8587
🌐 www.salisbury.sa.gov.au/phsc



PINE LAKES CENTRE

📍 16 Homestead Place, Parafield Gardens SA 5107
📅 Monday to Friday: 8.30am to 4pm
☎ 08 8406 8513
🌐 www.salisbury.sa.gov.au/plc



VOLUNTEER SERVICES

📍 34 Church Street, Salisbury SA 5108 (PO Box 8)
📅 Monday to Friday: 9am to 5pm
☎ 08 8406 8276
🌐 www.salisbury.sa.gov.au/volunteering