

## Program of Activities 2025

**Jack Young Centre (JYC)** – 2 Orange Avenue, Salisbury. [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)  
☎ 8406 8525 or email [jyc@salisbury.sa.gov.au](mailto:jyc@salisbury.sa.gov.au) Open Monday to Friday 8.30am to 5pm.

### Art and Craft

- Craft Group
- Crochet Group
- Knitting Group
- Painting & Drawing Group
- Wood Burning Group

### Health and Fitness

- Brain Gym
- Cycle Salisbury Social Rides
- Dance for Health
- Indoor Bowls
- Prime Movers (chair based exercise group)
- Relaxation & Meditation
- Tai Chi
- Walking Group (Heart Foundation)

### Recreation

- Backgammon
- Bingo
- Darts
- Scrabble

### Music

- DJ Des Disco
- Get Grooving
- Monthly free live music
- Ukulele

### Education

- Creative Writing
- Genealogy
- Mindset for Life Retirement Program

### Social Support

- Aboriginal Social Group
- Brain Gym
- Bhutanese, Nepalese and Indian Cultural Group
- Carers SA
- Dementia Information
- Friendship Group
- Intercultural Group
- Men's Group
- Parkinson Support Group
- Salisbury Rainbow Connect
- South East Asian (eg Filipinos)
- Reading for Fun Group
- Salisbury Senior Citizens Club

### Computing and Technology

- Drop in Tech sessions
- One-on-One Tutoring
- Salisbury Seniors Community Facebook Group

### Jack's Café

- Dine-in Monday to Friday, 12pm to 1pm
- Take-away and frozen meals available
- Coffee, snacks and sandwiches

**Pine Lakes Centre** – 16 Homestead Avenue, Parafield Gardens. ☎ 8406 8513.  
Open Monday to Friday 8.30am to 4pm. [www.salisbury.sa.gov.au/plc](http://www.salisbury.sa.gov.au/plc)

### Social Cultural Groups

- Intercultural and Italian, Bosnian, Vietnamese, Filipino and South East Asian

**The Hive Community Resource Hub** – 380 Waterloo Corner Rd, Burton. ☎ 8487 1820  
[www.salisbury.sa.gov.au/hive](http://www.salisbury.sa.gov.au/hive)

### Social activities for Over 50's

- Friendship Group, Wood Burning
- Gardening

### Health and Fitness

- Heart Foundation Walking Group

**Housing Support** – 2 Orange Avenue, Salisbury.

Enquiries: ☎ 8406 8227 or email [housing@salisbury.sa.gov.au](mailto:housing@salisbury.sa.gov.au)

Available Monday to Friday by appointment or visit [www.salisbury.sa.gov.au/housing](http://www.salisbury.sa.gov.au/housing)

- Information about housing options
- Assistance to find secure accommodation

*Please turn over*

*Updated 2 June 2025*

## Program of Activities 2025

**Home Assist** – 34 Church Street, Salisbury. [www.salisbury.sa.gov.au/has](http://www.salisbury.sa.gov.au/has)

Open Monday to Friday 8.30 am to 5 pm. ☎ 8406 8225 or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

### Domestic Assistance

- Regular, short term and seasonal/spring cleaning

### Social Support

- Shopping, friendly visits and linking to social activities

### Minor Home Modification

- Grab rails, ramps, key safe, hand held shower

### Transport

- Social trips, medical appointments and getting to social activities

### Home Maintenance

- Gardening, gutter cleaning, dripping taps, changing light bulbs, etc

**Para Hills Seniors Centre** – Para Hills Community Hub, Wilkinson Road, Para Hills.

☎ 8406 8587. Open Monday to Friday 9 am to 4 pm. [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc)

### Art and Craft

- Anything Goes Craft
- Painting & Drawing Group
- Wood Burning Group

### Health and Fitness

- Brain Gym
- Easy Does It
- Indoor Bowls
- Line Dancing
- Mobility Classes (expressions of interest)
- Move & Groove
- Relaxation
- Tai Chi
- Yoga (chair based)

### Recreation

- Social Bingo
- Whist

### Music

- Guitar on Fridays
- Parabeats Guitar Group
- Singing Group
- Ukulele

### Social Support

- Book Group
- Friendship Group (includes outings)
- Friday Group (includes a meal)
- Men's Group (expressions of interest)
- Women's Group (includes outings)
- Wellbeing Outings (monthly)

### Meals

- Sandwich Hub open Tuesday and Thursday, 10am to 1pm
- Frozen meals Monday to Friday

**The Shed Program** – located at The Workshop within The Hive Community Resource Hub - 380 Waterloo Corner Rd, Burton. Open Monday to Wednesday 9 am to 3 pm.

Enquires: ☎ Craig on 8406 8225 or [www.salisbury.sa.gov.au/theshed](http://www.salisbury.sa.gov.au/theshed)

- Individual projects (e.g. wood and metal)
- Basic computer activities
- Social opportunities
- Lunch outings

**Social Activities for people with an intellectual disability** – (Registered NDIS Provider) Daytime activities Wednesday or Friday 9am to 3pm, evening program on Thursday 6.40 pm to 8.30pm at The Hive Community Resource Hub - 380 Waterloo Corner Rd, Burton. Enquires: ☎ Jennie on 8406 8225 or [www.salisbury.sa.gov.au/disabilityprograms](http://www.salisbury.sa.gov.au/disabilityprograms)

- Art and craft
- Social opportunities
- Group activities and outings
- Learn something new