

### Children, Youth and Family Programs



#### Giggle Time

Have fun building early literacy skills through sharing books, songs and rhymes.

**Thursdays, 10am (during school term)**

**AGE: 0 to 2 years**

**COST: FREE**

#### Story Time

Come along and introduce your child to books and reading. Join in for a fun morning of rhymes and stories.

**Fridays, 10am (during school term)**

**AGE: 3 to 5 years**

**COST: FREE**



#### Nature Play

Drop by the community garden for some self-guided nature-based play activities or simply grab a book and relax! Activities may vary depending upon the weather. Dress accordingly, things may get messy!

**Thursdays, 10am to 12pm (during school term)**

**AGE: 3 to 5 years**

**COST: FREE**

#### After School Catchup

Join us after school for Lego play, colouring in, jigsaws, boardgames and more! No bookings required.

**Wednesdays, 3.30pm to 4.30pm (during school term)**

**AGE: 6 to 12 years**

**COST: FREE**



#### Immunisation Clinic

Every first and third Friday,  
9am to 12pm

For more information visit:

**W:** [www.salisbury.sa.gov.au/immunisation](http://www.salisbury.sa.gov.au/immunisation)

#### Para Hills Community Garden

The community garden is open **Mon to Fri, 9am to 5pm** for everyone to enjoy.

#### Friends of the Garden

Come along and enjoy a morning in our community garden with other like-minded green thumbs sharing knowledge and a conversation whilst doing general garden maintenance activities.

**Tuesdays, 10am to 12pm**

**COST: FREE - all welcome**

#### Grow It Local

Grow It Local is a free national program supporting people to grow, share and eat more locally grown foods. All are welcome to sign up.

**W:** [www.salisbury.sa.gov.au/growitlocal](http://www.salisbury.sa.gov.au/growitlocal)



### Digital Literacy

#### Basic Tech Support

Bring your personal device.

**Wednesdays, 10.45am to 11.30am**

**COST: FREE**

**Bookings essential.**

**W:** [www.salisbury.sa.gov.au/digitalliteracy](http://www.salisbury.sa.gov.au/digitalliteracy)

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#### Computing 101

**Every Tuesday and Thursday, 1pm to 3pm (during school term)**

**COST: FREE**

**Drop in**

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#### Circuit Makers

In this course you'll learn the basics of coding, building circuits, breadboarding and much more. Have fun creating clever little devices.

**Thursday commencing 9 May for 6 weeks, 3.45pm to 5pm**

**AGE: 8 to 14 years**

**COST: \$30 for 6 weeks**

**Bookings essential.**

**W:** [www.salisbury.sa.gov.au/digitalliteracy](http://www.salisbury.sa.gov.au/digitalliteracy)

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### Community

#### Big IDEAS for my community

Share with us your BIG IDEAS and how they might look within the Salisbury community.

**E:** [enquiriesphch@salisbury.sa.gov.au](mailto:enquiriesphch@salisbury.sa.gov.au)



#### Sound Healing Meditation

Join us for an immersive and rejuvenating sound healing meditation session. Experience the power of sound to relax your mind, body, and soul.

**Last Tuesday of the month, 1.30pm to 2.30pm**

**COST: FREE**

**Bookings essential.**

**W:** [www.soundsmeditation.eventbrite.com.au](http://www.soundsmeditation.eventbrite.com.au)

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### Language and Literacy

#### Adult Literacy Classes

Small group program for those who would like support with basic numeracy and literacy skills.

**Fridays, 12.30pm to 2.30pm (during school term)**

**T: 8406 8482**

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#### Let's Talk Books

If you love books and talking about them, then get along to our 'Let's Talk Books' discussion group.

**First Thursday of the month, 3.30pm to 4.30pm**

**T: 8406 8530**

### Seniors Programs

#### Guitar for Beginners and Beyond

Guitar group for those starting out or with a little experience.

**Fridays, 10am to 12pm**

**COST: \$3**



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#### ARAS Aged Rights Advocacy Service

ARAS provides advocacy assistance to support older people to uphold their rights and their responsibilities. Aras can also help with any *My Aged Care* queries you might have about finding access to the right government-funded aged care services.

**Tuesdays, 10am to 12pm**

**T: 8406 8587 to book an appointment.**

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#### Chair Yoga

**Mondays, 1pm to 2pm**

**COST: \$6**

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### Contact us

**A:** 22 Wilkinson Road Para Hills

**T:** 8406 8560 **E:** [enquiriesphch@salisbury.sa.gov.au](mailto:enquiriesphch@salisbury.sa.gov.au)

**W:** [salisbury.sa.gov.au/phch](http://salisbury.sa.gov.au/phch)  [/salisburylibraryservice](https://www.facebook.com/salisburylibraryservice)