

# SALISBURY

## *Seniors*



**ISSUE 14: JUNE TO SEPTEMBER 2018**

**SPECIAL EVENTS • WELLBEING • COMMUNITY INFORMATION**



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

Please send your feedback on this magazine to Arlene at [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au) or phone **8406 8591**.

Cover: Les Roud showing creativity through wood burning. More information about this program on page 18.

## MAYOR'S MESSAGE

**Welcome to the latest edition of *Salisbury Seniors*, featuring a variety of articles about older people's passions, talents and interests. Their stories demonstrate that seniors who are passionate about what they do experience a real sense of enjoyment and satisfaction.**

I would like to introduce you to Pat Trimboli, who is a wonderful example of a person living their passion. He generously shares his love of music at community events and brings a sense of celebration to City of Salisbury citizenship ceremonies. You can read more about Pat in this magazine on page 7.

The 2018 Reconciliation Week and NAIDOC (National Aboriginal

and Islander Day Observance Committee) Week program is available at your local seniors centre, community centre or library. I encourage you pick up a program brochure and come along to this year's activities and events such as those on page 20.

I am proud to inform you that the Para Hills Community Hub development is on schedule

and I invite you to join me at the opening of this wonderful facility. Details will be available on our website soon.

This magazine is also available electronically - you can read a copy online at: [www.salisbury.sa.gov.au/salisburyseniors](http://www.salisbury.sa.gov.au/salisburyseniors)

Yours sincerely  
Gillian Aldridge JP  
Mayor of Salisbury





# PASSIONATE & CREATIVE LIVING

*"Your interests are the sparks that will ignite your passion over time." - Professor Bill Damon.*

Having interests that we choose to pursue and practice are important to wellbeing and part of a flourishing life. Freely chosen hobbies, interests and passions can be great sources of increased energy, or "flow" (a mental state when people are entirely absorbed in what they are doing).

A good way to find your passion is by figuring out what actually interests you. Ask yourself:

- What are your favourite hobbies, interests and passions?
- To what extent do you prioritise them in your free time?
- What hobbies, interests and passions did you enjoy as a child?

- Is there an activity you would like to start doing again, or is there something new you would like to try?

Even if you only think of a small idea, start exploring it. Do something small and take note of what happens and how you feel about it. Ask others what they think you are good at and consider what that reveals about you. Have patience - allow time for your curiosity, knowledge, expertise and confidence to carry you towards the things that you find are truly meaningful to you.

*"If there is no passion in your life, then have you really lived? Find your passion, whatever it may be. Become it, and let it become you and you will find great things happen for you, to you and because of you." - Alan Armstrong.*

## GARDENING TIPS FOR WINTER

Think winter is a time for staying inside and eating your favourite comfort foods? Think again!

Winter can be a perfect time to stay active in the garden, planting your favourite winter herbs and vegetables, pruning (e.g. roses, deciduous trees and hydrangeas), composting, and keeping your weeds under control.

Winter vegetables include brassicas (such as broccoli, brussels sprouts and cauliflower), lettuce, carrots, silverbeet, chard, onions and Chinese cabbage.

You may also want to start thinking ahead about how to reduce your water use in summer and how to protect your plants and soils from extreme heat. This may include making plans to reduce or remove your lawn, planting a small to medium sized deciduous tree, and preparing to plant water efficient plants.

For further information:

South Australian Botanic Garden gardening: [www.environment.sa.gov.au/botanicgardens](http://www.environment.sa.gov.au/botanicgardens)

Gardening Australia: [www.abc.net.au/gardening](http://www.abc.net.au/gardening)



# STAY HEALTHY THIS WINTER

As the temperature starts to drop, there is a greater tendency to stay indoors where it is warm, be less active and eat more comfort food. Winter also brings increased risk of illness, so here are our top tips for keeping healthy this winter.

## **Wash, Wipe and Cover**

In winter, colds, influenza and gastroenteritis can cause disruption to your home, social, and work lives. These common diseases are spread by germs on our hands. You can reduce the risk of getting sick or passing illness on to others by washing your hands, frequently wiping down surfaces, and covering your coughs and sneezes with the inside of your elbow.

## **Flu Immunisation**

Influenza, commonly known as the flu, is a highly contagious virus that is more serious than the common cold. Annual vaccination can reduce your chances of getting the flu and may also reduce the severity of flu symptoms if you do catch it. If you have not had a flu jab, visit your GP for advice.

## **Healthy Eating**

Including plenty of nutritious foods such as fruits and vegetables in your diet can help keep your

immune system strong. It is also important to keep hydrated in winter, so remember to drink plenty of water. For more tips on eating well, turn to page 17.

## **Be Active**

Doing physical activity for 30 minutes every day can help you feel healthier and more energetic. Have a long stretch, go for a brisk walk, or leisurely ride your bike around the park - you'll feel great afterwards.

## **Sleep Well**

A good night's sleep is essential for your health and wellbeing. Sleep deprivation can weaken your immune system, making you more vulnerable to illness.

## **Get a Plan**

The cold weather in winter can worsen pre-existing chronic illnesses such as asthma. Asthmatics should review their illness management plans, or speak with their GP if they do not have one in place.

[www.sahealth.sa.gov.au/healthyliving](http://www.sahealth.sa.gov.au/healthyliving)

Source: SAHealth website

# MANY HANDS

The old adage "many hands make light work" is a motto at Salisbury Home Assist.

It takes a mighty workforce to support seniors to live well and independently in their local community. Salisbury Home Assist is fortunate to not only have employees and volunteers, but also experienced and knowledgeable contractors to call upon to help.

Contractors support eligible people with domestic assistance, minor home maintenance and repairs,

gardening, and minor home modifications such as the installation of grab rails and ramps. They also help with shopping and transport for seniors.

All contractors have police checks and appropriate insurance coverage to ensure their suitability to work with Salisbury Home Assist customers.

Next time you receive a service from Salisbury Home Assist, remember that they have a diverse workforce because they know that alone we can do so little - yet together we can do so much.



# MEN'S HEALTH WEEK

Held from 11 to 17 June 2018, Men's Health Week is a timely reminder to think about the health of our men.



Did you know that a boy born in Australia in 2010 has a life expectancy of 78 years, while a girl born at the same time can expect to live to 82.3 years old?

Why the difference? Males suffer more illnesses, have more accidents and die earlier than their

female counterparts. Men also die by suicide at four times the rate of women. Accidents, cancer and heart disease account for the majority of male deaths.

The theme for Men's Health Week 2018, Men and Families - Making Healthy Connections, explores the different ways that families support the health and wellbeing of the males in their lives, and the positive contributions boys and men can make to their families. Why not take the time during Men's Health Week to think about yourself and what you can proactively do to look after your physical and mental health, and consider what you may need to change to improve how you feel?

For more information:  
[www.menshealthweek.org.au](http://www.menshealthweek.org.au)

Source: [www.menshealthweek.org.au](http://www.menshealthweek.org.au)

## WHAT CAN YOU DO?

### Volunteering - what can you do?

*"Start where you are. Use what you have. Do what you can." - Anonymous*

If there was ever a quote that encourages people with a passion to go forth, this would be it. Many have done just that by volunteering their time to make a difference to other people and the environment.

City of Salisbury engaged 643 people in volunteering last year. Their motivation is to help the community and help others live better lives. In return, volunteers enjoy a feeling of fulfillment and achievement, and a sense of purpose, meaning and value.

What are you passionate about? What would motivate you to help in your local community? Have a look around - can you help someone that has difficulty bringing in their bin, or bending down to reach the paper on the lawn?

What about cooking a meal for a neighbour or friend? Perhaps you could drive someone to the shops?

Find your passion and help others. In the words of Theodore Roosevelt: "Believe you can and you are halfway there."

For more information on Council's volunteering programs and opportunities, visit [www.salisbury.sa.gov.au/volunteering](http://www.salisbury.sa.gov.au/volunteering) or call the Volunteer Services team on **8406 8276**.



# CONVERSATIONS WITH SENIORS

The first two COTA SA Conversations with Northern Seniors for 2018 went off with a bang!

Thanks to the Adelaide Festival and Adelaide Fringe (including Salisbury Secret Garden), an outbreak of festival fever hit Adelaide in February and March. Fittingly, the first COTA SA conversation for the year was called Tapping into the Creative Arts.

This conversation provided a creative smorgasbord, during which the audience enjoyed opportunities to try out singing, creative writing, drawing and theatrical performance. Each activity was guided by people with a passion for these areas, many of whom live locally.

With researchers uncovering more every day about the positive benefits of engaging in artistic pursuits, a key message from the session was for people to not only try activities they know they will like and feel comfortable doing, but also to consider trying something that may be outside of their comfort zone - something that will stretch them in different ways.

The following poem, written by Monica Love, provides a great overview of this conversation:

*Good Morning, Good Morning!  
Oh what a lovely day!  
We're gathered at this centre  
To listen, learn and play!  
And make new friends  
And make amends  
For wasting so much time.  
No time to lose  
No more excuse  
We're really in our prime!*

*Our plastic brain  
Has much to gain  
In changing how we think.  
So what the heck  
Stick out your neck  
Make that creative link!*

The April conversation, *Living Well in Your Local Community*, focused on living well on a tight budget. Further information from this session will be covered in the next edition of *Salisbury Seniors*.

To book a place for the June and August COTA SA Conversations, see page 21 and 22 of this magazine or visit [www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)



# A LOCAL VOICE

Connecting with people and giving back to the community drives Pat's passion for life. Through his work, involvement with the local community and love of music, he is someone who is constantly making a difference in people's lives.



Photo: Al Jardine and Pat Trimboli

Patrick Trimboli, 70, was born in Plati, Reggio Calabria, Italy. He arrived in Australia as a baby and grew up in Salisbury, later marrying and becoming a father to two daughters. Employed at the City of Salisbury, Pat strives to live a creative and connected life, participating in many opportunities that fulfill his passions.

One example is landscape photography. Pat finds it relaxing to be surrounded by nature and loves capturing the beautiful moments of life. This hobby has even won him awards at the Royal Adelaide Show.

However, the biggest passion that Pat enjoys is sharing his love of music with others. After learning the piano accordion at 12, he taught himself guitar and now plays in the band Buddies Four, entertaining people with covers of '50s and '60s rock 'n' roll and country music. Pat and the band members are passionate about performing and revel in seeing the enjoyment on people's faces. Their passion has led them to perform over a number of years, constantly attracting a crowd who come along ready to get up and dance. Buddies Four consistently sell out shows within the City of Salisbury, including at Salisbury Secret Garden.

According to Pat his biggest music moment was when he performed live alongside Al Jardine of The Beach Boys at Red Rock Casino in Las Vegas - an amazing example of where passion can take you.

In addition to music and photography, Pat has been a Rotarian for over 30 years. He also has a keen interest in understanding and appreciating other cultures and backgrounds. He is a popular guest at Radio Italiana 531, sharing information with the local community via Italian radio. Pat also speaks French and Spanish and is regularly called upon to provide interpreting services for local residents. Being a people person and language enthusiast, Pat enjoys the conversations and feels happy when he is able to help someone.

Pat also volunteers as a musician at City of Salisbury's citizenship ceremonies, where his interest in different cultures and in music combine to warmly welcome people to Salisbury.

Pat believes that music enables people to connect and share time together, and helps uplift people by allowing them to forget their problems. He encourages readers to not be daunted by negative influences.

"If you have a passion, pursue it," Pat said.  
"Participation is the key to living a fulfilling life."



# A CHANCE VISIT

Kathy and her horse Dakota surprise Irene with a catch up in Quorn.

While working with the local community, Salisbury Home Assist staff often get to know the people they arrange services for. Kathy plans and organises trips for older people to get out and to socialise. Irene loves to travel to interesting places and meet new people, so it was only a matter of time before the two got talking.

Irene was a regular participant in the social trips and would often phone Kathy afterwards and tell her about her experiences. Kathy loved the detailed way Irene would describe her outings, in a "lovely English accent".

"Irene had a wonderful way of describing where she had been, the people she had met and the things she had seen on the trip," Kathy said.

After a few chats, Kathy and Irene soon found out that they had a connection - the Flinders Ranges -

where Irene would visit her daughter in Quorn and Kathy would go camping and horse-riding.

However, Irene left Adelaide and went to live with her daughter, so unfortunately she and Kathy were unable to continue their chats.

One day, Kathy had an idea: she was going on a trip to the Flinders Ranges and decided to surprise Irene with a visit.

"While I was in Quorn, I contacted Irene's daughter and arranged a special visit on the following day," Kathy said. "My friend and I rode our horses up to Irene's daughter's house and we had a lovely visit with Irene on the front veranda."

"Irene loved patting the horses and it was wonderful to see her again in such a happy atmosphere."

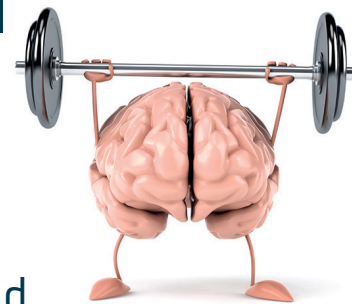
The visit was a great surprise for Irene and Kathy loved seeing her friend again.

"I look forward to riding around to visit Irene again next time I am in Quorn," Kathy said.



Photo: Kathy, Irene, and her daughter Amanda.

# BRAIN HEALTH



Due to popular demand, the Jack Young Centre is now offering an additional Brain Gym class on the second and fourth Thursday of each month, from 10am until 12 noon in the JYC library.

Each class offers fun and challenging puzzles in a friendly, social and supportive environment. Participants have to think differently and get in touch with their creative side to solve puzzles. For example, they may have to answer a riddle or follow the clues to solve a mystery, or work in a team construction challenge with limited and unusual building supplies.

The challenge is on. Come along and join in the fun while helping to improve your memory, think faster, improve your problem-solving abilities, increase your social contact and potentially reduce the likelihood of developing cognitive diseases in the future - just by doing a few puzzles!

Contact **8406 8525** to find out more about the class.

If you cannot wait for the class, why not try the teaser below? Your challenge is to connect all nine stars using only four straight lines. There is a catch: you have to do it in a continuous flow (you can't lift your pen or pencil off the paper). How will you do it? Solution on page 12.



## EXCELLENCE IN PUBLIC HEALTH AWARD

A pioneering public health initiative has received recognition.

The City of Salisbury, along with Holdfast Bay and Marion councils, recently received a Certificate of Commendation for the 2018 Minister for Health and Wellbeing Excellence in Public Health Awards, for the Inspiring Health Initiative.

This ground-breaking community research project, undertaken in 2016-17, involved a collaboration between the three councils, National Australia Bank, and Flinders University.

A total of 561 community members, staff and

volunteers participated in the project, 158 from the Salisbury area.

The project involved a series of questionnaires and physical assessments to measure health across 16 areas. Participants received an individualised report directing them to resources and activities to assist them.

The project was led by Professor Sue Gordon, Chair of Restorative Care in Ageing at Flinders University.

Further information about the awards can be found at: [www.bit.ly/PublicHealthAwards](http://www.bit.ly/PublicHealthAwards)

# PARA HILLS COMMUNITY HUB CONSTRUCTION UPDATE

Construction is well under way on the new extension to the existing Para Hills Library.

The slab is now laid, the framework of the building erected and all that awaits is lockup and fitout. Internal improvements are also being made to the existing building, including painting and a new IT bench. Preparations are being made to open up the western wall in the library for the reading room extension.

The extension will form the Para Hills Community Hub which will host both Positive Ageing Services and the library. The Paddocks Centre, which has serviced the community well for more than 30 years, will also relocate into the new hub.

The new extension is designed to service the growing needs of the whole community: local residents, schools and businesses.

The new facility will provide a variety of accessible spaces for hire and will see an increased offering of programs and events for people of all ages, such as:

- Adult vocational learning.
- STEM based robotics and LEGO.
- Digital literacy.
- Health, fitness and wellbeing.

The centre will also provide services for:

- Residents to connect with others and develop new friendships.
- School students and young people to meet, learn, and participate in group and individual activities.
- Seniors to access information and be socially connected.

- Businesses looking for networking opportunities and additional space to do business.
- Families to enjoy activity programs and access the internet.
- Anyone who would like to access information regarding local services, walking trails and events in the local area.
- Volunteers wanting to become involved in the local community.

The large hall, which is being built as part of the new extension, will be complete with projector screen and a commercial kitchen. This will provide a great space for local businesses, not-for-profits and sporting clubs to host events such as AGMs, presentation nights, business breakfasts and conferences. Smaller rooms will also be available for meetings and workshops.

Construction is estimated to finish by July 2018. For more information, including opening date visit: [www.salisbury.sa.gov.au/phch](http://www.salisbury.sa.gov.au/phch)





# THE ALLURE OF MUSIC & DANCE

Local intercultural group has been enjoying the musical talents of Frank on the accordion.

Pine Lakes Centre has been rich with the sound of music, with new people coming along to the centre to enjoy music and dance.

Frank is 70 and enjoys playing the accordion. He calls himself a "non-professional musician" and plays by ear. Visitors enjoy listening to the music he plays and dancing with the flow of his accordion.

Domenico, aged 95, loves to dance "with the wind" as he moves harmoniously with the notes. Others join him in singing and navigating the dance floor.

When music is playing it feels like everyone can express themselves with joy and laughter. Music captivates the soul and mind, encouraging people to be vibrant, healthy and have a positive attitude.

According to one of the participants: "With music we can create moments of good times, and reminiscence on old times where there is no pain, no sadness and where there are no differences. It makes our social activities a special and memorable day."

*"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." - Author unknown.*

*"I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." - Billy Joel.*

## WORLD ELDER ABUSE AWARENESS DAY



Don your purple clothes and strut your stuff on 15 June to raise awareness of elder abuse.

On December 2011, the United Nations General Assembly designated 15 June every year as World Elder Abuse Awareness Day (WEAAD). The day is an annual opportunity to highlight and oppose the abuse, exploitation and suffering inflicted on many older people across the world. It is also a chance to promote the rights of older people and proactively prevent elder abuse.

Purple is the campaign colour used to promote WEAAD internationally and many local WEAAD supporters have been busy knitting, crocheting

and crafting purple items to promote the message that there is no excuse for abuse.

If you would like to support World Elder Abuse Awareness Day, visit the City of Salisbury's WEAAD stall at Parabanks Shopping Centre between 10am and 1pm on Friday 15 June 2018 to purchase a small item to wear.

If you would like further information about the rights of older people and elder abuse prevention, contact:

Elder Abuse Prevention Line (for general information and options) – **1800 372 310.**

Aged Rights Advocacy Service (to speak with an Abuse Prevention Advocate) – **1800 700 600 or 8232 5377.**

# HEALTH RESOURCES

If you are looking for quality health and wellbeing information, look no further. City of Salisbury has a range of easy to read brochures aimed at improving the health and independence of older people.

Making Every Contact Count (MECC) is a joint initiative between Meals on Wheels SA Inc., Aged and Community Services SA & NT, and SA Health. The brochures are based on the latest research and aim to inform older people about lifestyle issues and solutions.

The following brochures are available from Council's senior centres, community centres and libraries. To access them online, go to: [www.bit.ly/MECCbrochures](http://www.bit.ly/MECCbrochures)

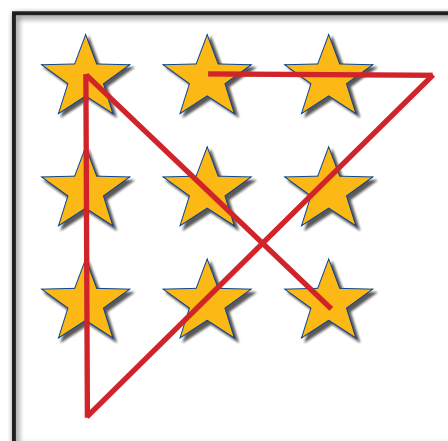
The brochures discuss:

- Falls prevention.
- Physical activity.
- Healthy eating.
- Hydration and managing in the heat.
- Social connections.

Over the next 18 months, Salisbury Home and Community Services staff, volunteers, and contractors will be trained in the Make Every Contact Count initiative. The aim is to have an informed workforce that can provide information to the community through casual chats and interactions. If you are having trouble locating the information, just speak to one of our friendly workers for information or pick up upcoming editions of *Salisbury Seniors*, which will be featuring key information in the future.



## BRAIN HEALTH ANSWERS





# SALISBURY: AN NDIS PROVIDER

The City of Salisbury offers three programs that support people with disabilities to engage in community activities, connect with others and try something new.



The programs include Fun on Fridays, Salisbury Social Group, and The Shed at Edinburgh.

The Fun on Fridays group and Salisbury Social Group are open to people with an intellectual disability looking to engage in interesting and enjoyable social activities, learn new skills, and meet new people. See the photos below and on page 14 of participants in action.

The Shed, located at Edinburgh, offers activities for people with disabilities aged 18 and over, who are interested in honing their woodworking and metal working skills, engaging in arts and crafts, learning basic computer skills and meeting new people.

NDIS participants are able to access support to live independently at home via Salisbury Home Assist. Services include home or yard maintenance and home cleaning, e.g. regular, short term, seasonal or spring cleaning.

For further information about any of these programs, please email the Salisbury Home Assist service at [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au), call them on **8406 8225** or visit: [www.salisbury.sa.gov.au/disabilityprogram](http://www.salisbury.sa.gov.au/disabilityprogram)



Fun on Fridays group.



# SALISBURY SNAPSHOTS

Out and about with our local community.



Generation Connect seniors and youth connecting at the Pine Lakes Centre



Mayor Gillian Aldridge with Heart Foundation Walkers for the Prime Minister's One million steps campaign



Harmony Day Hat Parade at John Harvey Gallery



Para Hills Songsters performing for COTA Conversation attendees at John Harvey Gallery



Father and son at Salisbury Social Group, getting creative with bricks and bots at JYC





Creations performing at the anthology launch at JYC



Writers Group third anthology launch at Jack Young Centre



HRH Earl of Wessex and Mayor Gillian Aldridge visiting Twelve25 to meet participants in the Duke of Edinburgh's Award



Filipino cooking class at Paralowie Garden



Vietnamese Group visiting Adelaide Botanic Gardens



Chris and Alice enjoying Mothers' Day breakfast at JYC



# JACK YOUNG CENTRE NEWS

## Happy 100<sup>th</sup> Birthday Melva!

Congratulations to Melva Phillips, who turned 100 on 16 April 2018. The centenarian celebrated with her close family, friends, and her doctor for 45 years (pictured right) at the Jack Young Centre, which she attends twice a week to have a meal and enjoy the company of the indoor bowlers. In true style, they said they are bowled over by her bubbly personality and zest for life.

Melva's top tips for a good life are: "Keep yourself busy, happy, healthy and have no complaints."



Photo: Mayor Gillian Aldridge, Melva, Dr Jaya Pathi and Cr Joe Caruso.

## NEW PROGRAMS AT JYC

The Jack Young Centre is now offering a **painting and drawing class**. Expert tutor Nichola will guide participants at their own pace to explore art every Monday morning. If you are interested in this class or would like to know more, please contact Jim at JYC.

**Brain Gym** has expanded; participation in the trial sessions has led to the addition of a Thursday morning class from 10am until 12 noon on the second and fourth Thursday of each month. At this fun and social session, your mind will be challenged by a variety of puzzles, mental exercises and thought-provoking discussions. Come along and exercise your brain!

Wesley will be facilitating **Mindful Meditation** sessions on Thursday mornings from 8.30am to 9.30am. He will guide participants through various forms of meditation, including concentrating on breath, relaxation, and loving kindness. This popular session is a great way to start the day, so why not give it a go?

**Darts** is on at JYC! Held on Thursdays from 115pm to 3.15pm, interested participants are welcome to just turn up and join in the fun. All are invited, whether you used to love darts and wish to rekindle your skills, or a total beginner. Come along and try for a bullseye!

For more information call **8406 8525**.



# A WORD FROM JACK'S CAFE

As the seasons around us change, so does the menu at Jack's Café.

The autumn and winter menu, which runs from April until the end of August, offers a range of delicious meals including soups, roasts, vegetarian dishes, schnitzels, fish and chips, sandwiches, wraps and desserts. Quandong and apple pies will also be added to the Jack's Café menu, in acknowledgement of Reconciliation Week (27 May to 3 June) and NAIDOC Week (8 to 15 July). Why not visit Jack's Café for a slice of pie and a cuppa?

## Fuel for Living

Eating a well-balanced diet is important at any time of the year, but during the winter months this becomes extremely important. With shorter, colder and wetter days it is often harder to get out and about and to exercise. Winter also brings greater risk of illness.

For a well-balanced diet, it is important to include the following five food groups in your daily diet:

- **Protein:** meat, fish, poultry, eggs, tofu, nuts, legumes (beans and lentils).
- **Dairy:** milk, cheese, yoghurt, custard.
- **Grains:** breads, cereals, rice, pasta.
- **Vegetables.**
- **Fruit.**

For information on good nutrition, pick up the brochure Fuel for Living from one of our senior centres, community centres or libraries, or visit [www.bit.ly/FuelForLiving](http://www.bit.ly/FuelForLiving)

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## Pumpkin Soup

Serves 4

### Ingredients:

- 1 kg cut pumpkin – Japanese or Kent
- 1 small sliced brown onion
- 1 tsp nutmeg
- 1 tsp margarine
- 1 tsp oil
- 2 tsp chicken stock
- 1 lt water

### Method

1. In a pot add the margarine, oil, nutmeg and onion.
2. Sweat off the onion until soft, then add the pumpkin and water.
3. Add the chicken stock and allow to cook the pumpkin until soft.
4. Blend with a blender and serve hot.



# PARA HILLS CENTRE NEWS

Para Hills Centre is a great place to visit with new programs, fun events, and delicious meals served four days a week, plus breakfast on Thursday mornings from 8.30am to 10am.



In addition to fresh meals, Take-away and frozen meals available on Tuesdays, Thursdays and Fridays.

The Wacky Wednesday Women's Group is now going to be Terrific Tuesdays, because they now have access to a larger bus. The women are having a ball in this group and strongly encourage you to come and see what it is all about. Their latest trip was to Nuriootpa, where they browsed

the new shopping centre, then continued on to Gawler to have lunch. Feedback from the ladies was that they all had a very enjoyable day and would welcome any other women wanting to join in the fun.

A new wood burning group has started at Para Hills Centre, held Tuesday mornings from 10am until 12 noon. Wood burning is a great way to relax while being creative, plus it is easy to learn and lots of fun. Beginners are welcome and the first visit is free.

PHC will be offering new a friendship group weekly on Thursdays starting end of June, so please ring PHC for more details

If you are over 50, enjoy dancing and would like to meet new people, you might want to register for the Line Dancing Group that will be starting weekly also on a Thursday in July. Dancing is a fun way to exercise and you will learn a variety of dance styles, including country, square, and line dancing. If you are interested in joining this group or would like to find out more information, ring Sue at Para Hills Centre on **8406 8544**.

**Save the date:** Para Hills Centre will celebrate Christmas in July with a three course set menu for \$20 per person, see page 22 for full details.

The team at Para Hills look forward to you visiting our vibrant centre - we encourage you to come along and have some fun!

## MY AGED CARE

**Do you need help accessing aged care information and services?**

Do you know you may be eligible for referral for a subsidised service?

Do you need support registering with My Aged Care?

Contact My Aged Care on **1800 200 422**, visit: [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or speak with our Home Assist or senior centre staff for more information on My Aged Care and what it could mean for you.

# PINE LAKES CENTRE NEWS

## Pines Lakes Centre welcomes the Royal Society for the Blind (RSB) Salisbury Community Support Group.

The group chose to relocate from JYC, as Pine Lakes Centre has more space for their activities.

### Vision loss prevention tips:

- Have regular vision tests at an optometrist or ophthalmologist.
- Wear sunglasses when outdoors.
- Maintain a healthy diet.
- Quit smoking.

### What to do if you are losing your vision:

- Contact your optometrist or ophthalmologist for information on medical intervention strategies.
- Contact RSB for daily intervention tips and strategies.

### How to assist someone who has low vision:

- Keep objects in the same location.
- Increase the lighting in the environment.
- Guide them by letting them hold onto your arm.
- Show them assistance aids, e.g. talking products.

The Royal Society for the Blind (RSB) Salisbury Community Support Group recently moved to the Pine Lakes Community Centre for their twice monthly get together and have enjoyed the comfort and facilities provided.

The group goes on outings across Adelaide. In addition to the ease of getting to places and events further away, group members also enjoy friendship, companionship and the opportunity to share information about living with vision loss. The group includes people who have vision loss, carers, and partners, and is run by wonderful RSB volunteers. If you would like to attend the group, or would simply like further information, contact Caite Moch, RSB Northern Program Officer, via: [caite.moch@rsb.org.au](mailto:caite.moch@rsb.org.au) or **1300 944 306**.







Salisbury Community

# Reconciliation & NAIDOC

# 2018 program

Below is a small sample to this year's Reconciliation and NAIDOC program. Pick up a full program from Council Offices and centres or visit: [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)

**Friday 22 June • 9.30am to 12 noon**  
**Morella Community Centre**  
**90 Kings Road, Parafield Gardens**

## **BUSH TUCKER AND COOKING WORKSHOP**

This workshop will explore:

- Native plants to South Australia, and uses in Aboriginal Culture
- Setting up a small bush tucker plot in the garden
- Cooking simple recipes using native plants

RSVP: Tuesday 19 June  
Bookings: 8406 8484

**Wednesday 11 July • 6pm to 8pm**  
**Morella Community Centre**  
**90 Kings Road, Parafield Gardens**

## **COMMUNITY DINNER - CELEBRATING NAIDOC WEEK 'BECAUSE OF HER, WE CAN!'**

Everyone welcome for a shared family dinner and activities on the evening. We will celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make – to our communities, our families, our rich history and to our nation.

RSVP: Friday 6 July  
Bookings: 8406 8484

**Wednesday 11 July • 10.30am to 2pm**  
**Pooraka Farm Community Centre**  
**126 Henderson Avenue, Pooraka**

## **CELEBRATING ABORIGINAL WOMEN 'BECAUSE OF HER, WE CAN!'**

The day will begin with a Flag raising Ceremony Henderson Square followed by a BBQ lunch and Wadgedin Werra scrub meal, an interactive dreamtime story, cultural crafts, cultural and health information stalls and guest speakers.

Enquiries: 8406 8488

**Friday 13 July • 6pm onwards**  
**Pooraka Farm Community Centre**  
**126 Henderson Avenue, Pooraka**

## **SCREENING OF INDIGENOUS OPERA 'PECAN SUMMER'**

There will be a screening of Australia's first Indigenous opera 'Pecan Summer' written by Yorta Yorta soprano Deborah Cheetham. It is based on the walk off from Cummeragunja Mission NSW in 1939. It moves through the years to the day of Kevin Rudd's Apology at Federation Square in 2008. Robert Taylor, one of this Opera's cast members, will provide an introduction to this opera. Classification PG: Occasional strong language; forced removal of a child scene. Free event - drinks and nibbles provided.

Enquiries: 8406 8488

# SPECIAL EVENTS

## JUNE TO SEPTEMBER 2018

### 7 WAYS TO REDUCE YOUR RISK OF CANCER

**JUN  
5**

- 📅 Tue 5 Jun @10am to 11am
- 💰 \$2 includes morning tea
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525



Seven ways to reduce your risk of cancer and finding cancer early talk. Join us for information from the Cancer Council and a chat over morning tea.

### HOUSING FORUM

**JUN  
6**

- 📅 Wed 6 Jun  
@ 9.30am to 12.30pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/housingforum](http://www.salisbury.sa.gov.au/housingforum)



Bookings essential via the website. FREE morning tea and info session for over 50s on housing issues such as housing stress, current housing needs and secure accommodation.

### SALISBURY CRAFT & HOBBY FAIR

**JUN  
9 - 11**

- 📅 Sat 9 to Mon 11 Jun  
@9.30am to 12.30pm
- 💰 Various
- 📍 Gardens Recreation Centre  
90 Kings Road  
Parafield Gardens



See a wide range of craft and hobby stalls such as woodwork, spinning and weaving, kids toys, jewellery, candles, homewares, sweets and demonstrations.

### CONVERSATIONS WITH NORTHERN SENIORS

**JUN  
12**

- 📅 Tue 12 Jun  
@9.30am to 12.30pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)



Bookings essential via the website.  
Topic: More than one way to get around - exploring your travel options.

### WORLD ELDER ABUSE AWARENESS DAY

**JUN  
15**

- 📅 Fri 15 Jun @10am to 1pm
- 📍 Awareness Day Information  
Stall - Parabanks Shopping  
Centre, 68-84 John Street,  
Salisbury



Information stall with purple hand-made items, scarves, shawls, beanies, etc, on sale for small donation. These items were made and kindly donated by JYC Crochet Clan and Knitting Group members.

### UNISA ALLIED HEALTH VAN

**JUN 15  
SEP 24**

- 📅 Fri 15 Jun @10am to 1pm &  
Mon 24 Sep @10am to 1pm
- 💰 FREE
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525



Health checks for over 50s including blood pressure and blood glucose (diabetes) checks. No bookings required.

# SPECIAL EVENTS

## JUNE TO SEPTEMBER 2018

### MEN'S HEALTH LUNCHEON

**JUN  
15**

- 📅 Fri 15 Jun @10.30am to 2.30pm
- 💰 \$12 includes 3 course meal
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 🌐 [www.salisbury.sa.gov.au/menslunch](http://www.salisbury.sa.gov.au/menslunch)



Bookings essential via the website. Guest speakers such as Kim Syrus from Channel 9, health info and entertainment.

### PRUNING STONE FRUIT TREES

**JUL  
19**

- 📅 Thu 19 Jul @1pm to 2.30pm
- 💰 \$4
- 📍 Paralowie Garden  
Cnr Halba Cres & Waterloo Cnr Rd, Paralowie
- 📞 8406 8225
- 🌐 [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening)



Learn how to do the winter prune of stone fruit. Discussion and demonstration of pruning various stone fruit trees to a manageable height.

### CHRISTMAS IN JULY AT PHC

**JUL  
26**

- 📅 Thu 26 Jul @11am to 2pm
- 💰 \$20 includes 3 course meal
- 📍 Para Hills Centre  
Wilkinson Rd, Para Hills
- 📞 8406 8544



Come and join us for a delicious 3 course meal and entertainment. Limited tickets available. RSVP by Monday 23 July.

### ADELAIDE GUITAR FESTIVAL RESONANCE EVENT

**JUL  
28**

- 📅 Sat 28 Jul @1pm to 2.30pm
- 💰 Gold Coin Donation
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 🌐 [www.salisbury.sa.gov.au/agfresonance](http://www.salisbury.sa.gov.au/agfresonance)



Bookings essential by Friday 20 July. Enjoy a wonderful performance and afternoon tea.

### SALA FESTIVAL

**AUG  
1 to 31**

- 📅 1 to 31 Aug
- 💰 Various
- 📍 Various locations across Salisbury
- 🌐 [www.salisbury.sa.gov.au/sala](http://www.salisbury.sa.gov.au/sala)
- 📞 8406 8469



Art exhibitions by local artists as part of the South Australian Living Artist Festival.

### CONVERSATIONS WITH NORTHERN SENIORS

**AUG  
14**

- 📅 Tue 14 Aug @9.30am to 12.30pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/cotaconv](http://www.salisbury.sa.gov.au/cotaconv)



Bookings essential via the website. Topic: Staying safe in your community.



# SPECIAL EVENTS

## JUNE TO SEPTEMBER 2018

### GROWING EXCELLENT TOMATOES

**AUG**  
**16**

- 📅 Thu 16 Aug  
@1pm to 2.30pm
- 💰 \$4
- 📍 Paralowie Garden  
Cnr Halba Cres & Waterloo  
Cnr Rd, Paralowie
- 📞 8406 8225
- 🌐 [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening)



Learn about soil preparation, planting methods, pest and disease control and managing your tomatoes for delicious summer dishes.

### SALISBURY WRITERS' FESTIVAL

**AUG**  
**24-26**

- 📅 Fri 24 to Sun 26 Aug
- 💰 FREE & PAID sessions
- 📍 12 James Street, Salisbury
- 📞 8406 8222
- 🌐 [www.salisbury.sa.gov.au/swf](http://www.salisbury.sa.gov.au/swf)



Offering writing enthusiasts and book lovers the opportunity to interact in a variety of workshops aimed at developing your writing skills and giving you the chance to meet and learn from some of the best writers in the business.

### 5th BIRTHDAY RIDE AT CARISBROOKE

**SEP**  
**1**

- 📅 Sat 1 Sep @10am
- 💰 FREE
- 📍 Carisbrooke Park, Shelter Shed, Main North Road Salisbury Park
- 📞 8406 8257



As part of Active Ageing Week, come join us for a ride. Various distances and difficulties will be available to suit all abilities. Meet at the shelter shed. Suitable for mountain bikes or hybrids.

### ACHIEVING YOUR GOALS

**SEP**  
**24**

- 📅 Mon 24 Sep  
@9.30am to 12 noon
- 💰 \$2
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525



As part of Active Ageing Week, come listen to a motivational speaker on achieving your goals.

### COMPOST - GREAT STUFF

**SEP**  
**13**

- 📅 Thu 13 Sep  
@1pm to 2.30pm
- 💰 \$4
- 📍 Paralowie Garden  
Cnr Halba Cres & Waterloo  
Cnr Rd, Paralowie
- 📞 8406 8225
- 🌐 [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening)



Talk and demonstration of establishing good compost including: pros and cons of different composting types, making effective compost system for home gardens, how to use compost and using worms in compost.

### JYC OPEN DAY

**SEP**  
**27**

- 📅 Thu 27 Sep @10am to 3pm
- 💰 FREE entry (\$7 Lunch)
- 📍 Jack Young Centre  
1 Orange Ave, Salisbury
- 📞 8406 8525












Come for a FREE tour and morning tea. See this popular centre for over 50s. Grab a program, see activities in action and talk to members. Why not stay for lunch at Jack's Café.

# WELLBEING ACTIVITIES

Please note: most of our wellbeing activities offer a FREE come and try session, to see if you like the program before an ongoing cost is applied.

## LEGEND

	Day and time (+check with centre)
	Cost per session (*FREE Come & Try then from \$3)
	Location (See back cover for full address details)
	Enquiries













<b>Acoustic Music Group</b>	 Thu - 12 noon to 2pm	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Brain Gym - Para Hills</b>	 Tue fortnightly* - 10am to 11.45am	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Brain Gym - Salisbury</b>	 Wed & Thu fortnightly* - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Card &amp; Board Games</b>	 Various	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Choir</b>	 Mon - 10.30am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Craft (Anything Goes) - Para Hills</b>	 Tue - 10am to 12 noon	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Craft - Salisbury</b>	 Mon & Sat - 10am to 12.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Creative Writing</b>	 Wed - 10am to 12.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Crochet Group</b>	 Wed - 1pm to 3pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Dance For Health</b>	 Thu - 1pm to 3pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Darts</b>	 Thu - 1.15pm to 3.15pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Dementia Information</b>	 Thu - 3.30pm to 5pm	 FREE	 <b>Jack Young Centre</b>	 8406 8525
<b>Digital Basics 1-on-1 Mentoring</b>	 By appointment	 FREE	 <b>Len Beadell Library</b>	 8406 8313
<b>Drop In Tech (Computer) Support</b>	 Wed - 9am to 12 noon	 FREE	 <b>Jack Young Centre</b>	 8406 8525
<b>Easy Fitness</b>	 Tue - 9.15am to 10.15am	 \$5	 <b>The Paddocks Centre</b>	 8258 8099
<b>Genealogy</b>	 Fri - 1pm to 3.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Indoor Bowls - Para Hills</b>	 Tue - 1pm to 3pm	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Indoor Bowls - Salisbury</b>	 Mon & Fri - 1pm to 3.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Keep Fit For Over 50s</b>	 Mon - 10.45am to 11.45am	 \$5.50	 <b>Salisbury East Neighbourhood Centre</b>	 8285 2055
<b>Keep Fit For Over 50s</b>	 Mon - 9.30am to 10.30am	 \$4.50	 <b>Pooraka Farm Community Centre</b>	 8406 8488
<b>Knitting Group</b>	 Thu - 1pm to 3pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Let's Talk Books</b>	 Thu monthly* - 4.30pm to 5.30pm	 FREE	 <b>Para Hills Library</b>	 8406 8530

<b>Literacy and Language Class</b>	 Fri - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Mindful Meditation</b>	 Thu - 8.30am to 9.30am	 FREE	 <b>Jack Young Centre</b>	 8406 8544
<b>Men's Group</b>	 Fri monthly* - 1pm to 3.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Painting and Drawing</b>	 Mon - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Parkinson Support and Exercise Group</b>	 Fri - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Prime Movers - Chair Based Exercise Group</b>	 Tue - 11.30am to 12.15pm <i>(agile)</i>	 \$5	 <b>Pine Lakes Community Centre</b>	 8406 8525
<b>Prime Movers - Chair Based Exercise Group</b>	 Tue - 12.30pm to 1pm <i>(low impact)</i>	 \$5	 <b>Pine Lakes Community Centre</b>	 8406 8525
<b>Quiz Afternoon</b>	 Fri monthly* - 2pm to 4pm	 \$6	 <b>Jack Young Centre</b>	 8406 8525
<b>Rock 'n' Roll Dancing</b>	 Sat - 10.30am to 11.30am <i>(Member discounts available*)</i>	 \$10*	 <b>Jack Young Centre</b>	 8406 8525
<b>Singing Group</b>	 Thu - 9am to 10am	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Social Bingo</b>	 Thu - 1pm to 3pm	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Table Tennis - Over 50s</b>	 Tue & Fri - 9am to 12 noon	 \$3	 <b>Gardens Recreation Centre</b>	 8281 4888
<b>Table Tennis</b>	 Thu - 8.30am to 10.15am	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Tai Chi - Para Hills</b>	 Tue - 11.15am to 12.15pm	 \$7*	 <b>Para Hills Centre</b>	 8406 8544
<b>Tai Chi - Salisbury</b>	 Mon - 9.15am to 10.15am	 \$7*	 <b>Jack Young Centre</b>	 8406 8525
<b>Terrific Tuesday</b>	 Tue - 12.30pm to 3.30pm	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Ukulele Classes - Para Hills</b>	 Thu - 10am to 11.30am	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Ukulele Classes - Salisbury</b>	 Thu - 10.30am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Whist Cards - Para Hills</b>	 Wed or Sat - 1pm to 4pm	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Whist Cards - Salisbury</b>	 Tue - 1pm to 4pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Women's Drumming for Fun and Fitness</b>	 Wed - 1pm to 2.30pm	 \$3*	 <b>Pooraka Farm Community Centre</b>	 8406 8488
<b>Wood Burning</b>	 Thu & Sat - 10am to 12 noon or Thu - 1pm to 3pm	 \$4*	 <b>Jack Young Centre</b>	 8406 8525
<b>Wood Burning</b>	 Tue - 10am to 12 noon	 \$3*	 <b>Para Hills Centre</b>	 8406 8544
<b>Yoga All Levels</b>	 Wed - 6.30pm to 7.45pm	 \$9	 <b>Pooraka Farm Community Centre</b>	 8406 8488
<b>Zumba - Para Hills</b>	 Tue - 10am to 11am	 \$7	 <b>Para Hills Centre</b>	 8406 8544



# OTHER WELLBEING ACTIVITIES OF INTEREST

## HEART FOUNDATION WALKING GROUPS

<b>Mawson Lakes</b>	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
<b>Para Hills</b>	 Tue - 9am	 FREE	 Para Hills Centre Wilkinson Road, Para Hills	 8263 7333
<b>Parafield Gardens</b>	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
<b>Salisbury</b>	 Fri - 9am	 FREE	 Jack Young Centre 1 Orange Avenue, Salisbury	 8406 8525
<b>Salisbury Downs</b>	 Tue - 9.15am	 FREE	 Entrance near Reject Shop Hollywood Blvd, Salisbury Downs	 8406 8251
<b>Salisbury North</b>	 Thu - 9.30am	 FREE	 Bagster Road Community Centre Bagster Road, Salisbury North	 8250 4167
<b>Salisbury North</b>	 Sat - 9am	 FREE	 Happy Home Reserve Carpark Corner Waterloo Corner Road & Davis Street, Salisbury North	 8258 5993

## SOCIAL RIDES PROGRAM

Connect with the award winning Cycle Salisbury initiative and join other cyclists on a 'low level' (short distance and low difficulty) social ride along the picturesque Little Para River and Dry Creek trails or on local roads.

Different days and times every month. Call **8406 8251** or email [jbinder@salisbury.sa.gov.au](mailto:jbinder@salisbury.sa.gov.au) to register to receive monthly ride listings or go to [www.salisbury.sa.gov.au/cyclesalisbury](http://www.salisbury.sa.gov.au/cyclesalisbury)

## PARALOWIE GARDENING PROGRAM

Paralowie Garden runs a wide range of workshops, courses and group activities during the year. Our key projects for 2018 include extending the orchard with heritage fruit, planting different culinary themed garden beds and a focus on garden to plate. For further information visit [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening) or contact **8406 8225**.

## 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 dates and locations are available. For more information, please contact Jim at the Jack Young Centre on **8406 8251** or COTA SA on **8232 0422** or visit [www.cotasa.org.au](http://www.cotasa.org.au)

## CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Bhutanese, Bosnian, Greek, Italian, Polish, South East Asian (e.g. Filipino), Spanish and Vietnamese. There is also a new intercultural group. These programs assist people to maintain their social participation, reduce social isolation and receive information in their own language. For more details contact **8406 8525** or go to [www.salisbury.sa.gov.au/cultural](http://www.salisbury.sa.gov.au/cultural)

*Disclaimer: Please note that special events and wellbeing activity 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.*

# 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, short term and seasonal/spring 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 safe's, and hand held showers.

## Housing Support Program

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

## Gardening Program

- Various gardening workshops.

## Inclusion Project

- Inclusion of people with disability in Council's services, programs, planning and decision-making.
- Appropriate access to the city's footpaths, parks, buildings, events and information.
- Disability and Access Inclusion Network (DAIN).

## Activities for People with Disability

- Social, recreation and leisure programs.
- Woodwork/metal work at The Shed.

## Health and Wellbeing

- Activities and information supporting seven dimensions of wellness: physical, social, emotional, intellectual, vocational, environmental and spiritual.

## Information and Conversations

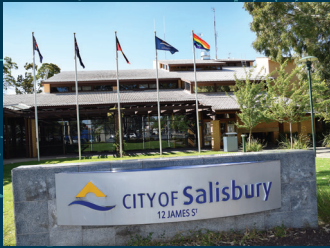
- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics.

## Volunteer Opportunities

To volunteer with Council, please visit [www.salisbury.sa.gov.au/volunteering](http://www.salisbury.sa.gov.au/volunteering) or contact Sue on **8406 8276**.

\*Eligibility criteria applies. For more information contact **8406 8225** or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

# SERVICE CONTACT DETAILS



## CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

📍 **12 James Street, Salisbury SA 5108 (PO Box 8)**  
📅 Monday to Friday: 8.30am to 5pm  
☎ 08 8406 8222 Fax: 08 8281 5466  
📞 TTY: 08 8406 8596 (For people with hearing impairment)  
✉ city@salisbury.sa.gov.au 🌐 [www.salisbury.sa.gov.au/seniors](http://www.salisbury.sa.gov.au/seniors)



## HOME ASSIST

📍 **12 James Street, Salisbury SA 5108**  
📅 Monday to Friday: 8.30am to 5pm  
☎ 08 8406 8225 Fax: 08 8406 8474  
✉ has@salisbury.sa.gov.au 🌐 [www.salisbury.sa.gov.au/has](http://www.salisbury.sa.gov.au/has)



## JACK YOUNG CENTRE (JYC)

📍 **1 Orange Avenue, Salisbury SA 5108**  
📅 Monday to Friday: 8.30am to 5pm, Saturday 8.30am to 12.30pm  
☎ 08 8406 8525  
🌐 [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)



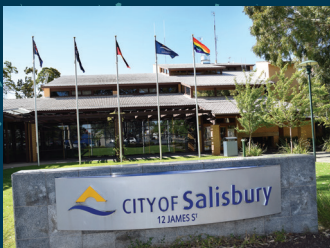
## PARA HILLS CENTRE (PHC)

📍 **Library Complex, Wilkinson Road, Para Hills SA 5108**  
📅 Monday and Friday: 9am to 2pm, Tuesday and Thursday: 9am to 3pm  
☎ 08 8406 8544  
🌐 [www.salisbury.sa.gov.au/phc](http://www.salisbury.sa.gov.au/phc)



## PINE LAKES CENTRE

📍 **16 Homestead Place, Parafield Gardens SA 5107**  
📅 Monday to Friday: 8.30am to 4pm  
☎ 08 8406 8525  
🌐 [www.salisbury.sa.gov.au/plc](http://www.salisbury.sa.gov.au/plc)



## VOLUNTEER SERVICES

📍 **12 James Street, Salisbury SA 5108 (PO Box 8)**  
📅 Monday to Friday: 8.30am to 5pm  
☎ 08 8406 8276  
🌐 [www.salisbury.sa.gov.au/volunteering](http://www.salisbury.sa.gov.au/volunteering)