

SALISBURY

Seniors



ISSUE 13: FEBRUARY TO MAY 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

Please send your feedback on this magazine to Arlene at has@salisbury.sa.gov.au or phone **8406 8591**.

Cover: Olivia Carpenter and Marlene Staude at lifting weights at Tick Fitness

MAYOR'S MESSAGE

Welcome to the new year! I hope you had an enjoyable festive season.

The information in this edition focuses on sharing positive stories about health and wellbeing as well as hints and tips to stay well and independent.



I've been inspired by the images in this magazine - from the cover shot of Marlene clearly focused on leading an active lifestyle to Mervyn sitting at his kitchen table with his brother discussing the importance of family conversations about heart health (page 13).

This year there will be three editions of the Salisbury Seniors magazine full of interesting information, events and local activities you can participate in. Look out for the information about Salisbury Secret Garden which is coming up 23 February to 4 March. I would love for you to join the activities so please keep an eye out for the program.

Did you know this magazine is available electronically. If you would like a copy please email has@salisbury.sa.gov.au or phone 8406 8225.

Yours sincerely,
Gillian Aldridge JP
Mayor of Salisbury

WELLNESS PHILOSOPHY WHAT'S IT ALL ABOUT?

Wellness is a term you will begin to hear more about during a home care assessment and from agencies providing home and community based services.

An accepted definition of the wellness philosophy is, 'even with frailty, chronic illness or disability, people generally have the desire and capacity to improve their physical, social and emotional wellbeing and to live independently'*

Wellness is an approach that involves assessment, planning and delivery of supports that build on the strengths, capacity and goals of individuals; encourage actions that promote a level of independence in daily tasks; support a sense of purpose and connectedness, as well as reducing risks to living safely.

Agencies work with individuals (their carers and representatives) to identify what they are able to do for themselves and what support they have or may need for the tasks they find difficult. Workers will explore what gives people a sense of purpose, meaning and social connection.

This way of working avoids 'doing for' when a 'doing with' approach can assist individuals to undertake a task or activity themselves or with less assistance.

Why is wellness important?

There is a strong link between participating in everyday activities such as cleaning, shopping, cooking and gardening, and being part of a social or community group to maintaining a sense of individual wellbeing.

A person's ability to do ordinary everyday activities can impact directly on their overall quality of life. Being engaged and connected with people also contributes positively to wellbeing.

Does the Salisbury Council know about wellness philosophy? Yes. Staff working in Salisbury's seniors centres and Home Assist strive to work in a way that supports people's goals, builds on their strengths and promotes independence. For more information visit: www.salisbury.sa.gov.au/seniors

*Source: Commonwealth Home Support Programme (CHSP) Good Practice Guide available at: www.agedcare.health.gov.au

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 or speak with our Home Assist or senior centre staff for more information on My Aged Care and what it could mean for you.

OLDER PERSONS MENTAL HEALTH FORUM

A local forum that highlighted the needs of older people experiencing mental illness.

Held in late 2017, the forum raised many important issues including;

- the prevention of mental health conditions,
- the future model of care for older South Australians experiencing enduring mental illness,
- the importance of exercise in managing mental illness,
- the role of consumers, carers, government, academics and health professionals in supporting people with mental illness; and
- advocacy for older people who may be experiencing exploitation or abuse.

The forum gave key messages to organisations and governments that offer support for older people with mental illness. This included their role in promoting resilience and recovery; raising the positives of older people and championing their voice; promoting excellence in service provision; partnering with others as well as the importance of connecting with the consumer to understand their individuality.

The key message for older people experiencing mental illness is to be active. It was noted that nearly half of the people aged over 60 are inactive with some older people believing that physical activity is unnecessary and potentially harmful.

Statistics reveal exercise reduces negative emotions, increases positive emotions, leads to greater self-confidence, greater self-esteem and improved cognitive function. Other benefits include improved reaction times and movement, improved strength and reduced tiredness,

better regulated temperature control, loosened joints, reduced breathlessness, improved blood circulation and blood pressure. Along with exercise it was also important for older people to stay connected with others, healthy and in control (of finances, decision making etc).

One man making the most of being active and in control is Anthony Mancinelli. At age 105 he is the world's oldest barber with a key message to do what you love and do it well. To see him at work visit <https://youtu.be/6t9-SGigtEU>

Fast Facts

- 15% of people over 60 suffer from mental illness.
- Every older person needs to 'do something' as it is better for them than 'doing nothing'.
- Older people need to do five types of exercise: balance, strength, resistance, aerobics and flexibility.

Numbers to call for help, support and advice

- **000** Life-threatening emergencies
- **13 14 44** for Police attendance
- **13 14 65** Mental Health Emergency SA metropolitan and country
- **13 11 14** Lifeline
- **1300 224 636** Beyondblue
- **8232 5377** Aged Rights Advocacy Service

A LOCAL VOICE

Being active through regular exercise, volunteering, learning and socialising is Marlene's way to a healthy and happy life.

Marlene Staude, 75, is a local resident with two sons and four grandchildren. Wanting to live an active life, Marlene joined an over 50's club, a friendship group and became a committee member at UNESCO - an education-focused organisation. After retiring from nursing at age 72, Marlene began volunteering at a hospital in her free time.

It was while working as a nurse that Marlene became well aware of the need to maintain health and wellbeing as you age, so on recommendation from a friend she joined a local gym to improve her strength and have more energy. Since retiring, Marlene is now a regular gym visitor attending five days a week to focus on her goals - stretching, balance and maintaining strong bones. Marlene lifts weights (pictured on cover with trainer's daughter), attends fit ball and pilates classes and now benefits from increased muscle strength.

Marlene has found the gym a welcoming place with support from physiotherapist Emma, personal trainer Trevor and her new gym friends. Marlene is happy with the gym saying, "It's a welcoming place. It has no mirrors, no judgment, no beautiful bodies, it's not daunting to walk in and has minimal lycra".

After working out, Marlene and her gym friends visit a local coffee shop and talk about fitness, wellness tips and courses to keep their brain active. Marlene explains, "continually learning is great for brain health". In fact, Marlene has come up with a new way to keep her brain and body healthy in 2018 - she has taken up the challenge of writing a new activity for every single letter of the alphabet, for example, B for Bowling or Y for Yoyo and crossing that activity off the list when she has done it.

For Marlene, being fit means increased strength, mobility, balance and good mental health. Her tips to everyone are "just do it, try to eliminate the word 'can't' and try to do one different thing every day - walk around the block, talk to a neighbour over the fence, go for a drive or catch public transport - just be active".



**"THERE IS NO ACTIVITY THAT CANNOT BE MODIFIED
FOR ANY AGE, ABILITIES OR LIFESTYLE"
TREVOR CARPENTER - TRAINER**

IMPROVE YOUR BALANCE

Having good lower body strength and balance can help prevent falls - so why not include some easy exercises into your everyday activities to stay stronger and avoid injury?

One exercise you can do in the comfort of your home involves a sturdy chair. Just hold onto the back of the chair for support then slowly raise one foot slightly off the ground and hold for up to 10 seconds. Then place your foot back on the floor. Repeat this 10 to 15 times then repeat 10 to 15 times with the other leg. If you would like to push yourself try holding onto the chair with only one hand, then with time, hold on with one finger and then with no hands at all. If you are really steady on your feet try doing it with your eyes closed. Challenge yourself as you progress. If you are unsure about exercising, have a chat with your doctor first.

Other tips to prevent falls include:

- Having your eyes and hearing tested regularly
- Knowing the side effects of the medicine you take and if a drug makes you sleepy or dizzy, tell your doctor
- Limit the alcohol you drink - it can affect balance and reflexes
- Stand up slowly after lying down or sitting as getting up too quickly can cause your blood pressure to drop and make you feel faint and wobbly
- Wear rubber-soled, low heeled shoes - wearing smooth-soled shoes or only socks on stairs or hard surface floors can be slippery

For good health and ongoing independence it is important to stay strong. So when at home, waiting at the bus stop, or in a queue at the shops challenge yourself with a balance exercise. More available at: www.go4life.nia.nih.gov/exercises

CONVERSATIONS WITH SENIORS

Thanks to everyone who joined a COTA SA Conversation in 2017. They have been so popular that we look forward to offering them again in 2018.

COTA SA 'Conversations with Northern Seniors' commenced in 2014. These conversations offer local seniors the opportunity to raise important topics directly with COTA SA. The information gathered informs COTA SA's future policy and planning. Hosted by the Northern Collaborative Project and City of Salisbury, information collected also supports a greater understanding of the issues impacting older community members.

During 2017, five conversations were held including strategies for keeping well, using assistive technologies and maintaining good brain health. Participants found the conversations very engaging and thought provoking. Feedback has been positive with the majority of people reporting that they will change an aspect of their behaviour based on what they've learnt from these discussions.

See the special events listings for conversation dates on page 20 to 23.

Join our mailing list for information and future topics by emailing cdadmin@salisbury.sa.gov.au or phone **8406 8368**.

IGNITE YOUR PASSION

Did you know that volunteering can help you connect with your passion?

At the regional Ignite Your Passion: Volunteer forum held during Active Ageing Week in September 2017, more than 50 people learnt how volunteering can help people fulfill their passion.

So let's think about passion... We know it's a strong emotion, can be compelling and serve as motivation.

So how can volunteering make you feel this way?

Guest speaker Peter Heyworth from Northern Volunteering SA Inc explained that there are different types of passion. "If you are passionate about relationships, volunteering is a great way to meet new people and develop friendships with like-minded people," Peter said. "If you are compelled to change the world, volunteering is a great way to make an impact locally or internationally and make a big difference to someone's life. If you have a desire to fight for something that you believe in, volunteer for a

cause, or if you are keen to improve your health, volunteer - as research has proven that doing good for others enhances your own wellbeing and resilience'.

So now it's your turn. What are you passionate about and what volunteer role would you like to do to pursue your passion?



*"A BIG THANKS
TO ALL OUR VOLUNTEERS
DURING NATIONAL
VOLUNTEER WEEK
IN MAY 21-27"*

UNIVERSAL DESIGN AND ACCESS

Community members have asked Council to train our employees on how to identify, notice and fix access obstacles on footpaths and in parks.

The City of Salisbury is the first Council in South Australia to fund Universal Design and Access training. In October 2017 more than 60 employees learnt how seniors and other citizens are restricted by rough footpaths, steep kerb ramps, low overhanging trees and obstacles in council buildings. This included employees who lead Council's outdoor workers.

A staff member who is responsible for managing new and improved Council buildings, streets and parks said "the course demonstrated with a little thought up front in design and onsite construction, we could provide better accessibility for all, with minimal costs, as opposed to retro fitting something once an issue became apparent".

PERSONAL SAFETY TIPS

Want to be active in the community, but feel unsafe at times? SA Police give the following tips on how to stay safe while out and about.



While on the move:

- Be alert, walk confidently and keep in well-lit and populated areas
- Walk against the flow of traffic and if possible walk with another person and carry a personal safety alarm or mobile phone
- Let someone know where you are going and the time you will arrive or return
- If you feel unsafe, head for a well-populated area
- Be wary if someone in a car stops and asks you for directions. Keep a safe distance from the car
- Be aware of your increased vulnerability when wearing personal headphones



Looking after personal property:

- Don't carry large amounts of money and never display how much money you have in your wallet or purse
- Keep your bag, wallet and mobile phone where you can see them at all times and don't leave them unattended. When shopping use the child safety harness to help secure your handbag to the trolley
- Carry your bag securely on the side furthest from the road. Never let the strap hang loosely
- Shoulder strapped bags should be worn across your body. If someone attempts to grab your bag, it is best to let go to avoid injury
- Secure your bag in your car before loading or unloading your shopping.

For more personal safety information visit:

www.police.sa.gov.au



BRAIN HEALTH



Learning a new skill, language, musical instrument or just challenging yourself with puzzles and games can help your brain to stay healthy.

As we age our brain can lose some of its 'elasticity' or flexibility which means it can be harder to form new connections between brain cells, making it more difficult for us to learn new things, stay focussed on tasks or retain new information. Fortunately there are some things you can do to keep your brain healthy and they are fun!

Below is an anagram puzzle. Anagrams are words that have the same letters but are arranged in a different order. For example, act is an anagram of cat. To exercise your brain, why not try the puzzle below and if you like the challenge why not visit a Brain Gym group and enjoy the puzzles with new friends? For venues, dates and times see page 24.

Now, give the puzzle a go and don't peek at the answers on page 13 until you've done your best. We've done the first one for you 😊

	Something you see on a happy face.	A gooey, gross substance.
	<i>Smile</i>	<i>Slime</i>
1	A boy or a man.	Something you eat.
2	A body of water.	Where water drips from the ceiling.
3	Trees with cones.	Another word for backbone.
4	Something extra.	A long sharp weapon.
5	Something you get for doing good.	Illustrate something again.
6	Far away.	A rock from space.
7	A place with little rain.	Took a break.
8	Another word for story.	The opposite of early.
9	Minutes and hours.	A thin on a list.

COMMUNITY HUBS

Salisbury City Centre Community Hub - A place for all to enjoy.

New entertainment spaces, state-of-the-art information and library resources and a new cultural centre are just some of the exciting elements of the upcoming Salisbury City Centre Community Hub.



In December 2017, Council voted to go ahead with the \$43 million Community Hub as part of the ongoing revitalisation of Salisbury City Centre. In late 2017, the City of Salisbury released detailed designs and artist impressions of the Community Hub that will be located on John Street between Civic Square and Parabanks Shopping Centre.

The four-storey building will feature a café, community terrace and a flexible gallery space to host events as well as an outdoor screen to showcase performances and sporting events. The Community Hub will also feature new Council chambers and office space for administration.

Pre-works including site preparation will continue throughout the first half of 2018 with final building works set to conclude by the end of 2019.

Para Hills Community Hub

Extension works at the Para Hills Library and Positive Ageing Centre began in late 2017 and are on schedule to be completed mid-2018.

The extension will provide the Centre with a much needed upgrade, as well as improving the facility to include multi-function meeting rooms, new kitchen facilities and outdoor seating.

The Paddocks Centre will eventually move into the Centre, but for now it's business as usual for the senior centre, library and community centre.



SUN PROTECTION SAVES LIVES

Did you know two in three Australians will be diagnosed with skin cancer before the age of 70? This largely preventable disease claims more than 2,000 Aussie lives every year - fortunately technology is now here to help keep ourselves safe.

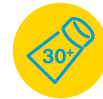
Download the free SunSmart app to your mobile phone and you can monitor the ultraviolet (UV) radiation level - any more than level 3 and above and it is strong enough to damage unprotected skin. Don't get caught out! You cannot see or feel UV radiation, so you shouldn't rely on the intensity of sunshine or the heat you feel on your skin to guide sun protection. The only way to know if UV is level 3 or above is to check the daily sun protection times. If you don't have a mobile phone, just check the weather page of The Advertiser.

But what do you do when you need to go outside and the UV level is 3 and above? Remember the

Slip, Slop, Slap campaign? Well, a couple more S's have been added....



SLIP on sun protective clothing that covers as much skin as possible, but is also loose fitting and breathable,



SLOP on SPF 30, or higher, broad spectrum, water-resistant sunscreen and reapply every 2 hours,



SLAP on a shady hat that protects the face, head, neck and ears such as a broad brimmed, bucket or legionnaire hat,



SEEK shade wherever possible; and



SLIDE on wraparound sunglasses.

Look after your skin and check the UV level regularly. If you are concerned about any spot on your skin visit your GP immediately.

If you would like more information about being sun smart visit www.myuv.com.au or call Cancer Council on **13 11 20**.

HOUSING SUPPORT

Jack knew he had to do something to improve his housing situation after reading a newspaper article that highlighted the housing crisis affecting elderly South Australians.

Jack was living in a single room in shared accommodation. The landlord had sold the property and he needed to move quickly. Jack contacted the City of Salisbury's Housing Officer who helps older people experiencing housing stress to find secure accommodation.

The officer helped Jack to apply for public housing and attended the appointment with him. Jack was assessed and prioritised for accommodation and within five weeks he had a unit of his own.

Jack said, "I now don't have to wait to use the bathroom and I have a permanent home, contacting Salisbury Council was the best thing I ever did".

For more information about the Housing Program at the City of Salisbury phone **8406 8227** or visit: www.salisbury.sa.gov.au/housing

AWARDS AND RECOGNITION

Celebrating three people's passion, talent and work that makes a difference.

Walking SA – 2017 Local Government Award (Organisation)

Congratulations to Jim Binder, Coordinator - Wellbeing Programs, and Craig Johansen, Team Leader - Landscape Design. Both were recognised by Walking SA for their work supporting community wellbeing initiatives such as the Salisbury Heart Foundation Walking Group and the development of walking infrastructure such as the City-Wide Trails Network.



For information on the award visit:

www.walking.sa.gov.au/awards/winner/city-of-salisbury

City of Salisbury Legends Awards - Employee Recognition Award

Congratulations to Mary Ceravolo, Cultural and Linguistically Diverse Program Coordinator, who was recognised by the City of Salisbury as an outstanding employee. Mary was awarded the Mrs Baynes and Mrs Roberts Outstanding Contribution Award for her inspiring contributions that have benefited the local community through her work, participation and play.

For information on Legends Awards recipients visit:

www.salisbury.sa.gov.au/LegendsAwards



SUMMER GARDENING TIPS

Is your garden looking lovely, but with the heat of summer approaching you're getting worried? Below are tips to help reduce plant (and your) stress so you can enjoy your garden over summer.

It's time to apply a thin (1cm) layer of mulch when night time temperatures reach 15°C. Later in summer it's important to increase the mulch up to 2cm thick. Ensure the soil is moist before mulching and water it after applying. The mulch will break down and feed the soil over time.

It goes without saying, water your plants - however, it's best to water only when they need it. To check if a plant needs watering, place your index finger into the soil to the second knuckle and if it's moist then no water is needed. Train your plants for less frequent watering by giving them a thorough soaking once a week. This encourages roots to grow deeply to seek water, which forms stronger plants that are able to withstand wind and heat stress. In a heatwave give an extra water if the soil is dry.

For more summer gardening tips and workshops visit www.salisbury.sa.gov.au/gardening or pick up information from senior centres, Home Assist, Paralowie Garden or phone **8406 8225**.

MERVYN'S TABLE

Invite the family and friends over, grab a cuppa and start a conversation - you may just save a life.

Mervyn and Thelma Ey lived a happy life together until 29 June 1986 when Thelma had a heart attack and passed away at home. The tragic death of a much loved wife and mother was sudden and unexpected. Mervyn began to fear that their children, grandchildren or great-grandchildren may have underlying heart health issues. He decided to open his home every Friday night to family and friends and sit around the kitchen table and talk. There was much reminiscing about family life and events along with sharing the message of the importance of good heart health.



His story was passed along the grapevine and people were moved by his strategy to inform his family and friends. Soon the Heart Foundation learnt of his campaign and thought it was a great idea that should be shared with everyone. As part of a Heart Foundation Exhibition, Salisbury Heart Foundation walk organisers had a photo taken around Mervyn's kitchen table to highlight that we should all be having health conversations with the people we love. See photo above, the complete photo is on display in the Jack Young Centre dining room.

The Salisbury Heart Foundation Walking Group members know that being active on a regular basis is an important part of a healthy lifestyle as regular physical activity can reduce the risk of heart disease and stroke. If you or someone you know needs to improve their heart health, take a leaf out of Mervyn's book - discuss it around the table and consider joining a Heart Foundation Walking Group.

For details please call Jim on **8406 8251** or visit: www.salisbury.sa.gov.au/livingwell

For heart health information call the Heart Foundation Helpline on **13 11 12**.

BRAIN HEALTH ANSWERS



Answers:

1. male/meal
2. lake/leak
3. pines/spine

4. spare/spear
5. reward/redraw
6. remote/meteor

7. desert/rested
8. tale/late
9. time/item

SALISBURY SNAPSHOTS

Out and about with our local
community.



Salisbury Senior Citizens Club
celebrating it's 52nd Birthday



Disability Access and Inclusion Network (DAIN)
conference at John Harvey Gallery



Intercultural Flower Exhibition
at Pine Lakes Centre



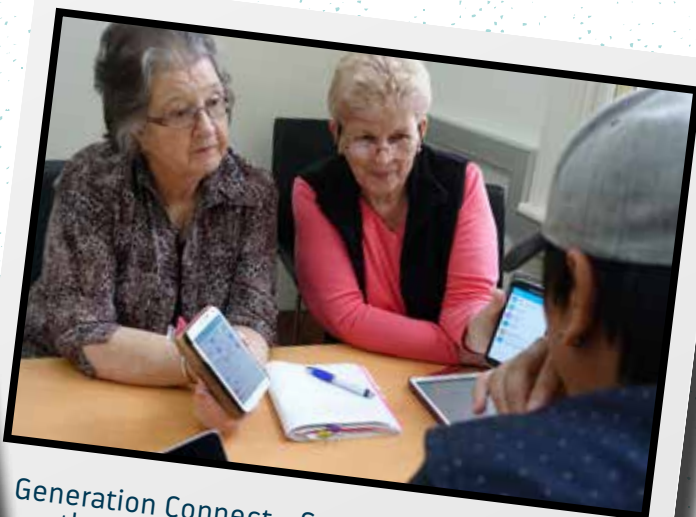
Bosnian Seniors Group with staff
at the Aged to Perfection Photo Exhibition



Celebrating Melbourne Cup at JYC



Celebrating Melbourne Cup at Para Hills Centre



Generation Connect - Seniors receive help with their smartphones at Pine Lakes Centre



Council Staff and Volunteers at Salisbury Christmas Parade



Christmas Lunch at Jack Young Centre



Christmas Lunch at Para Hills Centre



Intercultural Strategic Plan Launch

JACK YOUNG CENTRE NEWS

More than 1,400 members enjoyed a delicious nutritious meal or joined in one of the 60+ activities at the Jack Young Centre (JYC) in 2017.

JYC is a vibrant, inclusive and diverse senior centre that is well-known for its great meals, social atmosphere and friendly staff and volunteers. If you have not been to JYC, why not visit in 2018? Join an activity or event, meet new people or chat to our amazing volunteers. To find out more call 8406 8525.

Introducing Roger Mills (far right), Hospitality Volunteer



Roger joined us in early 2017 and has quickly become another of our highly-valued hospitality volunteers. With Jack's Café preparing around 500 dine-in or takeaway meals a week, Roger enjoys the challenge working primarily in the busy kitchen scullery. He explains that volunteering has, "increased my sense of self-worth, gave me the opportunity to meet new people and made me feel part of a community - less alienated". He speaks highly about volunteering at JYC saying, "staff and community members always have a laugh, it's very satisfying and I would certainly recommend it to others".

A survey of Jack's Cafe meals in 2017 confirmed that 93% of our regular customers would recommend Jack's Café and 92% stated the quality of the food was 'excellent'. Participants in our group activities cite a range of health and social benefits including learning new skills, meeting interesting people, participating in 'something I love' and being physically active.

So join us at JYC in 2018 – we'd love to welcome you to our JYC community!

A VOICE IN COMMUNITY AGED CARE



How you can use an advocate

If you currently use or are eligible for community aged care services and you need support, consider contacting Aged Rights Advocacy Service (ARAS).

ARAS can help you get started with aged care services, establish and review your services and raise issues of concern. They can support you to maintain control of your care services, support you to speak up and uphold your rights. Talk with ARAS on **8232 5377** for advice, information and support.

A WORD FROM JACK'S CAFE

Jack's Café offers a range of healthy food options. Nutrition for a healthy brain is important and research is learning more about this area. The following information is from the Dementia Australia and Heart Foundation websites.

Eating for a Healthy Brain

Often you will hear the saying *'What's Good for the Brain is Good for the Heart'*.

This applies to food choices we make on a daily basis.

Recent evidence suggests that a healthy, balanced diet may help in maintaining brain health and functionality, but more research is needed to understand if there are specific foods that may be able to reduce the risk of dementia.

Several studies have found that a high intake of saturated fats, such as those found in meat, deep fried foods and takeaway food and trans fats often found in pies, pastries, cakes, biscuits and buns are associated with an increased risk of dementia.

An eating plan that includes a higher intake of polyunsaturated and monounsaturated fats or 'good fats', such as those found in fish and olive oil, is associated with a reduced risk of dementia. Foods that are high in antioxidants such as tomatoes, pinto and kidney beans, pecan nuts, cranberries, blueberries and oranges also seem to be good for brain health.

The omega 3 fatty acids, such as those contained in oily fish and walnuts, may reduce inflammation in the brain and promote the growth of new brain cells. Some studies have shown an association between higher fish consumption and lower dementia risk.

Source: Dementia Australia website (formerly Alzheimer's Australia website)

Chicken and Potato Herb Salad

Ingredients (for two):

- 600g skinless chicken breast fillets, trimmed of all visible fat
- 500g small potatoes
- Juice of 1 lemon
- 2 teaspoons Dijon mustard
- 2 tablespoons chopped fresh dill
- 1 tablespoon olive oil
- 2 cups green beans, blanched
- 2 celery stalks, finely sliced
- Black pepper, to taste

Method

1. Place chicken in a deep frying pan, add water to cover. Bring slowly to the boil. Cover, reduce heat to low and cook for 5-6 min.
2. Remove from the heat and turn over the chicken. Stand, covered, for 10 min. Remove from the liquid and cut into thin slices.
3. Meanwhile, cook potatoes in a pan of unsalted water until tender and drain well. Allow to cool slightly before cutting in half.
4. Whisk lemon juice, mustard, dill and olive oil in a large bowl. Add the chicken, beans, celery and potatoes. Season with black pepper and toss gently to combine.

Source: www.heartfoundation.org.au/recipes

PARA HILLS CENTRE NEWS

2018 is here and the centre is ready for an exciting year ahead.

New groups are starting including a wood-burning group and a women's social group. If you think you would like to get involved in a new group or an existing activity, contact the Para Hills Centre on **8406 8544**.

Events planned for 2018 include the popular International Women's Day Luncheon, a Wild West dance afternoon, a 'Girls Night In' and of course an annual Melbourne Cup luncheon. Below are some photos of community members enjoying some 2017 events.

Keep your eyes and ears open to ensure you don't miss out because the Para Hills Senior Centre is going to be 'rocking' in 2018! You are welcome to call in and see us on any week day except Wednesday. We'd love to meet you and welcome you to the centre.



FEEDBACK IS GOLD

Results are in from the recent survey completed by senior centre participants.

In October 2017, participants from the Jack Young, Para Hills and Pine Lakes centres completed satisfaction surveys providing important information on their experiences with the activities at the centres. More than 350 surveys were received from participants across 40 activity groups providing valuable feedback that staff and group leaders will use to improve future activities.

- Below is some of the feedback we received:
- 97% of activity group participants said that they would recommend their activity to a friend or family member

- Participants experienced a range of benefits including the opportunity to socialise and meet others, learn new skills, have fun sharing the enjoyment of an activity and participate in exercise and physical fitness
- Some suggestions for improvement were greater promotion of activities to increase participation, a different mix of activities within some groups, alternative chairs/seats for specific activities, and ensuring the continuity of staff at Para Hills

The Social Participation and Diversity Team thank everyone who provided feedback. All feedback is gold and assists staff to continually provide high quality services.

For a full summary of feedback visit:
www.salisbury.sa.gov.au/seniors

PINE LAKES CENTRE NEWS

We are delighted to share a new intercultural program that will delight!

Visiting the Pine Lakes Centre on a Monday is a true cultural experience. You will meet people from all around the world with participants from Egypt, Arabic speaking countries, Russia, Russian-Chinese, Italian, Indian, Nepalese, Bhutanese, Burma and Bosnia. All are welcome.

The program offers Sanskrit (a classical language) class, bingo, card games, cooking activities, lunch preparation, art and craft activities, individual support, coffee and chat time, walking, picnic in the garden, dancing, sharing, learning and so much more.

The Monday program is full of enthusiastic participants and our wonderful volunteers. Come along and enjoy the great company. A highlight of the day is when we share different cultural meals

and our tables are rich with fragrance, colour and hot chilli!

Be prepared for an enjoyable cultural experience.



INTERCULTURAL STRATEGY LAUNCHED



The City of Salisbury is proud to be presenting our Intercultural Strategic Plan that will guide Council's work over the next 10 years to create and foster a cohesive and inclusive Salisbury.

The Intercultural Strategic Plan provides direction to enable the City of Salisbury to become a welcoming, cohesive intercultural community in which all people can thrive and flourish.

The City of Salisbury plays a significant role in enhancing the experiences of the diverse Salisbury community by delivering programs and services, advocating for the delivery of initiatives within the region, identifying and developing key partnerships, providing a welcome and supportive environment for new arrivals to settle into the community, and by recognising and celebrating our cultural diversity.

To read the full strategy visit www.salisbury.sa.gov.au/intercultural or ask for a copy from a Council office.



@discoversalisbury



discoversalisbury.com.au/ssg

SALISBURY CIVIC SQUARE FREE ENTRY EVENTS

FRI 2 MAR 4.30PM TO LATE | SHOWCASE

A fun filled evening with so much for the whole family. Singer / songwriter MANE is headlining the night. Join us for live music and performances celebrating the diverse program of Salisbury Secret Garden 2018. A free evening of fun, entertainment, market stalls and great food.

SAT 3 MAR 4.30PM TO LATE SOUNDS IN THE SQUARE

Jebediah headlining Sounds in the Square along with live bands Neon Tetra, Hen, Something to Rescue and The New Yorks. A fun family friendly event with market stalls, food and a range of activities.

SUN 4 MAR 12NOON TO 4PM FAMILY FUN DAY

Discover the fun and excitement of Salisbury Secret Garden with free and affordable activities and performances for the whole family. Explore the Square to uncover the secrets and hidden gems. Be entertained by children's performers, magicians and acrobats.

FRINGE PERFORMANCES VARIOUS LOCATIONS & COSTS

SAT 24 FEB 2PM | GYPSY FIRE ELECTRIC

Captivating show featuring Czech violinist Romana Geermans & 10 string and Spanish / electric guitarist Matthew Fagan (aka Lord of the Strings!).

Pooraka Farm Community Centre

Tickets: discoversalisbury.com.au/gypsyfire

Cost: \$15 to \$33

SAT 24 FEB 7.30PM | THE 60 FOUR

Adelaide's First-class Tribute to the 60's.

Salisbury Institute

Tickets: discoversalisbury.com.au/60four

Cost: \$30 to \$35

SUN 25 FEB 2PM | SALISBURY POETRY SLAM

Come along and compete or enjoy the spoken word slammers. **The Mawson Centre**

Bookings essential T: 8302 5449 FREE

SUN 25 FEB 4PM | SONGAMBELE INTERNATIONAL GOSPEL BAND

Be entertained by an exciting blend of Gospel music and dance. **Morella Community Centre**

Tickets T: 8406 8484 Cost: \$8 to \$25

WED 28 FEB 2.30PM | DEFYING GRAVITY (POETRY READING & SONG)

An uplifting afternoon of humour and levity through words and music. **Len Beadell Library**

Bookings essential. FREE. Tickets:

discoversalisbury.com.au/defying-gravity

THU 1 MAR 6.30PM | ASHLAND FALLS

Salisbury Youth Performing Arts Group perform 'Ashland Falls' by Steven Stack. **Salisbury Institute**

Tickets: discoversalisbury.com.au/ashlandfalls

Cost: \$12 to \$15

FRI 2 MAR 7.30PM | ABORIGINAL GIGOLO

Be entertained by Aboriginal comedian Joshua Warrior, who will have you in cramps with his one-liners. **Morella Community Centre**

Tickets: discoversalisbury.com.au/gigolo

Cost: \$10 to \$20

SAT 3 MAR 10.30AM | NINJA MANGA

Family-friendly adventure with the mysterious Manga Master transforming his silly stories into Manga artwork... LIVE! **The Mawson Centre**

Bookings essential. FREE

Tickets: discoversalisbury.com.au/ninjamanga

SAT 3 MAR 7PM | OFF THE SHELF

Vintage Theatre Co-op's 'Don't Act Your Age' Salisbury workshops will entertain with their original production. **Jack Young Centre**

Tickets T: 8406 8525 Cost: \$10

SUN 4 MAR 2PM | ALL ABOUT THE LEGENDS THE GOLDEN ERA OF ROCK N ROLL

Celebrate the 50s and 60s.

Salisbury Bowling Club. Tickets:

discoversalisbury.com.au/about-the-legends

Cost: \$12 to \$15



Discover
Salisbury



Salisbury
City Centre

Parafield
Airport



musicSA

SPECIAL EVENTS

FEBRUARY TO MAY 2018

FRAGMENTS EXHIBITION

8 FEB
to 9
MAR

- 8 Feb to 9 Mar
- FREE
- John Harvey Gallery
12 James Street, Salisbury
- 8406 8222



The exhibition Fragments which is part of the Salisbury Secret Garden, explores specific themes of Identity through the lens of three different artists.

CONVERSATIONS WITH NORTHERN SENIORS

FEB
13

- Tue 13 Feb
@9.30am to 12.30pm
- FREE
- John Harvey Gallery
12 James Street, Salisbury
- 8406 8368
- www.salisbury.sa.gov.au/cotaconv



Bookings essential via the website.
Topic: Tap into Your Creativity
It's great for your health in so many ways!

CITIZEN SCIENCE FOR OLDER PEOPLE

FEB
13

- Tue 13 Feb
@9.30am to 12.30pm
- FREE
- Committee Rooms
Council Chambers
12 James Street, Salisbury
- 8406 8368
- www.salisbury.sa.gov.au/citzscience

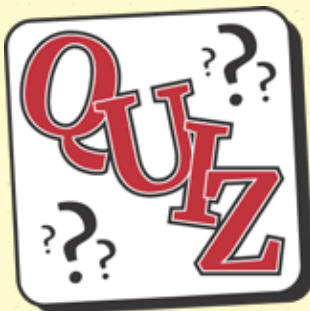


Bookings essential. Come be a "citizen scientists" and work on various research projects with scientist whilst gaining skills, meeting like-minded people, and learning new things along the way.

QUIZ AFTERNOON

FEB
23

- Fri 23 Feb
@1.30pm to 3.30pm
- \$6 includes afternoon tea
- Jack Young Centre
1 Orange Avenue, Salisbury
- 8406 8525



Bookings essential. Come and test your general knowledge.

INTERNATIONAL WOMEN'S DAY BREAKFAST

MAR
8

- Thu 8 Mar
@7.30am to 9.30am
- \$25 includes breakfast
- Parafield Gardens
Community Club,
65 Shepherdson Road,
Parafield Gardens
- 8406 8222
- www.salisbury.sa.gov.au/iwd2018



International
Women's Day

Bookings essential. Mayor of Salisbury, Gillian Aldridge invites you to a breakfast to celebrate International Women's Day 2018.

INTERNATIONAL WOMEN'S DAY LUNCH

MAR
8

- Thu 8 Mar @10am
- \$20 includes 3 course lunch
- Para Hills Centre
Wilkinson Road, Para Hills
- 8406 8544



International
Women's Day

Bookings essential by 1 March. Celebration of women around the globe and how far we have come. Guest speakers, and prizes to be won

SPECIAL EVENTS

FEBRUARY TO MAY 2018

CYBER SENIORS DOCUMENTARY SCREENING

MAR
13

- 📅 Tue 13 Mar @10am to 11.45am
- 💰 FREE includes morning tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525
- ✉️ cdadmin@salisbury.sa.gov.au



Bookings essential. Come and see the Cyber Seniors Documentary - thanks to Go Digi. A humorous and heartwarming look at older people and technology.

HARMONY DAY

MAR
21

- 📅 Wed 21 Mar @10am
- 💰 FREE
- 📍 John Harvey Gallery
12 James Street, Salisbury
- 📞 8406 8368
- ✉️ cdadmin@salisbury.sa.gov.au

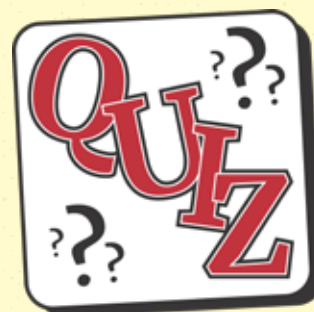


Bookings essential by 19 March. Come celebrate how all our differences make Australia a great place to live!

JYC QUIZ AFTERNOON

MAR
23

- 📅 Fri 23 Mar @1.30pm to 3.30pm
- 💰 \$6 includes afternoon tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525



Bookings essential. Come and test your general knowledge.

UNISA ALLIED HEALTH VAN

MAR
29

- 📅 Thu 29 Mar @10am to 1pm
- 💰 FREE
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525



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

CONVERSATIONS WITH NORTHERN SENIORS

APR
10

- 📅 Tue 10 Apr @9.30am to 12.30pm
- 💰 FREE
- 📍 John Harvey Gallery
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/cotaconv



Bookings essential via the website.
Topic: Living Well in Your Local Community – share your tips for survival on a tight budget.

GENERATION CONNECT PROJECT

APR
13

- 📅 Fri 13 Apr @10am
- 💰 FREE
- 📍 Pine Lakes Centre
16 Homestead Place
Parafield Gardens
- 📞 8406 8313
- 🌐 www.salisbury.sa.gov.au/gcp



Bookings essential by 16 March. Would you like to work with a young person 1-1 and learn about technology?

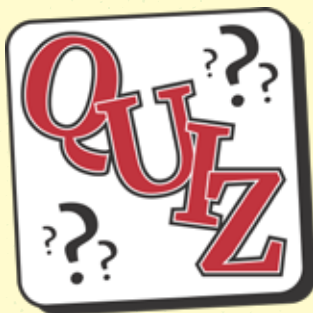
SPECIAL EVENTS

FEBRUARY TO MAY 2018

JYC QUIZ AFTERNOON

APR
27

- 📅 Fri 27 Apr
@1.30pm to 3.30pm
- 💰 \$6 includes afternoon tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- ☎ 8406 8525



Bookings essential. Come and test your general knowledge.

WATERSHED ART PRIZE EXHIBITION

APR
to JUN

- 📅 27 Apr to 1 June
- 💰 FREE
- 📍 John Harvey Gallery,
12 James Street, Salisbury
- ☎ 8406 8222
- 🌐 [www.salisbury.sa.gov.au/
watershedartprize](http://www.salisbury.sa.gov.au/watershedartprize)



See exhibition and award winning artworks showcasing wetlands, biodiversity and/or water sustainability.

HEART WEEK DISPLAY NATIONAL HEART FOUNDATION

MAY
2

- 📅 Wed 2 May @10am to 2pm
- 💰 FREE
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- ☎ 8406 8525



Heart
Foundation

No Bookings required. As part of National Heart Week come and get heart health information. A one hour walk will take place commencing 10.30am (bring your water bottle)

UNISA ALLIED HEALTH VAN

MAY
2

- 📅 Wed 2 May @10am to 1pm
- 💰 FREE
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- ☎ 8406 8525



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

NATIONAL RECONCILIATION WEEK

MAY
to JUN

- 📅 23 May to 3 June
- 💰 Various Costs
- 📍 Various events across
Salisbury and SA
- ☎ 8406 8222



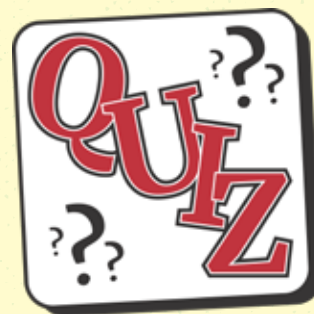
RECONCILIATION
AUSTRALIA

Brochures for the Salisbury Community Reconciliation & NAIDOC 2018 program are planned to be available from mid May 2018.

JYC QUIZ AFTERNOON

MAY
25

- 📅 Fri 25 May
@1.30pm to 3.30pm
- 💰 \$6 includes afternoon tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- ☎ 8406 8525































































































Bookings essential. Come and test your general knowledge.













WELLBEING ACTIVITIES

Please Note: Most of our wellbeing activities offer a FREE come and try, 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 \$ ongoing)
	Location (See Back Cover for full address details)
	Enquiries

Acoustic Music Group	 Thu - 12 noon to 2pm	 \$3*	 Para Hills Centre	 8406 8544
Brain Gym - Para Hills	 Tue Fortnightly+ - 10am to 11.45am	 \$3*	 Para Hills Centre	 8406 8544
Brain Gym - Salisbury	 Wed Fortnightly+ - 10am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Card & Board Games	 Various	 \$3*	 Jack Young Centre	 8406 8525
Choir	 Mon - 10.30am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Computer, Tablets, iPads, iPhones, Android	 1 on 1 tutoring by appointment	 \$5*	 Jack Young Centre	 8406 8525
Craft (Anything Goes) - Para Hills	 Tue - 10am to 12 noon	 \$3*	 Para Hills Centre	 8406 8544
Craft - Salisbury	 Sat 10am to 12.30pm	 \$3*	 Jack Young Centre	 8406 8525
Creative Writing	 Wed - 10am to 12.30pm	 \$3*	 Jack Young Centre	 8406 8525
Crochet Group	 Wed - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Dance For Health	 Thu - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Darts	 Tue - 11.5pm to 3.15pm	 \$3*	 Jack Young Centre	 8406 8525
Dementia Information	 Thu - 3.30pm to 5pm	 FREE	 Jack Young Centre	 8406 8525
Digital Basics 1-on-1 Mentoring	 By appointment	 FREE	 Len Beadell Library	 8406 8313
Drop In Tech (Computer) Support	 Wed - 9am to 12 noon	 FREE	 Jack Young Centre	 8406 8525
Easy Fitness	 Tue - 9.15am to 10.15am	 \$5	 The Paddocks Centre	 8258 8099
Genealogy	 Fri - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Indoor Bowls - Para Hills	 Tue - 1pm to 3pm	 \$3*	 Para Hills Centre	 8406 8544
Indoor Bowls - Salisbury	 Mon & Fri - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Jack Young Friendship Group	 Tue - 10am to 11.30am	 \$4*	 Jack Young Centre	 8406 8525
Keep Fit For Over 50s	 Mon - 10.45am to 11.45am	 \$5.50	 Salisbury East Neighbourhood Centre	 8258 2055
Keep Fit For Over 50s	 Mon - 9.30am to 10.30am	 \$4.50	 Pooraka Farm Community Centre	 8406 8488

Knitting Group	 Thu - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Let's Talk Books	 Thu Monthly ⁺ - 5.30pm to 6.30pm	 FREE	 Para Hills Library	 8406 8530
Literacy & Language Class	 Fri - 10am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Meditation	 Tue - 1pm to 2pm	 \$7*	 Para Hills Centre	 8406 8544
Men's Group	 Fri Monthly ⁺ - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Model Planes - Indoor Flying	 Thu - 9am to 12 noon	 \$13	 Ingle Farm Recreation Centre	 8406 8585
Parkinson Support and Exercise Group	 Fri - 10am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Prime Movers - Chair Based Exercise Group	 Tue - 11.30am to 12.15pm <i>(agile)</i>	 \$5	 Pine Lakes Community Centre	 8406 8525
Prime Movers - Chair Based Exercise Group	 Tue - 12.30pm to 1pm <i>(low impact)</i>	 \$5	 Pine Lakes Community Centre	 8406 8525
Rock and Roll Dancing	 Sat - 10am to 12.30pm <i>(Member discounts available*)</i>	 \$10*	 Jack Young Centre	 8406 8525
Singing Group	 Thu - 9am to 10am	 \$3*	 Para Hills Centre	 8406 8544
Social Bingo	 Thu - 1pm to 3pm	 \$3*	 Para Hills Centre	 8406 8544
Table Tennis - Over 50s	 Tue & Fri - 9am to 12 noon	 \$3	 Gardens Recreation Centre	 8406 8565
Table Tennis	 Thu - 8.30am to 10.15am	 \$3*	 Jack Young Centre	 8406 8525
Tai Chi - Para Hills	 Tue - 11.15am to 12.15pm	 \$7*	 Para Hills Centre	 8406 8544
Tai Chi - Salisbury	 Mon - 9.15am to 10.15am	 \$7*	 Jack Young Centre	 8406 8525
Ukulele Classes - Para Hills	 Thu - 10am to 11.30am	 \$3*	 Para Hills Centre	 8406 8544
Ukulele Classes - Salisbury	 Thu - 10.30am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Whist Cards	 Tue - 1pm to 4pm	 \$3*	 Jack Young Centre	 8406 8525
Whist Cards	 Wed or Sat - 1pm to 4pm	 \$3*	 Para Hills Centre	 8406 8544
Women's Drumming for Fun and Fitness	 Wed - 1pm to 2.30pm	 \$3*	 Pooraka Farm Community Centre	 8406 8488
Wood Burning	 Thu & Sat - 10am to 12 noon or Thu - 1pm to 3pm	 \$4*	 Jack Young Centre	 8406 8525
Wood Burning	 Tue - 10am to 12 noon	 \$3*	 Para Hills Centre	 8406 8544
Yoga All Levels	 Wed - 6.30pm to 7.45pm	 \$9	 Pooraka Farm Community Centre	 8406 8488
Zumba - Para Hills	 Tue - 10am to 11am	 \$7	 Para Hills Centre	 8406 8544

OTHER WELLBEING ACTIVITIES OF INTEREST

HEART FOUNDATION WALKING GROUPS

LEGEND	
	Day and Time (*Check with Centre)
	Cost per session (*FREE Come & Try then \$ ongoing)
	Location (See Back Cover for full address details)
	Enquiries

Mawson Lakes	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
Para Hills	 Tue - 9am	 FREE	 Para Hills Centre Wilkinson Road, Para Hills	 8263 7333
Parafield Gardens	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
Salisbury	 Fri - 9am	 FREE	 Jack Young Centre 1 Orange Avenue, Salisbury	 8406 8525
Salisbury Downs	 Tue - 9.15am	 FREE	 Entrance near Reject Shop Hollywood Blvd, Salisbury Downs	 8406 8251
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	 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** 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. 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 or contact **8406 8225**.

STRENGTH FOR LIFE PROGRAM

This program promotes health and wellbeing through strength training. Once off up-front fee of \$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

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Bhutanese, Bosnian, Greek, Italian, Polish, South Eastern Asian (eg 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

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 Men's Shed

Health and Wellbeing

- Activities and information supporting seven dimensions of wellness: Physical, Social, Emotional, Intellectual, Vocational, Environmental and Spiritual

Information and Conversations

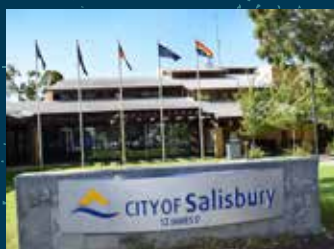
- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics

Volunteer Opportunities

To volunteer with Council, please visit www.salisbury.sa.gov.au/volunteering or contact Sue on **8406 8276**.

*Eligibility criteria applies. For more information contact **8406 8225** or email 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 8406 5466
📞 TTY: 08 8406 8596 (For people with hearing impairment)
✉ city@salisbury.sa.gov.au 🌐 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



JACK YOUNG CENTRE

📍 **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



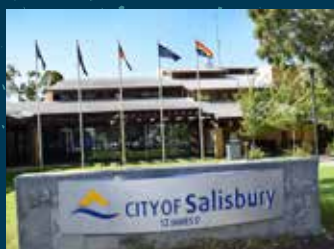
PARA HILLS CENTRE

📍 **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



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



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