

# SALISBURY

## *Seniors*



**ISSUE 15:**  
**OCTOBER 2018 TO JANUARY 2019**

**SPECIAL EVENTS • WELLBEING • COMMUNITY INFORMATION**



# CONTENTS

3	Transport Galore	12	Brain Health Answers
4	Fun Fitness	13	Conversations with Seniors
5	Beat the Heat	14	Salisbury Snapshots
5	Brain Health	16	Jack Young Centre News
6	A Local Voice	16	World Elder Abuse Awareness Day
7	June's Generosity	17	A Word from Jack's Cafe
7	Gardening Tips for Summer	17	Have Your Say
8	A Restful Place	18	Para Hills Seniors Centre
8	Salisbury Community Hub	18	Spotlight on a Volunteer
	Groundbreaking	19	Pine Lakes Centre News
9	Para Hills Community Hub	19	Special Anniversary
9	Benefits of Volunteering	21	Special Events
10	Weaving Bliss	23	End of Year Centre Closures
10	Busy Kids	24	Wellbeing Activities
11	Refugee Week	27	Your Council Helping You to Live a Good Life
11	Charlie is one of a Kind		
12	Home Assist Program		

*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: Community members with His Excellency the Honourable Hieu Van Le AC. Details Page 11.

## EDITOR'S MESSAGE

**Welcome to the latest edition of the Salisbury Seniors magazine, featuring a variety of articles about friendship, fitness and fun.**

I encourage you to read the article about Max and Bob who met each other at the Jack Young Centre and are now great mates. It's a timely reminder that strong friendships can be made at any age.

In this edition you will read about our local trails and outdoor gyms for physical exercise. They are convenient,

free and easy to use. Follow up with a brain workout by solving the activity on page 5.

Also, check out the article about the Intercultural Program at Pine Lakes where everyone has a good time sharing food, music and cultural traditions.

Wishing you a happy and safe festive season.

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)

Remember to have your say and vote in the council elections in November.

Yours sincerely  
The Editing Team



# TRANSPORT GALORE

Whether you're travelling alone or with a friend, there are many affordable transport options.

## Public Transport

Have you tried public transport lately? It's convenient, easy and low cost. Concessions are available and Seniors Card holders travel free anytime on weekends and public holidays, on weekdays from 9am to 3pm, and again after 7pm. The Adelaide Metro Info Line can help you plan your journey; it is open from 7am to 8pm every day and can be contacted on **1300 311 108**. Alternatively, visit **[www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)**

Need some support? If you would like someone to accompany you to help you learn the route, how to pay and build your confidence, contact the Home Assist Team. For contact details, visit page 12.

## Accessibility

Did you know the newer buses, trains and trams have low floors that make it easier to get on board? If you use a mobility aid you can contact the Adelaide Metro Info Line to check that a suitable bus is available on the day of your journey and for your route.

## Transport Subsidy Scheme

For people who are unable to safely use public transport, the South Australian Transport Subsidy Scheme (SATSS) provides vouchers for subsidised taxi travel. For more information including eligibility, call **1300 360 840** on weekdays from 9am.

## City of Salisbury Community Transport

The City of Salisbury Home Assist Program also provides transport for eligible people. For more details turn to page 27.

## Taxi Services

Below is a list of taxi companies you may like to use:

Adelaide Independent Taxis: **13 22 11**

Suburban Taxis: **13 10 08**

Yellow Taxis: **13 22 27**

Access Taxis: **1300 360 940** (equipped for passengers who use wheelchairs and scooters)

We suggest contacting the taxi company if the car has not arrived five minutes after the scheduled time and provide feedback as it is important to improve the service.

## Active Transport

Feel like a walk or a bike ride? Salisbury has many wonderful trails that make it easy to get to places without having to share the road. There are 77 kilometres of connecting trails, including the Little Para River and Dry Creek Trails and connecting reserves. If you would prefer to walk or ride a bike and need some information about local trails, contact Jim on **8406 8251**.



# FUN FITNESS

Regular physical activity is a key ingredient for a long and healthy life.

While it may seem daunting to start a new exercise program, it is important to find ways to stay active as being strong and flexible can help prevent falls and maintain functional capacity.

The City of Salisbury has been installing outdoor gym equipment in local parks in order to encourage people of all ages and fitness levels to give it a go.

The equipment is free to use and similar to what you would find at an indoor gym, but cleverly designed so you can alter your level of effort without needing to modify equipment settings. There are also stations and equipment made specifically with older adults in mind to help with balance and coordination.

Five reasons outdoor gyms are in:

1. They provide exercise instructions.
2. It's social; you can do it with friends and meet other people.
3. It's healthy for your body and mind.
4. It boosts your vitamin D - but don't forget sun protection when the UV Index is 3 and above.

5. It helps to keep diabetes and heart health in check.

You can find outdoor gyms and walking trails at the following locations:

- Amsterdam Crescent reserve (Salisbury Downs).
- Bridgestone reserve (Salisbury South).
- Fairbanks Drive Reserve (Paralowie).
- Happy Home Reserve (Salisbury North - Little Para River Trail).
- Mawson Lakes (Dry Creek Trail).
- Moyes Reserve (Salisbury East) .
- Unity Park (Pooraka).

Please note that it is important to seek the guidance of your doctor before starting an exercise program.

For tips on healthy lifestyle choices in Salisbury, visit **[www.salisbury.sa.gov.au/livingwell](http://www.salisbury.sa.gov.au/livingwell)**

For further information on the UV Index and protecting your skin go to **[www.sunsmart.org.au](http://www.sunsmart.org.au)**

Source: Cancer Council SA Community Education & Information Team





# BEAT THE HEAT

Simple tips to help you stay cool and hydrated this summer.

As the temperature rises, we'd like to offer a friendly reminder to look after yourself especially when outdoors. Remember to keep cool, stay hydrated, and take note of medications. Health SA's Make Every Contact Count 'No Sweat' resource offers detailed information and tips on each of these topics.

For a copy visit Council offices, community centres, libraries and senior centres or go to:

<http://bit.ly/MECCbrochures>

**Important numbers to have on hand:**

- Your GP
- Health Direct Australia: **1800 022 222**
- Emergency: **000**



# BRAIN HEALTH

Social interaction is one of the easiest and most enjoyable ways to boost your brain health.

Research demonstrates that there are many physical and psychological benefits from engaging in regular social activity with family or friends. For example:

- A longer lifespan.
- Better overall physical health, as social interaction is thought to increase our immune systems.
- Better psychological wellbeing through increase happiness or feelings of wellbeing and potentially reduced depression and anxiety.
- Reduced risk of developing dementia or other cognitive illnesses by boosting a reserve of brain cell connections. People who are socially engaged generally perform better on cognitive and memory related tests than people who are more isolated.

It is about finding what is right for you. Some people enjoy socialising with many acquaintances in big groups, while others prefer closer relationships with a small number of people.



Whichever you prefer, our centres are a great place to meet new people and stay engaged in your community.

**Brain Gym puzzle: Anagrams**

Unscramble these celebrity anagrams. Each set of letters can be rearranged to spell the name of a famous actor or actress. Example: whits mill = Will Smith.

1. monk hats \_\_\_\_\_
2. perm restyle \_\_\_\_\_
3. twinkles eat \_\_\_\_\_
4. rote music \_\_\_\_\_
5. scowlers rule \_\_\_\_\_
6. big lemons \_\_\_\_\_
7. oil jar buster \_\_\_\_\_
8. o green ecology \_\_\_\_\_
9. madman tot \_\_\_\_\_
10. my rice jar \_\_\_\_\_
11. nickname idol \_\_\_\_\_
12. serene wirephotos \_\_\_\_\_

# A LOCAL VOICE

Bob and Max met at the Jack Young Centre (JYC) and developed such a strong friendship they are now known as the "twins"!



Robert Halling and Maxwell Crispin are the best of mates. They found they had plenty in common - they were both jockeys in their younger years, both had children, both had been carers, and their wives had both passed away due to dementia - and the heartache from their losses led them both to loneliness and depression.

Fortunately, they met each other at JYC. They discovered that they both value friendship, health, family and music - especially country and western. They have so much in common they feel like family and have been nicknamed the "twins", after the movie starring Arnold Schwarzenegger and Danny DeVito.

They catch up often, sharing stories and having a laugh. Their top tip on enjoying life as a single senior is to socialise: "Visit Jack Young Centre and join in the activities or events, or chat over a meal at Jack's Café." Catching a bus or train can also be fun. "I can go out for seven hours and it costs me nothing," Max said. "I like getting out and meeting someone new and have interesting conversations."

Bob said he uses public transport to go to town or visit friends in hospital because: "it's easy, cheap as there are no parking costs and walking is good for my health."

Bob and Max are both keen to help others and are often on the lookout for people who are lonely. They remember helping Eddie the first time he visited JYC; they welcomed him into the centre as they know that it can be challenging to visit a new place for the first time.

They give words of encouragement: "There are lots of lonely people out there - at JYC we can talk about it and make new friends, so why not come and join us? Don't feel sorry for yourself, socialise and come say hello, remember there's always someone worse off than you." Their favourite saying is: "Get out and give things a go while you're still able. Just do it."



*Pictured: Max, Pamela, Bob and Clinton*



# JUNE'S GENEROSITY

Her beautiful, handmade crochet blankets help locals who are feeling the cold.



Local resident June Bruhn, from Salisbury North, decided to donate her handmade blankets

to people who are homeless or at risk of homelessness in the hope they will keep people warm during the cold winter nights. "I want to give these blankets to people experiencing homelessness in our community - people living it rough or with very minimal resources," she said. "I could sell these blankets but I would much rather see them going to people who appreciate it and are less fortunate in our neighbourhood."

June contacted the Assistance with Care and Housing Program, which supports people who are homeless or at risk of homelessness to access appropriate and sustainable housing.

Thank you June for your kindness and generosity!

For more information about the program, call Thuy on **8406 8227** or visit: [www.salisbury.sa.gov.au/housing](http://www.salisbury.sa.gov.au/housing)

## GARDENING TIPS FOR SUMMER

Get your garden ready for summer and plant for crisp tasty salads.

Leafy veggies are easy to grow, low cost and convenient - just snap off a leaf or two when you want a salad.

Some of the best plants are the lettuce varieties lollo rosso and mignonette, or try English spinach, chard, silverbeet, mizuna, tatsoi and kale. Herbs are also easy to grow and add a wonderful flavour to dishes, such as chives, thyme and sorrel.

Conveniently, many of these plants can be grown in pots, which means they can be moved into the shade on hot days. Wicking pots make watering easier, so why not give them a go?

When you have your salad and herbs ready, pop them in a bowl, add chopped tomato, onion and cucumber, then drizzle olive oil and lemon juice for a fresh, nutritious and tasty meal. Try adding some feta and roasted capsicum, eggplant or

zucchini for a different taste.

For more gardening tips, contact the Paralowie Gardening Program on **8406 8225** or visit [www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening) for a list of workshops and group activities.



# A RESTFUL PLACE

A local cemetery offers a quiet and peaceful resting place for a loved one.



Salisbury Memorial Park is a non-denominational cemetery located at Spains Road, Salisbury Downs. Offering wide pathways for easy access

for people with mobility needs, plenty of shade, bench seating, and toilet facilities, the park invites visitors to stay for a while.

Salisbury Memorial Park caters for both burials and cremation memorials. Lawn and vault sites are available for burials, and there are a number of memorial options for cremation sites including traditional rose gardens, niche walls, a rotunda, a water feature and a shrub garden.

To learn more about Salisbury Memorial Park, come along to the Cemetery Expo on Tuesday 23 October 2018. Funeral directors, lawyers, stonemasons, and cemetery staff will be on hand to answer your questions. For more details about the Cemetery Expo turn to page 21.

If you have any questions about Salisbury Memorial Park call **8406 8317**, or email: [cemetery@salisbury.sa.gov.au](mailto:cemetery@salisbury.sa.gov.au)

## SALISBURY COMMUNITY HUB GROUNDBREAKING

You may have noticed work on the Salisbury Community Hub has begun in the Salisbury City Centre.



The hub has been a hive of activity and will continue to be over the coming months as the building begins to take shape.

A major milestone was reached in July with a Groundbreaking Ceremony taking place as Mayor Gillian Aldridge, OAM, turned the first soil. She was joined by more than 100 community members and key partners as the construction company, Hansen Yuncken, took over the site to begin building.

This community-driven development will become the social heart of the Salisbury City Centre as well as drive an economic revitalisation which will create up to 150 jobs during construction and inject up to \$65.5 million into the local economy. Stay up-to-date with this project at: [www.salisburycitycentre.com.au](http://www.salisburycitycentre.com.au)



# PARA HILLS COMMUNITY HUB

The Para Hills Community Hub was officially opened to the public by Mayor Gillian Aldridge on Saturday 11 August.

Community members, Councillors and local businesses together with members of the Para Hills Seniors Centre, The Paddocks Centre and the Para Hills Library were in attendance to mark this special occasion and experience some of the services and programs now available to children, adults and seniors.



The Open Day was a celebration of the extension to the existing Para Hills Library and Para Hills Seniors Centre and the relocation of The Paddocks Centre to its new home.

Although the weather forecast for the day was less than ideal, over the day 3,000 members of the public experienced the new Hub, the food, drinks and the great atmosphere the centre has brought to the Para Hills area.

For more information on the Para Hills Community Hub and its programs and services now available to the public, visit: [www.salisbury.sa.gov.au/phch](http://www.salisbury.sa.gov.au/phch)



## BENEFITS OF VOLUNTEERING

Feeling bored or lonely, or want to socialise with like-minded people and feel useful?

For many people, ageing can mean the loss of family and friends or the onset of illness or disability. For some, this can lead to feelings of loneliness.

If you are feeling lonely, anxious or depressed, don't be surprised if your doctor suggests volunteering - it has been demonstrated as an effective way to decrease social isolation, anxiety and depression, improve sleep and boost your sense of happiness. Volunteering can give you purpose to your day, enable you to

meet like-minded people and feel useful and valued. So why not give it a go? Contact City of Salisbury on **8406 8276** for information.





# WEAVING BLISS

A recent coming together of cultures led to wonderful memories and songs for all.

Local Bhutanese seniors were given the chance to use traditional skills in a recent basket weaving workshop. Learned from childhood, Bhutanese textile weaving is a ritual, an expression of love, strength and compassion and for some it is also a religious act that includes forms of spiritual exercise and devotion.



As a part of the 2018 City of Salisbury Reconciliation and NAIDOC program, weaving teachers from Mara Dreaming Indigenous Arts led an introductory workshop in traditional Aboriginal basket weaving.

The cross-cultural workshop provided learning and fun for all, with Bhutanese group members singing traditional songs as they wove.



## BUSY KIDS

Did you know you can borrow toys for pre-schoolers from the Toy Library?

It's ideal when the grandchildren are visiting: just borrow a couple of toys to keep them busy.

It's also a great money and space saving idea - and you can take the kids with you so they can choose their favourite.

For more information on borrowing toys, contact Para Hills Library on **8406 8530** or email [library@salisbury.sa.gov.au](mailto:library@salisbury.sa.gov.au)



# REFUGEE WEEK

The City of Salisbury was delighted to have the Governor of South Australia open the city's Refugee Week event in June.

Salisbury is well known for its culturally diverse community. This year, the City invited His Excellency the Honourable Hieu Van Le AC to warmly welcome refugees and acknowledge the incredible contribution they have made to the City of Salisbury and Australia as a whole.

This year's theme, Our Stories, came to life with guest speakers sharing personal stories of their inspiring and challenging journeys which led them to South Australia.

To watch a snapshot of the event, visit [www.vimeo.com/cityofsalisbury/refugeeweek](http://www.vimeo.com/cityofsalisbury/refugeeweek) - for more information on Salisbury's Intercultural Strategic Plan visit: [www.salisbury.sa.gov.au/intercultural](http://www.salisbury.sa.gov.au/intercultural)

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.



*Pictured: Aisa, Agum, Deng (Guest Speaker) and Council's CEO John Harry*

## CHARLIE IS ONE OF A KIND

The commitment and dedication of volunteers can make a real difference.

Charlie Kerr has made a real difference during his 17 years volunteering for the Fun on Fridays disability program. Whether it's helping people walk up or down ramps, participate in activities such as ten pin bowling or preparing food, he has been pivotal in the group's longevity.

Although he enjoys volunteering and recognises the important role the program has in helping people to have fun regardless of their disability, Charlie has decided to retire from the group. However, he plans to keep in contact with the wonderful people he has formed strong friendships with over the years.

We would like to take this opportunity to thank Charlie for his reliability, enthusiasm and commitment to the Fun on Fridays program and we encourage him to pop in anytime.

The Fun on Fridays program supports people with disability to socialise and participate in the community. If you would like more information about the program, phone **8406 8225** or visit: [www.salisbury.sa.gov.au/fof](http://www.salisbury.sa.gov.au/fof)



# HOME ASSIST PROGRAM

For people aged 65 or older\*, the Home Assist team can guide you through the support available to live independently at home and in the community.

Support services available include domestic assistance, individual social support, transport, home maintenance and minor home modifications. For detailed examples, turn to page 27.

The services come at a cost and you can:

1. Pay the standard fee; or
2. Find out if you are eligible for a subsidised service.

## Subsidised Service

The City of Salisbury receives funding from the Australian Government through the Commonwealth Home Support Programme to support older people who need assistance to remain living independently at home and to participate in the community.

To find out if you are eligible for a subsidised service, the Australian Government established My Aged Care. The aim is to:

- Make it easier for you to get information about aged care.
- Assess what you need.
- Support you to find and access services.

My Aged Care will determine if you are eligible for subsidised support, record your details, arrange an assessment and refer you to us to provide your service (note: you can ask to be referred to Salisbury Home Assist).

To contact My Aged Care, phone 1800 200 422 or visit the website at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Contact Salisbury Home Assist if you need assistance to access My Aged Care or if you want to get a My Aged Care brochure.

## Standard Fee

Some people prefer to pay the standard fee or are not eligible for a subsidised service. Please contact the Home Assist team to find out the standard fee information. Phone **8406 8225** or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

\* Or 50+ for Aboriginal and Torres Strait Islander peoples.



*Pictured: Bob with his My Aged Care brochure*

# BRAIN HEALTH ANSWERS



## Answers:

- |                 |                   |                       |
|-----------------|-------------------|-----------------------|
| 1. Tom Hanks    | 5. Russell Crowe  | 9. Matt Damon         |
| 2. Meryl Streep | 6. Mel Gibson     | 10. Jim Carrey        |
| 3. Kate Winslet | 7. Julia Roberts  | 11. Nicole Kidman     |
| 4. Tom Cruise   | 8. George Clooney | 12. Reese Witherspoon |



# CONVERSATIONS WITH SENIORS

One of the COTA SA Conversations with Northern Seniors themes this year was living well on a tight budget.

This conversation was well attended and people shared a lot of information, such as tips on how to minimise daily living costs. Some of the discussions included:

- How to reduce energy use and energy costs. Did you know you can borrow a home energy toolkit from your local library? For more information, visit [www.sa.gov.au/energy](http://www.sa.gov.au/energy)
- Accessing safe and affordable financial services from organisations such as Good Money: [www.goodmoney.com.au](http://www.goodmoney.com.au)
- Invaluable information available through the Salvation Army and SA Government's Affordable SA website and app, which provides a range of information, practical tips, and tools to assist households manage the cost of living. The Affordable SA app is available to download from iTunes or Google Play, or go to [www.affordablesa.com.au](http://www.affordablesa.com.au)

A new resource being developed by the Northern Community Ambassador group, titled Clever Solutions for Savvy Seniors, was also discussed. This resource will provide practical solutions to mobility issues, such as using tweezers to take cards from your wallet. Another idea is to place soap in pantyhose and tie it to a grab rail in the shower, which will prevent having to bend over and pick up slippery soap from the floor. This resource will be available online from late October at [www.salisbury.sa.gov.au/ncp](http://www.salisbury.sa.gov.au/ncp). For further information contact **8406 8368** or email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au)

A colourful and fun fashion parade inspired the audience when community members and local Goodwill store staff modelled affordable, fashionable clothing. Below is a photo of Leanne modelling her dress and bag, both purchased for \$10.

If you would like to come along to a COTA SA Conversation with Northern Seniors, turn to page 20 and 23 for details.





# SALISBURY SNAPSHOTS

Out and about with our local community.



Council's National Volunteer Week event with Mayor Gillian Aldridge, OAM



Town crier surprise for Allan's 60<sup>th</sup> Birthday (Don't Act Your Age Director)



Para Hills Seniors Centre Karaoke



Refugee Week celebrations at John Harvey Gallery



World Elder Abuse Awareness Day Stall at Parabanks Shopping Centre





Men's Health Luncheon at JYC with Kym Syrus



Second Hand clothes fashion show at Conversation with Northern Seniors



Para Hills Songsters performing at the Christmas in July event at PHSC



Community members with Flamenco Areti performers at JYC as part of Adelaide Guitar Festival Resonance Program



Traditional native plant talk by Frank Wanganeen at Paralowie Garden



Enver and Razija making brooches at Pine Lakes Centre

# JACK YOUNG CENTRE NEWS

With new activities on Saturdays, JYC is a great place to meet up on the weekend.

Revitalise your weekend with JYC's revamped Saturday programs - the Jack Young Centre is all about supporting you to try new things, pursue existing interests, and get more joy and positive experiences into your life.

New to JYC is the Fun at Jack's Group that is held fortnightly on Saturdays from 10.30am. Come along and try your hand at current affairs trivia, general knowledge quiz, activities to challenge your grey matter and some good old-fashioned conversation on topics of interest. Bring a friend and try Rock 'n' Roll dancing, settle into a relaxing craft session or challenge yourself with a go at wood burning. JYC is open from 8.30am on Saturdays, so get there early and spoil yourself with our famous scones, jam and cream at

morning tea time. If you would like to find out more, just phone **8406 8525** or pop into the centre at 1 Orange Avenue, Salisbury on weekdays from 8.30am to 5pm.

If you're busy on weekends but free on Monday mornings, why not join our painting and drawing class? Facilitated by Nichola Neutzeon, participants enjoy the activities and the chance to get together and learn. More than just a favourite pastime, there are many health benefits to painting and drawing, including improved creativity and memory, stress relief, boosts to positive emotions and the release of hidden emotions. If you would like to tap into your creativity, book into upcoming classes by contacting Jim on **8406 8251**.



## WORLD ELDER ABUSE AWARENESS DAY 2018

On Friday 15 June 2018 local community members and staff from the City of Salisbury hosted a purple themed event to raise awareness about elder abuse and to promote the rights of older people.

This year the information stall was boosted by the display and sale of an amazing array of purple crocheted and knitted items, handmade by the Jack Young Centre Crochet Clan and Knitting Group.

A huge thank you to all involved, particularly to Leonie Borgas for taking up her crochet needles and inspiring others to crochet and knit in purple to help promote this important event.

For further information about the rights of older people and the prevention of elder abuse, please 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**. To find out more visit: [www.sahealth.sa.gov.au/stopelderabuse](http://www.sahealth.sa.gov.au/stopelderabuse)



# A WORD FROM JACK'S CAFE

With the warmer seasons unfolding, delicious new options are available at Jack's Café.

This menu features a lot of the old favourites such as Roast of the Week, tuna patties, and fish and chips, plus new dishes such as zucchini and feta fritters, vegetable slice, and apple slice with custard. Check out the Specials Board for other choices.

Get a copy of the Jack's Café spring and summer menu online at [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)

## Zucchini Slice

Serves 4

### Ingredients:

- 4 zucchinis, grated
- 1 onion, chopped
- 3 rashers bacon, cooked and chopped
- 1.5 cups grated cheese
- 1 cup self raising flour
- 1/3 cup oil
- 5 eggs, lightly beaten

### Method

1. Combine all ingredients, mixing well
2. Pour mixture into a lightly greased 24 x 29mm lamington tin
3. Bake at 180 degrees Celsius for 40-45 minutes

Serve hot or cold with a side salad.

*TIP: For a vegetarian option, omit bacon and add grated carrots.*



## HAVE YOUR SAY

The City of Salisbury is currently developing an Ability Inclusion Plan. If you or someone you know lives with disability we'd love to hear from you. For more details about the plan and how to have your say, go to [www.salisbury.sa.gov.au/inclusionforum](http://www.salisbury.sa.gov.au/inclusionforum) or contact **8406 8368**. Turn to page 20 for event information.

# PARA HILLS SENIORS CENTRE

The Para Hills Community Hub is now open - please pop in!



You are welcome to visit and have a look around the new building. Visit the seniors centre to learn about the new groups on offer, including a Board Games Group, the Fabulous Friendship Group and

the Easy Peasy Exercise Group (participants can exercise from a chair or standing up).

The centre also has many events lined up, including a comedy luncheon in October, Melbourne Cup luncheon in November and Christmas luncheon in December. See page 22 for details.

Delicious and affordable meals are available Mondays, Tuesdays, Thursdays and Fridays; call before 11am to book. Alternatively, you are welcome to buy takeaway meals.

If you would like to know more about our activities, call **8406 8587** or visit: [www.salisbury.sa.gov.au/phch](http://www.salisbury.sa.gov.au/phch)

Wishing you a very merry Christmas and a happy New Year.

## SPOTLIGHT ON A VOLUNTEER

**Irene has volunteered at the Para Hills Seniors Centre for so long she's nearly part of the furniture.**

Every Monday and Friday - and sometimes other days of the week - you will find Irene volunteering at the Para Hills Seniors Centre.

"This year, I was going to retire after 20 years of volunteering across different organisations, but I'm not going to now," said Irene. "I've made some special friendships with wonderful people and by helping others in the group I get just as much back. I'd miss it."

"My experience at Para Hills Seniors Centre gives me a daily reminder that there are so many lonely people out there that need our help. Social isolation is addressed at the centre with fun things to do, a meal and friendly volunteers to help," she said. "As I share my

story I am reminded just how blessed I am for my life here in Salisbury."

In 2008 Irene received the Premier's Award, Senior of the Year Award for Salisbury North, and the Living Legends Award for volunteering.

"Volunteering has been an incredibly valuable experience," Irene said.





# PINE LAKES CENTRE NEWS

Rich in culture, tradition and language, the intercultural group welcomes seniors.

On Mondays, Pine Lakes is a place where people from diverse cultures can socialise, share, learn new things and make new friends. Communication is not an issue - just bring a friendly smile.

Offering bingo and card games, group members also enjoy cultural dances, music and singing. Craft is another favourite, with people using recycled and donated materials to create bags, jewellery and other useful items. However, it's food which gets everyone talking. Many of the participants grow their own vegetables, produce their own eggs and shop locally for fresh produce, so at the group people often share different foods, recipes and tips, especially about shops offering quality food at good value.



If you are interested in learning more about the program, contact Mary on 8406 8579. If you do visit, be ready to share your thoughts on the best pasta, olives and ricotta!

## SPECIAL ANNIVERSARY

### **Congratulations on the tenth anniversary of the Bosnian Senior Social Support program!**

It's not hard to understand that a group of people passionate about good things in life - culture, music, history, dance, food and friendship - has stayed together for a decade. Meeting on Wednesdays at the Pine Lakes Centre, this group supports older Bosnian people to socialise, stay active and have fun.

Congratulations also to Mirzeta Delkic, who has volunteered in this group for ten years. Mirzeta (pictured wearing a black top) is dedicated to supporting her Bosnian community and is described by group members as "the most optimistic person of all, loving, caring and always available".

The City of Salisbury would like to thank Mirzeta for her commitment to the Bosnian Senior Social Support program.

Happy ten year anniversary to Mirzeta and the Bosnian Senior Social Support group.



# SPECIAL EVENTS

OCTOBER 2018 TO JANUARY 2019

## FROM MANY LANDS WE COME EXHIBITION

**OCT 4**  
- Nov 2

- 📅 Thu & Fri 4 Oct to 2 Nov @8.30am to 5pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/fml](http://www.salisbury.sa.gov.au/fml)



The 2018 Aged to Perfection Exhibition celebrates clothing and food traditions, including UnitingSA Ethnic Link Services travelling exhibition 'Our Shared Table'.

## POOL OPEN DAY

**OCT 7**

- 📅 Sun 7 Oct @12 noon to 4pm
- 💰 Entry Fees apply
- 📍 Happy Home Drive, Salisbury North
- 📞 8286 0900
- 🌐 [www.salisburyrecprecinct.com.au](http://www.salisburyrecprecinct.com.au)



## REACHING FOR INCLUSION FORUM

**OCT 8**

- 📅 Mon 8 Oct @ 9.30am to 12.30pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/inclusionforum](http://www.salisbury.sa.gov.au/inclusionforum)



As a person living with disability, a carer or an organisation working towards an inclusive community, join us for a conversation to create a future without barriers. Bookings essential by 28 Sept.

## CONVERSATIONS WITH NORTHERN SENIORS

**OCT 9**

- 📅 Tue 9 Oct @9.30am to 12 noon
- 💰 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: ZestFest - a celebration of fun, the arts and wellbeing.

## COMEDY LUNCHEON

**OCT 9**

- 📅 Tue 9 Oct @10.30am to 2pm
- 💰 \$25 includes 3 course meal
- 📍 Para Hills Seniors Centre  
Wilkinson Road, Para Hills
- 📞 8406 8587
- 🌐 [www.salisbury.sa.gov.au/Comedy2018](http://www.salisbury.sa.gov.au/Comedy2018)



Join us for a delicious meal, door prizes and entertainment by two comedians. Free shuttle transport available from JYC to PHSC. Bookings essential by 2 Oct.

## HEART FOUNDATION PARK WALK

**OCT 13**

- 📅 Sat 13 Oct @9.15am for 9.30am Start to 12 noon
- 💰 FREE
- 📍 Carisbrooke Park, Shelter Shed, Main North Road, Salisbury Park
- 📞 8406 8251
- 🌐 [www.salisbury.sa.gov.au/hfpw](http://www.salisbury.sa.gov.au/hfpw)



FREE 30, 60 or 90 minute walk led by Heart Foundation Walk Organisers. Meet at the shelter shed.



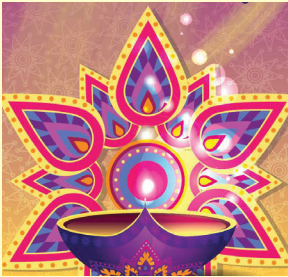
# SPECIAL EVENTS

OCTOBER 2018 TO JANUARY 2019

## FESTIVAL OF LIGHTS

OCT  
20

- 📅 Sat 20 Oct @6pm to 9pm
- 💰 FREE
- 📍 Denison Centre & Mobara Park, Mawson Lakes
- ☎ 8260 7077



The Festival will feature cosmic lights, cultural and traditional performers, stalls, Indian food, henna, music, dance, rangoli, lamp lighting, sari and silk demonstrations and more.

## AUSSIE ERA CAR SHOW

OCT  
21

- 📅 Sun 21 Oct @10am to 3pm
- 💰 FREE
- 📍 Pitman Park, Salisbury
- ☎ 0414 813 202
- 🌐 [www.discoversalisbury.com.au/carshow](http://www.discoversalisbury.com.au/carshow)



New scenic location, more cars, great entertainment, car club info, kids activities, fundraising BBQ.

## CEMETERY EXPO

OCT  
23

- 📅 Tue 23 Oct @10am to 2pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- ☎ 8406 8222
- 🌐 [www.salisbury.sa.gov.au/cemeteryexpo](http://www.salisbury.sa.gov.au/cemeteryexpo)

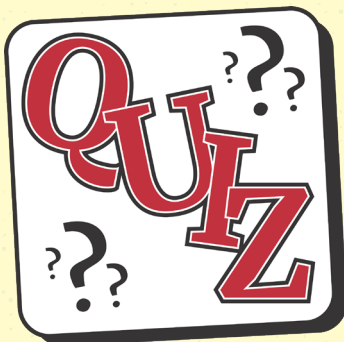


A unique opportunity to understand more about local funeral services.

## QUIZ AFTERNOON

OCT 26  
& NOV  
30

- 📅 Fri 26 Oct & Fri 30 Nov @2pm to 4pm
- 💰 \$6 includes afternoon tea
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- ☎ 8406 8525



For over 50s. Come along and test your knowledge. Bookings essential.

## SALISBURY FOOD AND CULTURAL FESTIVAL

NOV  
3

- 📅 Sat 3 Nov @11am to 4pm
- 💰 FREE entry
- 📍 John Street, Salisbury
- 🌐 [www.discoversalisbury.com.au/sfcf](http://www.discoversalisbury.com.au/sfcf)



SATURDAY 3rd NOVEMBER  
11am to 4pm

Join the festival featuring a diverse array of food and packed full of entertainment.

## MELBOURNE CUP LUNCHEON

NOV  
6

- 📅 Tue 6 Nov @10am to 3.30pm
- 💰 \$25 for a 3 course meal
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- ☎ 8406 8525
- &
- 📍 Para Hills Seniors Centre  
Wilkinson Road, Para Hills
- ☎ 8406 8587



Three course meal followed by Melbourne Cup Race. For over 50s. Bookings essential for each venue.

# SPECIAL EVENTS

OCTOBER 2018 TO JANUARY 2019

## REMEMBRANCE DAY SERVICE

NOV  
11

📅 Sun 11 Nov @10.35am  
💰 FREE  
📍 Salisbury War Memorial,  
Orange Ave, Salisbury  
📞 8258 6016



Join us to commemorate 100 years since the end of WWI.

## ALLIED HEALTH VAN

NOV  
13

📅 Tue 13 Nov @10am to 1pm  
💰 FREE  
📍 Jack Young Centre  
1 Orange Avenue, Salisbury  
📞 8406 8525



Health checks from the UniSA Allied Health Van for anyone over 50. Blood pressure and blood glucose (diabetes) checks. No bookings required.

## MAWSON CENTRE XMAS MARKET

NOV  
25

📅 Sun 25 Nov @10am to 2pm  
💰 FREE  
📍 The Mawson Centre,  
2-8 Main St, Mawson Lakes  
📞 8302 5449  
🌐 [www.salisbury.sa.gov.au/xmasmarket](http://www.salisbury.sa.gov.au/xmasmarket)

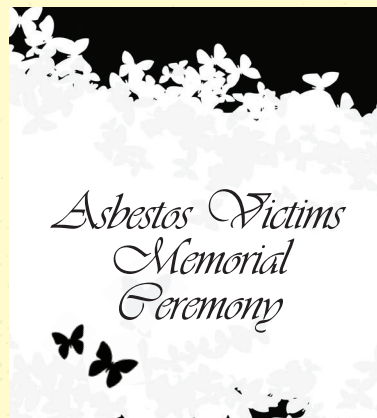


Community event with Stalls and local performers offering entertainment throughout the day.

## ASBESTOS VICTIMS MEMORIAL SERVICE

NOV  
30

📅 Fri 30 Nov @10.30am  
💰 FREE  
📍 Pitman Park, Salisbury  
📞 8406 8222



A ceremony for all asbestos victims and their families.

## SALISBURY CHRISTMAS PARADE

DEC  
1

📅 Sat 1 Dec  
@10.30am to 11.30am  
💰 FREE  
📍 Salisbury City Centre,  
Salisbury  
📞 0414 813 202  
🌐 [www.discoversalisbury.com.au/sccp](http://www.discoversalisbury.com.au/sccp)



Family event. Watch the parade on John St and wave to Santa. Rides, amusements, stalls, displays, clowns and face painting are also available before and after parade.

## PHSC CHRISTMAS LUNCH\*

DEC  
4

📅 Tue 4 Dec @11am to 2pm  
💰 \$25 includes 3 course lunch  
📍 Para Hills Seniors Centre  
Wilkinson Road, Para Hills  
📞 8406 8587  
\*Members Only Event



Join us for a delicious traditional three course Christmas lunch. Door prizes, entertainment and a visit from Santa. Bookings essential by Mon 19 Nov.



# SPECIAL EVENTS

OCTOBER 2018 TO JANUARY 2019

## CONVERSATIONS WITH NORTHERN SENIORS

DEC  
11

📅 Tue 11 Dec  
@9.30am to 12 noon  
💰 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 by 4 Dec.  
Topic: End of year reflection,  
celebration and contemplating  
personal and COTA SA  
Conversation priorities for  
2019.

## JYC CHRISTMAS LUNCH\*

DEC  
14

📅 Fri 14 Dec @11am to 2pm  
💰 \$15 includes 3 course meal  
📍 Jack Young Centre  
1 Orange Avenue, Salisbury  
📞 8406 8525  
\*Members Only Event



Join us for a delicious  
traditional three course  
Christmas lunch.

## AUSTRALIA DAY CELEBRATION

JAN  
26

📅 Sat 26 Jan 2019  
@8am to 3pm  
💰 FREE  
📍 Carisbrooke Park, Main  
North Road, Salisbury Park  
📞 8406 8222



Live Music, Free Breakfast,  
Flag Raising Ceremony,  
Australia Day Awards &  
Citizenship Ceremony, lots of  
fun for the whole family.

# END OF YEAR CENTRE CLOSURES

Our three seniors centres will close for a short period at the end of the year to plan exciting activities for the new year. For more details, please read below.

### Jack Young Centre

#### Activity Groups:

Last day for group activities is Saturday 15 December 2018. Group activities will resume on Monday 7 January 2019.

#### Jack's Café Meals:

Last lunch meals will be on Tuesday 18 December 2018 and resume on Monday 7 January 2019.

Last Thursday night meals will be on Thursday 13 December 2018 and resume on Thursday 17 January 2019.

### JYC

Jack Young Centre will be closed from Wednesday 19 December 2018 and reopen on Thursday 3 January 2019.

### Para Hills Senior Centre

Last day for group activities is Friday 14 December 2018. Group activities will resume on Monday 7 January 2019. For further information please ring **8406 8587**.

### Pine Lakes Centre



Closure dates vary for individual groups. For further information please ring **8406 8525**.


We wish you a very happy and safe festive season and look forward to seeing you all again in 2019.

# 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 \$)
	Location (See back cover for full address details)
	Enquiries



<b>Acoustic Music Group</b>	 Thu - 12 noon to 2pm	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Amazing Acoustics</b>	 Mon - 12 noon to 3pm	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Brain Gym - Para Hills</b>	 Tue fortnightly* - 10am to 11.45am	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<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 Seniors Centre</b>	 8406 8587
<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 - 115pm to 315pm	 \$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 Peasy Exercise Group</b>	 Tue - 11am to 12 noon	 \$5*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Fabulous Friendship Group</b>	 Thu - 10am to 11.45am	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Fun at Jack's</b>	 Sat fortnightly - 10.30am to 12 noon	 \$4*	 <b>Jack Young Centre</b>	 8406 8525
<b>Games Galore Group</b>	 Mon - 10am to 12 noon	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<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 Seniors Centre</b>	 8406 8587
<b>Indoor Bowls - Salisbury</b>	 Mon & Fri - 1pm to 3.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525



<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>Meditation - Para Hills</b>	 Tue - 1pm to 2pm	\$ \$7*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Men's Group</b>	 Fri monthly* - 1pm to 3.30pm	\$ \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Mindful Meditation - Salisbury</b>	 Thu - 8.30am to 9.30am	\$ FREE	 <b>Jack Young Centre</b>	 8406 8544
<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 Seniors Centre</b>	 8406 8587
<b>Social Bingo</b>	 Thu - 1pm to 3pm	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Table Tennis - Para Hills</b>	 Wed - 9.30am to 11.30am	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Table Tennis - Salisbury</b>	 Thu - 8.30am to 10.15am	\$ \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Tai Chi - Para Hills</b>	 Tue - 11.45am to 12.45pm	\$ \$7*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Tai Chi - Salisbury</b>	 Mon - 9.15am to 10.15am	\$ \$7*	 <b>Jack Young Centre</b>	 8406 8525
<b>Terrific Tuesday Women's Group</b>	 Tue - 9.30am to 3pm	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Ukulele Classes - Para Hills</b>	 Thu - 10am to 11.30am	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Ukulele Classes - Salisbury</b>	 Thu - 10.30am to 12 noon	\$ \$4*	 <b>Jack Young Centre</b>	 8406 8525
<b>Whist Cards - Para Hills</b>	 Wed or Sat - 1pm to 4pm	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Wood Burning - Para Hills</b>	 Tue - 10am to 12 noon	\$ \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Wood Burning - Salisbury</b>	 Thu & Sat - 10am to 12 noon or Thu - 1pm to 3pm	\$ \$4*	 <b>Jack Young Centre</b>	 8406 8525
<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 - 9.30am to 10.30am	\$ \$5*	 <b>Para Hills Seniors Centre</b>	 8406 8587

# 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 Community Hub 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, 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 safes, 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

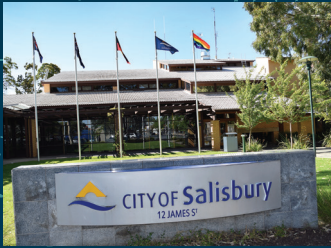
- The City of Salisbury and Council of the Ageing (COTA SA) hold regular forums to hear your opinion on a range of topics.

## 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)



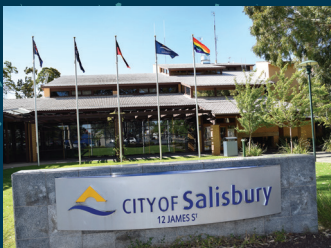
## PARA HILLS SENIORS CENTRE (PHSC)

📍 **Para Hills Community Hub, Wilkinson Road, Para Hills SA 5108**  
📅 Monday and Friday: 9am to 2pm, Tuesday and Thursday: 9am to 3pm  
☎ 08 8406 8587  
🌐 [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc)



## PINE LAKES CENTRE

📍 **16 Homestead Place, Parafield Gardens SA 5107**  
📅 Monday to Friday: 8.30am to 4pm  
☎ 08 8406 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)