

# SALISBURY

## *Seniors*



**ISSUE 16:**  
**FEBRUARY TO MAY 2019**

**SPECIAL EVENTS • WELLBEING • COMMUNITY INFORMATION**



# CONTENTS

3	Simple Steps to Help Prevent Falls	12	Safe Footpaths
4	A Local Voice	12	Salisbury Community Hub Award
4	Standing on Solid Ground	12	Brain Health Answers
5	My Health Record	13	Protect Your Rights
5	Conversations with Seniors	13	Scam Prevention
6	Brain Health	14	Salisbury Snapshots
6	Clever Solutions for Savvy Seniors	16	Jack Young Centre News
7	Staying Safe in your Home	16	The Benefits of Tai Chi
7	Keeping your Keys Safe	17	A Word from Jack's Cafe
8	Smoke Alarms are Critical	18	Para Hills Seniors Centre
8	Fit for Gardening	18	Para Hills Community Hub
9	Salisbury Welcomes	19	Pine Lakes Centre News
9	Salisbury Community Hub	20	Special Events
10	SAPOL Home Assist Program	24	Wellbeing Activities
10	Emergency+ App	27	Your Council Helping You to Live a Good Life
11	From Many Lands We Come		
11	Want to Feel Safe?		

*Salisbury Seniors* is available at the Council office, Jack Young Centre, Para Hills Seniors 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)

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

Cover: Des and Rae Brown - active seniors in Salisbury.

## MAYOR'S MESSAGE

**Welcome to the latest edition of the Salisbury Seniors magazine.**

This issue is all about safety - from well positioned functioning smoke alarms and learning how to prevent falls, to protecting yourself from scams and information on the Emergency app.

Featured in this edition is a wonderful resource developed by the Northern Collaborative Project Community Ambassadors Workgroup that has clever solutions for everyday problems such as opening jars,

personal care, gardening and caravanning.

There is also an article on a rather unknown benefit from volunteering. It seems getting out and about and meeting people helps others builds respectful and trusting relationships - and makes volunteers feel safer.

I hope you enjoy this edition as much as I did as it provides a wealth of information and

practical tips for an important and much valued group in our community. If you would like to receive an electronic copy just email [has@salisbury.sa.gov.au](mailto:has@salisbury.sa.gov.au) or visit [www.salisbury.sa.gov.au/salisburyseniors](http://www.salisbury.sa.gov.au/salisburyseniors)

Yours sincerely  
Mayor Gillian Aldridge OAM





# SIMPLE STEPS TO HELP PREVENT FALLS

In South Australia, 38 older people are admitted to hospital every day with injuries due to falls.

Thankfully most falls don't result in serious injury but there is always a risk that a fall could lead to something worse like a sprain, broken bone or head injury. Making small changes can help you avoid falls and being proactive is the key.

Below are some simple steps to consider:

- Use non-slip mats, especially in the bathroom
- Mop up spills to avoid wet, slippery floors
- Organise your home so that climbing, stretching and bending are minimised
- Get help lifting or moving items that are heavy, awkward or difficult to move
- Remove anything that could cause you to trip (frayed carpet, mats, clutter, electrical cords, etc.)
- Ensure all areas of the home are well-lit
- Have your eyes checked every year
- Wear well-fitting shoes that are in good condition
- If you have a walking aid, use it
- Take care to avoid steps, stairs and ladders
- Do not stand on furniture to reach something
- Keep footpaths around your home clear and fix any uneven pavers
- If you have a hearing aid, ensure you wear it to hear oncoming traffic
- Have hand rails installed if needed

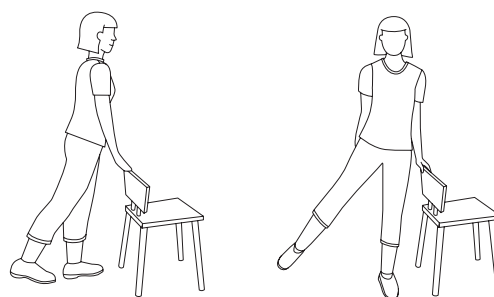
Staying physically active is the most important thing you can do to reduce your risk of falling.

The more active you are, the stronger your muscles remain, which can help to minimise falls. Research has shown that older people who take part in regular strength and balance exercises are less likely to fall.

Why not try a Tai Chi or low level exercise class at one of our senior centres? Alternatively you could consider a COTA 'Strength for Life' program that run in many local gyms. See page 26 for more details. There are also exercise programs that you can do at home - Active Ageing Australia has an Active for Living Exercise DVD and other resources. For further details call **8423 0960**.

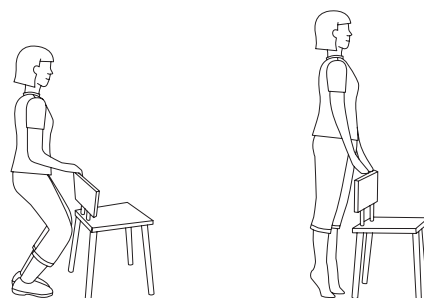
It is also vital that you **discuss any dizziness, falls or near misses with your GP**. Your doctor can carry out a simple test to check your balance, vision and review your medications in order to reduce your risk of falling.

## BALANCE EXERCISES



### 4 QUICK AND SIMPLE EXERCISES TO IMPROVE STRENGTH AND BALANCE

- Perform 10 repetitions of each exercise
- Repeat 3-4x each week



# A LOCAL VOICE

From vulnerability and fear to new-found strength, independence and happiness.

Rosemary is a proud Kaurna woman living in the local community. She has experienced high levels of stress throughout her life, feeling vulnerable, trapped and unsafe due to the situation she was in. As a result, her health suffered significantly.

Understanding that she had to change her situation, she spoke with Pastor Eric, her local minister, who was able to connect her with the church community and to Thuy Nguyen, City of Salisbury's Housing Support Program Officer. Soon Rosemary was in a new home connecting with neighbours, the church community, visiting her family and enjoying life.

Rosemary said that identifying that she needed help was hard at first but she had the resolve to do something about it. She believed her spiritual



connection guided her saying: "God had a plan for me; it started with a conversation and led to links and connections. There is help out there, don't give up, just keep trying, there are people around you that you can talk to."

Rosemary is very thankful for the support the church community has provided, including the many donations. She is now revelling in her independence, feels safer and is enjoying life.

We wish Rosemary a future full of happiness, good health and wellbeing.

*Pictured above: Thuy, Rosemary and Pastor Eric*

## STANDING ON SOLID GROUND

A great resource to help you stay on your feet and prevent falls.

For some people, the injuries sustained from falling can lead to a stay in hospital. To help older Australians learn how to prevent falls, an easy to read brochure has been developed.

The brochure is a part of the Make Every Contact Count (MECC) series of booklets that are available at City of Salisbury senior centres, libraries and community centres.

Below are some simple steps to follow to help in the event of a fall. You may also like to read the article Simple Steps to Help Prevent Falls on page 3. To see the full range of MECC booklets visit <http://bit.ly/MECCbrochures>

### Be PREPARED

Knowing what to do if you have a fall can help you to feel more confident.

-   
Roll onto your side.
-   
Get onto your hands and knees and crawl or slide to a sturdy piece of furniture e.g. chair, stairs or rail.
-   
From a kneeling position, put arms up onto furniture.
-   
Bring one knee forward, putting that foot on the floor.
-   
Push up with your arms and legs, pivot your bottom around.
-   
Sit down. Rest before trying to move.



# MY HEALTH RECORD

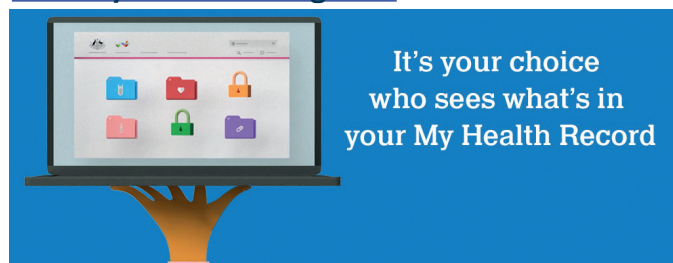
Have you heard about the new online system that aims to improve health outcomes for all Australians?

The Adelaide Primary Health Network details how My Health Record is an online summary of your key health information that can assist healthcare providers to better meet your health care needs.

My Health Record securely stores your personal health details for access by healthcare professionals such as GPs and pharmacists. This can be helpful if you move, travel or are involved in an emergency. You have control over the information in My Health Record as you choose what goes into your record and who can access it.

The Australian Government provided the public with an opt-out date of 31 January 2019. If you missed the cut-off date and still want to choose not to have a My Health Record, you can inform the Australian Digital Health Agency on your decision by logging into the My Health Record portal or by calling **1800 723 471**.

Adelaide Primary Health Network is offering community information sessions for groups to learn more about My Health Record or you can contact the Help Line on **1800 723 471** or visit [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)



# CONVERSATIONS WITH SENIORS

Older community members actively engaged in a conversation about safety in their community at the August conversation.

The topic of safety at home and in the community was of keen interest to all who attended the August session. Presentations were given by SAPOL, physiotherapist Huynh Nguyen and Jacque Canavan, a local Commonwealth Bank manager, where participants learnt key strategies to keep safe.

For tips on staying safe online, Ms Canavan noted the first line of defence is your password. It must be strong, not shared and changed regularly.

For more information on staying safe in your community, turn to page 7 or visit [www.commbank.com.au/security](http://www.commbank.com.au/security)

**COTASA**  
Conversations  
With Northern Seniors

**JOIN US FOR A CONVERSATION**

<b>Tuesday 12 Feb 2019:</b> <b>9.30am to 12 noon</b>	<b>Tuesday 9 Apr 2019:</b> <b>9.30am to 12 noon</b>
<b>Topic: Wellbeing (Part 1)</b>	<b>Topic: Wellbeing (Part 2)</b>
This session will explore the importance of physical exercise, good nutrition and sleep in optimising personal wellbeing, including how to manage chronic pain.	Explore the 5 key elements of great wellbeing – PERMA – positive emotion, engagement, relationship, meaning and accomplishment.
John Harvey Gallery, 12 James Street, Salisbury BOOKINGS ESSENTIAL: <a href="http://www.salisbury.sa.gov.au/cotaconv">www.salisbury.sa.gov.au/cotaconv</a> or 8406 8368	

# BRAIN HEALTH



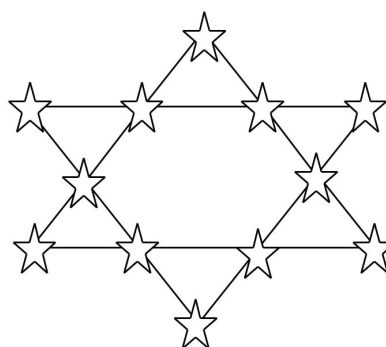
## Do you know brain exercises can improve your balance?

Recent studies suggest that cognitive or 'brain training' exercises may significantly reduce older people's risk of falls. This is because our cognitive function plays a vital role in balance, movement and coordination – organising our muscles to work together and keep us upright.

Performing regular cognitive exercises such as puzzles and games may assist in strengthening our balance and coordination. Go grab a pen and some paper and enjoy solving the puzzle.

## Brain Game

Fill the stars with numbers from 1 to 12, using every number only once. The total of 4 stars connected by a line should add up to 26.



# CLEVER SOLUTIONS FOR SAVVY SENIORS

## Do you struggle to put your socks on, pick up things from the floor or undo a jar lid?

If so, you are sure to find this free resource very helpful. Complete with pictures, it provides practical hints and tips on the most effective and safest ways to do your daily tasks.

Tips include simplifying the tasks you do or your routine in key areas such as the kitchen, laundry, bedroom, bathroom and garden. It also has a host of ideas to help you when you go caravanning, camping, shopping or have to undertake some home maintenance.

Personal care suggestions relate to dressing, eating, foot care, grooming, medication use, oral care, showering, sleeping, toileting and hand care. There is also a section for people with sensory impairment such as low vision or hearing loss.

Developed by the Northern Collaborative Project Community Ambassadors Work Group in conjunction with the City of Salisbury and with additional information provided by the Department of Human Services, this resource will give you plenty of ideas to stay independent and well.

For a copy of the resource visit:

[www.salisbury.sa.gov.au/ncp](http://www.salisbury.sa.gov.au/ncp)





# STAYING SAFE IN YOUR HOME

## Stop thieves with these simple tips from SAPOL.

To increase home security and reduce the opportunity for thieves to gain entry to your home, consider the following strategies:

- Install appropriate keyed locks to all doors and windows
- Make sure gates, garages and sheds are locked when not in use
- Keep your house keys, car keys and garage remote controls in a safe place as thieves can use them to gain entry to your home or steal your car
- Install and activate an alarm system
- Trim trees and bushes located near front doors and windows to avoid them being used as hiding places
- Lock all garden tools and ladders away so they cannot be used to break into your home
- Don't leave your valuables in obvious places - thieves often target jewellery boxes on bedroom dressers and other valuables in bedside drawers and cupboards
- Don't leave packaging from your recent purchases next to the bin for thieves to see what you have bought - fold the packaging and place it in your bin
- Lock your meter box to prevent thieves interfering with your power supply (contact your local electricity provider for further information)

For more information visit  
[www.police.sa.gov.au/crime-prevention-and-security-tips](http://www.police.sa.gov.au/crime-prevention-and-security-tips)

## KEEPING YOUR KEYS SAFE

It may be convenient for you but hiding a key outside is also very handy for a thief.

Most crimes are opportunistic and having a key placed outside under the mat or in a nearby pot plant is so predictable that it is one of the first places an intruder will look.

If you are going out, consider leaving a spare key with a trusted neighbour or have a small key safe installed.

Key safes can be mounted discretely on a wall or suitable post outside with press button number keys to set your own four digit code. You can leave a spare key in it all the time. If you think you might forget the code, let a trusted friend or family member know the combination.

SAPOL advise against leaving your car and house keys in obvious locations in your house like on a hall table or drawer. Keep them in a safe location out of sight and remove keys from internal locks, including the windows, when you are not at home.

For basic information about key safes and installation call Salisbury Home Assist on **8406 8225**.

Read about SAPOL's Home Assist program on page 10.



# SMOKE ALARMS ARE CRITICAL

A visit by the MFS reminded JYC members of the importance of a smoke alarm.

The Metropolitan Fire Service delivered an information session to seniors at the Jack Young Centre to advise of the best fire prevention protection. A photo-electric smoke alarm that is hard-wired to the 240 volt power supply is still the most effective.

In addition, the MFS advised smoke alarms must be maintained and recommended the following:

- Test smoke alarms every month
- Clean smoke alarms every six months using

your vacuum cleaner and the brush head attachment

- If your smoke alarms are powered by a disposable battery, change the battery once a year or immediately when a 'battery low' warning 'beep' is emitted
- Replace all smoke alarms every ten years

A correctly located, working smoke alarm can save lives by providing early warning of a fire. This will increase your chance of survival. Make a note on your calendar to maintain your alarm every month and practice evacuation drills regularly.

For further information and advice contact **8204 3611** or visit [www.mfs.sa.gov.au](http://www.mfs.sa.gov.au)

## FIT FOR GARDENING

Gardening is an excellent wellbeing activity - but it can also cause numerous injuries.

Gardening can be enjoyable and rewarding however it can also lead to a wide range of injuries. Especially for the keen occasional gardener who takes part in activities that they do not normally do in their everyday life.

To maintain your body to be up to the task of gardening, you need to keep your muscles active - it's a case of 'use it or lose it'. To be garden fit, it's important to regularly exercise your muscles in the same or similar way that they would be used in the garden a couple of times per week.

In the garden it's important to:

- Only do as much as you can do easily
- Break up long periods of bending with
  - other activities

- bending the other way
- doing different tasks that use different muscles
- walking
- stretching the muscles being used

The photograph shows people demonstrating the types of movements that need to be practiced to keep muscles and joints mobile to be garden fit. A full description of these exercises is available at [www.salisbury.sa.gov.au/gardeningwell](http://www.salisbury.sa.gov.au/gardeningwell)





# SALISBURY WELCOMES

The City of Salisbury welcomes Myfanwy, Asmaa and Dianne to its vibrant team.

New faces bring a wealth of knowledge, skills and experience that strengthen the capacity of our team and help deliver services to you. Located in the Community Health and Wellbeing Division, new staff Myfanwy, Asmaa and Dianne (pictured left to right) have taken on very important roles.

Asmaa and Dianne are key to raising the awareness of the National Disability Insurance Scheme (NDIS) to assist people to access disability services. Their role involves listening to the lived experience of people with disability, their carers and service providers to develop a toolkit to help people understand what the NDIS is and how to get support. Asmaa will focus on people from culturally and linguistically diverse backgrounds while Dianne will work with Aboriginal and Torres Strait Islander people.

Myfanwy's role is to support the implementation of Council's Intercultural, Age Friendly and

Access and Inclusion Strategic Plans to ensure the City is a liveable and welcoming place for everyone. Myf is keen to form a Salisbury Intercultural Community Alliance and is currently looking for interested community members to be involved. If you would like to help shape Council decisions regarding becoming a welcoming intercultural city contact Myf on **8406 8498** or visit [www.salisbury.sa.gov.au/SICA](http://www.salisbury.sa.gov.au/SICA). Applications close Monday 18 March 2019.

Please give Myfanwy, Asmaa and Dianne a warm welcome if you see them at our centres.



## SALISBURY COMMUNITY HUB

Have you noticed the cranes, concrete and scaffolding in the middle of Salisbury?

This hive of activity is due to the construction of the Salisbury Community Hub which has been ramping up in the past few months.

Not only will the Salisbury Community Hub benefit the community once it opens, it has already been providing economic benefits while the building is being constructed.

This includes 40 per cent of the project hours coming from the northern region workforce and

20 per cent of materials sourced from northern suppliers.

City of Salisbury Mayor Gillian Aldridge, OAM said the contractors have become part of our community.

"I love how contractors working on it are so happy to spend time talking to people walking past. We've also got local people working here which is important."

The construction of the Salisbury Community Hub is great to watch so when you get a chance, come into the Salisbury City Centre and watch the building take shape.

# SAPOL HOME ASSIST PROGRAM

South Australian Police (SAPOL) has a Home Assist program that helps older people improve personal and home security.

The program is funded by the Australian Government and is part of the Commonwealth Home Support Program (CHSP). The aim of the SAPOL Home Assist Program is to improve home and personal safety of eligible people. SAPOL works closely with Councils, health services and other agencies to support CHSP service users. The South Australian Government supports SAPOL to deliver services to people living with disability and their carers.

What SAPOL provides:

- **Free Security Audits** - A police coordinator will visit and conduct a free security audit of your home. You will be given a written document highlighting security issues that could be improved. You will be provided with details for the Home Assist representatives within your local council. You may receive assistance to implement police suggestions.

- **Free Group Presentations** - Police will deliver free presentations to groups of 15 people or more. The three presentations are:

- **Home Security & Personal Safety:** provides home security and safety tips
- **Safety for Residents in an Aged Care Facility:** provides security and safety advice for residents in aged care facilities
- **Safety in the Client's Home:** aimed at carers and volunteers providing Home Assist services to clients.

For more information or to make a booking, contact the SAPOL Home Assist Coordinator on **7322 3211**.



## EMERGENCY+ APP

Save the app that could save your life.

The Emergency+ app is free and developed by Australia's emergency services, the Government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

To find out more or download the app visit [www.emergencyapp.triplezero.gov.au](http://www.emergencyapp.triplezero.gov.au)



Save the App that could save your life.



[\[Free Download\]](#)



[\[Free Download\]](#)



[\[Free Download\]](#)



# FROM MANY LANDS WE COME

A celebration of cultural diversity through clothing and food traditions.

The John Harvey Gallery was full of colour at the Aged to Perfection exhibition held in October.

The City of Salisbury *From Many Lands We Come* exhibition featured beautiful, skilfully made clothing worn on special occasions by local people from many different cultures. Visitors learnt about the stories behind the clothing that provided a glimpse into each culture.

The UnitingSA Ethic Link Services *Our Shared Table* exhibition brought together the food practices and migration stories of nine older South Australians from different cultural backgrounds highlighting the unique role of food in their life journeys.

To see photos from this exhibition visit [www.salisbury.sa.gov.au/atp](http://www.salisbury.sa.gov.au/atp)



## WANT TO FEEL SAFE?

Do you know that people who volunteer, report feeling safer in their community?

Volunteers have a unique opportunity - they come into contact with people that they may not otherwise meet and from these encounters, build understanding, respect and trust. So it's no surprise that they report feeling safer in their communities.

Volunteers range in diversity with the 627 current volunteers at the City of Salisbury including those as young as 12 and as old as 94! There are male and female volunteers, people from countries who speak languages other than English, people who are employed, retired or studying. Most have completed high school, while others a university degree. Some have disability.

Just imagine the friendships that are made between these diverse volunteers and then their relationships with individuals in the community. Without a doubt, volunteering can help build strong bonds encouraging caring and open communication, building trust and understanding among people, that in turn can improve safety for everyone.

For details on how you can get involved contact Sue at the City of Salisbury on **8406 8276**.

*make a Difference*

# SAFE FOOTPATHS

Footpaths and kerb ramps can make all the difference to getting out and about.

Rough footpaths or lack of kerb ramps can make travel very difficult or unsafe for people who use mobility aids such as scooters or walking frames. In some instances people may not be able to safely leave their property if there is no footpath or ramp.

If you experience difficulties due to footpaths, kerbing or ramps you can contact the City of Salisbury to request:

- maintenance of a footpath or kerb ramp
- trimming of overgrown vegetation from a roadside verge
- footpath or new kerb ramp

You will need to let Council know the exact location and the issue. Council will respond to your request through a prioritised system that manages the most urgent requests first.

To report an issue or make a request contact council on **8406 8222** or email **[city@salisbury.sa.gov.au](mailto:city@salisbury.sa.gov.au)**

## AGED CARE INFORMATION

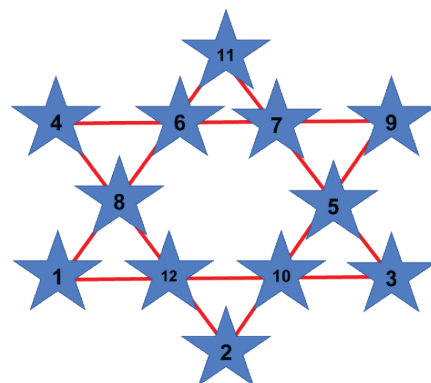
A series of four free information sessions will be hosted at the Para Hills Community Hub between March to September 2019. Each session will explore different topics including accessing information about aged care services, registering for services, Planning Ahead information (Wills, Advance Care Directives, Enduring Power of Attorney and organ donation) and information about the new Aged Care Quality Standards.

Coordinated by the Northern Collaborative Project and hosted by the City of Salisbury.

### Session Details:

Times: 10am to 12.30pm  
Dates: 15 March, 17 May, 19 July and 20 September 2019  
Location: Para Hills Community Hub  
Function Room  
Wilkinson Road, Para Hills  
Bookings: 8406 8368  
Bookings essential.

## BRAIN HEALTH ANSWERS





# PROTECT YOUR RIGHTS



## Elder abuse can be stopped.

Inform yourself about what action you can take if you are experiencing abuse or if you suspect an older family member or friend is experiencing abuse. Call the South Australian Elder Abuse Prevention Line on **1800 372 310** or visit [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au) and type 'stop elder abuse' in the search bar.

The next edition of Salisbury Seniors Magazine will feature information on international World Elder Abuse Awareness Day (WEAAD) held annually on 15 June. Learn more about the types, signs and symptoms of elder abuse in the upcoming issue.

## SCAM PREVENTION

With more online shopping scams, travel scams and parcel delivery scams, its more important now than ever to be 'scam-savvy'.

Scams seems to be a part of everyday life - from someone phoning to help you with your computer problem (when you don't even have a computer) to an email on a great bargain from an online store you have never used.

Scams come in many different forms and you need to be vigilant to reduce your chance of being a scam victim. Follow the advice below from SAPOL to best protect yourself:

- Always know who you are communicating with and where your information is going
- Never give your personal details, passwords, credit card or online account details to a person you cannot identify in an official capacity
- Legitimate companies, particularly financial institutions will not send emails requesting you to log on to a link – log on independently if you need to access that site
- Ignore emails and text messages which advise you have won a competition that you did not enter and do not open any attachments

- Do not send money to receive lottery winnings or to claim a prize
- Never give an unsolicited person remote access to your computer as you may compromise the security of your device and your personal information
- Ensure your computer is protected with regularly updated anti-virus and anti-spyware
- Apply a healthy dose of scepticism and research to any unfamiliar communication

To report a scam or for further information visit [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

For more crime prevention tips please contact your local police station or visit [www.police.sa.gov.au/your-safety](http://www.police.sa.gov.au/your-safety)



# SALISBURY SNAPSHOTS

Out and about with our local community.



Christmas Parade - Walking Group with Banner



Christmas Parade - Cycling Group



Don't Act Your Age Performers



Volunteers Christmas Event



Melbourne Cup at Jack Young Centre





Melbourne Cup at Para Hills Seniors Centre



COTA SA Conversation with Northern Seniors



Volunteers Christmas Event



Inclusion Forum



Intercultural Group end of year celebration



The Team at Jack's Cafe preparing for Melbourne Cup 2018



# JACK YOUNG CENTRE NEWS

JYC is gearing up for another year of exciting and interesting activities for you.

In 2018 JYC offered nearly 50 different activities a week – activities that supported people to learn or practice their musical, theatrical, intellectual, physical, creative or social skills. Our volunteer group leaders gave their time and enthusiasm to ensure everyone had a positive experience and many great friendships grew from these interactions.

In 2019 the focus will be on safety – safety in the home and within our community. JYC will continue to offer physical activities such as Wise Moves, SA Heart Foundation Walking Groups, Tai Chi, Rock 'n' Roll dancing and Dance for Health. These activities help to support people to minimise the risk of falls through improving their balance and strength. If you would like information on preventing falls, there are some great resources at the centre, so come in and speak to a staff member to find out what's available to help you stay safe at home.

## THE BENEFITS OF TAI CHI

Have you ever tried Tai Chi - it can improve your strength, flexibility and balance.

Tai Chi combines gentle physical exercise and stretching with mindfulness. A gentle and slow exercise it is perfect for seniors - even those managing chronic pain. It supports flexibility, strengthening and endurance training and is a great way to meet new people.

With regular practice, Tai Chi may help:

- Reduce stress through increasing oxygen flow through intentional breathing
- Enhance mental capacity and concentration
- Improve balance reducing the risk of falls
- Increase core strength to enhance stability and reduce back pain
- Alleviate arthritic pain

Why not challenge yourself this year and come along to a Tai Chi class at JYC. Held every Monday at 9am with a qualified instructor and a great group of friendly participants. The first session is free.

If you are interested in trying Tai Chi, joining the group or would like more information, speak to a JYC staff member or call **8406 8525**.



# A WORD FROM JACK'S CAFE

## Keeping yourself safe in the kitchen is a priority.

There are plenty of risky issues in the kitchen. Unsafe food practices can lead to the growth of harmful bacteria that can cause illness with the kitchen environment having the potential for slips, trips, cuts and burns. Therefore, it is incredibly important to implement safe food and working practices.

To help minimise your risk from foodborne illness:

- Don't leave food out to defrost - put frozen food into the fridge overnight to allow it to defrost
- Date the food you put in the fridge so you will know how long it has been in there
- Keep cold food below 5°C
- Return leftovers to the fridge immediately after a meal
- Do not assume food is safe if it doesn't have a soiled smell or appearance - foodborne bacteria cannot be seen, smelt or tasted

- When reheating food, make sure the temperature reaches 75°C
- Store meats and vegetables in sealed containers
- When in doubt, throw it out
- Use different cutting boards for meat and other food items - many stores sell colored cutting boards that use green for vegetables and red for meats
- Never have raw chicken on a board with other foods

To help minimise your risk of injury in the kitchen:

- Use pots that have two handles
- Clean up cluttered areas
- Do not use out-of-reach cabinets
- Replace glass items with unbreakable or plastic ones
- Store heavy objects at waist level

For more information on safe food handling practices visit [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

## Scones *makes about 12 to 15 scones*

### Ingredients:

- 2 cups SR flour
- Pinch of salt
- 1 egg
- $\frac{3}{4}$  cup milk
- 100g margarine
- Extra flour for kneading

### Method

1. Pre-heat oven 220°C
2. Put the flour and pinch of salt in a large bowl
3. Add margarine and rub through the flour - easy way to know if you have enough margarine is to make a fist with the flour and if it holds together then you have enough
4. Make a well in the middle of the bowl and add the egg
5. Mix the egg and milk into the dry mix until it resembles dough
6. Put the mixture onto a floured board and knead slightly - the trick is not too knead for too long
7. Press out with your fingers to the height you want - NEVER roll with a rolling pin
8. Use a scone cutter to cut them out or use an open end of a glass
9. Place on a tray covered with baking paper and brush with egg wash (egg and milk mixed together)
10. Put in the oven on the middle shelf and bake for about 15 minutes or until slightly golden on top
11. Have jam and cream whipped, ready for when you take them out
12. Enjoy



# PARA HILLS SENIORS CENTRE

## A hive of activity again in 2019.

Firstly, it must be mentioned that the centre's Christmas party was a huge success! A big thank you to Helen our wonderful cook and the volunteers who helped - you all did a tremendous job. If you weren't able to attend last year's Christmas party make a note to come along to the party in 2019 - it'll be great fun.

This year we have some new and exciting activities. Pottery classes will be held on Monday mornings from 10am to 12 noon. Make sure you bring your apron. Line Dancing will be held on Thursdays from 1pm to 2.30pm. If you are interested in yoga please let us know so we can put your name on the list. We will also hold one-off events. Information on these will be posted on the notice board alternatively you can visit [www.salisbury.sa.gov.au/CHWevents](http://www.salisbury.sa.gov.au/CHWevents) for an list of current events.

As usual we will offer meals four days a week (Mon, Tues, Thurs & Fri). Please call before 11am to order to ensure you don't miss out. Please remember the phone number has changed **8406 8587**.

We look forward to seeing you at the Centre in 2019.



# PARA HILLS COMMUNITY HUB

## With 20,000 visits in two months the Para Hills Community Hub has been a great success.

Since opening in August 2018, the new Para Hills Community Hub has had thousands of visitors through its doors. As a venue for all ages, around 4,000 people participated in various Community Learning Programs such as Minecraft, coding and LEGO.

The Para Hills Community Hub has been designed for the community as a place for people to meet, for business or leisure, participate in a program, attend an event, access the library and its services or utilise the Hub's computers and Wi-Fi. There are also a great range of rooms and halls available for hire.

If you have not been to the Para Hills Community Hub, now is the time for a visit.





# PINE LAKES CENTRE NEWS

## Mary shares her insights from the Pine Lakes Centre in a special reflection.

Mary Ceravolo, Cultural Program Coordinator, smiles as she thinks about the activities and programs that were offered to cultural and linguistically diverse seniors at Pine Lakes during 2018. She explains that many participants have had the opportunity to learn from guest speakers, staff and each other.

Mary remembers some of the sessions that were offered:

- The SAPOL session on personal safety was great - participants learnt about being safe at home, when dining out or at the bank and how to make a police report
- A health education presentation by the Cancer Council informed participants on prostate, cervix, bowel and breast cancers and how to access health services for free
- A My Aged Care session provided details on how to access services for seniors
- An experience was offered where participants learnt about Australian animals, culture and environment - participants enjoyed a virtual tour of Australia and talked about places to visit.

Opportunities that surfaced during the year included:

- Changing the menu to incorporate vegetarian and halal requirements
- Sharing cultural experiences through song, dance and poetry
- Learning words from different languages, including 'Hello' in Spanish; 'Ola', in French; 'Bonjour', in Italian; 'Ciao' and Arabic; 'As-salam alaykom'

There were many activities at the Centre, such as:

- Making counting beads for prayer, sewing bags and creating handmade jewellery
- Learning English from seeing images and repeating words - which enabled one participant to write a letter in English for the first time
- Learning everyday life skills in Australia such as asking for milk at the shops, learning weights such as kilograms and what to do in an emergency

Mary reflects:

"It was great to end the year celebrating with over 100 people and having worked with 32 amazing volunteers from different cultural backgrounds such as Italian, Bhutanese, Polish, Bosnian, Jordanian, Turkish, Nepalese, Australia and Egyptian."

Feedback from participants was encouraging and reinforced the program is making a difference. One participant commented: "I've appreciated all the things I've learnt in a positive, fun and supportive environment. I've made some new friends and the volunteers are amazing!"

Mary and the participants are looking forward to 2019 with a vibrant program planned.



# SPECIAL EVENTS

## SALISBURY SECRET GARDEN






**SALISBURY  
SECRET  
GARDEN**  
16 FEB – 10 MAR 2019

f @discoversalisbury

Full program available at:  
[discoversalisbury.com.au/ssg](http://discoversalisbury.com.au/ssg)

### AGEING AND RAGING

[Salisbury Secret Garden Event]

**FEB**  
**17**

- 📅 Sun 17 Feb @4pm to 5.15pm
- 💰 \$10 At the door
- 📍 Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka
- 📞 0414 292 483
- 🌐 [www.discoversalisbury.com.au/ssg](http://www.discoversalisbury.com.au/ssg)



A musical ukulele journey through the highs and lows of getting older.

### AGEING AND RAGING

[Salisbury Secret Garden Event]

**MAR**  
**2**

- 📅 Sat 2 Mar @4pm to 5.15pm
- 💰 \$10 At the door
- 📍 Jack Young Centre  
1 Orange Ave, Salisbury
- 📞 0414 292 483
- 🌐 [www.discoversalisbury.com.au/ssg](http://www.discoversalisbury.com.au/ssg)



A musical ukulele journey through the highs and lows of getting older.

### ARE WE THERE YET?

[Salisbury Secret Garden Event]

**MAR**  
**9**

- 📅 Sat 9 Mar @7pm to 9pm
- 💰 \$10 At the door
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 🌐 [www.discoversalisbury.com.au/ssg](http://www.discoversalisbury.com.au/ssg)



Original comedy production about the highs and lows of holidaying. Tickets may be pre-purchased at JYC. Includes a light supper afterwards.



# SPECIAL EVENTS

## FEBRUARY TO MAY 2019

### SMART EATING FOR OLDER ADULTS

FEB  
19

- 📅 Tue 19 Feb  
@10am to 11:15pm
- 💰 \$2 includes morning tea
- 📍 Jack Young Centre  
1 Orange Ave, Salisbury
- 📞 8406 5825



Presented by Sonder.

### AUDIO CLINIC - TALK & TESTING

FEB  
25

- 📅 Mon 25 Feb
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8222
- 🌐 [www.salisbury.sa.gov.au/cemeteryexpo](http://www.salisbury.sa.gov.au/cemeteryexpo)



Hearing Awareness Week (4 to 8 March) 'Life without hearing'. Representatives from Audio Clinic will be talking about the importance of hearing in everyday life and there will also be an opportunity for hearing checks. Bookings essential.

### INTERNATIONAL WOMEN'S DAY BREAKFAST

MAR  
8

- 📅 Fri 8 Mar  
@7:30am to 9:30am
- 💰 \$25 include breakfast
- 📍 Parafield Gardens Community Club  
65 Shepherdson Road, Parafield Gardens
- 🌐 [www.salisbury.sa.gov.au/iwd](http://www.salisbury.sa.gov.au/iwd)



Celebrate International Women's Day with Mayor Gillian Aldridge OAM.

### HARMONY DAY

MAR  
21

- 📅 Thu 21 Mar @10am to 1pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/harmonyday2019](http://www.salisbury.sa.gov.au/harmonyday2019)



Come and celebrate inclusiveness, respect and belonging for all Australians. Guest speakers, entertainment and refreshments. Bookings essential by 14 March 2019.

### FRIDAY QUIZ NIGHT

MAR  
22

- 📅 Fri 22 Mar  
@5:30pm to 8:30pm
- 💰 \$10 includes light supper
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525



Nothing to do on a Friday night? Come along to this fund raising Special Quiz night. Prizes to be won and friends to be made. Bookings essential by 15 March 2019.

### FAMILY FUN DAY

MAR  
30

- 📅 Sat 30 Mar
- 💰 FREE
- 📍 Salisbury City Centre  
John Street, Salisbury
- 📞 0414 813 202
- 🌐 [www.salisburyba.com.au](http://www.salisburyba.com.au)



Family fun day packed full of activities and entertainment for the whole family, including Bouncy Castle, face painting, photo booth, The Avengers, balloon animals and more!



# SPECIAL EVENTS

## FEBRUARY TO MAY 2019

### SALISBURY MOTORCYCLE SHOWCASE

**APR**  
**13**

- 📅 Sat 13 Apr @10am to 1pm
- 💰 FREE
- 📍 Salisbury City Centre  
John Street, Salisbury
- 📞 0414 813 202
- 🌐 [www.salisburyba.com.au](http://www.salisburyba.com.au)



A community event all about motorbikes from displays, clubs, road wear, etc. Prizes for the coolest bikes and best bike artwork. There'll also be a community fundraising BBQ, supporting Rotary Club of Salisbury and FREE face painting, bouncy castle and balloon animals for the kids.

### SALISBURY PLAYS AT MAWSON LAKES

**APR**  
**14**

- 📅 Sun 14 Apr  
@12 noon to 3pm
- 💰 FREE
- 📍 Mawson Lakes
- 📞 8406 8222
- 🌐 [www.discoversalisbury.com.au/salisburyplays](http://www.discoversalisbury.com.au/salisburyplays)



Join us for fishing fun, food and free activities.

### HEART WEEK WALK & DISPLAY

**MAY**  
**1**

- 📅 Wed 1 May:  
Walk 9am to 10am;  
Display 10am to 12 noon
- 💰 FREE
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8251



Heart  
Foundation

As part of Heart Week, you're invited to join us for a one-hour walk. Get healthy, make new friends and don't forget to bring your water bottle. No bookings required. Have a look at the Heart Health Display after the walk.

### WATERSHED ART PRIZE EXHIBITION

**3 MAY**  
**TO**  
**7 JUN**

- 📅 3 May to 7 Jun  
@8.30am to 5pm
- 💰 FREE
- 📍 John Harvey Gallery  
12 James Street, Salisbury
- 📞 8406 8366
- 🌐 [www.salisbury.sa.gov.au/watershedartprize](http://www.salisbury.sa.gov.au/watershedartprize)



See the exhibition and award winning artworks showcasing wetlands, biodiversity and/or water sustainability. Conditions apply if wanting to enter artwork in the art prize.

### STAR WARS SUPER SATURDAY

**MAY**  
**4**

- 📅 Sat 4 May @10am to 2pm
- 💰 FREE
- 📍 Salisbury City Centre  
John Street, Salisbury
- 📞 0414 813 202
- 🌐 [www.salisburyba.com.au](http://www.salisburyba.com.au)



On May the Fourth we call upon all for a galactic Family Fun Day in the heart of Salisbury. Dress up as your favourite Star Wars hero, and come join us for this epic day. Prizes to be won and giveaways throughout the day. **May the Fourth be with You.**

### SALISBURY PLAYS AT INGLE FARM

**MAY**  
**19**

- 📅 Sun 19 May  
@12 noon to 3pm
- 💰 FREE
- 📍 Ingle Farm
- 📞 8406 8222
- 🌐 [www.discoversalisbury.com.au/salisburyplays](http://www.discoversalisbury.com.au/salisburyplays)



Join us for sporting fun, food and free activities.

# Paralowie Garden *Activities and Workshops*

- Open Morning  
9.30am Tuesday 5 March
- Growing Berries  
1pm Thursday 14 March
- Quiz Morning on the topic of edible plants  
9.30am Tuesday 19 March
- Composts and soil prep for autumn  
1pm Tuesday 26 March
- Growing Garlic  
9.30am Thursday 28 March
- Open Morning  
9.30am Tuesday 2 April
- Pest Identification and beneficial insects  
1pm Thursday 4 April
- Organic Pest Management  
1pm Thursday 30 April

Check website for more information and up-to-date dates and times:  
[www.salisbury.sa.gov.au/gardening](http://www.salisbury.sa.gov.au/gardening) or call 8406 8225

## JYC QUIZ AFTERNOONS

Members Only Event.

Come along and test your knowledge.

Bookings Essential 8406 8525.

Jack Young Centre, 1 Orange Ave, Salisbury

**Monthly on Fridays - 2pm to 4pm**

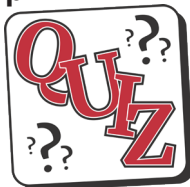
Cost \$6 includes afternoon tea

22 February 2019

29 March 2019

26 April 2019

31 May 2019



**FREE HEALTH CHECKS**

## ALLIED HEALTH VAN



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

Jack Young Centre, 1 Orange Ave, Salisbury

Enquiries 8406 8525

**10am to 1pm**

**Thursday 28 March & Wednesday 1 May 2019**

## Thank you

A big thanks to all volunteers during National Volunteer Week 20 to 26 May.

You make a world of difference.



Salisbury Community

**Reconciliation & NAIDOC**

**2019** *Program*



**Program Available from mid May 2019**





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



























**National Reconciliation Week  
27 May to 3 June 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. Please check with applicable centre for specific dates and times.*

## 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 2pm	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Brain Gym - Para Hills</b>	 Tues fortnightly <sup>+</sup> - 10am to 11.45am	 \$3*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Brain Gym - Salisbury</b>	 Wed & Thu fortnightly <sup>+</sup> - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Chess</b>	 Tue - 12.30pm to 4pm	 \$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 - 10am to 12 noon 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>Duplicate Bridge</b>	 Mon - 115pm to 3.30pm	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Fun at Jack's</b>	 Sat fortnightly - 10.30am to 12 noon	 \$4*	 <b>Jack Young Centre</b>	 8406 8525
<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>Latin &amp; Ballroom Dancing</b>	 Sat - 10.30am to 11.30am (Member discounts available*)	 \$10*	 <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>Line Dancing</b>	 Thu - 1pm to 2.30pm	 \$7*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Literacy and Language Class</b>	 Fri - 10am to 12 noon	 \$3*	 <b>Jack Young Centre</b>	 8406 8525
<b>Men's Group - Monthly Outings</b>	 Fri monthly* - 9am (end times may vary)	 \$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	 \$7*	 <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>Pottery</b>	 Mon - 10am to 12 noon	 \$12*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<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>Scrabble</b>	 Mon - 10am to 12 noon	 \$3*	 <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 - 11am to 11.45am	 \$7*	 <b>Para Hills Seniors Centre</b>	 8406 8587
<b>Tai Chi - Salisbury</b>	 Mon - 9am to 10am	 \$7*	 <b>Jack Young Centre</b>	 8406 8525
<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>Women's Group - Monthly Outings</b>	 Fri - 9am (end times may vary)	 \$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 - 9.45am to 10.45am	 \$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>Ingle Farm</b>	 Mon & Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 8258 5655
<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. 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 days 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, Italian, South East Asian (e.g. Filipino) 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.

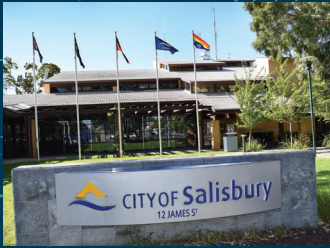
## Volunteer Opportunities

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)



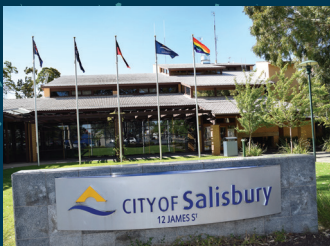
## PARA HILLS SENIORS CENTRE (PHSC)

📍 **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)