

# SALISBURY

## *Seniors*



**ISSUE 17:**  
**JUNE TO SEPTEMBER 2019**

**SPECIAL EVENTS • WELLBEING • COMMUNITY INFORMATION**



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*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: Harmony Day Celebrations (see story on page 19).

*Aboriginal and Torres Strait Islander peoples should be aware that this publication contains images or names of people who may have passed away.*

## MAYOR'S MESSAGE

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

When I look around at all of the wonderful activities and pursuits community members are involved in throughout the City I'm in awe of the array of strengths and talents we have and know that this positively contributes to our City vision of 'a flourishing city with opportunity for all'.

This edition's key theme is about the importance of

understanding our individual strengths and how taking time to actively practice and develop these strengths and have a positive impact on our wellbeing.

I am proud to highlight the Salisbury Community Reconciliation and NAIDOC program offering many events across the City. Read more about local activities and events including those at the Jack

Young Centre and Paralowie Garden (see page 6).

I hope you enjoy this edition, the informative articles and uplifting photos. 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)

Mayor Gillian Aldridge OAM





# WHAT ARE YOUR STRENGTHS?



At some point in our lives each of us has experienced the joy of using one of our strengths.

Studies have found that people who regularly use their strengths experience more confidence and less stress, enjoy more energy and are happier and more creative, engaged and happier.

## Discover your strengths

If you would like to discover your strengths, visit [www.viacharacter.org](http://www.viacharacter.org) and take the free 10 minute 'Values in Action' survey. It will provide a snapshot of the things you enjoy and how you value them as an individual.

Everyone has all 24 character strengths in different degrees which gives each person a unique character profile. Character strengths are the positive parts or traits of your personality that impact on how you think, feel and behave.

Created to identify, measure and develop what is 'good' in people, the survey ranks your 24 character strengths under six broad virtues:

1. **Wisdom** (strength of head)  
Creativity, curiosity, judgement, love of learning and perspective
2. **Courage** (strength of heart)  
Bravery, perseverance, honesty and zest
3. **Humanity** (strength of others)  
Love, kindness and social intelligence
4. **Citizenship** (strength of community)  
Teamwork, leadership and fairness
5. **Temperance** (strength of self)  
Forgiveness, humility, prudence and self-regulation
6. **Transcendence** (strength of spirit)  
Appreciation of beauty and excellence, gratitude, humour, hope and spirituality

Knowing your character strengths isn't just interesting information; when skillfully applied, strengths can have a significant and positive impact on your life. The survey can help you identify what your strengths are so you can go about developing them and nurturing them.

# A LOCAL VOICE



## A story of bravery, perseverance and kindness.

Don Fleming, 87, sat down with Nelson Guzman, a social work university student, to share his story as part of the strengths project at the Jack Young Centre. Find out more about it on page 13.

I met Mr Fleming on my first week of placement when I sat with the Friendship Group at the JYC. We introduced ourselves, and I took the chance to get to know him. He's been attending the centre for about three years. He took the time to share his life story with me.

In his younger years, Mr Fleming grew up in the country and with a love of horses worked in rodeos. He served in the Air-Force where he was a general hand and worked with trucks. His unit were deployed to the Korean War and although he didn't engage in direct combat, most of his unit was lost. He is grateful to be alive today.

Post Air-Force, the majority of his life was spent working around Australia. With a knack for mechanics he became known as a 'jack of all trades'.

Mr Fleming loves to participate in a range of activities at the JYC, although recent illnesses have taken their toll. Despite these difficulties, he continues to engage at the centre with a positive attitude, persistence and eagerness towards life. He has formed many friendships and it is evident he has been a loyal, kind and reliable friend over many years.

Mr Fleming believes he's had a 'good life' with a strong connection to family. His story highlighted his many special qualities and demonstrated his key strengths of bravery, perseverance and kindness.

It was a pleasure interviewing Mr Fleming and a memorable quote from him exemplifies his persistence in life: "You got to keep at it, otherwise you not going to get there".

# SALISBURY SENIORS ALLIANCE

A group of 13 volunteers meet bi-monthly at Council to discuss issues relevant to an age friendly Salisbury.

The Salisbury Seniors Alliance has had a busy and exciting start to 2019. The first meeting was held on 19 February included topics such as:

- Reducing single use plastic in Salisbury
- Exploring Seniors-entitled car-parking
- Salisbury Community Hub building update
- Gopher friendly design
- Local Government Association (LGA) Ageing Well Forum

Representatives from Salisbury Seniors; Linda, Tracey and Tina (pictured), participated in the LGA Ageing Well forum 29 March 2019 discussion panel about their experience being part of Salisbury's Senior Alliance. Facilitated by Amanda Blair with representatives from state-wide local governments, our panel members discussed how volunteering gives them a sense of meaning and connection and empowers them to help shape Council decisions.

Just one example of how the group is making an impact is the new Sustainable Salisbury group. This sub-group are passionate about raising awareness on the harmful impact of single-use plastic on our environment, our health and the economy. Did you know that half a million straws are used every day worldwide and that harmful toxins can enter the water systems and impact our health?

If you want to find out more about waste, visit [www.nawma.sa.gov.au](http://www.nawma.sa.gov.au)

If you want to find out more and consider joining yourself, contact Myfanwy Mogford on [mmogford@salisbury.sa.gov.au](mailto:mmogford@salisbury.sa.gov.au) or call **0466 842 275**.



## SALISBURY HOME ASSIST

Supporting you to live independently in your community.

Are you feeling bored or lonely at home and would like some support to find activities in the community that interest you?

Would like to learn how to use public transport, so you can get around more independently and explore some different places?

Individual social support services from Home Assist can help you. Our aim is to support wellness and independence. Home Assist provides a range

of other services including domestic assistance, transport, home maintenance and minor home modifications.

If you are over 65, contact My Aged Care to see if you are eligible for a subsidised service through the Commonwealth Home Support Programme.

Contact **1800 200 422** or visit: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

For further information about Salisbury Home Assist contact **8406 8225** or visit: [www.salisbury.sa.gov.au/has](http://www.salisbury.sa.gov.au/has)



# 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. These include:

- A longer lifespan
- People who are socially engaged generally perform better on cognitive and memory related tests than people who are more isolated
- 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

- Better overall physical health, as social interaction is thought to increase our immune systems

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. Whatever you prefer, our centres are a great place to meet new people and stay actively engaged in the community.

**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 .....

## RECONCILIATION AND NAIDOC

This City of Salisbury calendar of events and activities provides many opportunities for locals to learn more about Aboriginal culture.

- Come and Try Traditional Basket Weaving - Presented by Marra Dreaming Indigenous Arts
- Introduction to Kurna Language - Presented by Kira Bains, Tauondi Aboriginal College
- Local Native Plants and their Uses - Presented by Kurna Elder, Frank Wanganeen

For more details on these events, see page 20. The Program runs from May to July across the City of Salisbury. Pick up a brochure from a Council library, community or seniors centre or visit [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)



# LIFE WITHOUT HEARING

As part of Hearing Awareness Week, Audika (formally Audioclinic) held an information session at the Jack Young Centre.

Hearing is a brain function that helps keep the hearing centres of your brain active. Untreated hearing loss can have a significant impact on your quality of life, brain function and speech perception.

Having some hearing loss doesn't necessarily mean you will lose your hearing completely, however it may influence your enjoyment of life. Studies have proven that early intervention is vital for optimal management of hearing loss.

So, if you're over 60, it is important to have your hearing checked once a year.

Some common signs of hearing loss can include:

- Asking someone to repeat themselves
- Lip reading
- Avoiding social situations or noisy places
- Difficulty hearing when there is background noise
- Turning the TV volume up louder

If you or a family member or friend have experienced any of the above signs recently contact a reputable hearing clinic or discuss them with your GP.

## ABORIGINAL WOMEN'S GROUP



A brand new Aboriginal Women's Group has formed at Jack Young Centre.

The group has about 10 Aboriginal members from the local community who meet each Monday fortnight. The group program has been developed with members to cater for their interests, hobbies and goals. Activities include craft, singing, exercise, outings and guest speakers.

The group has embraced opportunities to be involved with broader Council operations, and recently performed a song at Harmony Day. The group is currently planning a NAIDOC Week Event after being successful for a grant to fund a lunch and a shared stories with the Intercultural Group.

If you are interested in joining please contact Thuy Nguyen on **8406 8227** for further information.

# CONVERSATIONS WITH SENIORS

## Inspiring wellbeing conversations

The February and April COTA SA Conversations with Northern Seniors engaged over 90 people in discussions regarding every day lifestyle activities that can be done to improve health and wellbeing.

Key messages included the importance of exercise, good nutrition and sleep in optimising personal wellbeing as well as encouraging people to practice positivity and regular gratitude as part of daily life.

Feedback from participants showed they welcome the discussion including the useful information and ideas from others.

Comments included:

*"It helps me to think more about my wellbeing"*

*"I'm going cycling and walking because of the conversation today".*

## Upcoming conversations

- Ageism – Upholding the rights of older people. (June)
- Planning Ahead - why is it important? Explore different legal 'tools'. (August)

See page 21 and 22 for more details.



# EXERCISE WHEN YOU WANT

A new active ageing resource has just been launched.

Moving For Life Your Way, recently published by Active Ageing Australia, is an easy to read book guiding people in safe and simple exercises to do at home.

Featuring over 30 exercises, requiring no expensive equipment and with options for different abilities, this resource will be useful to people of many ages.

Active Ageing Australia refer to a term known as 'the spiral of decline' where if people don't keep active, everyday activities become much harder to do. As moving becomes more difficult, people tend to move less, which makes it much worse. However, it is never too late to reverse the downward spiral.

For more information about Moving For Life Your Way contact Active Ageing Australia on **8423 0960** or visit **[www.activeageing.org.au](http://www.activeageing.org.au)**



# A MOVE IN THE RIGHT DIRECTION

"The support of the Jack Young Centre and Housing Support Program has allowed me to live a wonderful, independent life" - Paula Knoblauch

Upon returning to Australia after living in Thailand for three years, I was shocked by how much the private rental market had increased. All I could afford was a share place with six other people - a shower that flooded, a roof that leaked and fire alarms that didn't work.

I heard about the Jack Young Centre in a local shopping centre and when I went along, the staff were so welcoming it felt like I'd come home. I met so many wonderful new people, including Thuy Nguyen, the Housing Support Program officer. Five weeks later she took me to see a place that would become my new home.

Never before in my life has anyone ever bestowed such kindness and generosity on me. My past life is now a blurred memory in light of my new life, good friends and happier times. I now feel that I am able to overcome any obstacles that life may confront me with.



## SALISBURY COMMUNITY HUB



Construction of the Salisbury Community Hub has entered its final stages with the highest point of the building - 17m above the ground - celebrated with a signing of the steel beam as it was out into place.

The formal 'topping out' milestone, which took place in April this year, signifies the construction of any project reaching its highest point.

City of Salisbury Mayor Gillian Aldridge, OAM, Chief Executive John Harry and representatives from Salisbury community groups that were involved in consultation and design of the project all signed the steel beam.

Salisbury Seniors Alliance member Jeannette Hunt signed her name with a message "a wonderful place to meet". Mrs Hunt said she was proud to be involved in such a significant project and looked forward to it opening later this year.

# STRENGTH IN NUMBERS

NATIONAL VOLUNTEER WEEK

## Do you know one in four Australians volunteer?

International Volunteer Week is 20 to 26 May. This is an opportunity to highlight the generosity of many Australians who give their time and energy to help others. There's over 6 million Australians making a real difference in our communities all across the country.

Australians volunteered 932 million hours of their time in 2016. That is an estimated \$290 billion contribution to the annual national economy.

On a local scale the City of Salisbury engaged 627 volunteers in the 2017-18 financial year. They assisted Council to deliver its services to local

residents, supported local events and helped with maintaining the local environment. Last year they contributed over 76,000 hours totalling over \$2.7 million.

Volunteers are integral to a healthy community and their impact is profound. This National Volunteer Week find a volunteer and genuinely thank them for their effort - and if you are a volunteer the message to you is: "you are making a world of difference to the lives of others, thank you very much".

If you have spare time and would like to volunteer contact Volunteer Services on **8406 8276** or visit [www.salisbury.sa.gov.au/volunteering](http://www.salisbury.sa.gov.au/volunteering)

## SMART EATING

### Improving health in the community for older adults.

Elsie Patterson from Sonder (formally Northern Health Network) delivered a presentation at the Jack Young Centre as part of Smart Eating Week (11 to 17 February). This was an initiative created by the Dietitians Association of Australia that aims to promote the role dietitians play in improving health in the community.

About 40 participants enjoyed healthy snacks, which included vegetable and noodle fritters with herb cream cheese and mixed fruit smoothies.

The key messages of the education session were:

- The importance of eating a healthy diet to prevent weight loss and retain muscle mass
- The importance of calcium and Vitamin D for bone health and fluid for hydration

- How to overcome appetite changes, swallowing difficulties and dentition issues

For more tips about smart eating visit: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)





# WEAR PURPLE FOR WEAAD



An international day to raise awareness of elder abuse.

Elder abuse is an act that causes harm to an older person; often carried out by someone they know and trust, such as family member, friend or carer. The harm could be unintentional or deliberate.

June 15 is World Elder Abuse Awareness Day (WEAAD). The day provides an opportunity to highlight and oppose the abuse, exploitation and suffering inflicted on many older people across the world. Importantly it is also an opportunity to increase awareness about the rights of older people.

Purple is the campaign colour used to promote WEAAD internationally. As in previous years many local WEAAD supporters have been busy knitting, crocheting and crafting purple items to promote the message that there is no excuse for abuse. These will be for sale at the information stall in Parabanks Shopping Centre on Friday June 14. See page 21 for details.

If you have concerns that you or someone you know may be experiencing abuse contact Elder Abuse Prevention on **1800 372 310** (Monday to Friday).

## AIDS TO ASSIST INDEPENDENCE

Need advice on equipment, technology and techniques to improve your quality of life or maintain independence? The Independent Living Centre have some tools and resources for you including on topics such as security, bathroom, preventing injury and carer care.

Find out more at <http://bit.ly/ILCAdelaide>





# QUESTIONS ABOUT DEMENTIA?

Dementia Australia is the best place to start.

Representing over 447,000 Australians living with dementia and over 1.5 million Australians who are carers, Dementia Australia has a critical role in the quality of life people of people with dementia.

Dementia Australia, the new voice for Alzheimer's Australia, provides a range of services including:

- A national dementia helpline with professional staff available to provide information about dementia and related issues. Call **1800 100 500** (open 9am to 5pm Mon to Fri).

- Provide advice, support and advocacy for individuals and family groups. This support can be provided over the phone or at the nearest office or at home.
- Dementia advisors who offer support, information and access to services for people living in the community with dementia, their carers and family.

Dementia Awareness Month, held each year in September, is the national awareness campaign. For further information contact Dementia Australia on **1800 100 500** or visit [www.dementia.org.au](http://www.dementia.org.au)

## A PROGRAM WITH STARS

A new Skills Training and Recreational Support (STARS) group has been formed to support people with an intellectual disability.

Similar to the Fun on Fridays program, STARS offers various activities such as social outings, art and craft. This group is a great way to make new friends and try different activities.

The group meets on Wednesdays from 9am to 3pm at Burton Community Centre, 386 Waterloo Corner Road, Burton. The City of Salisbury is a registered NDIS provider.

For more information phone Jennie on **0413 891 077** or visit: [www.salisbury.sa.gov.au/disabilityprogram](http://www.salisbury.sa.gov.au/disabilityprogram)

## BRAIN HEALTH ANSWERS



1. Tom Hanks
2. Meryl Streep
3. Kate Winslet
4. Tom Cruise
5. Russell Crowe
6. Mel Gibson

# STRENGTH AND WELLBEING

A new project is making a difference with Jack Young Centre participants.

Two students from the University of South Australia are doing a placement at the Jack Young Centre as part of their human services and social work studies. Based on the work of PhD candidate Vanessa Leane, the students are developing strengths-based personal profiles and plans for older people to empower and support enhanced wellbeing. They also assess the collective strengths of the group activities offered at the centre.

## Meet the students

Marie Nyemade Gbeintor is a third year student studying a Bachelor Degree in Human Services. She is hoping to enhance her skills, experience and knowledge of strengths-based conversations with older people through the placement.

"I was lucky enough to be placed with the City of Salisbury at the Jack Young Centre and have felt welcomed and am enjoying working here" Ms Gbeintor said.

Nelson Guzman is also a third year student and is studying a Bachelor of Social Work. His interests include community development, wellbeing and working with older people.

"Working with people has been a passion of mine, no matter who they are. I know I will gain much knowledge and experience with my placement at the Jack Young Centre to take into the last half of my degree and beyond," he said.



# CHARTER OF RIGHTS

For all older Australians receiving an Australian Government funded aged care service.

This new charter, released in March 2019, is easy to read and should make it easier for consumers, their families, carers and representatives to understand what they can expect from aged care services.

From 1 July 2019, the new Charter of Aged Care Rights will provide the same rights to all consumers, regardless of the type of commonwealth subsidised care and services they receive.

For further information visit:  
[www.agedcarequality.gov.au/consumers/consumer-rights](http://www.agedcarequality.gov.au/consumers/consumer-rights)



# SALISBURY SNAPSHOTS

Out and about with our community.



PHSC Line Dancers performing at the Para Hills Seniors Centre Musical Day



Participants at Council's Values Workshop facilitated by John Harry, CEO



Sean McCarthy (Cert III in Community Services student placement) with Pauline Cromer at Jack's Cafe



Conversations with Northern Seniors Event about Wellbeing at John Harvey Gallery





Harmony Day Celebrations at John Harvey Gallery



Harmony Day Celebrations at John Harvey Gallery



Harmony Day Celebrations at John Harvey Gallery



Harmony Day Celebrations at John Harvey Gallery



Harmony Day Celebrations at John Harvey Gallery



# JACK YOUNG CENTRE NEWS

It's all been happening at the Jack Young Centre this year! Come on in and discover what's changed.

A new look courtyard and garden is nearing completion at the centre. Strengths of creativity, patience, hope, humour, leadership and curiosity have all been on display as staff, volunteers and community members have worked together to enable the JYC activities to continue during this time.

This new outdoor space with a beautiful raised garden, will provide an interesting and welcoming space for community members to experience. A great place to meet friends, enjoy a coffee and a chat or participate in an activity or event.

Join us to celebrate this exciting new addition to the centre on Thursday 26 September 2019 from 10am onwards at the Jack Young Centre Open Day.

Further information on the Open Day will be available in August. Contact the Jack Young Centre on **8406 8525**.

## NEW STRENGTH FOR LIFE

The Jack Young Centre has been working with COTA SA to bring an Intercultural Strength For Life program to our local community.

Strength For Life enables people 50 years and over to access affordable, quality, strength-based training.

Research demonstrates that strength-based training significantly benefits people living with chronic conditions such as arthritis, diabetes, osteoporosis and heart disease.

This recent addition to the activities on offer at JYC has been specifically designed to engage community members from diverse backgrounds.

Regular attendance at Strength for Life sessions will improve balance, reduce the risk of falls, enhance mental wellbeing and improve overall body strength and coordination.

For further information contact Jim Binder on **8406 8251**.

COTA offers Strength for Life sessions across northern Adelaide. To check out other venues contact **8232 0422** or visit [www.cotasa.org.au](http://www.cotasa.org.au)



# A WORD FROM JACK'S CAFE

## A New Menu

A new autumn and winter menu is now available at Jack's Café. You can get a copy at the Jack Young Centre or visit [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc). You can also try something different with the specials menu changing each week.

A soup special favourite is the delicious winter warmer Minestrone Soup. Try your hand at home with the below recipe.

.....

## Minestrone Soup serves 6

### Ingredients:

- 6 slices ham sliced into strips
- 1 brown onion diced
- 3 sticks celery sliced
- 2 tsp minced garlic
- 3 carrots diced
- 2 small zucchinis diced
- 4 large potatoes diced
- 2 cups beans (frozen or freshly sliced)
- 1 can of 425g cannellini beans drained
- ¼ cabbage sliced
- 2 cans 425g diced tomatoes
- 1 can 50g baby spinach
- 2 cups shell pasta
- 2 tbs Italian herbs
- 2L liquid chicken stock
- ¼ cup olive oil

### Method

1. In a large pot put the ham, carrots, Italian herbs, onion, garlic and celery with the olive oil and sweat off for a few minutes.
2. Add the diced tomatoes and chicken stock. Stir through to mix everything.
3. Add the potatoes and beans.
4. Allow the vegetables to cook until tender.
5. Add the cabbage, pasta, cannellini beans and spinach.
6. Stir occasionally so the pasta doesn't stick to the bottom of the pot.
7. Once the pasta is soft, the soup is ready to serve.



*This is a great wholesome meal for lunch or dinner with a slice of crusty bread.*



## Tips for Nutritious Eating

Everywhere you look there seems to be a new message about what we should be eating or drinking. Nutritious eating is essential at any stage of life but becomes even more important as we get older.

A simple and reliable guide to help steer you in the right direction is the *Fuel for Living - A simple guide for nutritious eating for a strong body*. The guide was developed as part of the Make Every Contact Count (MECC) series and includes advice on how to eat a well-balanced diet, the importance of protein, why Vitamin D is important and tips of ways to eat well when you have a pre-existing condition.

You can collect a copy of the Fuel for Living guide at City of Salisbury senior centres, libraries and community centres. To see this resource and the full range of MECC resources online visit:

<http://bit.ly/MECCbrochure>



# PARA HILLS SENIORS CENTRE

The Para Hills Senior Centre continues to be a vibrant, welcoming place, always looking to offer new activities.

At the centre we are constantly trying new things and would love to hear if you have any ideas on what you'd would like to see happening. We value your input.

Our latest adventure is a Scrabble/Chess group which is held on Tuesday afternoons at 12.30pm to 2.30pm; catering to all levels of expertise. The small cost per session includes tea and coffee.

Anybody over 50 is welcome to come and see what's happening at the centre, eg ukulele group pictured below. Try one of our delicious meals or pick up an activities program while you are there. For further information contact **8406 8587**.



## AGED CARE INFO SESSIONS

Find out about home care, retirement villages, staying active, keeping safe and more.

We're providing the community with an opportunity to find out everything they need to know about Community and Residential Aged Care Services.

- Entry level support available
- Home Care Packages, Residential Care and Retirement Villages
- The importance of staying active and involved in the community
- Staying safe and independent in your home
- Planning ahead
- Quality standards

The first session in March covered information about entry level support in the home (including the assessment process), information for carers and SAPOL gave a practical session of safety in the home.

The remaining sessions will be held on July 19 and September 20. See page 20-22 for details.

These sessions are coordinated by the Northern Collaborative Project and hosted by the City of Salisbury. For further information contact **8406 8368**.



Four free information sessions have been planned in 2019 at the Para Hills Community Hub. Topics include:

# PINE LAKES CENTRE NEWS

The Monday Intercultural Program is growing in popularity with members from 10 different cultural communities.

It's a welcome, industrious group who have recently immersed themselves in a craft program. Recycled material donated by community members, has been redesigned into shopping bags, gift jars, jewellery and much more. Even the volunteer drivers join in the fun and love to interact with the participants.

A variety of activities and food is on offer. A game of bingo, a group sing along or some energetic dancing is also enjoyed. You can also play cards, table games or chat over a coffee.

The Pine Lakes community is excited to use the newly installed outdoor gym at the AGH Cox Reserve, just outside Pine Lakes Centre. Adjacent to the local playground, it's a great place for families to meet, exercise and enjoy the outdoor environment.

Read more about Salisbury Council's outdoor gyms at [www.salisbury.sa.gov.au/outdoorgym](http://www.salisbury.sa.gov.au/outdoorgym)

## HARMONY DAY 2019

Salisbury celebrates 20th anniversary of Harmony Day.

Harmony Day on March 21 is the United Nations International Day for the Elimination of Racial Discrimination.

The event was renamed 'Harmony Week' to recognise the diversity and the inclusion activities that took place.

Celebrations were held at Council's community centres, libraries and at the John Harvey Gallery in the City Centre. As part of the celebration, we shared our stories so we could learn and understand one another better.

"With 31 per cent of our population born overseas and a large Indigenous population, we are truly a diverse community. Harmony Day gives us an opportunity to celebrate and embrace our differences," said Mayor Gillian Aldridge, OAM.

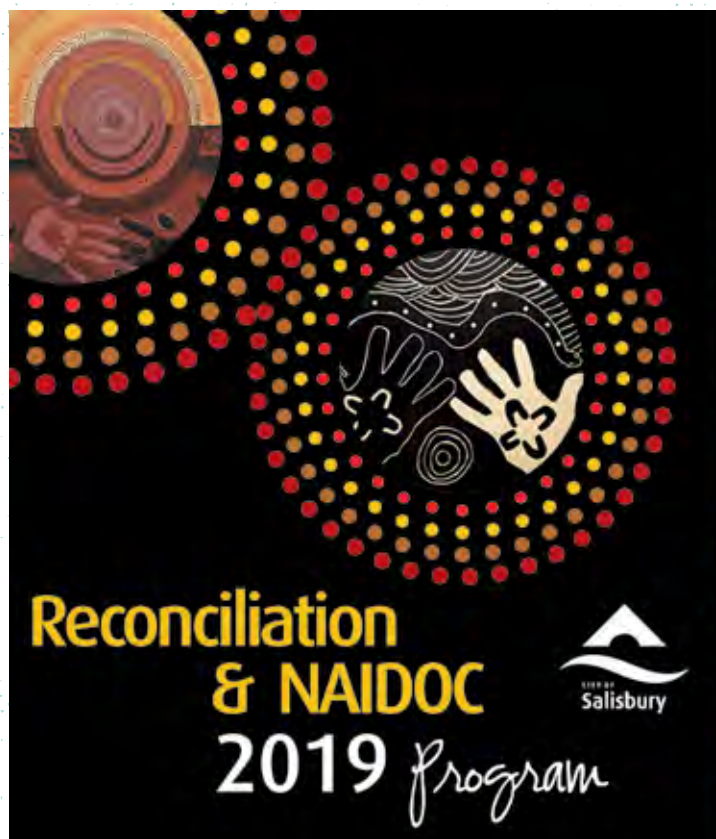
Salisbury is home to a vast array of people from a variety of backgrounds. Our diverse community ranges from the oldest continuous culture of Indigenous Australians to the culture of our newest arrivals from around the world.

Our cultural diversity is one of our greatest strengths and it is at the heart of who we are. It makes Salisbury a great place to live.



# SPECIAL EVENTS

## RECONCILIATION AND NAIDOC PROGRAM



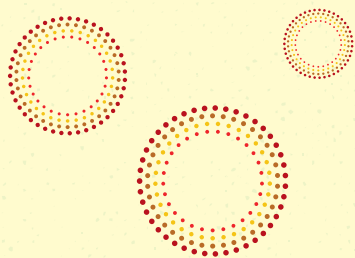
**FULL  
PROGRAM  
AVAILABLE AT:**  
**[SALISBURY.SA.GOV.AU/RECON](http://SALISBURY.SA.GOV.AU/RECON)**



### NAIDOC EXHIBITION

**13 JUN  
TO  
12 JUL**

- Thu & Fri Only 13 Jun to 12 Jul @9am to 5pm
- FREE
- John Harvey Gallery  
12 James Street, Salisbury
- 8406 8222
- [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)



The City of Salisbury's annual exhibition celebrates the proud Aboriginal heritage of our Community.

### INTRO TO KAURNA LANGUAGE

**JUN  
28**

- Fri 28 Jun @1.30pm to 4.30pm
- \$3
- Jack Young Centre  
1 Orange Ave, Salisbury
- 8406 8328
- [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)



The Kurna language is the language of the original people of the Adelaide Plains. Increase your awareness of Kurna culture through the window of language and learn more about the history of our area. The workshop teacher is Kira Bains from Tauondi Aboriginal College.

### LOCAL NATIVE PLANTS

**JUL  
18**

- Thu 18 Jul  
@10am to 12 noon
- \$3 at the door
- Paralowie Garden  
Cnr Halba Cres & Waterloo  
Corner Rds, Paralowie
- 8406 8368
- [www.salisbury.sa.gov.au/recon](http://www.salisbury.sa.gov.au/recon)



Find out more about local native plants, their history and further uses. This session will be presented by Kurna Elder, Uncle Frank Wanganeen with a guided walk in the Paralowie Garden. Morning tea provided.



# SPECIAL EVENTS

## JUNE TO SEPTEMBER 2019

### WORLD ELDER ABUSE AWARENESS DAY

**JUN****13**

📅 Thu 13 Jun @11am to 1.30pm  
💰 FREE  
📍 Parabanks Shopping Centre, 68-84 John Street, Salisbury  
📞 8406 8368  
🌐 [www.salisbury.sa.gov.au/WEAAD](http://www.salisbury.sa.gov.au/WEAAD)



Visit our information stall and peruse the purple hand-made items such as scarves, shawls and beanies etc, on sale for small donation.

### MEN'S HEALTH WEEK LUNCHEON

**JUN****14**

📅 Fri 14 Jun  
@ 10.30am to 2.30pm  
💰 \$10 includes light lunch  
📍 Para Hills Community Hub  
Wilkinson Rd, Para Hills  
📞 8406 8525  
🌐 [www.salisbury.sa.gov.au/menshealth2019](http://www.salisbury.sa.gov.au/menshealth2019)



Guest speakers, entertainment. Come and meet new people. Bookings essential.

### CONVERSATIONS WITH NORTHERN SENIORS

**JUN****18**

📅 Tue 18 Jun  
@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)



A great conversation, morning tea and raffle draw.

Topic: Ageism – upholding the rights of older people. Bookings essential.

### AGED CARE INFO SESSION NO.3

**JUL****19**

📅 Fri 19 Jul @10am to 12.30pm  
💰 FREE includes morning tea  
📍 Para Hills Community Hub  
Wilkinson Rd, Para Hills  
📞 8406 8368  
🌐 [www.salisbury.sa.gov.au/ACIS](http://www.salisbury.sa.gov.au/ACIS)



This session covers: Advance Care Directives; Organ Donation; Independent Living Centre; and My Health Record. Bookings essential.

### CHRISTMAS IN JULY

**JUL****26**

📅 Fri 26 Jul @ 11am to 2pm  
💰 \$20 includes 3 course meal  
📍 Jack Young Centre  
1 Orange Avenue, Salisbury  
📞 8406 8525



3 course meal and entertainment. Bookings essential by 23 July 2019.

### SALA EXHIBITION

**AUG****1-31**

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

# SALA

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

# SPECIAL EVENTS

## JUNE TO SEPTEMBER 2019

### CONVERSATIONS WITH NORTHERN SENIORS

**AUG****13**

- 📅 Tue 13 Aug  
@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)

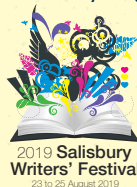


A great conversation, morning tea and raffle draw. Bookings essential.

### SALISBURY WRITERS' FESTIVAL

**AUG****23-25**

- 📅 Fri 23 to Sun 25 Aug
- 💰 FREE & paid sessions
- 📍 Various locations across Salisbury
- 📞 8406 8222
- 🌐 [www.salisbury.sa.gov.au/swf](http://www.salisbury.sa.gov.au/swf)



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

### CONTINENCE TALK

**SEP****9**

- 📅 Tue 9 Sep @10.15am to 11am
- 💰 \$2 includes morning tea
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525

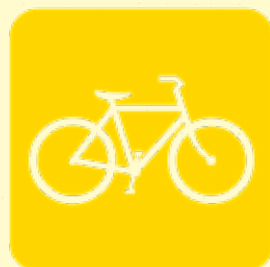
# Let's Talk

'Continance Talk' Presentation by a registered nurse from the Continance Resource Centre.

### CYCLE SALISBURY 6<sup>TH</sup> BIRTHDAY RIDE

**SEP****7**

- 📅 Sat 7 Sept @10am
- 💰 FREE
- 📍 Carisbrooke Park  
Main North Road,  
Salisbury Park
- 📞 0401 984 767



Rides of various distances and difficulties, all leaving from shelter shed to suit all abilities. Suitable for mountain bikes or hybrids.

### AGED CARE INFO SESSION NO.4

**SEP****20**

- 📅 Fri 20 Sep  
@10am to 12.30pm
- 💰 FREE includes morning tea
- 📍 Para Hills Community Hub  
Wilkinson Rd, Para Hills
- 📞 8406 8368
- 🌐 [www.salisbury.sa.gov.au/ACIS](http://www.salisbury.sa.gov.au/ACIS)



This session covers: Residential Care; The Quality Standards; Retirement Villages; Royal Commission Update; and Goal Setting. Bookings essential.

### JYC OPEN DAY

**SEP****26**

- 📅 Thu 26 Sep @10am to 3pm
- 💰 FREE
- 📍 Jack Young Centre  
1 Orange Avenue, Salisbury
- 📞 8406 8525



Come for a FREE tour, grab a program, see our new garden and other activities in action. Talk to members and enjoy a free morning tea.

Refugee  
Week



## City of Salisbury proudly recognises Refugee Week.

Refugee Week is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society.

Refugee Week coincides with World Refugee Day on 20 June.

The City of Salisbury supports this important week and recognises the significant contribution that refugees make to our vibrant, multicultural city.

The City of Salisbury is a Refugee Welcome Zone.

[www.refugeeweek.org.au](http://www.refugeeweek.org.au)



# #WithRefugees

## 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

28 June 2019

26 July 2019

30 August 2019

27 September 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. Enquiries 8406 8525

**10.30am to 1.30pm Friday 14 June**

Para Hills Community Hub - Wilkinson Rd, Para Hills

**10am to 1pm Monday 23 September**

Jack Young Centre - 1 Orange Ave, Salisbury

## Paralowie Community Garden

*Be a part of  
something special*

8406 8225

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







Want to share your love of gardening, or learn new skills through activities and workshops? Join the Paralowie Garden team in growing seasonal vegetables, fruit trees, herbs and flowers.




















# 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>	 Tue - 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 - 1pm 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>Line Dancing</b>	 Thu - 1pm to 2.30pm	\$ \$7*	 Para Hills Seniors Centre	 8406 8587
<b>Literacy and Language Class</b>	 Fri - 10am to 12 noon	\$ \$3*	 Jack Young Centre	 8406 8525
<b>Meditation</b>	 Mon - 9am to 10am	\$ \$7*	 Para Hills Seniors Centre	 8406 8587
<b>Men's Group - Monthly Outings</b>	 Fri monthly* - 9am (end times may vary)	\$ \$10*	 Jack Young Centre	 8406 8525
<b>Mindful Meditation - Salisbury</b>	 Thu - 8.30am to 9.30am	\$ FREE	 Jack Young Centre	 8406 8544
<b>Painting and Drawing</b>	 Mon & Wed - 10am to 12 noon	\$ \$7*	 Jack Young Centre	 8406 8525
<b>Parkinson Support Group</b>	 Fri fortnightly - 10am to 12 noon	\$ \$3*	 Jack Young Centre	 8406 8525
<b>Prime Movers - Chair Based Exercise Group</b>	 Tue - 11.30am to 12.15pm ( <i>agile</i> )	\$ \$5*	 Pine Lakes Community Centre	 8406 8525
<b>Prime Movers - Chair Based Exercise Group</b>	 Tue - 12.30pm to 1pm ( <i>low impact</i> )	\$ \$5*	 Pine Lakes Community Centre	 8406 8525
<b>Quiz Afternoon</b>	 Fri monthly* - 2pm to 4pm	\$ \$6	 Jack Young Centre	 8406 8525
<b>Scrabble</b>	 Mon - 10am to 12.30pm	\$ \$3*	 Jack Young Centre	 8406 8525
<b>Singing Group</b>	 Thu - 9am to 10am	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Social Bingo</b>	 Thu - 1pm to 3pm	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Table Tennis - Para Hills</b>	 Wed - 9.30am to 11.30am	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Table Tennis - Salisbury</b>	 Thu - 8.30am to 10.15am	\$ \$3*	 Jack Young Centre	 8406 8525
<b>Tai Chi - Para Hills</b>	 Tue - 11am to 11.45am	\$ \$7*	 Para Hills Seniors Centre	 8406 8587
<b>Tai Chi - Salisbury</b>	 Mon - 9am to 10am	\$ \$7*	 Jack Young Centre	 8406 8525
<b>Ukulele Classes - Para Hills</b>	 Mon & Thu - 10am to 12 noon	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Ukulele Classes - Salisbury</b>	 Thu - 10.30am to 12 noon	\$ \$4*	 Jack Young Centre	 8406 8525
<b>Whist Cards - Para Hills</b>	 Wed or Sat - 1pm to 4pm	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Women's Group - Monthly Outings</b>	 Fri - 9am (end times may vary)	\$ \$10*	 Para Hills Seniors Centre	 8406 8587
<b>Wood Burning - Para Hills</b>	 Tue - 10am to 12 noon	\$ \$3*	 Para Hills Seniors Centre	 8406 8587
<b>Wood Burning - Salisbury</b>	 Thu & Sat - 10am to 12 noon or Thu - 1pm to 3pm	\$ \$3*	 Jack Young Centre	 8406 8525
<b>Yoga All Levels</b>	 Wed - 6.30pm to 7.45pm	\$ \$10	 Pooraka Farm Community Centre	 8406 8488
<b>Zumba - Para Hills</b>	 Tue - 10am to 11am	\$ \$7*	 Para Hills Seniors Centre	 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 an Intercultural group for people of any background. 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



## HOME ASSIST

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



## JACK YOUNG CENTRE (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



## PARA HILLS SENIORS CENTRE (PHSC)

📍 **Para Hills Community Hub, Wilkinson Road, Para Hills SA 5096**  
📅 Monday and Friday: 9am to 2pm, Tuesday and Thursday: 9am to 3pm  
☎ 08 8406 8587  
🌐 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



## 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