

SALISBURY

Seniors



ISSUE 18:
OCTOBER 2019 TO JANUARY 2020

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

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

Cover: The Phukes ukulele group performing at Para Hills Seniors Music Day.

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

MAYOR'S MESSAGE

Welcome to the latest edition of the Salisbury Seniors magazine.



It is hard to believe we are headed towards the end of another year, but with this comes new beginnings.

I'd like to give a warm welcome to the community members who have joined the Salisbury Intercultural Community Alliance. Your insight will assist in our Intercultural Strategic Plan, cementing Salisbury as a safe, inclusive and harmonious city for all.

This edition of the Salisbury Seniors Magazine touches on these themes with an article featuring an important new South Australian Adult Safeguarding Unit, an exploration of ways to tap into your passions and how Salisbury Home Assist can help you to get the most out of life.

With the Salisbury Community Hub opening in late 2019, we hope you will take the chance in

the coming months to explore what this innovative new space has to offer. In the meantime, please be sure to have a happy and safe festive season and I look forward to seeing you in the new year.

Yours sincerely
Mayor Gillian Aldridge OAM

FEEL ALIVE!



Creative Writing Group with their fourth anthology 'Forth Write'.

Live your best life - find an activity you are passionate about and do it.

Remember that feeling you have when you do something you love - when you 'lose time', or just feel satisfied and happy.

How often do you feel this way?

Would you like to 'feel alive' a bit more often? Well you can!

All you need to do is find your passion, dedicate time to it and watch yourself improve and grow. You may like to take up a hobby, sign up for a cause you believe in or volunteer to make a difference in other peoples' lives. Finding and doing what you are passionate about can also lead to new friendships and provide you with an outlet you can turn to in times of stress.

So where do you start?

First, ask yourself - What brings YOU joy? What is something YOU are dedicated to?

What is something YOU can make a part of your day?

In recent months three Jack Young Centre groups have shared their passions with the community:

Several members of the painting and drawing class took part in the South Australian Living Artists Festival (SALA) showcasing their artwork at the Len Beadell library.

The 'Don't Act your Age' theatre group performed their latest workshopped production 'Encounters' to friends and family and will perform again during Zest Fest 2019 on Tuesday 29 October.

The Creative Writing Group produced their fourth anthology 'Forth Write' and performed some of their works to an open session of the Friendship Group. (Copies of their anthology are available for purchase from the Jack Young Centre for \$5).

These are just a few examples of the groups held at our senior centres that offer people the chance to do something they love.

Why not call into a City of Salisbury Senior Centre today and let us help you find or rediscover your passion?

A LOCAL VOICE

Project Delivers Results

Discovering seniors strengths

The Social Participation and Diversity Division is working with PhD candidate Vanessa Leane and a number of University of South Australia students on a project centred on strength and wellbeing.

Student Andrew Denton has been engaged to build on the work undertaken by social works students Nelson Guzman and Marie Gbeintor earlier this year. The project involves Jack Young Centre (JYC) staff and university students working with community members to identify strengths and develop a strength profile. The profile is then



Bishnu Maya Dahal

Bishnu is a member of the Bhutanese Social Support Group. Her strengths are in action when she participates in the weekly group which has a strong focus on spiritual and cultural practice. Bishnu's kindness, humility and spirituality shine through in all her interactions.

Top Ten Character Strengths

- Spirituality and kindness
- Fairness and mercy
- Love and humility
- Social intelligence and self-control
- Social responsibility and humour

Capabilities

- Intrapersonal
- Interpersonal
- Bodily-kinaesthetic



Jeannette Hunt

Jeannette's strengths in leadership and a love of learning are demonstrated through her supporting all people to 'have a voice' (fairness). She is able to 'live' her strengths every Tuesday at the JYC Friendship Group. Jeannette is able to utilise her strengths to bring people together to laugh, learn, interact and connect with others.

Top Ten Character Strengths

- Love and gratitude
- Leadership and fairness
- Honesty and curiosity
- Spirituality and kindness
- Love of Learning and humour

Capabilities

- Interpersonal / Intrapersonal
- Linguistic
- Visual / spatial

reviewed to determine whether the activities the members are undertaking at the centres are supporting them to utilise their strengths. This is vital as research has found that when an individual uses their strengths, their health and wellbeing is improved.

This information was also valuable as it provided insight into the effectiveness of JYC programs in terms of strengths activation.

Below are people who have met with the students and their strengths have been identified.



Muriel Russo

Muriel's strengths of curiosity and love of learning are reflected in her passion for playing Scrabble, exploring the internet and going on regular outings. She is cherishing this stage of her life where she takes every opportunity to learn something new and to travel. Muriel has a passion for new horizons.

Top Ten Character Strengths

- Love of learning and curiosity
- Integrity and self-control
- Fairness and hope
- Humility and humour
- Creativity and gratitude

Capabilities

- Naturalistic
- Linguistic
- Intrapersonal



Craig Renton

Craig uses his strengths of social responsibility, humour, humility and hope in his interactions with others at JYC. He is often in the coffee corner of JYC or welcoming and introducing new members to others. Craig is a volunteer group leader and displays his excellent fine motor skills in darts.

Top Ten Character Strengths

- Bravery and self-control
- Love of learning and creativity
- Fairness and self-control
- Hope and open-mindedness
- Humility and humour
- Vitality and social responsibility

Capabilities

- Visual / spatial
- Fine motor coordination
- Interpersonal

BRAIN HEALTH

New evidence suggests that intellectual activities play a major role in creating and maintaining positive brain health.

An intellectual activity is something that keeps your mind engaged, challenged and stimulated. It can be a hobby or interest such as learning a new language or skill, painting, drawing, craft, cooking, socialising or volunteering.

It is even better for your brain health if you can find an activity that you feel an emotional connection with, whether it is playing a musical instrument, dancing or perhaps just getting out in nature.

Intellectual activities are a great mental health workout as they can give people a sense of purpose and usually an optimistic outlook on life. Evidence suggests that having something enjoyable to look forward to and feel excited about results in the release of neurochemicals



and endorphins in our brain, which can make us feel happier, healthier and potentially reduce pain and illness. Therefore, the simple act of enjoying an activity or hobby can significantly contribute to your brain health and overall wellbeing.

So are you ready for a workout? Give the four riddles below a go while knowing your brain is going to be better for it.

Riddles:

1. On what type of boat do students study?
2. Timmy's mother has three children. The first was named April. The next was named May. What is the final one's name?
3. There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. How many ducks are there?
4. I turn around once. What is out will not get in. I turn around again. What is in will not get out. What am I?

Find the answers on page 12.

INTERCULTURAL ALLIANCE

The Salisbury Intercultural Community Alliance has been established this year and brings a fresh cultural perspective to Council's work.

Twelve community members representing nine different cultural backgrounds make up the Alliance and all are keen to assist Council in implementing its Intercultural Strategic Plan to ensure Salisbury is a more inclusive and harmonious city for everyone.

The group met for the first time on 24 June and it will be attending and observing a Council meeting in the future. The group looks forward to sharing

its knowledge and experience to influence the cultural direction of Council into the future.

To all members, we send a warm welcome and look forward to a bright intercultural future.



FIRE SAFETY AT HOME

When it comes to fire safety at home, older adults have a higher risk of injury or death.

Craig Felix from the South Australian Metropolitan Fire Service recently visited the Vietnamese Seniors Social Support Group at Pine Lakes to talk about fire safety in the home.

Craig spoke about smoke alarm maintenance, fire safety equipment, how to identify common fire hazards, the importance of a fire escape plan

and how to develop one. He also showed the group how to put out a controlled fire using a fire blanket.

The presentation was so informative it prompted members to purchase battery-operated torches to use instead of candles, and fire blankets to have on hand in the event of a fire.

For further information on Cultural Social Support Activities, visit www.salisbury.sa.gov.au/cultural or contact Thuy Nguyen on **8406 8227**.

WHITE RIBBON WALK

The local community has come together to raise awareness of violence against women.

The Police and Community White Ribbon Walk this year attracted a wide range of participants hoping to raise awareness of family violence.

Mayor Gillian Aldridge OAM, City of Salisbury CEO John Harry, Elected Members and Council staff joined northern district police officers, school students and hundreds of community members demonstrating peacefully against violence.

Walking from the Salisbury Police Station and down John Street, the parade was led by SA

Mounted Police. The Band of South Australian Police provided entertainment and attracted many people to join in.

If you would like more information on White Ribbon visit www.whiteribbon.org.au.



CONVERSATIONS WITH SENIORS

Planning Ahead - Act now to safeguard your future rights, wishes, values and preferences.

At the August COTA SA Conversation more than 50 people heard how important it is to have legal documents in place for a time when you may not be able to make or communicate your wishes.

The most important documents are an Advance Care Directive, Enduring Power of Attorney and Will. Your preference for organ and tissue donation also needs to be known.

An Advance Care Directive is for people aged 18 years and over and details your future health care, end of life, preferred living arrangements and other personal matters. A Power of Attorney gives a person you trust the power to act or make decisions on your behalf in relation to financial matters.

If you would like more information just visit:
www.sahealth.sa.gov.au/planningahead

ADULT SAFEGUARDING UNIT

On 1 October 2019 South Australia's new Adult Safeguarding Unit will open for business.

Complementing the role of other government bodies including South Australian Police, for the first three years, the unit will focus on investigating and taking action on reports of abuse of adults aged 65 years and over or 50 years and over for Aboriginal and Torres Strait Islander people.

The Unit will be guided by human rights principles and the new Charter of the Rights and Freedoms of Vulnerable Adults and will be involved in raising community awareness about the prevention of elder abuse.

Members of the public are encouraged to report their suspicions of elder abuse via the Elder Abuse Prevention Phone Line **1800 372 310**.

For more information on the unit and its role contact Elicia White, Chief Adult Safeguarding

Practitioner on **08 8204 2442** or email:
elicia.white2@sa.gov.au

For the full article visit:
www.salisbury.sa.gov.au/asu



BIRTHDAY FUN

Congratulations on the sixth anniversary of the Cycle Salisbury Social Rides program.

The program is a partnership between the City of Salisbury and BikeSA and has offered more than 110 rides this year to members of the community. For the first time, the program hit the milestone of 1000 individual rides over a 12 month period.

The popular program offers a range of terrains

and distances suitable for beginners to the most experienced cyclists. Socialising is encouraged and many riders have made great friendships and now ride together outside the program. A special thank you must go to the volunteer bike leaders for their commitment and energy towards making the program a success. We wish you all a very happy anniversary.

If you have a bike and would like to join the group, give Jim a call on **8406 8251** or just visit www.salisbury.sa.gov.au/cyclesalisbury



SAFER ONLINE TRANSACTIONS

The popularity of online banking and shopping is growing, thanks to the convenience it offers.

Many people now do their banking, shopping and pay their bills over the internet. However it pays to be cautious when using the internet to ensure your bank details stay safe and secure.

An information session facilitated by the eSafety Commission in July explained how online banking and shopping works, including the benefits, how to spot a 'dodgy' website and tips to stay safe. Consumer rights when shopping online was also addressed - such as a 14 working day 'cooling off period', what is considered a reasonable refund process and

the traps to look out for under the retailer's terms and conditions.

A future eSafety session is planned at the Salisbury Community Hub on Friday 13 December. To find out more about this information session visit page 23.

For information on the first session visit: www.beconnected.esafety.gov.au



CHARTER OF AGED CARE RIGHTS

A new Charter of Aged Care Rights was introduced by the Australian Government on 1 July 2019.

The Charter provides the same rights to all consumers of Commonwealth aged care services, regardless of the type of service they are receiving.

The Charter of Aged Care Rights outlines 14 rights with the aim of making it easier for consumers, families, carers and representatives to understand

what they can expect from an aged care service.

Aged care providers are required to help consumers understand their rights as listed in the Charter. Our staff will explain the Charter and your rights, you will be given two copies - one of which you are encouraged to sign and return.

For more information visit Charter of Aged Care Rights at www.opan.com.au/charter or phone the Older Persons Advocacy Network (OPAN) on **1800 700 600**.

AGED CARE QUALITY STANDARDS

Did you know there are eight Quality Standards that aged care providers must meet?

Most people know what good care and support feels like - staff are friendly and respectful, you feel cared for by people who know their jobs, you feel able to talk to someone about things that matter to you and you feel confident the organisation is well run.

The Aged Care Quality Standards describe what good care looks like. All aged care providers need to meet the quality standards to ensure you are receiving good care and support. There are eight standards and each one states what you can expect. Aged care providers must demonstrate how they are meeting that expectation.

Salisbury Home and Community Services is committed to meeting the Aged Care Quality Standards and welcomes your feedback whether it be a compliment, comment or complaint.

For further information about the Aged Care Quality Standards see:

www.agedcarequality.gov.au/resources

Aged Care Quality Standards



Source: Aged Care Quality and Safety Commission website agedcarequality.gov.au

The use of this image is not an endorsement by the Aged Care Quality and Safety Commission

HOT WEATHER AND HEATWAVES

In summer the Australian weather can become extreme. Here are some tips to stay comfortable and healthy during the hot weather:

- Avoid going out during the hottest part of the day
- Close windows, blinds and curtains in the morning
- Prepare a cool room in your house using air conditioning and fans
- Go to a cool place in the community if you don't have air conditioning
- Wear loose clothing, a hat, sunglasses and sunscreen when outside

Stay hydrated by:

- Drinking around 8-10 glasses of water daily
- Drinking less coffee, tea, alcohol and soft or energy drink
- Choose high fluid foods such as soup, salads, fruit, custard and jelly

Don't forget to have your important numbers on hand such as:

- Your GP or Healthdirect Australia on: **1800 022 222**
- Emergency contact: **000**

And consider registering with Telecross REDi at: www.redcross.org.au/telecross-redi

USING PUBLIC TRANSPORT

Are you keen to get around and explore different places?

Would you like to use the bus or train but just don't know where to start?

Salisbury Home Assist can support you to feel more confident when using public transport.

Home Assist staff will tailor assistance around your needs. This could include:

- Supporting you to access information about timetables and routes
- Using mobile phones to check in on bus or train times and to plan your routes
- Advising you on how to pay using a Seniors Card or MetroCARD
- Accompanying you to learn how to use a bus or train

For more information please contact Home Assist has@salisbury.sa.gov.au or phone: **8406 8225**.



A NEW PLAN

City of Salisbury has been busy preparing its Ability Inclusion Strategic Plan.

The plan was informed by community consultations undertaken in 2018 and 2019

and details eight key outcomes that will enable Salisbury to be an inclusive place to live, work and play for people of all abilities.

For more information or to access the plan visit www.salisbury.sa.gov.au/aisp

Ability Inclusion Strategic Plan Eight outcomes at a glance:



BRAIN HEALTH ANSWERS



1. A scholarship
2. Timmy
3. 3 ducks
4. A key

HUB OPENING PLANS UNDERWAY

The Salisbury Community Hub is due to open later this year with exciting public events planned.

The community will be invited to explore the Hub, take part in family-friendly activities and enjoy great food during a special opening weekend on Saturday November 30 and Sunday December 1.

The Hub will include a range of wonderful features – from a large outdoor screen to flexible indoor and outdoor meeting spaces – which the community is encouraged to use.

The development plays an exciting role in City of Salisbury's ambitious plan to transform the City Centre into a destination where housing, jobs, services, shopping and transport come together in one compact location.

In line with this revitalisation, the public has decided on a fitting new name for the existing Civic Square.

The site will be given the joint name of 'Salisbury Civic Plaza / Inparrinthe Kumangka', with the latter name meaning "meeting together" in Karna language.

The name, which has been chosen in consultation with the traditional owners of the land, received the most votes within a poll conducted on Council's website.

Everyone is invited to attend the official opening of the Salisbury Community Hub.



COMPANY AND COMPANIONSHIP

Social connection is vital for a healthy and happy life.

The Out and About MECC Guide states, 'As humans we crave connections with others. We need social interaction to be physically and mentally healthy and happy. The connections we have with family, friends and the community provide us with security and support, and without these we become lonely'.

If you would like a copy of the Guide, just visit a City of Salisbury senior centre, library or community centre. To read more or view the full range of MECC resources visit: <http://bit.ly/MECCbrochure>



SALISBURY SNAPSHOTS

Out and about with our community



Trudy and Andrea at White Ribbon Community Walk



The STARS and Fun on Friday groups just before taking part in the White Ribbon Community Walk



Indian students visiting the JYC Friendship Group



Patricia, Sue and Dianne attending the Christmas in July event at the Jack Young Centre



Margaret and Nan enjoying the Christmas in July event at the Jack Young Centre



Guest band 'Acoustic Music Group' performing at Para Hills Seniors Music day



Men's Health Week with special guest Tyson Edwards at Para Hills Community Hub



Members of Intercultural Seniors Group using new outdoor gym at Pine Lakes



Farewell to Kathy Diener, a well known and valued staff member of Salisbury Home Assist. Kathy, in her role as Transport Coordinator, assisted many local community members with transport, supporting them to get out and about. We wish Kathy well as she opens a new chapter in her life working with Flinders Ranges Council and living in Quorn.

JACK YOUNG CENTRE NEWS

The Jack Young Centre has been buzzing with activity since the unveiling of the new courtyard.

JYC's outdoor space has undergone significant refurbishment with a new look courtyard and raised garden bed creating an interesting and welcoming space for everyone. Re-opened by Mayor Gillian Aldridge OAM on 26 September, invited guests toured the new space while enjoying a lovely morning tea. It's such a lovely space, why not make the time to visit the centre and enjoy the new courtyard while catching up with friends? Or stay a while, and enjoy a coffee or meal from Jack's Café.

The festive season is quickly approaching, when we close for a short break to give our wonderful staff and volunteers a well deserved rest.

The centre, its services and wide range of activities would not be possible without the support of a team of enthusiastic and reliable volunteers.

Our volunteers undertake a range of tasks including warmly welcoming members and visitors, making nutritious home cooked meals, cakes and coffees, responding to enquiries and directing new members to staff, acting as Group Leaders, Advisory or Fundraising members and overall creating a happy, positive environment for seniors to feel welcome and included.

Volunteering is in fact at the heart of JYC, Para Hills and Pine Lakes senior centres. We cannot provide services to our members without their support. We wish all our volunteers a relaxing, enjoyable and safe festive season.

JYC's end of year closing dates are:

- **Activity groups:** Close from Saturday December 14 and resume Monday January 13
- **Jack's Café lunch meals:** Close from Tuesday December 17 and resume Monday January 13
- **Jack's Café night meals:** Close from Thursday December 12 and resume Thursday January 16
- **Jack Young Centre:** Closed from Friday December 20 and opens Wednesday January 8



A WORD FROM JACK'S CAFE

Cooking and sharing good food can be a joyous experience.

Many people find the kitchen an enjoyable place to be - some are adventurous with trying new recipes they found online or in the latest magazine, while others stick to what they are familiar with. Either way, cooking and sharing good food can be a satisfying experience. Chef Michelle encourages everyone to enjoy the cooking experience and shares the following tips to make your meal a success:

1. When baking cakes always have the eggs at room temperature as the egg whites will foam better.
2. When making a potato bake, pre-cook the potatoes. Just peel and cover with water in a

microwave safe bowl and cook on medium for 10 minutes. Drain the water and allow the potatoes to cool then slice and assemble your potato bake as normal.

If you are looking for a tasty snack why not give a chicken caesar salad a go? It's simple and you can add to it to make a filling meal or to take to an event to share. The recipe below is recommended for two people so just halve the ingredients if you are making for one.

Also, Jack's Café's new spring and summer menu is out. You can get a copy at the centre or have a look online at www.salisbury.sa.gov.au/jyc

And some final advice from Chef Michelle; 'Have fun in the kitchen and enjoy delicious nutritious food!'

Chicken Caesar Salad *serves 2*

Ingredients:

- 12 chicken pieces, cooked
- 1/4 cup cooking oil
- 1 large or 2 baby Cos lettuce, washed and dried
- 4 short cut rashers of bacon, sliced
- 2 boiled eggs
- 3 slices of crusty bread (use your normal bread if you wish)
- 2 garlic cloves or garlic spread
- 3 tablespoons butter
- Parsley
- Parmesan cheese
- Caesar dressing

Method

1. Put the oil in the fry pan, heat, cook the chicken pieces, place on paper towel to drain (or use precooked barbecue chicken).
2. Cook bacon and drain on paper towel.
3. To make the croutons, mix a little crushed garlic with butter and add some parsley. Spread this on both sides of your bread and, using the same fry-pan that you cooked the bacon, fry the bread on both sides until crispy. When cool cut into the size croutons that you want.
4. Boil and peel the eggs ready for assembly.
5. Rip lettuce to the size that you want.
6. Now you are ready to put your salad together.
7. Put the lettuce, chicken, croutons and bacon in a mixing bowl add a little Caesar dressing and gently mix together.
8. Place salad on plates or in bowls.
9. Lightly drizzle more dressing on the top and cut the eggs into thin round slices, or 1/4 long ways. Position on the top and serve.



PARA HILLS SENIORS CENTRE

Its all go, go, go at the Centre with plenty to do.

If you're at a bit of a loose end, why not visit the centre and join in one (or more) of the activities?

The following information sessions are coming up:

- Beyond Blue
- Fire Safety Around The Home
- Guide Dogs
- NAWMA Recycling Information Session

A new Beginners Performing Guitar Group has started. No experience is necessary - just bring your guitar.

We have the usual activities such as line dancing, zumba, tai chi, scrabble, cards, bowls, wood burning, craft and brain gym - there really is plenty to do!

Have a look at the wonderful work Vicki (pictured right) has completed while at the craft group - it's diamond beading of a dragon picture and it has taken hours of time and patience. Well done Vicki, it looks lovely and we're all very proud of you!

For more information on groups and activities at the Para Hills Seniors Centre, phone **8406 8587**.

End of year closing dates:

Last day for group activities is Friday 13 December 2019 and will resume on Monday 13 January 2020.



WE NEED YOU

Salisbury Seniors Alliance is currently recruiting new members.

Would you like to make a difference? The Salisbury Seniors Alliance works with Council to implement the Salisbury Age Friendly Plan. The group meets every two months to connect and

share ideas on how to ensure our city is a great place to live, work and play for people of all ages, particularly seniors.

To join or enquire contact Myfanwy on **8406 8498** or email mmogford@salisbury.sa.gov.au

Find out more at www.salisbury.sa.gov.au/ssa

PINE LAKES CENTRE NEWS

NAIDOC Week

Aboriginal and Intercultural groups come together to share cultural dances, music, food and stories.

A newly formed Aboriginal group celebrated NAIDOC Week by hosting a lunch with members of the Intercultural Group to share their cultural history and significance of traditional food.

Aboriginal members prepared and cooked kangaroo tail in an open fire at Pine Lakes with members of the intercultural group gathering around to watch. The event included a beautiful Welcome to Country

and the cultural significance of the kangaroo tail was explained through storytelling.

Members of the Intercultural group also brought food and the lunch turned into a lovely sharing of soup, pasta, kangaroo tail, damper and salad which brought people of all cultures together.

The Aboriginal group members look forward to having similar events like this in the future.



End of year closing dates:

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

RIGHT-SIZE YOUR GARDEN

You've probably heard of 'downsizing', what you might need is 'right-sizing'.

Our local green thumb Shannan gives the following tips about shifting parts of your garden into pots.

Plan: Consider the garden space, the plants you like that will thrive in pots and the size and number of pots you'll need.

Plants: Consider different plant varieties which will work in pots next to each other and which plants can share the same pot.

Sunlight: Plants need sunlight, but not too much or too little. Keep an eye on how much sunlight is shining into the space.

Pots: Choose your pots carefully. Ceramic pots may get too hot in summer and damage the roots. Consider alternatives such as terracotta, plastic or alternative containers.

Extreme Weather: Some plants can be sensitive. Cold and shady areas may produce leggy (tall and floppy) plants, and wind may batter and affect plant growth. Consider warm and sheltered positions.

Potting Mix: Get good quality potting mix suitable for your plant type.

Moving Pots: If you think you may need to move pots in the future, buy a pot stand with wheels.

See page 20 for information about a workshop on this topic.

SPECIAL EVENTS

OCTOBER 2019 TO JANUARY 2020

CONVERSATIONS WITH NORTHERN SENIORS

OCT
8

- 📅 Tue 8 Oct
@9.30am to 12 noon
- 💰 FREE includes morning tea
- 📍 John Harvey Gallery
12 James Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/cotaconv



Bookings essential via the website. Topic: ZestFest - a celebration of fun, the arts and wellbeing.

SALISBURY PLAYS AT ST KILDA

OCT
13

- 📅 Sun 13 Oct
@11am to 3pm
- 💰 FREE
- 📍 St Kilda Adventure
Playground, 470 St Kilda Rd
- 📞 8406 8587
- 🌐 discoversalisbury.com.au/salisburyplays



Games, sports, fun and food at the St Kilda Adventure Playground. In partnership with Nature Play SA.

MYTHBUSTING AGEING

OCT
15

- 📅 Tue 15 Oct @10am
- 💰 \$2 includes morning tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/mba



Join Peter Nicholls (Australia's People Gardener) as he discusses the issues of myth busting "ageing" and "old" and relating that to age discrimination.

MAKING RAISED PLANTER BOXES

OCT 17
& OCT 24

- 📅 Thu 17 Oct and Thu 24 Oct
@10.30am to 11am
- 💰 \$4
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8225
- 📅 Bookings essential



Two part series to learn how to make raised planter boxes, what to look for to make a sturdy design and how to construct one.

AUSSIE ERA CAR SHOW

OCT
20

- 📅 Sun 20 Oct @10am to 3pm
- 💰 FREE
- 📍 Pitman Park, Commercial
Road, Salisbury
- 📞 0414 813 202
- 🌐 www.discoversalisbury.com.au/carshow



Enjoy the scenic location, great cars, entertainment, car club info, kids activities, fundraising BBQ, and more.

RIGHT-SIZE YOUR GARDEN

OCT
22

- 📅 Tue 22 Oct @11am
- 💰 FREE
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/pots



Plan and grow your knowledge about which plants, veggies and herbs grow best in pots, understand what your plants need to thrive. Create a garden that you can take with you.

SPECIAL EVENTS

OCTOBER 2019 TO JANUARY 2020

MUSIC MORNING IN THE GARDEN

**OCT
24**

- 📅 Thu 24 Oct @10.30am
- 💰 Gold coin donation
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/musicmorning

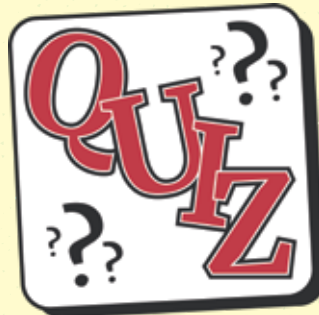


Join the JYC Ukulele group and the JYC Choir as they perform a variety of music from across the generations, in the new courtyard garden at the JYC.

QUIZ AFTERNOON

**OCT 25
& NOV
29**

- 📅 Fri 25 Oct & Fri 29 Nov
@2pm to 4pm
- 💰 \$6 includes afternoon tea
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525



A Salisbury Seniors Members event. Come along and test your knowledge. Bookings essential.

'ENCOUNTERS' BY DON'T ACT YOUR AGE THEATRE

**OCT
29**

- 📅 Tue 29 Oct @3.30pm
- 💰 \$5
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 🌐 www.salisbury.sa.gov.au/daya



The 'Don't Act Your Age' Theatre group will be performing their 'Encounters' production to an open audience as part of ZestFest.

MAKING AND MANAGING WICKING BEDS

**OCT
31**

- 📅 Thu 31 Oct
@1pm to 2.30pm
- 💰 \$4
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8225
- 📝 Bookings essential



Wicking beds are a practical way to grow food. Join a talk and demonstration on how to design, make and manage wicking beds.

SALISBURY FOOD AND CULTURAL FESTIVAL

**NOV
2**

- 📅 Sat 2 Nov
@11am to 4pm
- 💰 FREE entry
- 📍 John Street, Salisbury
- 🌐 www.discoversalisbury.com.au/sfcf



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

MELBOURNE CUP LUNCHEON

**NOV
5**

- 📅 Tue 5 Nov
@10am to 3.30pm
- 💰 \$20 members
\$25 non-members over 50
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 📍 Para Hills Seniors Centre
Wilkinson Road, Para Hills
- 📞 8406 8587



Join us for some fun and delicious food, followed by the Melbourne Cup Race. For over 50s. Bookings essential for each venue.

SPECIAL EVENTS

OCTOBER 2019 TO JANUARY 2020

REMEMBRANCE DAY SERVICE

NOV
11

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



Join us for remembrance day service at the Salisbury War Memorial.

ALLIED HEALTH VAN

NOV
12

- 📅 Tue 12 Nov @10am to 1pm
- 💰 FREE
- 📍 Jack Young Centre, 1 Orange Avenue, Salisbury
- 📞 8406 8525



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

MAWSON CENTRE XMAS MARKET

NOV
24

- 📅 Sun 24 Nov @10am to 2pm
- 💰 FREE
- 📍 The Mawson Centre, 2-8 Main St, Mawson Lakes
- 📞 8302 5449
- 🌐 www.mawsoncentre.org

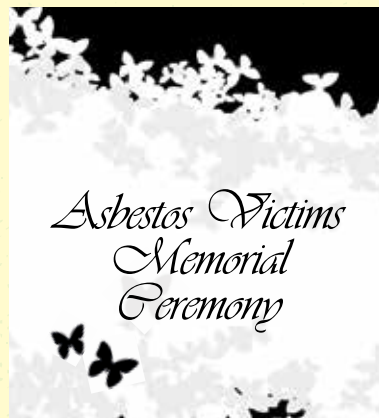


Free community event with Stalls and local performers offering entertainment throughout the day.

ASBESTOS VICTIMS MEMORIAL SERVICE

NOV
29

- 📅 Fri 29 Nov @10.30am
- 💰 FREE
- 📍 Pitman Park, Salisbury
- 📞 8406 8477



A ceremony for all asbestos victims and their families.

SALISBURY CHRISTMAS PARADE

NOV
30

- 📅 Sat 30 Nov @10.30am to 11.30am
- 💰 FREE
- 📍 Salisbury City Centre, Salisbury
- 📞 0414 813 202
- 🌐 www.discoversalisbury.com.au/sccp



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

SALISBURY COMMUNITY HUB OPENING

NOV 30
&
DEC 1

- 📅 Sat 30 Nov to Sun 1 Dec
- 💰 FREE
- 📍 Salisbury Community Hub, 34 Church Street, Salisbury
- 📞 8406 8222
- 🌐 salisburycitycentre.com.au/hubopening



Official public opening of the Salisbury Community Hub with live music, entertainment and family activities.

SPECIAL EVENTS

OCTOBER 2019 TO JANUARY 2020

COME AND TRY ABORIGINAL DOT PAINTING

DEC

2

- 📅 Mon 2 Dec @10am to 11.30am
- 💰 \$5
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8368
- 🌐 Limited spots, RSVP essential
www.salisbury.sa.gov.au/dotpainting



JYC's Aboriginal Group is inviting the community to join them in a session where they will share some of their arts and craft techniques.

PHSC CHRISTMAS LUNCH

DEC

6

- 📅 Fri 6 Dec @11am to 2pm
- 💰 \$25 includes 3 course lunch
- 📍 Para Hills Seniors Centre
Wilkinson Road, Para Hills
- 📞 8406 8587
- 🌐 www.salisbury.sa.gov.au/phscxmas



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

JYC CHRISTMAS LUNCH*

DEC

10

- 📅 Tues 10 Dec @11am to 2pm
- 💰 \$20 includes 3 course meal
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525
- 🌐 *Members Only Event



Join us for a delicious traditional three course Christmas lunch. A fun way to end the year.

CONVERSATIONS WITH NORTHERN SENIORS

DEC

10

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



Bookings essential by 3 Dec. Topic: End of year reflection, celebration and contemplating personal and COTA SA Conversation priorities for 2020.

CAN YOU SPOT A SCAM?

DEC

13

- 📅 Fri 13 Dec @2.30pm to 4pm
- 💰 FREE
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/spotscam



Information session by the eSafety Commission about scams and how to stay safe.

AUSTRALIA DAY CELEBRATION

JAN

26

- 📅 Sun 26 Jan 2020
@8am to 12 noon
- 💰 FREE
- 📞 8406 8222
- 🌐 www.discoverosalisbury.com.au









































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
















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

Acoustic Music Group	 Thu - 12 noon to 2pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Beginners Performing Guitar Group	 Mon - 12.30pm to 2.30pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Brain Gym - Para Hills	 Tues fortnightly* - 10am to 11.45am	 \$3*	 Para Hills Seniors Centre	 8406 8587
Brain Gym - Salisbury	 Wed & Thu fortnightly* - 10am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Chess	 Tue - 12.30pm to 4pm	 \$3*	 Jack Young Centre	 8406 8525
Choir	 Mon - 10.30am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Craft (Anything Goes) - Para Hills	 Tue - 10am to 12 noon	 \$3*	 Para Hills Seniors Centre	 8406 8587
Craft - Salisbury	 Mon - 10am to 12 noon or Sat - 10am to 12.30pm	 \$3*	 Jack Young Centre	 8406 8525
Creative Writing	 Tue - 10am to 12.30pm	 \$3*	 Jack Young Centre	 8406 8525
Crochet Group	 Wed - 11.5pm to 3.15pm	 \$3*	 Jack Young Centre	 8406 8525
Dance For Health	 Thu - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Dementia Information	 Thu - 3.30pm to 5pm	 FREE	 Jack Young Centre	 8406 8525
Digital Basics 1-on-1 Mentoring	 By appointment	 FREE	 Len Beadell Library	 8406 8313
Drop In Tech (Computer) Support	 Wed - 9am to 12 noon	 FREE	 Jack Young Centre	 8406 8525
Duplicate Bridge	 Mon - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Fun at Jack's	 Sat fortnightly - 10.30am to 12 noon	 \$4*	 Jack Young Centre	 8406 8525
Genealogy	 Fri - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Indoor Bowls - Para Hills	 Tue - 1pm to 3pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Indoor Bowls - Salisbury	 Mon & Fri - 1pm to 3.30pm	 \$3*	 Jack Young Centre	 8406 8525
Knitting Group	 Thu - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Latin & Ballroom Dancing	 Sat - 10.30am to 11.30am (Member discounts available*)	 \$10*	 Jack Young Centre	 8406 8525

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

OTHER WELLBEING ACTIVITIES OF INTEREST

HEART FOUNDATION WALKING GROUPS

Mawson Lakes	 Mon, Wed & Fri - 8.30am	 FREE	 Mawson Lakes Interchange (Platform 2 - Southern end)	 0455 977 775
Ingle Farm	 Mon & Thu - 9am	 FREE	 Ingle Farm Recreation Centre Beovich Road, Ingle Farm	 8258 5655
Para Hills	 Tue - 9am	 FREE	 Para Hills Community Hub Wilkinson Road, Para Hills	 8263 7333
Parafield Gardens	 Wed - 9am	 FREE	 Morella Community Centre 90 Kings Road, Parafield Gardens	 8406 8484
Salisbury	 Fri - 9am	 FREE	 Jack Young Centre 1 Orange Avenue, Salisbury	 8406 8525
Salisbury North	 Thu - 9.30am	 FREE	 Bagster Road Community Centre Bagster Road, Salisbury North	 8250 4167
Salisbury North	 Sat - 9am	 FREE	 Happy Home Reserve Carpark Corner Waterloo Corner Road & Davis Street, Salisbury North	 8258 5993

SOCIAL RIDES PROGRAM

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

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

PARALOWIE GARDENING PROGRAM

Paralowie Garden runs a wide range of workshops, courses and group activities during the year. For further information visit www.salisbury.sa.gov.au/gardening or contact **8406 8225**.

STRENGTH FOR LIFE PROGRAM

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

CULTURAL PROGRAMS

We provide social support programs for older people from the following backgrounds: Aboriginal, 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

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 or contact Sue on **8406 8276**.

*Eligibility criteria applies. For more information contact **8406 8225** or email has@salisbury.sa.gov.au

SERVICE CONTACT DETAILS



CITY OF SALISBURY COMMUNITY HEALTH AND WELLBEING

📍 **12 James Street, Salisbury SA 5108 (PO Box 8)**
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8222 Fax: 08 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