

SALISBURY

Seniors



ISSUE 19:
FEBRUARY TO MAY 2020

SPECIAL EVENTS • WELLBEING • COMMUNITY INFORMATION



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Salisbury Seniors is available at the Salisbury Community Hub, 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: Local community enjoying the new Salisbury Community Hub

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.



Welcome to the new year - and a new brand new decade! I hope you had an enjoyable and safe festive season.

I am excited to celebrate what is a new chapter in our City, with the opening of the Salisbury Community Hub. This is truly worth a visit whether you are participating in programs, browsing the library, having a coffee from the Jim Dandy Café or conducting Council business.

The Hub is intended to provide a vibrant and flexible space for

our community to come together to learn, share information, celebrate and foster their strengths and abilities. This edition of the Salisbury Seniors Magazine also focuses on capitalising on our strengths, whatever they may be, to improve health and wellbeing.

Given many of us possess great mental strengths, the importance of exercising the mind at every age cannot be oversold. Doing activities that promote concentration is great for brain health so why not grab a pencil

and have a go at the activity in this magazine?

For those of you who have an email address, you can now receive a copy of the magazine hot off the press. Just contact ajasper@salisbury.sa.gov.au and request that your name is added to the mailing list.

Wishing you all a wonderful 2020 and I hope to see you at our new Hub soon!

Yours sincerely
Mayor Gillian Aldridge OAM

SENIORS + STRENGTHS = SUCCESS



Weekly Tai Chi in the Jack Young Centre.

Participating in activities that align with your strengths can build your health and wellbeing.

Research has shown there is significant improvement in an individual's wellbeing if their innate strengths are activated and utilised. With this in mind, the Social Participation and Diversity team undertook a project to identify the strengths of members at local senior centres and determine whether the activities available utilised these strengths.

The project, supported by Vanessa Leane (PhD student) and student placements from the University of South Australia involved more than 40 members to establish individual strength profiles. More recently, consideration has also been given to the collective strengths of group activities and how well these align with the individual strengths of the members who participate in them.

For example, the benefits of regular Tai Chi include increased balance and flexibility, enhanced overall fitness, social connectedness and improved confidence in daily activities. However, viewed through a 'collective strengths' lens the

groups strengths included love of learning, social responsibility, kindness and spirituality.

Similarly, the Craft Group enjoy each others' company, have a laugh, share tips and comfort and support each other while working on their projects. The 'collective strengths' of the group however are creativity, curiosity, humour, kindness, social responsibility and love of learning.

The learnings from the project continue to inform current and future activities to support participants improve their wellbeing. If you would like to join a group, turn to page 24 for details, contact the Jack Young Centre on 8406 8525 or visit:

www.salisbury.sa.gov.au/jyc



Monday Craft Group at the Jack Young Centre.

A LOCAL VOICE



Patricia is a volunteer within the Adelaide branch of the Make-A-Wish Foundation.

Patricia, 81, along with her husband Tom signed up as volunteers with the Make-A-Wish Foundation in 1994 and generously contributed for over two decades. Tom is now an Honorary Member.

This year the Make-A-Wish Foundation recognised Patricia's 25 years of service. Patricia attributes her longevity as a volunteer to the sense of purpose she experiences by being a part of a team that brings joy to children with a life threatening condition.

Patricia has held a number of roles over the years and now helps to make wishes come true. She explains that each wish is "as unique as the children who imagine them" and describes a child's wish to travel to the moon and place a flag on it. The Adelaide volunteers along with partners such as Qantas made that wish happen. A mound was built in an airport locker to represent the moon and a flight organised that ensured a bumpy 'moon landing'. The child then trekked up the 'moon' and planted the Australian flag. From

all reports the next night the child looked at the moon and said joyfully, "My flag is up there!".

When asked about the children she helps she describes, "On the whole, they are very clear and focussed; open minded and accepting having faced a lot of challenges, they are very resilient and grateful."

Patricia has made many great friendships with other volunteers at the foundation.

"I really love the volunteer work I'm doing; bringing joy to a family where a child has a life threatening medical condition is a very special thing to do," she said,

"I've learnt to appreciate a lot of things in my own life, I cherish my family and try to spend quality time with each of them."

Between her volunteering and family commitments, Patricia finds time to tap dance and undertake a weekly exercise class.

Having a vision and drawing on her strengths has enabled Patricia to find fulfilment and deep satisfaction while helping others.

HEARTFELT THANKS

The City of Salisbury extends a very warm and grateful thank you to its volunteers.

With National Volunteer Week being held Monday 18 May to Sunday 24 May the Salisbury Council would like to take the opportunity to thank its more than 600 volunteers for generously giving their time to help the local community.

Volunteers are critical to Council as they provide an 'extra hand' to help the community. They undertake a range of tasks including packing food hampers for the hungry, mentoring young people to help them get their drivers' licence, providing

transport for isolated seniors and introducing new migrants to each other for friendship.

Thank you to all the wonderful volunteers for so generously giving your time, building community spirit and making our community strong.



BACKYARD FRUIT TREES

Two tips to get the most from your fruit trees: prune and protect.

The taste of a fresh peach or plum from your backyard tree is fabulous. If you want to have fruit for yourself and to share with friends, consider the following two tips.

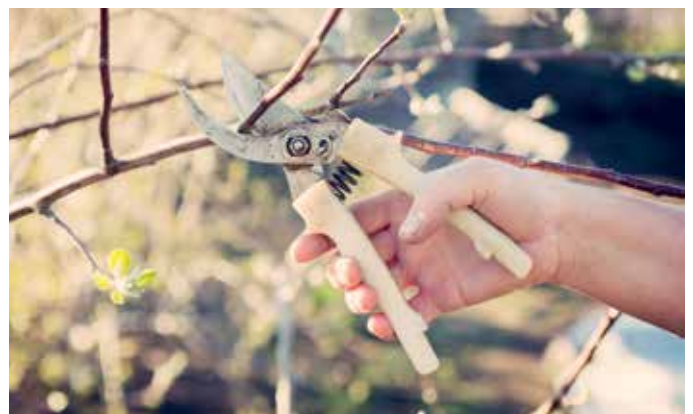
Prune trees to a manageable height. With stone fruit, trim back new growth once branches are 600mm in length. Prune apricots after fruiting and for apples and pears prune out string vertical shoots (except leaders). Pruning will keep new growth under the netting. Do not over fertilise or over water trees as this encourages excessive leaf growth and extra pruning.

Protect your trees with bird netting. Don't place the netting directly on the tree branches as it may damage the tree or dislodge fruit. Instead build a structure to place the netting over the trees. One example is to put firm irrigation pipe over a reinforcing rod that is then placed in the ground and secured at the top. The netting slides easily and you can use a broom to lift the net. You may

choose an aviary style with netting permanently on the top and roll the sides up for easy access. When building the structure allow at least 600mm internal height for summer growth as fruit needs leaf protection from the sun.

If you are safe to use a ladder to prune or place the netting, make sure it is on level ground. Don't go too high up the ladder and have a support person either holding the ladder or observing.

For more gardening tips visit www.salisbury.sa.gov.au/gardentips



BRAIN TRAINING



Exercising your brain can be fun.

Regular brain exercise may help to prevent age-related cognitive illnesses such as dementia. It is also fun, engaging and may contain a social element which can have a positive impact on your mental health and wellbeing.

Exercising your brain can be enjoyable - try playing games, solving puzzles or learning a new skill. However, to get the most out of your exercise you need to consider the following:

- The activity you choose must be challenging - it must really stimulate your mind and require concentration and thinking
- You need to choose a variety of activities to keep your mind challenged
- The activity needs to be enjoyable - you need to be interested and engaged in it.

There are plenty of activities to get absorbed in, for example, crossword puzzles, number puzzles, learning a new language, instrument or skill, socialising with friends, joining a new group or club. It's about finding an enjoyable and challenging activity or two that works for you.

Try the quiz below for a brain 'warm-up' then move onto an activity of your choice.

South Australia Quiz:

1. What used to be on the area where the Festival Plaza is now?

2. Name the five Adelaide city squares

1: Victoria Square

2:

3:

4:

5:

3. Who sailed down the Murray River in 1830?

4. What is the highest mountain in South Australia?

5. What rock formation can be seen on the south coast of Kangaroo Island?

6. Which South Australian country town is famous for its Tunarama Festival?

7. Which three South Australian towns make up the area known as the Copper Triangle?

1:

2:

3:

8. Which reservoir, opened in 1969, supplies most of Adelaide's water?

9. Near which town does 'Map the Miner' stand?

10. Name the three major South Australian peninsulas

1:

2:

3:

Find the answers on page 12.

YOUR FEEDBACK

With almost 20 editions of this magazine under our belt, we'd like to hear more about what you think!

Enclosed in this edition is a short survey. It would be appreciated if you would complete the survey

and return it to a Salisbury Seniors Centre or the new Salisbury Community Hub.

Your responses will help us keep the magazine interesting, informative and relevant.

You can also complete the survey online at www.salisbury.sa.gov.au/magsurvey

ST KILDA MANGROVE TRAIL

St Kilda is home to many attractions including a wonderful walking trail and lookout.

The St Kilda Mangrove Trail offers a unique visitor experience including a two kilometre boardwalk that meanders through the mangrove forest and a lookout for scenic views of the Barker Inlet.

Mangroves are essential to the local environment providing an excellent habitat for many animals. The roots provide shelter for small animals like mudskippers, snails, prawns and crabs, and

the leafy canopy provides shelter to countless insects and birds. It is no surprise that dolphins are seen swimming into the mangroves during high tide in search of food.

The St Kilda Mangrove Trail is open daily between 9am and 4pm. Entry is free - just collect the gate key from Tackle and Tucker Kiosk. Currently around 400 metres of the boardwalk is open, but be aware that some parts are closed for repair. The average walking time is around 40 minutes however you are free to meander and enjoy the experience for as long as you like!



LGBTIQA+ ONLINE DIRECTORY

An online portal for people identifying as LGBTIQA+.

Rainbow Directory SA is an online portal of services, organisations, groups and activities that are for and inclusive of LGBTIQA+ communities across South Australia. The directory is designed

and managed by the Catalyst Foundation and is accessible at www.rainbowdirectorysa.com.au

City of Salisbury Home and Community Services strives to provide inclusive and culturally safe services. If you would like more information please call Leslie on **8406 8328**.

SALISBURY COMMUNITY HUB OPENS TO COMMUNITY

Have you visited the innovative new Salisbury Community Hub yet?

Perhaps you were one of the first to take a look at the new building at the Hub opening weekend event, held on 30 November and 1 December last year.

A crowd of approximately 8000 people came through the doors over the two days. Visitors enjoyed a number of activities including hub tours, live performances, interactive games and family films.

Among those who enjoyed the festivities was Para Hills West grandmother Wendy Scott who attended with her teenage granddaughter.

"I am very impressed with the Hub. I think it's an amazing new place for people of all ages and I can't remember seeing such a significant

addition to Salisbury in the past" she said, "It really feels like a turning point for Salisbury."

The Hub is a dynamic and innovative space, with rooms that can be transformed and resized to suit the community's needs at any given time.

The Hub features library services – including 16 personal computers, printers, a 3D printer, children's area and more – spanning over two floors with many areas available for you to relax with a book and a cuppa including a large outdoor terrace on level one.

It is also home to the Jim Dandy Café, the community hall and the Council Chamber space, which can be packed up to make room for other events, and more.

Home Assist, Justice of Peace services and all of Council's customer services are now accessible from the new hub.



CONVERSATION MILESTONE

February 2020 marks the 25th COTA SA Conversation at the City of Salisbury.

If you've not been to a COTA Conversation you're missing out! Conversations bring together many older people to learn, discuss and voice their opinion in a friendly and welcoming environment. In 2019 conversations were held on Living Well, Ageism, Planning Ahead and Zest Fest - art and creativity.

These Conversations host interesting speakers and time is set aside for discussion. Feedback from the sessions assists COTA SA to better understand seniors' attitudes and experiences and assists the City of Salisbury to plan future topics.

Some feedback examples are:

"Impressive work done and still being done by Professor Wendy Lacey. My first 'Conversation' – I will be back"

"Excellent speakers, most interesting and thought-provoking!"

In 2020, Conversations will be held on 11 February, 19 May, 18 August and 17 November 2020.

Further information is detailed on pages 21 and 23. Everyone is welcome and a RSVP is essential.



NEW HOME FOR HOME ASSIST

Home Assist is now located in the new Salisbury Community Hub.

The Salisbury Community Hub will offer our community a new and welcoming experience. When you visit, you will speak with a concierge member on the ground floor and they will arrange for a Home Assist staff member to meet with you. If you need to phone or email the details are still the same as is the postal address.

If you are wondering where the Hub is, it is located across from Bus Stop number 49A, just along from stop 49B, and not far from the Salisbury Interchange. Parking in the area has not changed. The Hub houses a library and café on the ground floor, so feel free to visit for a browse and a cuppa.



ABORIGINAL CULTURE SHARED

Appreciation through Aboriginal art.

Led by Julie Hodgkinson, the Aboriginal meeting group enjoyed doing traditional dot painting in the new Salisbury Community Hub, located adjacent the Salisbury Plaza / Inparrinthe Kumangka (which is Kurna for 'meeting together').

Julie, a proud descendant of the Wirangu Aboriginal people of the South Australian west coast, taught Aboriginal and non-Aboriginal members how to paint a miniature plant pot.

The group also enjoyed making keyrings from pine nuts and quandong seeds at the Jack Young Centre.

During the sessions group members shared stories about Aboriginal culture providing enlightening insights. Future indigenous activities are planned and if you would like to know more please contact Myfanwy Mogford on **8406 8498** for details.



AGED CARE QUALITY STANDARDS

Know your rights about aged care and how you should be treated.

The Aged Care Quality Standards define what good aged care should look like and the standards aged care providers must meet.

Introduced in July 2019, the eight standards detail a consumer outcome. For example, it may mean aged care staff are friendly and treat you with dignity and respect, that you feel cared for/supported by staff who know their jobs, that you feel able to talk with someone about things that matter to you and that you feel confident that the aged care organisation is well run.

Salisbury Home and Community Services (SHCS) provides services through Home Assist, Aged Care Housing and three Seniors Centres - Jack Young Centre, Para Hills Seniors Centre and Pine Lakes Centre. SHCS is committed to going beyond the Aged Care Quality Standards and encourages your feedback whether you have a compliment, comment or complaint.

You are welcome to provide feedback to staff directly via the specific service phone number listed at the back of this magazine, or by completing a feedback form available in the program service guide or from one of the Seniors Centres.

For further information about the Aged Care Quality Standards visit:
www.agedcarequality.gov.au/resources

REUSING PLASTIC

Creative ways to reduce single-use plastic.

Salisbury Seniors' Alliance members Carmela and Linda collaborated with Salisbury Downs Primary School students to present an environmental awareness display on single-use plastic.

The dynamic duo created a display of fantastic posters crafted by the primary school students showing messages of how important sustainability and our planet are. Examples include reusable drink bottles and coffee cups, bio-compostable plastic bags and Carmela's homemade reusable shopping bags which she made 20 years ago from recycled cushion covers!

Along with being a great intergenerational project, the display was extra special as it was the last in the Len Beadell Library before it was relocated to the new Salisbury Community Hub. Special thanks to Northern Adelaide Waste Management Authority (NAWMA) and BioBag who provided wonderful samples and congratulations to all involved.

Easy ideas to try at home:

- Bring your own produce bags to the grocery store to avoid plastic wrapped fruit and veggies
- Dine in for your coffee or bring your own coffee cup
- Fill up a reusable drink bottle (and save approximately \$500 each year)
- Get crafty and sew your shopping bags with material from old cushions, clothes, curtains or table cloths.



WEAR PURPLE FOR AWARENESS

This is an open invitation to get crafty and promote elder abuse prevention.

International World Elder Abuse Awareness Day is held on 15 June every year. Crafty locals, especially knitters and crocheters are encouraged to make and donate one or more purple garments to help raise awareness of elder abuse and the rights of older people.

The garments will be sold at an information stall held at various sites in Salisbury during the week. Contributions will be used towards future awareness raising.

For more information on the event contact Leslie at lwightman@salisbury.sa.gov.au or call **8406 8328**.

For further information about your rights and for advice, phone the SA Elder Abuse Prevention Line on **1800 372 310**.

There's no excuse for abuse!



THE SIGNIFICANCE OF AGEING

'There is much we humans can learn from trees about ageing'

Peter Nicholls.

Peter Nicholls, Australia's People Gardener and Life Mentor explains, 'A tree doesn't stop growing at 65, or any other pre-determined age, nor do we. It can grow well beyond 100 years, valued by the whole of its surrounding natural world for providing a home, shade, shelter and food. For us it becomes a majestic feature in every person's life.'

'Although such a tree has aged greatly, we never call it old. In fact the more a tree ages the more we call it significant. And not just because of its size and grandeur. It's valued economically and legally for its rightful importance in the nature of things.'

'Like the tree you have been growing and ageing since the day you were born. Your strength is not in what people can see but in your hidden depth, understanding and wisdom. The word 'old' is inappropriate. Truly you are a person of value and dignity. You are significant.'

Peter is a life mentor helping people make a successful emotional transition from work to a new life after work. To read the full article visit www.salisbury.sa.gov.au/mythbustingageing



BRAIN TRAINING ANSWERS



1. The Adelaide City Baths
2. Victoria, Hindmarsh, Light, Hurtle, Whitmore
3. Charles Sturt
4. Mt Woodroffe 1,435m
5. Remarkable Rocks – Admiral's Arch
6. Pt Lincoln
7. Moonta, Kadina and Wallaroo
8. Kangaroo Creek Reservoir
9. Kapunda
10. Yorke Peninsula, Fleurieu Peninsula, Eyre Peninsula

TENNIS AND SWIMMING IN BEAUTIFUL SURROUNDINGS

Enjoy a game of tennis with your friends or take a dip in the local pool.

The Salisbury Recreation Precinct houses a swimming centre and tennis courts and is located among peaceful surroundings on Happy Home Drive, Salisbury North.

The Swimming Centre, open until April, is an ideal place to cool yourself during the hot summer months. It features toddler, 25 metre and 50 metre outdoor swimming pools. The centre has lush green lawns, free electric barbecues, a playground, kiosk and shaded areas for you to enjoy.

The tennis complex has eight floodlit surfaced courts with four courts featuring the plexi-cushion surface. The Penfield and Salisbury Tennis Clubs offer senior programs, social tennis and individual coaching.

These are two local health and leisure services just waiting for you to enjoy.

For more information phone **8286 0900** or visit: www.salisburyrecprecinct.com.au



CO-DESIGNING CARE THE SECOND TIME AROUND

A new project which aims to improve access and quality of aged care services for older Australians who have experienced the trauma of being placed in institutional and out-of-home care as children.

The Commonwealth Government-funded project, headed by Helping Hand Aged Care, is being developed with "Forgotten Australians" - also

known as care leavers or former wards of the state - and is supported by Flinders University and Relationships Australia SA.

If you would like to know more or become involved please contact Diana O'Neil at Helping Hand via doneil@helpinghand.org.au or phone **0400 463 795**.

SALISBURY SNAPSHOTS

Out and about with our community



Jack Young Centre courtyard opening



Bhutanese group with Indian dancers at the Jack Young Centre



Melbourne Cup at the Jack Young Centre



Ibrahim's exhibition at John Harvey Gallery



Crochet and knitted items at the Jack Young Centre Welcome Day



Salisbury Community Hub Opening



Food & Cultural Festival volunteers with the Mayor



Cycle Salisbury at the Salisbury Community Christmas Parade



Fun on Friday volunteers at the Salisbury Community Christmas Parade



Remembrance Day



Volunteer Christmas Party

JACK YOUNG CENTRE NEWS

JYC welcomes you!

Have you visited the Jack Young Centre following the recent opening of its refurbished courtyard?

The outdoor space was officially reopened in late September by Mayor Gillian Aldridge OAM with about 100 guests in attendance.

The occasion acknowledged the diversity of its membership and the ongoing journey towards creating a centre which promotes wellbeing where all seniors can participate, contribute and flourish.

Guests were treated to a special morning tea whilst being entertained by the JYC Ukulele Group - the 'Jukes'. Michael Liddle and his band of merry ukulele players performed a song specifically written for the Jack Young Centre. Guests were invited to join in the singing and celebrations.

Recent new signage on the front door of the centre includes a 'Welcome to JYC' in Kaurna language and a range of other cultural languages, reflecting the diversity of our Salisbury community. The JYC welcomes all seniors and strives to offer a range of opportunities that deliver social, emotional, physical or intellectual well-being outcomes.

The new courtyard features an architecturally designed garden and attractive outdoor furniture,

providing a welcoming space for current and future community members. Come along and share a coffee with friends, participate in an outdoor activity or just enjoy a great meal from Jack's café.



CHARTER OF AGED CARE RIGHTS

Introduced by the Australian Government on 1 July 2019, the Charter of Aged Care Rights outlines rights for all consumers of Commonwealth aged care services.

The Charter details 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.

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



A WORD FROM JACK'S CAFE

New Menu.

A new autumn and winter menu is now available at Jack's Café. You can also try something different with the specials menu which changes each week. Visit www.salisbury.sa.gov.au/jyc for a copy of the menu.

If you enjoy cooking why not give the Satay Chicken recipe below a go.



Satay Chicken *serves 2*

Activate your taste buds with a delicious snack or add fresh salad and rice for a wholesome meal.

What you'll need:

- Chicken thighs (1 chicken thigh = 1 skewer, so buy chicken thighs accordingly)
- Skewers

Satay Sauce:

- 500g crunchy peanut butter
- 1 teaspoon chilli paste
- 1 finely diced brown onion
- 1 teaspoon minced garlic
- 400ml coconut cream
- 400ml coconut milk
- 1/3 cup soy sauce
- 1 teaspoon butter
- 1 teaspoon oil



Instructions:

1. In a pot sweat off the onion, garlic and chilli paste with the butter.
2. Add the peanut butter, stirring as you add the coconut cream, milk and soy sauce.
3. On a low heat allow to thicken.
4. While the satay sauce is cooking thread your cut chicken thigh strips onto pre-soaked skewers.
5. Heat oil in a frypan and cook on the stove top, or place on an ovenproof tray and pop in the oven on 180°C for 20 minutes, turn then cook another 20 minutes.
6. Place the cooked chicken skewers on a plate and cover with satay sauce. Enjoy!

PARA HILLS SENIORS CENTRE

Welcome to a brand new year at the Para Hills Seniors Centre.

To kick start 2020 you are invited to a quiz afternoon and barbecue dinner on Friday 6 March from 2pm to 5pm. This will be a great event so grab your friends, book a table and enjoy an afternoon of light-hearted fun with great prizes to be won. Cost is \$10 per person (includes dinner).

This year the centre is offering some exciting group activities. There is the Line Dancing Group which is a fun way to keep fit and learn new steps, and the Over 50s Zumba Group if you want to get your groove on. If you would like to improve your balance try the Tai Chi Group, or if you only want to chill there is the Meditation Group. If you would

like to find out about the groups grab a copy of the program at the centre and book yourself in.

2020 is the year to try new things, make new friends and just enjoy being you.

See you at the Para Hills Senior Centre soon.



HEALTHY AGEING

Evidence has identified that a wellness and reablement approach is effective in improving function, independence and quality of life for older people.

The terms wellness and reablement have been talked about more in recent years with some people hearing them used for the first time at a Home Care assessment.

Wellness and reablement is an important part of ageing as it builds on people's strengths and goals to promote independence and autonomy.

Research has shown that a person's ability to do ordinary everyday activities such as cleaning, shopping, cooking and gardening (that is within their capacity) can have a positive impact on a person's overall quality of life. Additionally being engaged in meaningful activities and connecting with others also contributes positively to wellbeing.

Reablement approaches are often short-term and place emphasis on assisting people to regain functional capacity and improve independence.

Salisbury Home and Community Services (comprising Home Assist and three Senior Centres) is committed to using wellness and reablement approaches, and strive to work in partnership with individuals (and their representatives) in ways that support:

- individual goals, strengths and aspirations
- social connections
- engagement in meaningful activities
- people to keep doing as many ordinary everyday things as possible and providing support for tasks that people find too difficult

For further information on wellness and reablement see the Commonwealth Home Support Programme (CHSP) https://agedcare.health.gov.au/sites/default/files/documents/08_2019/living_well_at_home_-_chsp_good_practice_guide.pdf

PINE LAKES CENTRE NEWS

Vietnamese seniors now enjoying exercising outdoors.

A verandah was recently installed at the rear of the Pine Lakes Community Centre to allow members of the Vietnamese community to do their morning exercises outside. With a set of new dumbbells, the Vietnamese ladies can now increase their strength based exercises to help them stay strong, steady and independent.

Also a popular exercise spot with the group is the outdoor gym equipment fitted at AGH Cox Reserve. Members enjoy the fitness opportunities while attending their usual social support program where they meet fortnightly.

For further information about the social activities for Vietnamese seniors please contact Thuy Nguyen on **8406 8227** or visit www.salisbury.sa.gov.au/cultural



CAN YOU SPOT A SCAM?

Internet scams and how to protect yourself.

The internet is a wonderful tool to help us connect with family and friends, pay bills and find enjoyable activities to do - like online shopping! However, unfortunately some people also use the internet to prey on others and so users need to be alert.

An information session facilitated by the eSafety Commission last December provided information and advice on the following prevalent scams:

- Phishing scams
- Tax and Medicare scams
- Romance and dating scams
- Tech support scams

If you would like information on scams and how to stay safe, visit:

www.beconnected.esafety.gov.au/topic-library





SALISBURY SECRET GARDEN

21 – 23 FEB 2020

Follow us for the latest details
f  @discoversalisbury



Discover
Salisbury



Salisbury
CityCentre



FRIDAY 21 FEB 4.30PM TO LATE

Join us for live music and performances, with The Twilight Zone - featuring Peter Tilbrook of Masters Apprentices fame, headlining the evening. Free entertainment, market stalls, dancing and music with a '60s and '70s Australian Rock flair.



SATURDAY 22 FEB 4.30PM TO LATE

Enjoy a full day's entertainment from 4.30pm until late. Headlined by Dan Sultan, who launched onto the music scene with his first album Homemade Biscuits. His album Blackbird won three NIMAs, the 2014 ARIA for Best Rock Album and was certified gold.



SUNDAY 23 FEB 12 NOON TO 4PM

Bring the family and get involved in a day full of free activities and events designed to bring the community together. Games, food, entertainment and more will be available at the Salisbury Secret Garden, the northern hub of the Fringe Festival.



SPECIAL EVENTS

FEBRUARY 2020 TO MAY 2020

CONVERSATIONS WITH SALISBURY SENIORS

FEB
11

- 📅 Tue 11 Feb
@9.30am to 12 noon
- 💰 FREE includes morning tea
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/cotaconv



Join us for a great conversation. Bookings essential. Topic: Making technology work for you

GROW VEGGIES AT HOME

FEB
6 & 13

- 📅 Thu 6 or 13 Feb
@1pm to 2.30pm
- 💰 \$4
- 📍 Para Hills Community Hub,
Wilkinson Road, Para Hills
- 📞 8406 8525
- 🕒 Bookings essential



Learn how to grow your own vegetables. The first session focuses on growing in soil. The second session focuses on growing in pots or containers.

PARALOWIE GARDEN OPEN MORNING

FEB
MAR
MAY

- 📅 20 Feb, 12 Mar, 7 May
@9.30am to 11.30am
- 💰 FREE
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8525



Come and visit our garden, see our latest endeavours; there is always something new.

PARALOWIE GARDEN PUMPKIN HARVEST

MAR
5

- 📅 Thu 5 Mar
@10am to 11.30am
- 💰 \$4
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8525
- 🕒 Bookings essential

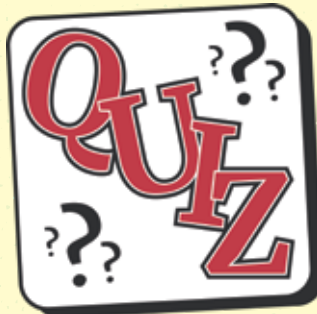


Join in and celebrate the pumpkin harvest at the Paralowie Garden.

QUIZ AND BBQ AFTERNOON

MAR
6

- 📅 Fri 6 Mar @2pm to 5pm
- 💰 \$10 includes BBQ dinner
- 📍 Para Hills Community Hub,
Wilkinson Road, Para Hills
- 📞 8406 8587 or 8406 8525



Grab your friends or family, book a table and enjoy an afternoon of light-hearted fun, with prizes to be won.

INTERNATIONAL WOMEN'S DAY COCKTAIL EVENING

MAR
6

- 📅 Fri 6 Mar @7pm to 9pm
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/iwd



International Women's Day

Bookings essential. This is a celebration of women around the globe and how far we have come, with guest speakers on the evening.

SPECIAL EVENTS

FEBRUARY 2020 TO MAY 2020

'ENCOUNTERS' BY DON'T ACT YOUR AGE THEATRE

MAR
7

- 📅 Sat 7 Mar @7pm
- 💰 \$10
- 📍 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. The evening includes a light supper.

HARMONY WEEK CELEBRATION

MAR
16 to 22

- 📅 Mon 16 to Sun 22 Mar
- 💰 FREE
- 📍 Various locations
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/harmonyweek



SHARING A MEAL; MUSIC, FRIENDS AND FOOD IN A GARDEN SETTING

**MAR
& MAY**

- 📅 Thu 19 Mar or Tue 19 May
@11.30am to 1pm
- 💰 \$4
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8525
- 📝 Bookings essential



Celebrating seasonal food. Bring a plate of your favourite seasonal dish to share with others.

DON'T ACT YOUR AGE THEATRE INTRODUCTORY WORKSHOPS

MAR
10 & 17

- 📅 Tue 10 Mar or Tue 17 Mar
@2.30pm to 4.30pm
- 💰 \$10
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8525



Come and try a 'Don't Act Your Age' Theatre workshop or two with Vintage Creative Therapies (Alan Hendry).

SALISBURY MOTORCYCLE SHOWCASE

MAR
28

- 📅 Sat 28 Mar @10am to 3pm
- 💰 FREE
- 📍 John Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisburyba.com.au



Come and see the amazing motorbikes on display in John Street, the day includes prizes and a barbecue.

ALLIED HEALTH VAN

**MAR
& MAY**

- 📅 Wed 30 Mar or Wed 6 May
@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.

SPECIAL EVENTS

FEBRUARY 2020 TO MAY 2020

GRANDPARENT AND GRAND-KIDS GARDENING ACTIVITIES

APR
23

- 📅 Thu 23 Apr
@10am to 11.30am
- 💰 \$4 (includes morning tea)
- 📍 Paralowie Garden corner
Halba Crescent & Waterloo
Corner Road, Paralowie
- 📞 8406 8525
Bookings essential



Explore how food grows, collect and sow seeds, and play games to build veggie knowledge. Children must attend with an adult.

SALISBURY PLAYS

APR
& MAY

- 📅 Sun 26 Apr & 17 May
@11am to 3pm
- 💰 FREE
- 📍 Location to be advised
- 📞 8406 8587
- 🌐 www.discoversalisbury.com.au/salisburyplays



Join in the family fun with games, sports, fun and food.

WATERSHED ART PRIZE EXHIBITION

MAY
1 to 10

- 📅 1 May to 10 May
- 💰 FREE
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8222
- 🌐 www.salisbury.sa.gov.au/watershedartprize



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

HEART WEEK WALK AND DISPLAY

MAY
8

- 📅 Fri 8 May @9am to 12 noon
- 💰 FREE
- 📍 Jack Young Centre
1 Orange Avenue, Salisbury
- 📞 8406 8251



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

CONVERSATIONS WITH SALISBURY SENIORS

MAY
19

- 📅 Tue 19 May
@9.30am to 12 noon
- 💰 FREE includes morning tea
- 📍 Salisbury Community Hub
34 Church Street, Salisbury
- 📞 8406 8368
- 🌐 www.salisbury.sa.gov.au/cotaconv



Join us for a great conversation. Bookings essential. Topic: Defying Ageism - Living Life!

NATIONAL RECONCILIATION WEEK

MAY
to JUN

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






RECONCILIATION
AUSTRALIA




























































Brochures for the Salisbury Community Reconciliation & NAIDOC 2020 program are planned to be available from mid May 2020.







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
Backgammon	 Thur - 1pm to 3pm	 \$3*	 Jack Young Centre	 8406 8525
Brain Gym - Para Hills	 Tues - 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 & Checkers	 Tue - 12.30pm to 4pm	 \$3*	 Jack Young Centre	 8406 8525
Computer Tutoring	 By appointment	 \$5*	 Jack Young Centre	 8406 8525
Craft - 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 - 9.30am to 11.30pm	 \$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 4.30pm	 FREE	 Jack Young Centre	 8406 8525
Drop In Tech (Computer) Support	 Wed - 9am to 12 noon	 FREE	 Jack Young Centre	 8406 8525
Duplicate Bridge	 Mon - 11.5pm 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
Meditation - Para Hills	 Mon - 8.30am to 9.30am	 \$3*	 Para Hills Seniors Centre	 8406 8587
Meditation - Salisbury	 Thu - 8.30am to 9.30am	 FREE	 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
Scrabble - Para Hills	 Tue 12.30pm to 2.30pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Scrabble - Salisbury	 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 & Wed - 10am to 11.30am	 \$3*	 Para Hills Seniors Centre	 8406 8587
Ukulele Classes - Salisbury	 Thu - 10.30am to 12 noon	 \$4*	 Jack Young Centre	 8406 8525
Whist Cards	 Wed or Sat - 1pm to 4pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Wood Burning - Para Hills	 Tue - 10am to 12 noon or 1pm to 3pm	 \$3*	 Para Hills Seniors Centre	 8406 8587
Wood Burning - Salisbury	 Tue - 10am to 12 noon	 \$3*	 Jack Young Centre	 8406 8525
Yoga All Levels	 Tue - 1pm to 2.30pm or Wed - 6.30pm to 7.45pm	 \$10	 Pooraka Farm Community Centre	 8406 8488
Yoga (chair based)	 Wed - 11.30am to 12.30pm	 \$10	 Salisbury East Neighbourhood Centre	 8285 2055
Zumba - Para Hills	 Tue - 10am to 11am	 \$5*	 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

📍 **34 Church Street, Salisbury SA 5108 (PO Box 8)**
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8222 Fax: 08 8281 5466
✉ city@salisbury.sa.gov.au 🌐 www.salisbury.sa.gov.au/seniors



HOME ASSIST

📍 **34 Church Street, Salisbury SA 5108 (PO Box 8)**
📅 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

📍 **34 Church Street, Salisbury SA 5108 (PO Box 8)**
📅 Monday to Friday: 8.30am to 5pm
☎ 08 8406 8276
🌐 www.salisbury.sa.gov.au/volunteering