

# Weekly Program

*Jack Young Centre  
and Pine Lakes*

We have a unique blend of programs, activities and services for people over 50, including those with a disability. For more information, please contact our friendly staff at reception or phone us on **8406 8525** for any enquiries (JYC) or Pine Lakes on **8406 8513**.

- Jack Young Centre - 1 Orange Ave, Salisbury - [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)
- Pine Lakes - 16 Homestead Place, Parafield Gardens - [www.salisbury.sa.gov.au/plc](http://www.salisbury.sa.gov.au/plc)

ACTIVITY	TIME	NOTES
<b>MONDAY</b>		
Craft	9.00am – 12.00 noon	Jack Young Centre
Intercultural Group	9.00am – 2.30pm	Pine Lakes
Tai-Chi	9.00am – 10.00am	Jack Young Centre
Beginners Tai-Chi	10.15am – 11.15am	Jack Young Centre
Scrabble	10.00am – 12.00 noon	Jack Young Centre
Duplicate Bridge	1.15pm – 3.30pm	Jack Young Centre
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre
<b>TUESDAY</b>		
Bhutanese Social Support Group <i>(Bhutanese, Nepalese and Indian are welcome)</i>	9.30am – 12.30pm	Pine Lakes
Jack Young Friendship Group <i>(FULL – waiting list applies)</i>	10.00am – 11.30am	Jack Young Centre
Woodburning	10.00am – 12.00 noon	Jack Young Centre
Prime Movers <i>(more agile)</i>	11.30am – 12.15pm	Jack Young Centre
Prime Movers <i>(lower impact)</i>	12.30pm – 1.00pm	Jack Young Centre
Darts <i>(FULL – waiting list applies)</i>	1.15pm – 3.15pm	Jack Young Centre
<b>WEDNESDAY</b>		
Drop-in Tech Support Group	9.00am – 12.00 noon	Jack Young Centre
Salisbury Senior Citizens Club Day		Jack Young Centre
Senior Citizens Club Bingo	9.30am – 12.00 noon OR 1.00pm – 3.30pm	This club operates separate to the centre. For membership enquiries contact Joyleen Gilbert 8281 2205 or 0414 959 812
Senior Citizens Club Darts	1.00pm – 3.00pm	
Brain Gym	10.00am – 12.00 noon 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of month	Jack Young Centre
Creative Writing <i>(FULL – waiting list applies)</i>	10.00am – 12.30pm	Jack Young Centre
Bosnian Group	10.00am – 2.00pm	Pine Lakes
Crochet Group <i>(FULL – waiting list applies)</i>	1.15pm – 3.15pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
<b>THURSDAY</b>		
Table Tennis	8.30am -10.15am	Jack Young Centre
Wood burning session 1	10.00am – 12.00 noon	Jack Young Centre
Wood burning session 2 <i>(FULL – waiting list applies)</i>	1.00pm – 3.00pm	
Brain Gym	10.00am – 12.00 noon 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of month	Jack Young Centre
Vietnamese Group	9.30am – 12.30pm	Pine Lakes
Ukulele	10.30am – 12.00 noon	Jack Young Centre
Knitting Group	1.00pm – 3.00pm	Jack Young Centre
Backgammon	1.00pm – 3.00pm	Jack Young Centre
JYC Dance for Health	1.00pm – 3.00pm	Jack Young Centre
<b>FRIDAY</b>		
Walking Group	9.00am – 10.00am	Meet at Jack Young Centre
Strength for Life	9.00am – 10.00am OR 10.10am – 11.10am	Jack Young Centre
Parkinson Support Group	10.00am – 12.00 noon (fortnightly)	Jack Young Centre
Page Turners	10.00am – 11.30am every 4 weeks	Jack Young Centre
Italian Group <i>(friends of Italians are welcome)</i>	9.30am – 12.30pm	Pine Lakes
Filipino Group	9.30am – 12.30pm	Pine Lakes
Indoor Bowls	1.00pm – 3.00pm	Jack Young Centre
Genealogy	1.00pm – 3.00pm	Jack Young Centre

ACTIVITY	TIME	NOTES
<b>SHORT TERM GROUPS – Please register your interest with Jim on 8406 8251</b>		
Wednesdays - Painting & Drawing <i>(waiting list applies)</i>	10.00am – 12.00 noon OR 12.30pm – 2.30pm	Jack Young Centre

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ACTIVITY	TIME	NOTES
<b>JACK'S CAFÉ SERVICES, located at JACK YOUNG CENTRE</b>		
Dine – In Meals	Available Monday to Friday 12.00pm – 1.00pm	Main meals from \$7.00 each. Orders must be placed by 11.00am
Frozen Takeaway Meals	Available during centre opening hours	A selection of healthy home cooked style meals – from \$7.30

ACTIVITY	TIME	NOTES
<b>OTHER COMMUNITY HEALTH &amp; WELLBEING SERVICES</b>		
Home Assist Program	Monday to Friday 8.30am to 5.00pm	Enquiries to 8406 8225 or visit <a href="http://www.salisbury.sa.gov.au/has">www.salisbury.sa.gov.au/has</a>
Housing Program	By Appointment	Enquiries to Thuy on 8406 8227 or visit <a href="http://www.salisbury.sa.gov.au/housing">www.salisbury.sa.gov.au/housing</a>
Paralowie Garden	Various	Enquiries to Shannan on 8406 8525 or visit <a href="http://www.salisbury.sa.gov.au/gardening">www.salisbury.sa.gov.au/gardening</a>
The Shed at Edinburgh <i>(Note: until further notice, The Shed is temporarily closed for renovations).</i>	Monday to Thursday 9.00am to 3.00pm	Located at Peter Badcoe VC Complex off Taranaki Road, Edinburgh. Enquiries to Craig on 0412 457 233
Social Activities for adults aged 18+ with intellectual disability	Wednesday 9.00am – 3.00pm Thursday 7.00pm – 9.00pm Friday 9.00am – 3.00pm	Enquiries to Craig 0412 457 233 or Jennie on 0412 457 233 or email <a href="mailto:has@salisbury.sa.gov.au">has@salisbury.sa.gov.au</a>

ACTIVITY	NOTES
<b>COMMITTEES</b>	
Social Participation & Diversity Advisory Committee	Enquiries to Jack Young Centre on 8406 8525

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Jack Young Centre (JYC) and Pine Lakes are friendly and welcoming leisure centres that are purpose built and fully accessible.

We look forward to seeing you soon.

Jack Young Centre:

Open Monday to Friday 8.30am – 5.00pm

Closed Public Holidays

Pine Lakes Centre:

Open Monday to Friday 8.30am – 4.00pm

Closed Public Holidays

Did you know? We have another centre for people over 50, including those with disability. Look out for the *Para Hills Seniors Centre Weekly Program flyer*, or ask our friendly staff for a copy or visit [www.salisbury.sa.gov.au/phc](http://www.salisbury.sa.gov.au/phc)

Join our private Facebook group "Salisbury Seniors Community" to stay up to date and take part in our on-line activities